

Over 40 Years Serving Ottawa and the Valley

www.tsteenbakkers.ca

As we approach the early summer months, the Ottawa Real Estate Board notes that typically, May is the highest selling month and did not disappoint. The early Spring vigour continues even to surprise economists who originally were much less optimistic for a robust spring market bolstered with strong sales and a rise in prices. They are now saying, "It appears to be a promising year for Sellers, barring any interest rate hikes". Given that the Bank of Canada recently hiked interest rates in an effort to curb inflation, it is now at the highest rate since April 2001. Interestingly, a full 1/4 of Buyers surveyed, say economic conditions have had no impact on their affordability while 52% acknowledge this presents a challenge, but does not change their decision to buy. Will this recent rate hike take the sales energy out of the current market? I think not, given that there is constant upward pressure on prices as demand continues to exceed supply. Buyers may be more cautionary in the coming months, but without doubt, they have absolute confidence with investing in good quality real estate.



Teresa Steenbakkers
Broker of Record

Sold Quickly!

Beautiful new Cardel home in the Village of Richmond, just south of Stittsville. Quality finishes and outstanding design features with a full Tarion Warranty and Pre-Delivery Inspection, walking distance to shopping, recreation in a quiet rural setting.

Prime Calabogie Waterfront!

Newer custom build, across from the village with local shopping and amenities. An extraordinary home offering privacy and quiet enjoyment of life in a four season waterfront, ski, golf, multi-recreational trail community. \$1,920,000 MLS1341221

Experienced Realtor and Long Time Calabogie Resident

TSB Teresa Barbara Steenbakkers Brokerage

WeatherMaster Windows, the standard of cottage & country living

ASK ABOUT OUR SPECIALS

Vertical-4Track - ViewFlex Vinyl - 5 colours
www.ccsunrooms.com



SUNSPACE Serving you for 36 years
Greater Madawaska - Arnprior - Shawville
& Surrounding areas
613-433-1397

carnegie custom

Facebook, Twitter, YouTube, Pinterest, Instagram, Google+ icons

28 YEARS logo

The Madawaska Highlander

June-July 2023
FREE Vol.21 Issue 2
Next issue July 26, 2023

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

Welcome!

...To a smoky start to summer and a smokin' edition of the Highlander! Fire, Water, Earth, and Air seem to be on the minds of our talented volunteer writers. Check out the pictorial Editorial about the wildfire in Matawatchan. Nineteen Fire-Rescue services worked in tandem to save the forest and nearby homes.

Forests are home to countless species and preserving their homes in the Madawaska Highlands will take an effort, as Lesley points out in Happy Hiker. Don't fence me in!

And don't light me up! For a change, Survivor Guy shows us how *not* to start a fire if we want our forests to survive in peace. There's nothing more peaceful than a journey through the cathedral of an old growth forest, as we see in Watershed Ways. Caring for our watersheds begins with caring for our shorelands. If you care for either, then join Watersheds Canada in Greater Madawaska for informative workshops to help us do both. Find out more in Library Matters.

Sure we want to save forests, watersheds, heck, the whole planet, but by jiminy, crickets? Antonia weighs in on crickets in Rural Vignettes. Want to lose weight, but don't like eating less? Then eat more! More herbs that is, as Derek explains in Wellness. Weight gain can lead to hypertension, diabetes, and even tooth decay, Tamatha adds, in Wellness. Garry doubts anyone ever gained weight eating Great Grandfather Towns' Water Whelps and explains why in Through Thick and Thin.

Feel like hugging a tree? Our Highlands Hiker suggests the smooth-barked, Queen of the Forest, Beech tree! But be gentle, she scars easily.

Maybe it's all in your head, and if it is, get it outta there! Write it down and send it in to the Madawaska Highlander's Short Story Contest.

Maybe you have a story in your head about the Big Muskoka Chair on Hwy41 in Cloyne. If you've ever taken a photo there, you'll be happy to know it's being rebuilt. Find out more in Cloyne Historical, but first, pull up your own comfy chair, and... Enjoy!...



The now slightly famous Inukshuk embraces the morning on the Madawaska River. Compare this photo to the one in the May issue and you'll see how he got there and that his little buddy has returned to the wild. Pic by Lesley Cassidy.



April showers bring June flowers... and honey bees! This little fella is hard at work (or is it play?) at Calabogie Rustic Farms, making honey and wax to share with family, friends, and people. Yum yum buzz buzz yum yum buzz buzz yum yum... Enjoy!...

776 Mill Street, Calabogie Chris, Julie, or Kim 613-852-2789



LINWOOD
CUSTOM HOMES

by... **GENERATION-3.ca**
DESIGN • PLAN • BUILD

Decades of Experience
— Building Homes for Life —

generation-3.ca

THE MADAWASKA HIGHLANDER June-July 2023 EMBRACE THE PAST ~ ENCOURAGE THE FUTURE ~ ENJOY TODAY



The Madawaska Highlander

The Madawaska Highlander
3784 Matawatchan Rd. Griffith ON
K0J 2R0
info@reelimpact.tv
613-333-9399
Business Manager: Mark Thomson
Editor and Advertising: Lois Thomson
www.madawaskahighlander.ca

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

CONTRIBUTORS THIS ISSUE

Thank you everyone!

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

- | | | | |
|-----------------|----------------|------------------|--------------|
| Morgana Dill | Colleen Hulett | Tamatha Strachan | Lois Thomson |
| Antonia Chatson | Betsy Sayers | Lynn Jones | Ruth Jones |
| David Arama | Garry Ferguson | Tamara Campbell | |
| Lesley Cassidy | Derek Roche | | |

**Next advertising deadline:
July 14 for July 26 & 27 publication**
madawaskahighlander.ca for previous issues

Message from the editor:

Please make note of activities in Bogie Beat, GM and DV News and check the ads for updates.

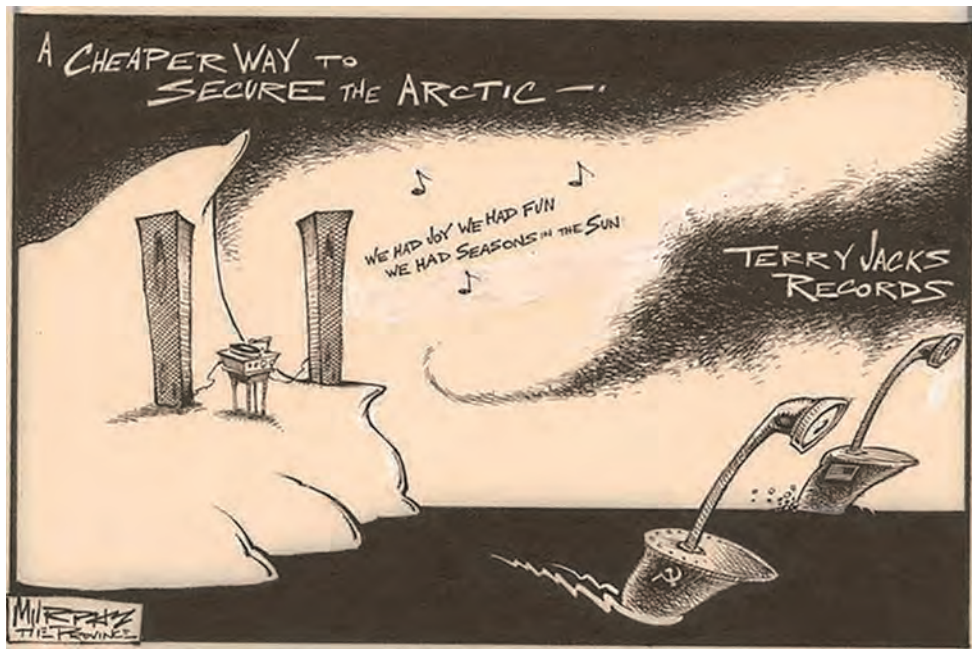
Check advertiser messages right away for important information, hours of operation, specials and what is open. Tell them you saw it in the Madawaska Highlander!

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

WHAT A GREAT GIFT! ...ESPECIALLY TO YOURSELF.

SUBSCRIBE AND NEVER MISS AN ISSUE !

\$39.55 (tax included) in Canada for 7 issues, May to November
Email: info@reelimpact.tv, call 613-333-9399, or send a cheque for \$39.55 and your mailing address to:
3784 Matawatchan Rd. Griffith, ON K0J 2R0



This 1989 cartoon by the Vancouver Province's Dan Murphy records two important topics in Canadian history. First, Canada's longstanding bid to spend as little money as possible protecting the Arctic from Russians. Second, that the Canadian Music Awards Junos awarded Single of the Year to Terry Jacks' Seasons in the Sun in 1974, and then again in 1975.

In August 2022, Canada pledged \$4.9 billion over the next six years to modernize continental defence through NORAD. NATO Chief Stoltenberg warns Canada, "Russia has set up a new Arctic command. It has opened hundreds of new and former Soviet-era Arctic military sites, including airfields and deep-water ports. Russia is also using the region as a test bed for many of its new novel weapon systems. China is also expanding its reach and has declared itself a near Arctic state, with plans to build the world's largest icebreaker. It is investing billions of dollars in energy infrastructure and research projects in the high North," he said.

Calabogie FARMERS MARKET

The Calabogie Farmers Market has something for everyone, with a diverse choice of local farmers, unique artists, wonderful baked goods, hot cuisine, and live music.

Every Saturday 9am-1pm June 3rd- Sept 9th 574 Mill Street, Calabogie

By Betsy Sayers

We want to hear from you. Send your news to me at HighlanderGMnews@gmail.com or HighlanderDVnews@gmail.com



19 Fire Rescue groups worked in tandem under the direction of the Greater Madawaska Fire Department. We are all extremely grateful to every one of them! Photo of work vehicles at Snider's by Jenelle Rosenblath.



Denbigh Recreation Mother's Day Tea winners. Evelyn Petzold and Derek Cale for the Best Fascinator.



Derek Cale was the winner of a raffle for a DeWalt cooler during BMR's customer appreciation day.



Adam's Berry Farm, Farm Gate Store is a lot bigger on the inside than on the outside somehow.



Adam's Berry Farm now has fresh produce, dairy, eggs and much more. Another reason to shop local.



MNR Fire crew taking a break in Gail Holtzhauer's dining room at Snider's Tent and Trailer Park. It's not surprising how this great community came together to care for residents and fire crews alike. (Those bottles are Dad's Rootbeer)



Jan Roche and Helene Thomson, a couple of happy Lions on the prowl for donations to the Denbigh-Griffith Lions Club.



Fish & Game Club kids proudly showing off the bird houses and feeders they made at the Matawatchan Hall in May.

This past week, the Matawatchan Hall was pressed into service to provide support to evacuees, firefighters, and everyone else affected by the terrible wildfire that started on the island in Centennial Lake. To say the Hall serving as a 'hub' for information and support was key is a massive understatement. As many of you know, my background is in emergency management and I have experienced first-hand many times the impact an event such as this and others has on an entire community, not just those immediately affected. We rely on an inner strength that comes from a solid belief that we are 'safe' in our daily lives. An event such as this shakes that inner strength, especially for those directly affected and those involved in response operations. My heart goes out to everyone.

We are incredibly blessed to have a fire department. We are even more blessed to have the Mutual Aid support of other Fire Departments around us both within and outside of Renfrew County. A very large portion of our Municipality is made up of Crown Land and we are incredibly thankful that our Province continues to invest in Ministry Wildfire Response Teams. I heard on the news recently that the Canadian Interagency Forest Fire Centre (CIFFC) hit their highest fire danger rating for the first-time ever last week. Response teams from around the world came to help across Canada and we are very grateful, but as homeowners, we need to help ourselves as well. We need to stop relying on response and focus much more on prevention.

As private homeowners we can help most by being fire conscious and fire safe. We know when things are dry, don't burn! Don't set off fireworks! Don't flick cigarettes out the car window! Let's meet with neighbours on private dead-end roads to think about what risks may exist in our neighbourhood and do something about them. If every homeowner in the area went to ontario.ca/page/forest-fires-safety-information and took steps to follow their advice around our properties we could reduce the risk and/or impact significantly.

Our Fire Department needs us. They are recruiting and have made it very easy to apply on the Township website. Not all positions on any fire department involve being on the end of a hose. The support structure and resources needed behind the scenes is immense. Please go to the Township website and see if you can help.

Thank you to everyone connected with the Greater Madawaska Fire Department for working so hard to keep us safe.

The GM Fish & Game Club was very pleased with the turnout for their recent Bird Feeder/House building event. Thanks to Kevin M. for cutting out all of the bird feeders/houses for the event. Also, thanks to Karen H., Troy L. and Jolene M. for working the event. Looks like a few birds will be better off as the result of these feeders/houses being built. Thanks to the children, parents, and community members for participating. Fun was had by all!

The next event for the F&G will be on July 8 for the Kid's Fishing Derby to be held at Aird's Lake from 10 am until 2 pm with prizes awarded after. This is a free event for all juniors, members and non-members under the age of 17 and everyone goes home with a prize. Top prizes for the most fish caught are \$20, \$15 and \$10. Hot dogs and hamburgers are available at noon for a small fee, and the club supplies worms and drinks. You can bring your watercraft or fish off the shore!

Twice a year the Denbigh-Griffith Lions Club members fight off the bugs and weather to run their toll road fund-raiser on long weekends in May and September. The May long weekend toll road was a success that will benefit the Renfrew Hospital and Hospice. This year the Lion's Club had help from volunteers and students from the area that was very much appreciated. Introducing students to the value of becoming a Lions Club member is a great way to support our community and make up some of their high school volunteer hours. Many thanks to the students who attended and helped.

After 4 years of trying to follow

up on the tremendous success of their Elvis and Roy Orbison dance, the Lions Club was finally able to host Eddie & the Stingrays on June 10. Although ticket sales were slow, those who attended had lots of room for rock & roll dancing, great entertainment, and tons of fun.

On July 17th the Lions Club will be celebrated their 25th Anniversary with a free BBQ at the Hall

in Griffith from 3pm to 7pm. A good crowd joined the celebration. Lions Bingo nights resume at the Griffith Hall in July and August.

August 26th is the annual Car Show this year, so polish up those cars and join the Lions for a great show.

continued next page...

2023 CANADA DAY SATURDAY, JULY 1

DACRE

DACA Center
111 Flat Road, Dacre
2pm-Dusk

Minnow Races, Bouncy Castle, Prizes, Canada Day Quiz, Balloon Making, Horseshoe Tournament, Card Games, Fireworks, BBQ, Scavenger Hunt, Snacks, Canada Day Cake.

For updates and more information check the DACA Center Facebook Page or dacacenter.com

MATAWATCHAN

Matawatchan Hall
1677 Frontenac Rd, Matawatchan
12pm-5pm

Music by "3/4 of a Pickled Chicken", Singer Songwriter Fred Delamico, Open Mic, BBQ, Petting Zoo, Kids Games, Face Painting, Horseshoe Tournament with Cash Prizes, and more. This is a Licenced Event.

For updates and more information check the Matawatchan Hall Facebook Page or matawatchan.ca

CALABOGIE

Pancake Breakfast 8am-11am
at the Calabogie Community Hall

Madawaska Street Event 4pm-10pm

4pm-5pm Kid's Bingo
4pm-7pm Food Court
4pm-8pm Kid's Activities & Art Display
4pm-8:30pm Bouncy Castles & Games
5pm-7pm Adult Bingo
5pm-8pm Magician & Balloon Artist
5:30pm-6:30pm Fire Department Demo
4pm-10pm BBQ & Beer Garden
7pm-10pm Live Music - BUCKLEDOWN
10pm Fireworks

For updates and more information check the Township Facebook Page or Website

GREATER MADAWASKA

Canada 1827

...continued from previous page.

Don't miss Canada Day at the Matawatchan Hall. Starting at 12 noon and running until 5pm there will be events for the whole family, including a Beer Garden for adults, with music provided by '3/4 of a Pickled Chicken', Fred Delamico, and a community Open Mic. There will be a BBQ, kids games, face painting, Petting Zoo and a Horseshoe Tournament (cash prizes sponsored by Valli Construction)

Themed Saturday Morning Socials return to the Matawatchan Hall from July 8th until August 19th from 10:00 to noon, with a few "Music Mornings", two "Morning Breakfasts".

The first themed event on July 8, is called 'DISCOVERING NATURE ON THE MADAWASKA RIVER WATERSHED'. Discover your shoreline with a family-oriented outreach program from your Library and Watersheds Canada. Join them for a **free interactive indoor session focusing on the Library's Discovering Nature backpack for kids, shoreline conservation, and the programs and services of interest.** GreaterMadawaska.com for more info.

There will be a 40-minute presentation by Watersheds Canada, followed by an opportunity to speak with representatives from your Library and Watersheds Canada. This session will be followed by an outdoor, volunteer-led session on a safe and shallow shoreline in the community at a later date. Audience for this session are families and cottage associations who wish to learn and discover with their kids in our community. Of course, coffee, tea, and baked goods will be in abundance with proceeds go-

ing to the Matawatchan Hall.

Don't forget the **Annual Yard Sale on August 5**

On May 13th the Denbigh Rec hosted another fabulous Mother's Day Tea. June Chatson won the prize for Best Dressed and Evelyn Petzold for the Best Fascinator. Well done ladies!

Friday euchre card nights have ended for the summer, but that doesn't mean the good times at the Rec Centre have stopped.

It's only a few days away! Get your tickets now for the **June 24th Backwoods Brothers dance party.**

The **Griffith and Matawatchan Seniors Housing Corporation** is a registered charity operated by a small group of hard-working volunteers in our community. This month, they are very pleased to announce that for the first time, they have received **funding from the Government of Canada's 'New Horizons for Seniors Program'.** Pastor Steve Green, President of GMSHC is very pleased that *"This contribution from the government gives small organizations like ours, run solely by volunteers, a great boost considering the work we have to do to raise funds. During the pandemic we were worried about our isolated seniors and now want to give them opportunities to socialize, keep active and keep learning."*

The grant will be going toward organizing three social events that include a meal and entertainment where seniors can meet friends and neighbours. GMSHC will start a community garden close to the community Centre in Griffith and organize training sessions on Fraud Prevention, Elder Abuse and Estate Management.

If you have skills and would like to help seniors, GMSHC is building a list of people who would like to work part-time doing odd jobs. Contact Juliette at 343-943-7690 or gmshc99@gmail.com if you are interested.

Make donations by e-transfer and receive charitable tax receipts at gmshc99@gmail.com

SHOP LOCAL

We are very blessed in GM/DV to have an excellent selection of local businesses to support our needs. In addition to saving gas and time driving a long way to do shopping, there are many tremendous benefits to the community that local businesses provide. Often, we don't think about these benefits and tend to take things for granted. For example, think about what the Highlander would look like with no local business ads! How else could we support the cost of having a wonderful local paper? **People who pick up a copy of the Highlander are impressed by the number of local services we have** and that leads to 'word of mouth' promotion of our area as the best of both worlds: a thriving, active community and nature at its best.

If we want to continue being able to shop locally, we need to strongly support these businesses. In each column I would like to highlight at least one. In this issue we are highlighting 2 Griffith businesses that held events on the long weekend in May. Next month we will continue with another Shop Local highlight.

Griffith BMR Customer Appreciation Day & M&M Express food expansion. **In the pouring rain on Saturday May 20th, BMR Pro Griffith**

Building Supply launched their new M&M Express frozen foods service and held their Customer Appreciation Day. Not to be deterred by a little (or a lot) of rain, the BMR crew had a fantastic turnout for their BBQ and an opportunity to also share their much larger garden centre offerings. Derek Cale was the successful winner of their raffle for a DeWalt cooler. Only in Griffith can you drop by the lumber yard and while there consider hundreds of frozen food options for dinner.

Phew! We all breathed a sigh of relief with Morgan and Melissa at **Adams Berry Farm and Country Market** when, despite a terrible frost challenge in late May this year, the blossoms started coming out on their strawberry field. The berry crop seems to be coming on strong now, and by the time we publish, the Adams Berry Farm stand may be open again for 2023.

Last year they added local produce to their berry stand and this year a major expansion including another small building and electricity meant they could expand even further. The Country Market specializes in bringing a wide selection of market items from local and other Ontario producers to Griffith. Always fresh and always good, Morgan is constantly tweaking inventory to customer preferences and very actively communicating availability on his Facebook page. this tiny Country Market has an amazing selection in such a small space: **Local baked goods, Mapledale cheese, Kawartha dairy including ice cream; Denbigh perogies, Griffith Maple Syrup; Pop-Shoppe, Killaloe honey.**

From start to finish and everything in between...

BMR PRO

Project estimates, Tool Rentals, Custom Windows and Doors, Lumber Cutting Service, Electrical, Tools, Sico Paints, Plumbing, RV and Seasonal items, Hardware, Stove and Fireplace, Drive-through covered Wood piles and so much more!

**PROPANE REFILL STATION
RACK STACKER FEED PRODUCTS**



✓ We have ALL your building needs AND NOW M&M FOOD MARKET!



NOW AVAILABLE
The Wait is Over. Let's Get Cooking.

BMR Griffith Building Supply Inc.
☎ 613.333.5596 📠 613.333.1121
✉ griffithbuilding@xplornet.com

Mon - Fri 8 am - 4:30 pm Sat 8 am - 2 pm Closed Sundays
25937 Hwy 41, Griffith, ON K0J 2R0 bmr.co

Calabogie Folks & What's Happening By Morgana Dill

Skippy Hale's sendoff tribute was a very special night. This is a message from Skippy, AKA Mary-Joan Skippy Hughes Hale: *Thank you! Thank you! Thank you! I was overwhelmed by the wonderful special Party! My family and I were grateful for the planning and all the efforts to make the day so special! Lucie chaired the committee, but so many friends each had a role, so I won't try to name them. I did mention some folks who have been there over the years such as David*

Wolffe, Terry and Leda Gnesko, Glen Bottriel and neglected to mention Doug Bevington who has picked up my garbage ever since Rich died. From the wonderful meal prepared by Annette's crew, the humorous and tear-stimulating speeches, Blessing by Father Kerry Brennan, music by Alison Fay-Turner and floral decorations from Annette, it was so wonderful and touching! Of course the United Church Hall and volunteers are always the gathering place in the vil-

lage. I thank you for the gifts, cards, the nurse's caps, the Guinness, the Welsh flag, and most touching, the beautifully carved key to Calabogie! It was so significant with our village's history in the logging Industry! Though I have left physically, Calabogie remains as my home and village. Ricky and I found Peace and Happiness among folks who welcomed us back in December 1999! So, not Adieu, mais a la prochaine et merci!



There wasn't a dry eye in the house, especially from laughter, as the community paid tribute to Mary-Joan Skippy Hughes Hale after her years of community service and friendship. The evening at the United Church featured a fantastic ham and turkey supper. Speeches started with a Katie Telford imitator, (Imitator Trudy Chaimberlain fooled even The Highlander). Her voice was broadcast over a phone borrowed from a member of the audience. Here, organizer Lucie Perrier reacts to a speech by Mayor Weir. (Note: This paragraph and the one at the right have been updated from the print version)



Lucie Perrier, Mayor Weir, and Skippy Hale pose with the "Key to the City" that Lucie had someone construct. She asked Mayor Mike Weir to make the presentation. It's fitting that the key to the Bogie was carved out of wood, in honour of our logging past.



Following the speeches, Alison Fay-Turner regaled the crowd with funny stories about meeting and getting to know Skippy, accompanied by beautiful songs to suit the occasion.



Skippy was presented with some fun gifts. She donned a nurse's cap and the Welsh Flag that had been presented to her earlier, leaving the Key to the City and can of Guinness on the table. The raccoon hand puppet is someone she used to use to get children's attention. Children don't always listen to adults, but they'll never miss a word a raccoon might say. Skippy thanked a number of people and told a few stories of her own to round out the evening.



Hello, dear readers! As you settle in with your favorite local paper, I want to be that friendly voice eager to fill you in on all the latest happenings. Consider me your trusted companion, here to share the captivating stories and exciting updates from our community. Let's embark on this journey together, uncovering the news and discoveries that make our world so vibrant and intriguing.

For those of you who don't know me, I'm Morgana—an active community member, passionate about writing, storytelling, and connecting with others. I am enthusiastic, friendly, and a little bit silly. I've been hearing around town that I'm the next Skippy! Although I can never live up to the legend she's become and the impact she's made in our village, I'm very grateful to follow in her footsteps. I love being a part of this community and getting involved in different initiatives revolving around the arts, nature, sustainability, and mental health. I know that my age and interests will bring a different perspective to this column. I aim to please our senior readers and captivate younger/new readers by offering a blend of entertaining and educational content, catering to a diverse audience. This continues to be OUR column, I want to share what you want to discover – all with my personal touch.

Before we begin, let's extend our heartfelt gratitude to Skippy for her remarkable service as the voice of the Bogie Beat. Saturday June 10th many attended the celebration dinner to send off our dear friend. Hosted at the Calabogie United Church and coordinated by Lucie Perrier, it was such a lovely evening filled with laughter, memories, great food, lovely company, and of course, some tears. A great time was had by all! A big thank you to everyone involved, everyone thoroughly enjoyed themselves.

With summer on our doorstep, Calabogie is heating up in more ways than one. There always seems to be a full weekend of activities to choose from. At the end of May we saw a number of plant sales to get our gardens growing. The annual party at **Calabogie Rustic Farms** withstood the rain as we celebrated another year on the farm. **Teramor Farms** in Burnstown also had a few weekends of plant sales. Choosing to buy plants from local farmers for your garden not only ensures high-quality plants but also provides a sense of fulfillment and community pride as you directly support and contribute to the success of farmers in your own neighborhood. The satisfaction of harvesting your own garden, whether it's a bountiful yield of tomatoes, fragrant herbs, or any other produce, brings a profound

sense of accomplishment and joy.

Speaking of locally grown produce, the new **Calabogie Farmer's Market** has opened for the season. Every Saturday from 9 am to 1 pm you can find local farmers, artisans, musicians, and even hot food at the Calabogie Community Rink located at 574 Mill Street. I popped by on opening day and grabbed some fresh-mixed greens and asparagus from Long Lane Farms. The farmers market brings an exhilarating and captivating atmosphere to our community, sparking curiosity and fostering a sense of excitement - all while being conveniently located. There is free parking, the rink is covered, and there are accessible indoor washrooms. Truly, there is something for everyone at the Calabogie Farmer's Market.

The first annual **Calabogie Community Garage Sale** took place May 27th. This event was organized and hosted by the Calabogie Lions Club. You were able to advertise a sale at your own home, or bring your treasures to the covered rink. The Lions Club also accepted donations for their sale where the proceeds go to local community initiatives. There were so many interesting things for sale and it's always so cool to see other people's treasures being given new life and a new home. You never know what you'll score. It's hard to describe that feeling of satisfaction

and pride when you find that perfect and totally unexpected item at a garage sale. If you missed out on the sale don't worry because next year there will be even more hidden gems, and on top of that you can add a table of your own.

June is Pride month and celebrating Pride in Calabogie continues this year. In a community that embraces the beauty of diversity, we are fortunate to host vibrant Pride events, celebrating inclusivity, love, and acceptance. The boutique motel, Somewhere Inn, hosted a Pride Weekend June 16-18. They had trivia, bingo, dancing, a guided hike, drag show and a pop-up market with 2SLGBTQI+ inclusive businesses. On **July 29th, we will have our second Pride event hosted by Stacie Ross at the Calabogie Community Rink.**

With all of this heat, make sure to grab a chilly pint of Kawartha Ice Cream from the MAD Shak by the Mad River Paddle Co at 1022 Madawaska St, Calabogie. Reach them by land or water, or even call ahead for dockside pickup. **The Mad River Paddle Co** offers paddle board and kayak rentals, sales, community events and more. They recently hosted a special paddle event on June 15th where all proceeds went to the **Greater Madawaska Fire Department** as a thank you for their hard work during the wildfires.

...continued from previous page.



TGM Firefighter Kevin Moran on a paddle board at the Mad River Paddle Company's fundraiser and appreciation event held on June 15 as a thank you for their work during the wildfire that started in Matawatchan on June 4.



June is Pride Month and Somewhere Inn hosted a celebration from June 16 - 18 with a Pride trivia and Bingo, Outdoor Watch Party, Pop up Market, Pride Dance Party, Saturday Night Drag Performance, and a guided hike. Somewhere Inn is a 2SLGBTQU+ inclusive Rainbow Registered business.



Calabogie meets Curry! The Indian Curry Pot has opened in a shipping container that has been converted into a beautiful commercial kitchen, on the lot of the Bogie General Store.

The Greater Madawaska Firefighters were on scene starting June 4th at Centennial Lake where there was a wildlands fire. We are so fortunate to have such a dedicated team of volunteer firefighters in our community. They not only put in long hours training and fighting fires, but they also show up in the community at different events and initiatives. Alongside our department we were lucky to have support from neighboring fire departments and support from within the community. People and businesses stepped up to offer care for animals, places to stay, and to get out of the smoky air. With a forecast of a dry, hot summer it's important

to be prepared in the event of evacuation from a forest fire or air quality advisories. Have an emergency plan in place and a bag packed with essential supplies ready to go.

Calabogie meets Curry. **The Indian Curry Pot** has opened up shop here in the village. Located at the Bogie General Store and operating out of a shipping container-turned-kitchen. They offer a variety of curries, including vegetarian options, and mouth watering samosas. The menu includes handhelds, such as the Tandoori Bacon Cheeseburger or the Butter Chicken Parm Burger. It's very refreshing to have a new cuisine here in Calabogie! Their menu

changes based on availability and they are currently open Thursday through Monday. I had the chance to try their food at their main location as well as their pop up at the Calabogie Farmer's Market, I was very impressed!

Calabogie has started up a baseball league. There had been recreational baseball before the pandemic and everyone is so excited to get together and play again. This is a fun league open to all levels. There are four teams this year and they play every Thursday night at the Calabogie Ball Diamond beside the Community Hall. There is such a variety of people and it looks like a lot of fun! A lot of our local firefighters are in the league as well and luckily they are split evenly amongst the teams so the games are able to continue if there's a fire call - which there was on the first night!

The Greater Madawaska Library and Learning Centre has a bunch of wonderful programs for all ages. Starting June 21st they will have a monthly book club. Beginning in July there will be a self-directed makerspace to get creative or an afternoon of table games. Thursday mornings they host a preschool drop in - I love attending this with my baby and it's open to children 0-4 and their caregivers.

In the past few months Calabogie has welcomed so many new babies. Becoming a new mom was such a journey for me and it's been very comforting to know there's plenty of support wherever I turn. It's reassuring to have other new moms and parents with babies who are figuring it out as they go. I know this is a great place to raise a family and we're all so fortunate to call it home. There is a recently created Facebook group called "Bogie Babies" for moms in the area with children 0-4 to connect. There are plans to have play groups, meal trains, programs with the library, and more! If you're looking for an open-minded community to enrich yourself and your Bogie babies, I recommend joining the group on Facebook.

If you're new to the community or an existing member looking to leave your comfort zone and meet new people or try new things, I am sure there's something for you. If there isn't, you can always start something up! You'd be surprised how many other people would love to start up a new club or hobby and are just waiting for that spark.

We're fortunate here in Calabogie to have a strong digital commu-

nity that is parallel with what we have in person. **The Calabogie Folks Facebook group is up to 6K members** of local residents, cottagers, businesses and visitors. The group started in 2020 during the Covid-19 pandemic as a way to connect people when it was harder to foster that community feeling. It's a great place to find out information on local events, services, businesses and of course everything in between. We get new members all of the time and when out and about you can often hear people say "Did you see that post in Calabogie Folks?!"

The group really comes together in times of need with people offering to help one another and keep us in the know. Recently people have shared their moose sightings, White Lake water reports, community updates, local events, music, and so much more. If you aren't yet a part of this community I highly encourage you to join our group. It's 2023 and a lot of our news is online so being digitally savvy is becoming more and more important. Not on Facebook yet? What is stopping you? I'd love to know and help find solutions to make this digital community more accessible for you.

We've caught up on it all - the events, new faces, exciting experiences, and everything in between. Keep your eyes peeled for wildlife. Get out there to enjoy the beautiful landscapes and follow the fire bans.

As a lifelong dream come true, I'm thrilled to be your new community reporter for the Bogie Beat. Moving forward you can expect engaging and inclusive coverage of all the exciting happenings in the Bogie. As this is my first feature, I would love your feedback on what you love and what you want to know more about. I'm eager to continue sharing with you everything about the Calabogie Folks and what they're up to! I truly want to know - what is your favourite thing about summer in Calabogie? Do you have any interesting memories by the lake? As they say, "memories made at the lake last forever".



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

The Calabogie Lions Club extends its heartfelt gratitude to all our generous sponsors for their invaluable support in making our community events an extraordinary success!



Please support these businesses and shop local.

- | | |
|---|--------------------------------------|
| 4 Hour Clean & Senior Support Services | FryDays Chip Stand |
| Anthony's Automotive | George H. Law & Son Well Drilling |
| Calabogie Brewing Company | King's Offroad & Small Engine Repair |
| Calabogie Childcare | Long Lane Farms |
| Calabogie Highlands Golf Resort | Mad River Paddle Company |
| Calabogie Lodge Resort | Neilcorp Homes |
| Calabogie Massage Therapy | OTG Construction |
| Calabogie Pizzeria | Powersports Garage |
| Calabogie Smiles Dental Hygiene | Price Trucking |
| Canthooks Restaurant | RedNeck Bistro |
| Charbonneau's Grocery | T.L. Reddy Welding Services |
| Church & Sons Excavation | The Bogie Deli |
| Collier Pest Control | The Indian Curry Pot |
| Craig Armstrong - Sales Representative Royal LePage | TTS508 Trail Support Services |
| | Urban Sports |

If you are interested in becoming a sponsor or joining the Calabogie Lions Club, please reach out to lionscalabogie@gmail.com

Heman's Water Whelps

By Garry Ferguson



It was a mile-and-a-half hike to the Matawatchan School and back to the Hutson Farm for the Hutson girls, so a stopover to warm up and have a snack at my Great Grandfather Towns' house was welcomed... usually.

A shortcut over the old log bridge at the site of the long-gone Potash Works and along a cow path, didn't greatly reduce the mile-and-a-half hike from the Matawatchan School to the (Wattie and Maggie) Hutson farm. Consequently, the Hutson girls, Lorena, Melinda and Mildred and later, Isabelle frequently stopped at the Towns home to "warm up" during cold weather. Heman Towns was my great grandfather, on my father's side, and Lizzie, his third wife, a step great.

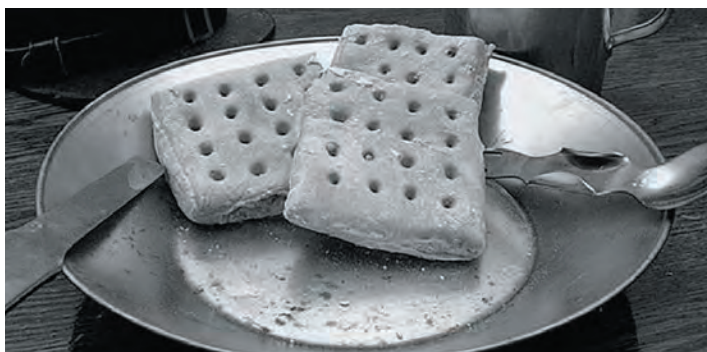
Heman and Lizzie's hospitality is still the stuff of legend around this part of the Valley. They not only welcomed the girls to stand by the old cook stove, but also insisted on treating them to goodies from its oven. Since the old couple was very poor and not able to splurge on a variety of expensive ingredients for baking, the standard offering was water whelps, a cross between a cookie and hardtack. Both Towns cooked, so the girls always tried to determine who'd been responsible for the current batch. A serious problem arose when Heman claimed the honour.

Two generations earlier, Heman Towns had found his way to this part of the Renfrew County as one of the best shanty cooks along the Madawaska. It was claimed that he could set up camp for a crew with only a pail, a pot, and a kettle. It was also said that he could "make the beans". This was the highest accolade anyone could pay a camp cook - or any cook at that time. A pot of

baked beans was the measure by which a cook was rated and Heman was an ace. For many years, he tickled the taste buds of locals by cooking for the Matawatchan Picnic when it was held in Grandpa (Little Wattie) Hutson's sugar bush, across from Wottie Ferguson's gate. Each year, Grandpa would dig out a spring in the bush - it's still there - so that Heman could have a supply of water for his cooking. It's assumed that the water was also used for an adequate amount of hand washing since there's no recollection of complaints concerning cleanliness - that is until the Hutson girls came on the scene.

It wasn't anything personal, nor did they doubt his skill. He was, unfortunately, a "man cook". This meant a "dirty cook" - at least in the minds of the young ladies. Lizzie's baking was fine but cooks who weren't women must be dirty. Men shovelled manure, gutted pigs, skinned animals and did all kinds of dirty work, didn't they? Therefore, anything baked by Heman couldn't be eaten. No matter how hungry, the three would stall, using the claim that they preferred to save the goodies for the remainder of their walk. What better place to get rid of a water whelp than into the water? So the creek flowing under the old, log bridge at the Potash Works carried away all evidence of their deviousness.

Aunt Melinda claimed that it was only Lorena (my mother) and Mildred who worried about the "man cook" problem, that she dumped hers only



When we see a ball of dough being formed, we can't help but think of the delicious cakes, pies, and breads that will be soon be coming out of the oven... usually.



Heman Towns and his third wife Lizzie. Heman had been a shantie cook at a time when the men worked in the dirt and women did clean things. The girls thought Lizzie's hardtack was safer to eat than anything made by a "dirty" man.

because they were rock-hard and tasteless. Whatever their reasons, they all had to endure a dressing down from their mother, Maggie, when she eventually learned of their disposal method.

"Such confounded waste after those dear old souls were kind enough to share the best they had," she said.

Well, "the dear old souls" have long gone and with them their recipe for water whelps. I've asked several mature Matawatchan folk about this version of hardtack, but they are either unfamiliar with it or don't know what ingredients it contained. During conversations with my Aunt Melinda, however, we were able to decide on the meagre list of in-

redients and approximate the amounts. After some experimentation, I was able to consistently produce a dough-god that, we concluded, is a close reproduction of Heman's water whelps.

The recipe was included in the cookbook "Students' Favourite Feeds," a collection of lumber camp-inspired recipes that was produced for the brainchild of my cousin Isabell Kelly, the second Matawatchan School Reunion. However, I must caution any adventurous soul that may consider finding that collection and having a go at water whelps. Heman referred to most of his culinary concoctions as "kill-me-quicks."

"The Only Place to Go"

BEST PRICE

Smitty's Warehouse Operation For NEW or GOOD USED Appliances

BEST GUARANTEE

Smitty has been keeping
customers happy for

BEST SELECTION

50 YEARS

We sell Gas
Refrigerators too!

And going
strong!

This PROVES Smitty has the BEST...

PRICE, SELECTION, GUARANTEE, QUALITY & SERVICE

Same-day Delivery Seven Days a Week

IN-HOUSE FINANCING AT 0% INTEREST!

These are just a few of the many reasons to visit

BEST SERVICE

Smitty's for your
new or used appliances

BEST QUALITY

Griffith General Store

613-333-1553
Hwy 41 at the Madawaska River Bridge - Come by Car, Boat, ATV, Bike, Boot...



AUTHORIZED AGENT FOR:

LCBO

The Beer Store
Approved Retail Partner

APPROVED RETAIL PARTNER &
AUTHORIZED
EMPTY BOTTLE DEALER

New Gas Station Pay at the pump
Low prices!

Groceries, Gifts, Ice Cream, Butter Tarts, Dairy & Eggs,
Canned and Frozen Food, Butcher Shop Meats,
Hunting & Fishing Licences & Supplies, Live Bait
Sporting Goods & Clothing, Pet Food, Hardware & Tools,
Keys Cut, Propane Exchange, Automotive Supplies

NEW HOURS:
Mon - Tues, 8am - 5pm
Wed - Sun, 8am - 7pm

A Genuine Country Store with a bit of EVERYTHING!

SMITTY'S

"KING OF APPLIANCES"

(613) 969-0287

Open Evenings & Seven Days a Week
River Road-Corbyville, Just North of Corby's
www.smittysappliances.ca



The 6th Weengushk International Film Festival will take place July 14 to 16 on Manitoulin Island to showcase Indigenous and diverse films from around the world.

Nellie Cournoyea, Officer of the Order of Canada, to be the first Indigenous woman to lead a provincial or territorial government being honoured with a new stamp.

Canada commits \$25M toward first-ever LGBTQ+ entrepreneurship program to be run by the Canadian Gay and Lesbian Chamber of Commerce non-profit

Establishing end-to-end electric vehicle production in Ontario landed two battery plants, next ambition is a lithium hydroxide plant, a key component of batteries.

A 250-megawatt battery storage system by a cleantech integrator and renewable energy asset developer, owner and operator, will be built west of Kingston.

Canadian deal among those struck by Ford to support, step up in EV output. Canada's Nemaska Lithium delivering as much as 13,000 tons of lithium hydroxide yearly

IESO offering contracts to 7, 5MW to 300MW battery storage facilities in key locations – 5 of 7 with over 50% economic interest for Indigenous communities.

Two new GO buses are part of Ontario's plan to support the growth of electric vehicles and expand clean transit options across the province.

Wireless charging an EV actually works. For the past year, 20 Volvo taxi cabs have been charging up on four charge pads in Gothenburg, Sweden in a pilot project.

Ultralong-Range Electric Cars Are Arriving. Say Goodbye to Charging Stops. We drove 1,000 miles across two countries without stopping just to charge.

Ukraine is using small-scale renewable energy, especially solar panels, as a way to improve energy security in the face of Russian attacks on energy infrastructure.

Europe's summer will be like a 'postcard from the future' after solar beat coal for the first time—and exposed flaws in the energy storage and usage system.

China is consolidating its leading renewables position and is set to account for almost 55% of global additions of renewable power capacity in both 2023 and 2024.

Solar Power Investment Set To Surpass Oil Production In 2023 for the first time.

Canada introduced a new 'sustainable jobs' legislation on Thursday intended to aid workers transition careers to jobs more consistent with a net-zero economy.

Space-based solar power a step closer after successful experiment, potentially making solar power available practically anywhere on the planet.

Ontario companies that produce consumer goods are becoming responsible for the cost of recovering or recycling their waste material through Blue Box programs.

Producers of non-alcoholic beverages imposing recycling fees on Ontario consumers as environmental advocates say a system like at the Beer Store would be better.

Ottawa has unveiled proposed updates to the Use and Care of Roads Bylaw, with staff recommending the city allow gardening projects within the city's right-of-way

A number of Canadian cities have exceeded acceptable chloride levels in watersheds, raising concerns about freshwater wildlife, largely due to road salt.

FUSION Treated Salt is superior to traditional highway salt, is less corrosive and can reduce environmental damage by coating salt with beet juice – used in Manitoba

Don River, declared dead in 1969, is coming back to life, being re-naturalized with marshlands, \$3bn for 3 tunnels to route sewage away from the river by 2058.

International Great Lakes & St. Lawrence Cities recognized Belleville for its urban litter trap project that keeps litter from washing into the waterway during storms.

Trail camera near Timmins spots 'spirit moose'. Regulations make hunting white moose illegal in some parts of Ontario. They don't have red eyes - are not albino.

Ottawa fisherman fined \$10,000 after catching roughly 10 times the legal limit from a Northern Ontario lake. (40 rather than 4) Remote lakes are patrolled regularly.

Increase in human-raccoon encounters in Toronto caused Toronto Public Health to issue a raccoon warning – stay away and do not pet the raccoons.

MNRF is pushing to expand "train and trial areas", which were being phased out. Animals are captured and used as prey for hunting dog training and sporting events.

Toronto will have a fourth area code to relieve the dwindling supply of 416/437/647 numbers. 942 overlay code will enter the mix effective April 26, 2025.

Hyundai and Kia to settle with vehicle owners' class-action lawsuit worth \$200m over rampant thefts of the vehicles using a method popularized on social media.

Air Canada erasing pandemic-era losses amid demand for travel. Reported net income of \$4M, a dramatic improvement from loss of \$974M a year earlier.

Toronto start-up creates AI-powered bionic arm that can see objects, a mug, a ba-

nana, and think for itself how to manipulate the fingers to pick it up or peel it.

At least five Tesla Optimus robot prototypes capable of walking, using motors, controllers and electronics learning to sense, map, and navigate the world.

An Israeli company named Sightful announced a laptop that detaches the screen and puts it up wherever the user looks – using a pair of connected AR glasses.

Musk's Neuralink Co. approved for human trials of brain implants that link the nervous system to computers aimed at helping treat brain disorders and injuries

Up to 900 electric scooters on Ottawa streets in fourth season of pilot project. Geo-fencing and AI were used to limit parking space and to thwart sidewalk riders.

Over 47% of US adults use ChatGPT for stock advice, survey shows. Millennials and Gen Z are at the forefront of this trend with Boomers taking a wait and see approach

The man behind ChatGPT (Open AI) highlighted the perils of using artificial intelligence (AI) during a US Senate hearing, urging for regulation before it's too late

AI helped narrow down thousands of chemicals to a handful that could be tested in the laboratory, resulting in a potent, experimental antibiotic called abaucin.

Fiberoptic cables stolen in over 400 incidents in Canada since January 2022, 180 in Ontario, causing Internet outages. Recycling regs needed, as for catalytic converters.

China Seeks to Counter Musk's Starlink With Own Satellite Network. Race to roll out low-orbit fleets comes amid rising tensions and concerns over crowded space.

Blood test may soon monitor metastatic breast cancer, after a post-doctoral researcher at the Queen's University Cancer Research Institute, begins clinical trials.

Health Canada and Environment Canada propose listing per- and polyfluoroalkyl substances "forever chemicals" found in cosmetics, food containers, etc., as toxic.

BPA found in sports bras and workout leggings, many sold in Canada. There is currently no comprehensive regulation in place similar to California's to limit BPA.

Cigarette warning labels are about to get even harder to ignore in Canada as Canada to become first country to put warning labels on individual cigarettes.

T&E Imports and GPAE Trading Corp. are recalling G Fuel brand Energy Drinks because of high levels of caffeine which can cause heart and nervous system issues.

Researchers are testing an over-the-counter antihistamine that could treat multiple sclerosis (MS) in a breakthrough that could help 2.5 million people worldwide.

Pricey cottage rentals making labour shortages worse in Ontario beach towns. Ramshackle cottages are being swept up, removing affordable stays for workers.

Muskoka 'Mega dock' propels cottagers to seek new rules for aquatic airstrips. Owner says dock is part of private water aerodrome under federal, not local bylaw.

Canada's population hit 40 million. Growth rate currently at 2.7%, the highest since 1957. Statistics Canada uses modelling to estimate population in real time.

Rocky Mountain employers see major boost in temporary foreign workers. Canada eased limits across country, especially in food services and accommodations.

Ontario hospital workers awarded more pay after Bill 124 found unconstitutional. Hospital workers set to get additional 3.75% and 2.5% wage increases over 2 years.

Feds released a list of buildings for sale or transfer, saying they could be used for affordable housing, community, or commercial space, as work from home persists.

Virgin Orbit auctions US\$36M in remaining assets as Richard Branson's bankrupt satellite launch company folds for good.

Chinese cyber espionage hitting U.S. to develop ways to disrupt communications between the U.S. and Asia "during future crises" like possible Taiwan invasion.

Microsoft to move top AI experts from China to new lab in Canada. Beijing researchers apply for visas to move to Vancouver amid geopolitical tensions.

China defends warship crossing the path of American and Canadian ships in the Taiwan Strait, saying take "good care of your own territorial airspace and waters."

Canada Announces \$2.5 Billion to Renew Coast Guard's Small Vessel Fleet.

Bans on Huawei telecommunications equipment may cost the US and its allies more than US\$100B, but many say no price is too high for national security.

Under Elon Musk, Twitter has approved 83% of censorship requests to remove Tweets critical of authoritarian governments in Turkey and India, among others

Canadians and all countries that don't require a Visa to travel to the UK will need to apply for an Electronic Travel Authorisation (ETA) in 2024 for \$16.

Dolly Parton broke the record for the longest span of No. 1 hits on the U.S. top country albums chart for a female singer - top of the charts for 43 years 156 days.

OUT AND ABOUT

A Local Hockey Legend is Born

By Betsy Sayers



Long time local Matawatchan resident Mike Gorman and his family had an exciting evening at the Bell Sensplex recently when Mike was inducted into the 80+ Hockey Hall of Fame in recognition of his contribution to community hockey over the past 40+ years. Mike doesn't know who nominated him but is certainly tickled at all the fuss. His hockey career started when he became involved with the Embrun Minor Hockey Association through his children. He not only played hockey there but spent a lot of his personal time sup-

porting the local Association doing everything from coaching to helping kids with their equipment and on many occasions even drove the team bus to local games and tournaments.

As Mike moved around in life, his passion for hockey never waned. Not even 2 knee replacements could hold him back from the sport he loved. When he bought his farm in Matawatchan in 1984 he needed to find another local team to play with. That was when he started with the Renfrew Rusty Blades and later the Renfrew Afternoon Antiques. Aren't those great names for a seniors hockey team? Over the years Mike has played too many games and tournaments to remember but has special memories of playing in tournaments with other GM locals in Montreal, North Bay and especially the annual Florida tournament every April and many European Tournaments.

Mike's lifetime motto is to "Try your best" (I'm told those words are usually followed up pretty quickly with 'Let's get at it').

Congratulations to Mike on your induction to the Hockey Hall of Fame and thank you for all you have done to support the hockey dreams of friends, family and community children along the way.

ART IN THE HIGHLANDS

Kindness is Everything By Tamara Campbell

Art Exhibition: Wednesday to Saturday from 10am to 5pm until July 22nd at the Art Factory Warehouse, 11 Bridge St, Renfrew. Free admission



Something beautiful is in the air. Twelve incredibly talented, loving, and beautiful artists are collaborating in an art exhibition called "Kindness is Everything" at the Art Factory in Renfrew. The quality, depth, and variety of the artworks being shown will certainly captivate your imagination.

Beautiful hearts do beautiful things. All 12 artists will donate a HEARTwork to the Bernadette McCann house. "Survivors of domestic violence who are leaving the shelter

to rebuild their lives will be offered a piece of HEARTwork to take with them to their new homes. Several members of the group have experienced domestic violence firsthand, and we want to highlight the important work this organization performs," explained Patrick John Mills, organizer and owner of the Art Factory.

The Art Factory is a 10,384 square foot former factory and warehouse in Renfrew.

liveloveartfactory.com

Cottage & Home Transformations you will love!

J. SCOTT MacDONALD
GENERAL CONTRACTING INC.
jsmacdonaldcontracting@hotmail.com

Home: 333-5207 Business: 333-5597
 LICENSED CARPENTER AND MEMBER OF ONHWP
 (Ontario New Home Warranty Program)



**Residential Construction & Renovations . General Carpentry Additions . Roofing . Siding
 Soffit and Fascia . Commercial Septic Installation . We use Pirie Insulation Spray Foam**

**We've been building in The Highlands for over 30 years
 Renovations and Remodeling • Building Dream Cottages • Constructing New Homes**



It started on a sunny day with light winds on June 4 on an island on Centennial Lake in Matawatchan. Observers called 911 and the Greater Madawaska Fire Department rushed to the scene. It jumped a narrow channel to Snider's Tent and Trailer Park, a heavily forested part of the mainland. Campers and residents were evacuated, briefly using the Matawatchan Hall as an evacuation center for dinner supplied by residents, and finding places to stay, with many offers of assistance.



Fire on the mainland in heavily forested, difficult terrain. Pics left and above by Caleb Vincent



Wind gusts of 40 to 50 km/hr and steep, rocky terrain gave the fire fighters a real challenge. At some points the water bombers were delayed because of poor visibility from fires in Quebec.



Thank you to the Greater Madawaska Volunteer Fire Department who were first on the scene! Their pay is compensation for missed days on their regular jobs. Volunteers do this because they care.



Fire bombers scooped up water from the lake and dumped on wide swaths of fire.



Sprinklers set up on Little Bay Lane home. All evacuated residents are extremely grateful to Greater Madawaska firefighters and crews from all over for their efforts! Pic by Montana MacFarlane



Fire crews from Greater Madawaska and several other municipalities on the hill at Snider's Tent and Trailer Park. This area did not have to be evacuated. Pic by Jenelle Rosenblath



Bonnechere Valley Fire Rescue searching for hot spots after the fire was deemed to be "Held". Crews doused what they could and marked the spot with GPS and an MNRH helicopter crew would scoop up 1,000 gallons of water to drop on the flames. By this time, the work of the water bombers was complete. Pic by Bonnechere Valley Fire Rescue



Fire fighters from the Horton Township Fire Department taking a needed break. Pic by Horton Fire Department



MNRH Fire fighters camped out in tents overnight at Snider's, but local crews went home overnight. Local residents and restaurants stepped up providing food and beverages. Gail Holtzauer provided a few great meals for the crew. Pic by Jenelle Rosenblath



Aftermath on the island. Pic by Caleb Vincent



Aftermath on the mainland over a week later. The fire was stopped about 1 km away from homes and cottages that had been evacuated and residents have returned to their homes. As of writing this, the fire is not out, but remains under control. The complete fire ban continues despite some rain. Fire is a tenacious thing.

Fire was on the earth long before humans took their present shape. It is a natural part of nature and something to be feared, but long ago, humans learned how to harness this force of nature in many ways. We even use it to power internal combustion engines that allow us to drive in and around the forest then return home to the city, all in one day.

But we are fooling ourselves if we believe that we are its masters. Indigenous people who live in forested areas evolved with an understanding, a respectful relationship with the land and with fire. It's not unlike the relationship

between humans and sweetgrass. Sweetgrass depends on humans to harvest it so it can thrive. Corn kernels will not fall to the ground on their own. They have been nurtured by humans and depend on them to sow their seed. Such is the relationship Indigenous peoples have with fire. They know that small, controlled fires are needed to clear the underbrush and open up the canopy for new life. This practice helped to prevent multi-hectare fires as we are seeing this summer in Canada.

Unfortunately, Canadian colonizers saw the practice as harmful to their lumber industry and made it illegal

about a hundred years ago, and development pushing into the forest is making the practice difficult to resume.

We can't go back to the past, but we can learn from it. It's only relatively recently that fire management began to include controlled burns, not just "back fires" during a wildfire.

It took 19 Fire Rescue departments to bring a 50-hectare fire under control and it was close to water. Millions of hectares of wildfires continue to burn across Canada, filling the air with smoke. Take bans seriously. Your campfire isn't that important..

Special thanks to Fire and Rescue Workers:

Greater Madawaska, Greater Napanee, Stone Mills, South Frontenac, North Frontenac, Addington Highlands, Horton, Admaston Bromley, Bonnechere Valley, North Algona Wilberforce, Brudenell Lyndoch and Raglan, Arnprior, Whitewater, McNab Braeside, Madawaska Valley, Renfrew County Coordinator, Kingston-Frontenac Lennox & Addington County Coordinator, MNRH Fire Rangers, Renfrew OPP, Municipal staff and community helpers

Bonnechere Caves
1-800-469-2283
1247 Fourth Chute Road
on the Bonnechere River
Eganville Ont.

Unforgettable!
Take a 1 hr. guided tour. See Fossils. Shop.
Walk the Trails and Picnic by Fourth Chute Falls
bonnecherecaves.com

Summertime Reading and Fun!

By Ruth Jones



EXPLORE THE SHORE!

Watersheds Canada Discovery Program

Explore the life of your shoreline and participate in data collection. Let's grow a community that actively cares for fish habitat (in support of great fishing), stable shorelines (less erosion), and superior water quality. Everyone is welcome to participate in fun indoor and outdoor workshops about shoreline ecosystems and good stewardship.

Twenty Watersheds Discovery backpacks containing activities and field equipment to explore shoreline life are available to borrow.

Upcoming Workshops:
Matawatchan Hall, 1677 Frontenac Rd. July 8 from 10 am - Noon. Special presentations by Watersheds Canada. Tea, Coffee, and Baked Goods as part of the weekly Matawatchan Hall Saturday Socials. Everyone welcome!

DACA Community Centre, 111 Flat Road, Dacre July 15, 10am - 12pm

3 volunteer-led outdoor workshops will follow later this summer. For more info, or if interested in volunteering with this project, please contact gmpllc.staff@gmail.com

The Watersheds Canada Discovery Program is funded with the help of a TD Friends of the Environment Foundation grant received by Watersheds Canada, based in Perth Ontario.



Celebrating our
45th
ANNIVERSARY

1978 - 2023

Send a story to us for our 45th Anniversary Storybook for a chance to win an Indigo Gift Card in a draw taking place in November. Please contribute your photos of the library and stories about what the library means to you.

Send your photos and stories to gmpllc.staff@gmail.com to the library in St. Joseph's Catholic School, 12629 Lanark Road, Calabogie, and on Greater Madawaska Public Library Facebook page.

LIBRARY HOURS:

Tues/Wed 9am-6pm

Thurs/Fri 9am-1pm

Sat 9am-2pm

12629 Lanark

Rd, Calabogie, ON

613-752-2317 |

gmpllc.staff@gmail.com

WEST END LIBRARY OUTREACH

Order books for pickup/drop-off at the Pine Valley Restaurant in Griffith every two weeks. Loan periods can be flexible. **Summer pickup/drop-off dates:** June 28; July 12, 26; August 9, 23; September 13, 27

THURSDAYS ARE FOR KIDS ALL SUMMER LONG

Preschool drop-in for ages 0-4 years 9:30 am-10:15 am.

Activities for ages 5-12 years

11:00 am-12:00 pm.

Please call or email the week ahead of each session to let us know that you intend to come.

The Greater Madawaska Public Library and Learning Centre is MORE than stacks of books. It provides the community with life-long learning that goes beyond the printed word and beyond the walls of the building.

July 6 BRAIDS, BEADS, & BLING

Accessorize your summer with a bracelet or a keychain. Share it, wear it, or add it to your back-pack!

July 13 I'VE BEEN FRAMED!

Explore various painting methods to create a colourful work of art that you can take home in a frame!

July 20 SHINE YOUR LIGHT!

Make a beautiful rainbow paper lantern for your room or other indoor space.

July 27 ALL HANDS ON DECK!

Create an optical illusion artwork using your hand, some marker, and a little bit of sparkle.

August 3 LET'S TALK SCIENCE!

Participate in a science activity with this fabulous group of students from the Ottawa U and Carleton U science departments. Have some fun and learn some cool facts!

August 10 NATURE MOBILE!

Bring a collection of 10 objects found in nature (leaves, pressed flowers, seeds, petals, e.g.) to use in making a nature mobile.

August 17 MYSTERY BAGS AND MAD LIBS!

What's in the bag? Find out! Participants will learn about nouns, adjectives, verbs, adverbs and have some fun, too. Oh, my!

August 24 BUG BINGO! Join us for some buggy BINGO and learn about some wild and weird little creatures!

exp REALTY
 Kelly Derue, Broker
 Phone: 613-433-2681
kelly-derue.com
 Email: kelly.derue@exprealty.com

Thinking of buying or selling? Visit my website for some helpful info.

Calabogie Waterfront!

SOLD

2255 Calabogie Rd Over 400' of waterfront along pristine Madawaska River in Burnstown. Beautifully treed 3-acre lot bordered on either side by a creek. The owners are skiers and use this 2 + 1 bedroom cottage rear round. The septic and drilled well were installed in 2004. MLS#1332961 \$749,900

Choose Your Lot and We Will Build!

00 Pinnacle Rd and 00 Hwy 132 We are waiting for you to choose the location of your Brand New 1600 sq/ft home and we will build it. Choose the beautiful 2-acre sloping lot on Pinnacle Hill with a great view of rolling farm fields or you may prefer the wooded 5.44 acre lot on Hwy 132. Let us know, we want to start digging! MLS #1330097 and MLS# 1330098 \$799,900

SOLD

All Appliances and Equipment Included!

68 Scotch Bush Rd Great price AND great location for this 2+ bedroom home. This home has been very well maintained and is waiting for its new owners to move in. Detached double garage is insulated and easy to heat if you are the kind of person that likes to do projects in the garage. All appliances included as well as generator, lawn and garden equipment, and much more! MLS # 1318389 309,900

New Price! Access to Small Quiet Lake!

28044 Hwy 41 Beautifully treed 1-acre lot with access to small lake. You could build your home or cottage with a view of the lake and also have direct access to Highway 41. This lot comes with a smaller trailer that you could enjoy on weekend visits. MLS#1338628 \$129,900

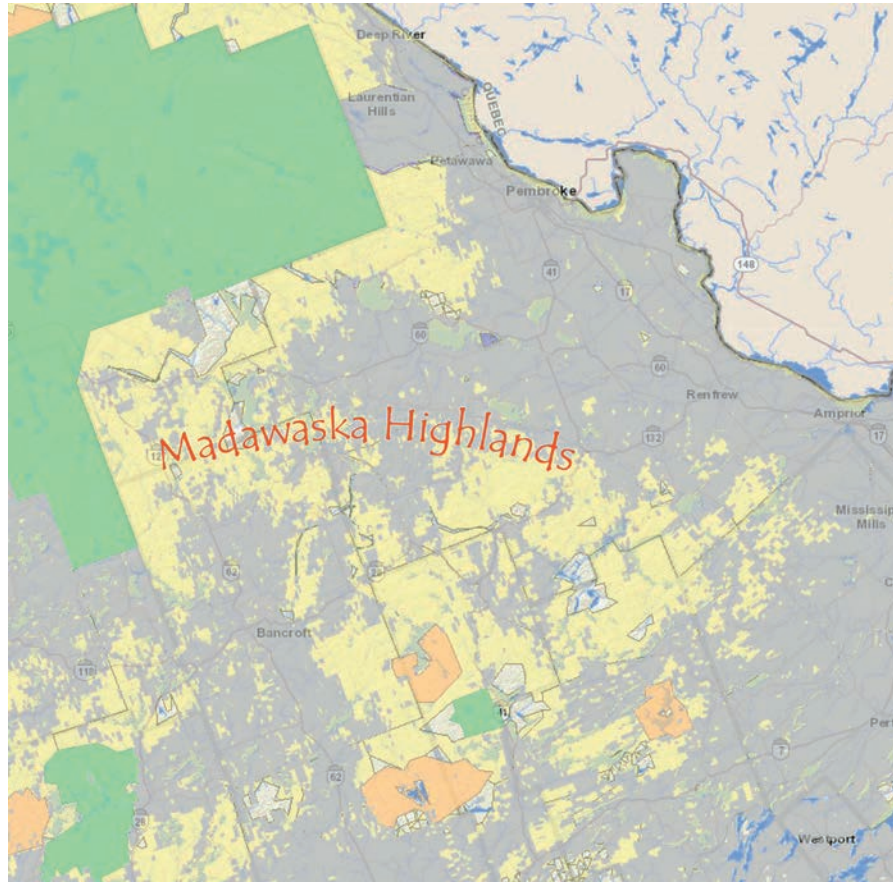
Call and let me surprise you with what your home is worth!

Protecting Space: Protecting Trails! By Lesley Cassidy

Looking at a map of Ontario Crown land, minus Northern Ontario, the Madawaska Highlands and surrounding area stand out. It's 70% Crown land. Imagine if part of this area received a level of protected status so that you could hunt, fish, hike, snowmobile and still enjoy all your other outdoor recreation activities without worry of losing access because of future development or industry? The Canadian Parks and Wilderness Society (CPAWS) is looking at just that type of conservation in the Madawaska Highlands.

Sasha Huybregts, the coordinator for the Madawaska Highlands projects with the Society, shared that an essential part of the project includes "protecting the area while appealing to local communities and preventing development, housing and resource extraction. We don't want to restrict activities like ATV, hunting, camping, hiking, fishing, etc. ". They would like to protect at least 30 per cent of the Highlands.

Bounded by Algonquin Park, Deep River, the Ottawa River, Almonte to the south and Bancroft to the west, this region is one of the last remaining areas of rolling green highlands covered in bush, speckled with lakes and wetlands, and Canadian Shield. Only 4.59% (96.4 kilometres squared) of it has some level of protection through a few provincial parks, non-operating parks, and conservation reserves. Provincial parks exist primarily for camping, offering limited options for proper protection. The Mississippi Madawaska Land Trust, the Land Conservancy for Kingston, Frontenac, Lennox and Addington, and several



A moose in Algonquin Park scratches and rubs against trees to remove the ticks - as well as their fur, which no longer protects them from cold and heat and impacts their health. Ticks latch on in late fall and feast for several months affecting reproduction, decreasing moose populations. Animals such as moose need open space to roam and change up the gene pool for healthier populations. Already human habitation along the 401 is cutting off migratory routes and destroying habitats.



Left: The Crown Land Atlas of Ontario shows the Madawaska Highlands south of Algonquin Park. Yellow is Crown land. Grey is private land. There are very few large spaces in Southern Ontario like the Madawaska Highlands and surrounding areas that have this much Crown land left. It's important to consider protection for this area.

other privately protected areas in the Highlands do move the needle. However, these efforts do not compare to the size of the 2100 square kilometre Madawaska Highlands. More importantly, these protected spaces do not connect.

Given the Highlands is one of the last large sections of Crown land that's not broken up by large tracts of private land and largely undeveloped, it's the perfect location to protect for fu-

ture recreation and maintain the natural environment just the way it is. But there are other critical reasons as well.

First, very few substantial tracts of land exist outside the Northern parts of the province. Many studies have found that for wildlife (particularly deer, moose, lynx, and wolves), it's vital to have connected spaces for these animals to roam, feed and change up the gene pool. It's crucial to maintain healthy

wildlife populations that can withstand disease and the increasing numbers of ticks that now live through colder seasons and less predictable winters. Biologists refer to it as "ecological connectivity". It ensures that wild spaces remain connected so that: wildlife can migrate, forests and wetlands can maintain their natural state the way they have been for hundreds of years, and these natural systems do what they do best - clean the

Take good care of your baby...



...right here in Calabogie
52 combined years of Master Marine, Sled, ATV and UTV knowledge and workmanship on all makes. Emergency? We'll meet you on the water or in the bush.

- SALES • RENTALS
- PARTS AND SERVICE
- ALL MAKES AND MODELS
- FXR SUPER DEALER
- ACCESSORIES • STORAGE-WRAPPS



In the Heart of FUN COUNTRY!
613-623-4410
5056 Calabogie Rd. Calabogie

BUY 'em RENT 'em RIDE 'em urban-sport.ca



This breathtaking view of the Madawaska Highlands from Jameson Mountain near Griffith is less than a two-hour drive from the Nation's Capital and about three-hours from Canada's largest metropolis and is one of the last expanses of wilderness in Southern Ontario. We need to preserve this beautiful rolling green landscape that's dotted with lakes, wetlands, and many fishing, hunting and hiking spots, and the occasional hamlet on the Canadian Shield.

Pic by Lesley Cassidy



The iconic cry of the Loon is being threatened by habitat loss and careless, thoughtless boating that creates huge wakes and floods out nests and baby loons. Human fun can kill wildlife, so be kind to your fine feathered friends.

Pic by Gio Bartlett, Unsplash.com

air, prevent floods, and soak up what humans send into the atmosphere.

Secondly, access to nature and outdoor recreation remains essential to so many people. For example, in 2014, there were 4.3 million reserved campsite nights in Ontario Provincial Parks, and in 2021, there were over 6.6 million. Rules changed this year in several popular parks to allow more people to camp (reducing stays from 23 nights to 7 or 14 nights, depending on the park). Premier Ford announced recently that a new Provincial Park with 250 camping spaces is planned; this will be the first in over 40 years.

The pandemic hammered home that outdoor recreation and access to trails are vital to people. ATV sales surged almost 30% over 2019 numbers. Hiking trailheads (remember the Eagle's Nest near Calabogie with hundreds of cars lining the highway) were jammed; the demand for more greenspace for recreation is only increasing.

Thirdly, the planet is experiencing a global loss of nature. It's a weird statement to make when we look out the window at the abundant number of lakes, fishing opportunities, deer, and bush when you live in the Valley. When you spend time outdoors, though, you can't help but notice things are changing here and elsewhere in Ontario.

For example, catching a pickerel has become harder than it once was. Rules have been implemented along the Madawaska River, Calabogie Lake, Bonnechere River, Black Donald Lake, Golden Lake, Lake Doré and others where you can't keep any pickerel less than 50 cm (or 20 inches). There's a reason locals keep their fishing holes secret.

Due to invasive species and disease, new baitfish rules were established in 2022. The loon, once thriving with pairs spotted on every lake, their lonesome call representing something very Canadian, is disappearing. Loons are having trouble reproducing - their numbers are decreasing in every Province but Quebec. Fast boats and the recent popularity in Wake Boats is making it harder, swamping nests along the shoreline.

According to the Ontario Federation of Anglers and Hunters website, Chronic Wasting Disease (CWD) has reared its ugly head in four provinces. It's 100% fatal to deer, moose and elk and has not yet been found in Ontario. Studies by wildlife experts just south of here in New Hampshire have also found that ticks, attaching themselves to moose in late fall, feed on the moose for months, resulting in a 70 per cent death rate in calves over three years. The dead calves were found with 47,371 ticks (on average) on their bodies. This tick infestation has moved north. When wildlife populations struggle for several years, it's a sign that something's seriously wrong.

So, what's the process for this Park idea?

The Society's priority is to listen to communities and groups in the area about their thoughts on the project. Understanding people's concerns and listening to their comments will help identify the type of protection that would work for locals, the economy, indigenous communities, and conservation groups. The Society is learning more about the region and developing a report to present and share with local communities and stakeholders. Data collection about the

area's forests, wetlands, recreation activities, and tourism is ongoing and will continue in more depth. This summer, they hope to collect additional data from several experienced naturalists within the community.

The comprehensive report will focus on the value of the Highlands and highlight the reasons it's worth protecting. The following steps involve sharing with senior government officials and building momentum to make this a reality.

It's not the first time this area has been considered for protection. In 1988, the President of the Society based in Perth wrote a discussion paper on the Highlands. He felt that the Ministry of Natural Resources practices at the time needed to be updated and in line with the needs of the people who live and visit the Highlands now and in the future.

His paper explored how the Highlands could maintain current recreational activities like hunting, fishing, and snowmobiling, even adding activities such as backcountry skiing. He discussed how logging could still be part of the solution if done sustainably. He wasn't interested in removing current ways of life; he presented solutions for managing this stunning landscape with several levels of protection based on the wildlife, trees and plants while maintaining access to recreation and economic opportunities.

He hoped to achieve this through the creation of a land trust. It was innovative and had incentives, such as limiting taxes for landowners who committed to keeping their land natural. Unfortunately, the idea of the trust didn't

move forward in this region. Huybregts shared that the current Executive Director of CPAWS has been thinking about this area for a while. It's close to Ottawa, and many residents, locals and visitors love the region for its remoteness, beautiful natural landscapes and recreation options. "It's an important area to protect", she stated. "It's one of the last remaining wild spaces in Eastern Ontario."

Canada has committed to protecting 30 per cent of the country's lands and waters by 2030. Currently, Ontario has protected 10.7 per cent of its landscape. In late May, all provinces and territories agreed to be part of this commitment to protecting 30 per cent of lands and waters. Saving a significant piece of the Madawaska Highlands would go far to protect wildlife habitat and recreational trails and keep this piece of paradise intact naturally and accessible forever.

Get out and explore the Highlands this summer!



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



FULLY LICENSED AND INSURED

SPECIALIZING IN PROPANE!

SALES & SERVICE ON ALL PROPANE FIXTURES & APPLIANCES.

FURNACES, FIREPLACES, HOT WATER TANKS FRIDGES, STOVES & MORE

PLUMBING

Repairs, Renovations & New Housing

HOT WATER TANKS, SUMP PUMPS, TOILETS

SUBMERSIBLE WELL PUMPS, EVERYTHING!

SALES, SERVICE & INSTALLATION

HEATING & AIR CONDITIONING

Sales, Service & Installation

BOILERS (NATURAL GAS & PROPANE)

FURNACES, FIREPLACES

613-433-1111 RENFREW

ACCEPTING NEW PATIENTS

CALABOGIESMILES.COM • 613-220-6534



CALABOGIE SMILES
DENTAL HYGIENE

4984 Calabogie Road, Calabogie, ON.

Herbs For Natural Weight Loss

By Derek Roche

Weight gain is not uncommon as we age. Our metabolism decreases as we get older and when we eat more calories than we burn, body fat increases. In addition to being uncomfortable, weight gain can also contribute to many debilitating diseases. Maintaining proper weight requires not only a healthy diet, but also exercise to aid in metabolic activities. Included in a proper diet are herbs and common spices in your kitchen. Keeping your weight in check is vital to support body functions and slow down its degeneration.

There are other causes of weight gain which also must be considered, including the following:

- Stress, anxiety and depression
- Menstrual cycle
- Polycystic Ovary Syndrome (PCOS)
- Menopausal problems
- Lack of sleep
- Hormonal problems
- Certain medications

Hormonal and medical causes of weight gain are best discussed with a doctor for proper treatment. Otherwise, you only need to modify your lifestyle and increase your intake of natural foods. Get moving and involve yourself in activities that stretch your core such as yoga.

Plants That Help You Lose Weight:

Along with your lifestyle changes, some common plants and herbs can be beneficial for your weight loss journey. Many herbs support digestion and improve metabolism. The good news is that as these are often found in our gardens or kitchens!

Here are 3 of the most potent plants for weight loss:

Ginger (*Zingiber officinale*)

Ginger is a spicy and pungent herb widely available all over the world. It is one of the most commonly used spices for both culinary and medicinal purposes. As a powerhouse of nutrition and healing properties, ginger is also effective in aiding weight loss. Ginger root has a high amount of gingerol, a phenolic phytochemical that has a powerful anti-inflammatory and antioxidant effect. It reduces inflammation caused by oxidative stress that contributes to obesity. Oxidative stress alters food intake and causes white adipose tissue deposits. Taking ginger prevents this extra pound



Pic by Jugos Locos, Unsplash.com

by reducing oxidative stress and its related inflammation.

Ginger also has a carminative action for gastrointestinal disturbances. It pushes food faster into the bowel and prevents gas formation. It is effective in increasing the metabolic rate and helping the body expend extra energy from the stored fat deposit.

For weight loss purposes, ginger is more effective when eaten fresh and raw. Ginger is commonly prepared as tea but heat exposure may diminish some of its potent properties. Heat particularly destroys Vitamin C which lowers its anti-inflammatory action. However, not everyone loves the spiciness and pungent taste of ginger. If you want to take it as a tea, you can compensate for some of its lost nutrients by pairing it with lemon. Lemon-ginger tea hastens digestion and the emptying of the stomach. Taking it before sleep aids the digestive system, breaking down food and preventing constipation and gas.

Lemon-Ginger Nighttime Tea Recipe:

Wash, peel and grind fresh ginger root. Boil 2 cups of water in a saucepan and add the ginger. Simmer for 10 minutes on low heat. Add the lemon juice and drink while warm before going to bed.

Turmeric (*Curcuma longa*)

Turmeric is another rhizome of the ginger family that is effective in weight loss while sleeping. It is one of the most recommended plants when

it comes to fat-burning and maintaining a healthy body mass index. Unlike weight loss diets and food supplements, turmeric gets rid of fat but not water and muscle mass. Turmeric raises the body's metabolism and facilitates smooth digestion during sleep. Its main component curcumin is beneficial against fat deposition. It breaks down fat and prevents it from getting stored as visceral fat. The powerful antioxidant property of turmeric is also very effective against oxidative stress. It combats the accumulation of free radicals that destroy the cells and cause inflammation.

Many diet food supplements boast about their ability to lower cortisol levels. Cortisol is the stress hormone that stimulates the body to hold onto fat. It increases the appetite which is useful in survival situations but not as pleasing when you acquire the extra pounds. Turmeric is a natural remedy for curbing stress and cortisol surge. Turmeric remedies a wide range of health problems, not just weight issues. It is most valued in treating diabetes, cancer, anemia and cardiovascular diseases among others. It possesses a bitter, earthy and peppery yet musky flavor. It is the distinct flavor that gives curry its signature taste and aroma. Turmeric is more popularly sold in its powder form.

Turmeric-Cinnamon Tea Recipe:

You can consume turmeric as tea if you are okay with its flavor. Simply boil water and add a dash of turmeric into it and some cinnamon powder or stick. This duo is a powerful weight buster that flushes fat and maintains the body's function.

Turmeric Milk Recipe:

Some people who are not very fond of its flavor may take turmeric milk instead. You can add half a teaspoon of turmeric powder to hot milk (including nut milks such as almond milk) and take it before bedtime.

Ginseng

Ginseng (*Panax ginseng*) is a medicinally important plant that is effective against many ailments. It is an all-healing herb that holistically helps the body. It possesses superior medicinal properties so much so people are warned against its excessive consumption. Ginseng is associated with many names found in various regions but usually pertains to Korean ginseng. It is native to Asia and used for hundreds of years in Traditional Chinese Medicine. It is valued mostly for its aphrodisiac property. One of its most notable benefits is its effectiveness in suppressing appetite. The hunger hormone triggers cravings, causing a person to eat more than necessary. Taking ginseng curbs the hunger hormone.

Ginseng also increases the body's metabolic activity against excessive carbohydrate intake. It metabolizes carbs faster and prevents fat deposits. It also regulates blood sugar levels and increases the body's anti-glucose metabolism. Furthermore, ginseng is rich in antioxidants against oxidative stress and debilities. It reduces physical and mental stress to overcome fatigue and improve blood circulation.

Ginseng Tea Recipe

To take ginseng for weight loss, boil its dried roots in a cup of water. Strain and drink the decoction twice a day for better results. Do not take the tea for more than 3 months. Ginseng is not intended for excessive and long-term use. It can affect our mental state. It is also not advisable for the following group of people: those taking blood thinning medication, have a breast cancer history, autoimmune disease, bipolar disorder, fever or sore throat.

Takeaways

Losing weight has become a struggle for many people. Some result in taking food supplements that are often more detrimental than beneficial for health. Shedding weight is a slow and steady process, but nothing can make you lose several pounds at once. Plants and herbs are natural ways that can help speed up the process. But then again, these metabolic herbs only work well when accompanied by a healthy lifestyle. So, mind your plate, get moving, and make use of these herbs to see better weight loss results!

EARN MONEY
From Your Woodlot



Quality
Natural White Pine
Red Pine/Spruce
PLANTATION
THINNING
OPERATIONS

PAYMENTS
Have Never
Been Higher!

Our operations meet
Provincial Managed
Forest Requirements

Stacey Robertson - Forest Technician
613-858-8014 - Blues50jazz@yahoo.ca



PURA VIDA
NUTRITION STORE


267 Stewart St. Renfrew
613-433-9437

Mon to Fri 10 - 6
Saturday 10 - 5
Closed Sundays

info@puravida-nutrition.ca
www.puravida-nutrition.ca

Vitamins, Herbals, Aromatherapy, Homeopathy, Sports & Diet Supplements
Gluten Free, Organic, Specialty Foods, Teas, Books and much more

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



Diabetes and your Dental Hygiene Appointment

By Tamatha Strachan

More than 3.6 million Canadians have diabetes. The prevalence of diabetes in Canada (and in many other countries) has increased dramatically over the past several decades. This is due primarily to the rise in obesity, which increases your risk of getting type 2 diabetes.

Dental hygienists are in a position to detect new cases of diabetes mellitus based on history and examination, and to refer for medical follow-up.

Diabetes is a condition that affects the body's ability to regulate blood sugar levels. Signs and symptoms may include unusual thirst, frequent urination, extreme hunger, unusual weight loss, extreme fatigue and irritability, blurred vision, cuts/bruises that are slow to heal, tingling/numbness in the hands and feet and recurring skin, gingival and bladder infections. When a person has diabetes, their body either does not produce enough insulin or is unable to use the insulin it produces effectively. This can lead to a range of health problems, including damage to the nerves, blood vessels, and organs, including the teeth and gums.

One of the most common dental health problems is periodontal disease, also known as gum disease. Periodontal disease is a bacterial infection that affects the tissues and bones that support the teeth. It can cause inflammation, bleeding, and even tooth loss if left untreated. Research has shown that people with diabetes are more likely to develop periodontal disease than those without the condition. This is because high blood sugar levels create an ideal environment for bacteria to thrive in the mouth. In addition, people with diabetes have weakened immune systems, which makes it harder for the body to fight off infections like periodontal disease. Your dental hygienist will most likely recommend you come in more frequently for your cleanings.

The link between diabetes and dental hygiene goes beyond just periodontal disease. People with diabetes are more prone to having a dry mouth. Saliva plays a critical role in protecting the teeth and gums by neutralizing acids and washing away food particles and bacteria. Without enough saliva, a person's risk of developing cavities and other dental problems increases.



Pic by Sweet Life, Unsplash.com

Uncontrolled diabetes can lead to various oral complications, such as oral thrush, burning mouth syndrome, and taste impairment. Oral thrush is a fungal infection that can cause painful white patches on the tongue, cheeks, and roof of the mouth. This infection is more common in people with poorly controlled diabetes because high blood sugar levels create an ideal environment for the fungus to grow.

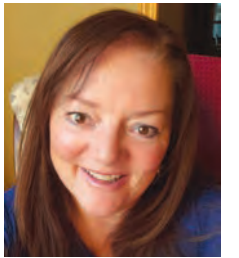
Diabetes also affects blood circulation, which impairs the delivery of essential nutrients and oxygen to the gums and other oral tissues. After dental cleaning procedures, such as scaling and root planing, individuals with diabetes may experience delayed healing of the gum tissues.

Rinsing 3 - 4 times per week with 1 cup warm water and 1/2 teaspoon of pink himalayan salt after your dental hygiene appointment can promote healing.

morning or when your glucose levels are highest.

- If you are self-monitoring at home using a glucose meter, the value should be between 4 mmol/L and 8 mmol/L.
 - Bring a list with the names and dosages of all medications you are taking.
 - Tell your dental hygienist the time of your last dose of insulin, medication or last meal.
 - If you have dentures, inform your dental hygienist of any changes to their fit, as well as any pain or sores on your gums.
- As the prevalence of diabetes continues to rise globally, it is essential to recognize the significant link between diabetes and dental hygiene. Individuals living with diabetes must be proactive in maintaining good oral health to reduce the risk of complications. Regular dental check-ups, proper oral care routines, blood sugar control, diabetes awareness, and healthy lifestyle choices are crucial for optimal dental hygiene and effective diabetes management. By prioritizing dental hygiene, individuals with diabetes can enhance their overall well-being and enjoy a healthier, brighter smile.

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



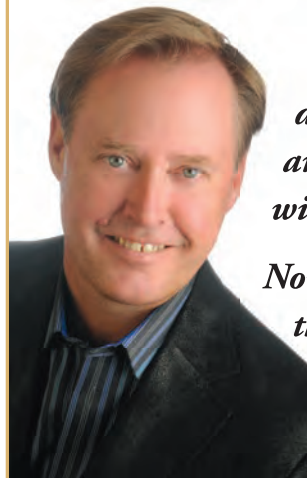
To get the most out of your dental hygiene appointment, remember to:

- Inform your dental hygienist that you have diabetes.
- Schedule your appointment in the

CRAIG
Armstrong
sales representative
A Name You Can Trust!

**Thinking of
Selling or Buying
in 2023?
Let's Get Started!**

There's no doubt you have heard about a shift in today's housing market. After the frenzy of the past few pandemic years, the real estate landscape has changed, and the market is correcting and adjusting. If you're wondering how this change impacts you, please reach out to me.. I welcome the opportunity to sit down and chat about the market, answer any questions you have. And of course without any obligation.



Now more than ever it's important to trust the services of an experienced Realtor who is adept at navigating changing markets.

Contact me & schedule a
**FREE REAL ESTATE
CONSULTATION**

Cell: 613-818-9751

Toll Free: 1-800-307-1545

Email: CraigArmstrong@RoyallLePage.ca



Pilates In The Park

Land Pilates starts
Wednesday June 28th at 9:45 am
Water Pilates starts
Wednesday July 5th at 8:30 am

RAIN or SHINE
Six + Classes \$10 per Class
Drop in \$15
NO EXPERIENCE NECESSARY



Barnet Park - Calabogie

By Susan Veale, Kinesiologist, Certified Pilates Instructor
Register: susan.wnhc@gmail.com 613-752-1540

Only YOU Can Prevent Forest Fires - Here's How By David Arama

Pic by Ali Kazal. unsplash.com

Pic by Evan Wise. unsplash.com

Pic by Toa Heftiba. unsplash.com

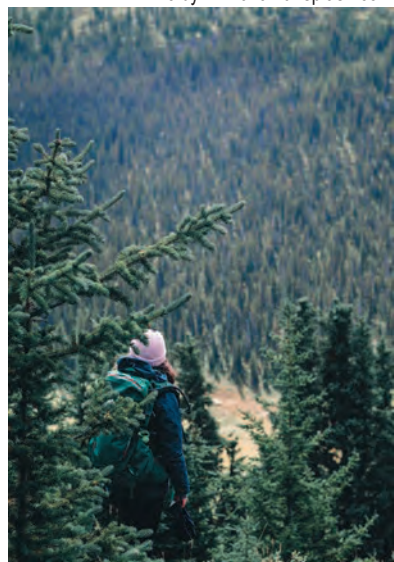


You might wonder what legendary Canadian Singer-Songwriter Gordon Lightfoot has to do with survival, but his inspirational songs about love, loneliness, and the great Canadian wilderness were a critical part of my own survival as a young man in subsidized housing in Toronto.

Pic by Katarzyna Urbanek. unsplash.com



It only takes one spark to set the forest ablaze.



Fire is a naturally occurring phenomenon, but human intervention has upset the balance. When you are way out in the wilderness, remember that you are a guest. Think of every living thing as a person and show respect for their home.

Pic by Landon Parenteau. unsplash.com

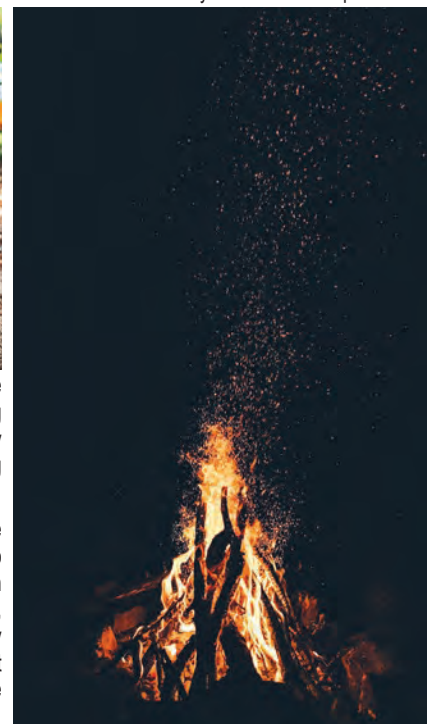


This fire is not out. Think of it as a huge campfire. Until every single hot spot is cold it is still a fire.



Our ancestors learned to harness fire, but it retains the same dangerous power over our lives and our world. There is something magical about warming yourself over a campfire, surrounded by friends and more smores than you should ever eat, or quietly camping with family, BUT... Those pretty little sparks aren't fairy lights!

Ontario is under a total fire ban in all areas, even some areas that have received rain recently. Obey the fire ban. Our crews are stretched to the max and we have crews from all over the world helping to quench fires across Canada. Even if you think your little fire is perfectly safe, it is not allowed. Why risk a \$25,000 fine for having a campfire? Why risk draining resources from other fires? Don't light, out of respect for our fire fighters, and to ensure the woods and wildlife you love remain safe.



Pic by Paul HFJOs. unsplash.com



This campfire is not out. To test if a fire is truly cold, run your hands through it. Look for hot spots

On May 7th I attended the public funeral in Orillia for beloved Canadian folk singer Gordon Lightfoot. As an 18 year old, growing up in a poverty-stricken area of Toronto, I likely was heading to a miserable life of drug gangs and criminality. Who knows where I would have ended up? That's where Lightfoot comes in. I started listening to his amazing songs about the history and beauty of Canada and the incredible landscapes. He motivated me to seek a career and life of outdoor adventures. During that career, I've led more than 5,000 youth on over-

night survival and canoeing camps. Frequently, we sang "Early Morning Rain, Canadian Railroad Trilogy, If You Could Read My Mind, Song For A Winters Night", and kids would ask us, who is the songwriter?

Lightfoot influenced me so profoundly, that I believe that like thousands of other souls around the world, we feel we owe a large part of our existence to him. When I walked past his casket, I fell to the floor and completely broke down. I was mourning for weeks. In that casket lies my hero, an amazing poet

and environmentalist. He made me have a great respect for nature and the earth. And that's what we try to teach kids at camps. Leave no trace, keep safe campfires, avoid drugs and alcohol, respect yourself and your fellow humans.

Now, to tie in the current forest fire situation in Ontario and across Canada, more than 90% of all forest fires are started by humans i.e. the great Halifax Fire, the great Fort McMurray Fire, and the current Matawatchan Centennial Lake Fire is under investigation.

The rest are due to lightning strikes and are naturally occurring. There's been a 50% increase in forest fires across Canada in the past 30 years. Is this due to climate change, aging forests and poor forest management, increasing brush due to logging and Dericho/windstorms? Or are dumbass humans encroaching more and more into these volatile forests? Are some forest fires started on purpose, subconsciously due to anger and hatred? Maybe it's a combination of these issues.



OFFROAD & SMALL ENGINE REPAIR

Services: Everything from off road vehicles such as ATVs, Side by Sides, Skidoos, Seadoos & Boats, Lawnmowers, Snowblowers & Generators. Pickup and delivery available.

Experienced Mechanics:
10 years small engine repairs
4 years machining large & small motors
 High-quality repairs to keep you safe and happy.

Our Quality Promise: We're committed to providing a stress-free experience. Our shop only uses parts from reputable brands to ensure that your machine is reliable & always ready to use.

—Backed by TOTAL LUBRICANTS, HIGHLIFTER, & Honda Engines—

613-752-0226
 594 Mill Street, Calabogie
 Kingsoffroad@outlook.com
 kingsoffroad.ca

WHITEWATERPESTCONTROL.COM

Local, Family Owned 613-312-2218
Guaranteed Services

24 Hours / 7 Days a Week
Licensed Technicians
Senior & Military Discounts



CONTROL:
Pests
Wildlife
Rodents
& More

WHITEWATER
PEST CONTROL

Here are some examples of pure stupidity, actual accounts of stupid idiots starting Forest Fires:

Burning leaves in a burn barrel during a gale force wind, illegally without permits during day-time, started a forest fire, resulting in a \$30,000 Township bill to the property owner.

Campfires are a frequent cause of forest fires, especially as I have witnessed firsthand in North Frontenac, whereby very stupid people ignore burn bans, have no burn permits, and typically flaunt the laws, or proclaim "I didn't know there was a fire ban and extreme conditions". Feigning ignorance of the laws isn't a good defense in court. Campfires during a total burn ban are likely the cause of the forest fire on the island at Centennial Lake, still under investigation.

ATVs and pickup truck catching fire. The massive Halifax fire apparently was started by an ATV that caught fire. This week, I witnessed firsthand a pickup truck that caught fire, since the owner had a live car battery in the back with his camping gear, unsecured, that ended up arcing and burning out the truck liner and his gear. We helped suppress the fire with our fire extinguisher before his entire pickup would have likely blown up.

Tossing cigarette butts out of car window (even if you have stubbed them out), during extreme fire conditions is a frequent issue. Why folks do that, when you can purchase a smokeless ashtray at Dollarama for five bucks, I'll never understand.

Railroad sparks can start grass and forest fires. This was the cause of a destructive forest fire in Alberta, that decimated a town.

Illegal use of fireworks causes fires and damage to property. We had a scenario at my lodge recently where the illegal use of fireworks almost killed a few seniors seated too close when the fireworks backfired. The guests didn't have permission to set off fireworks on our property.

Campfire Safety:

Never build a fire on the forest floor. Make sure the firepit is dug down to the mineral or sandy soil, or on a bed of rock away from tree roots.

Never leave a campfire unattended.

Make sure campfires are extinguished properly. Use your hands to feel for hotspots. If the fire pit is too hot for your hands, then it's too hot to leave behind. A fire isn't out until it's cold.

Pour garbage bags filled with water in the area around the campfire pit to ensure no tree roots have caught fire.

Be extra careful near evergreen resinous trees. Deciduous, broad leafed trees have more water content in their bark. Resinous trees provide extra fuel.

Never light during high winds. Sparks can travel miles on the wind.

At the cottage and RV site, keep the campfire pit a safe distance from the structure. Fire departments in different townships have regulations for distances, and insurance companies would also be interested in this safety aspect.

I prefer to use concrete slabs under the pit, and a metal truck wheel well etc.

Never throw fireworks into the fire, or aerosol cans. What you might see as a fun toy is actually a cardboard tube filled with gun powder and explosive chemicals. Throw it into a fire and even wet fireworks can go off in any direction like a missile.

BBQ's, Lanterns, and Camp stoves can get out of control and start a forest fire. Make sure these are used in safe places, away from flammable (resinous) pine needles, and safely located away from tents and dwellings.

Cost of Negligence in Ontario:

\$25,000 fines plus potential three months in jail, costs of fighting the fires and damages to property, plus restoration of the Forests. There have been cases in Canada where a court awarded millions in restitution for illegally starting a forest fire. A recent case near Halifax saw a woman receiving almost \$29,000 in fines for having a campfire during the ban.

It's just common sense. Have respect for your neighbours, community, and the wild lands you visit. Illegal fires not only put humans at risk, but kill wildlife and destroy the beautiful lands you love. Forest fires inflict a lot of pain and suffering. Mistakes and accidents happen, however, I firmly believe that most are preventable and avoidable. Let's hope we get some timely rain, so we can enjoy the benefits of campfires again, safely!

Characteristics of Fire-Resistant Trees:

- High water content in bark and leaves
- Annually sheds leaves in winter (Deciduous)
- Thick and large leaves
- Produces less wax, resin, or oil
- The sap is thinner or water-like and does not smell strongly

These types of trees can still be damaged or killed by a wildfire, but their bark and foliage burn slower and can reduce the speed at which a fire grows.

Notes: A Free Copy of my Digital Survival Preparedness Book is made available to all readers of the Madawaska Highlander! Download it at madawaskahighlander.ca

Remember, be prepared, you are biodegradable.

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



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

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

GLEN'S

Country Car Sales & Automotive Repair

Low overhead
= Low prices

Experience
= Excellence

ALL
MAJOR REPAIRS

- LICENSED MECHANIC
- DUAL EXHAUST SPECIALIST
- CUSTOM PIPE BENDING

531 Whelan Road
(6 kms South of Hwy 41
West of Renfrew)
613-432-9480

Check us for tire pricing!

Safety inspections, Flex joints, Catalytic converters,
Brakes, Shocks, Struts, Tires, Batteries, Gas tanks,
Front end repairs, Walker Mufflers & Radiators

Can't find a part? We make 'em.
Foreign Vehicle? - Save big \$\$\$ on Exhaust work,
Maintenance and Repairs.



HOME BAKING

Milk
Cheese
Groceries
Ice cream

Fresh Produce - Confectionary
Bacon - Sausage - Eggs
Art & Giftware
Hunting & Fishing
Fresh Brewed Coffee
Vintage & Thrift Shop too!

**POST OFFICE
BOTTLE RETURN**

7 days a week 8 am - 7 pm



**Milligan's Meats
Loads of Fresh Produce**

LIKE us on  for recipe ideas

156 Bridge Street, Denbigh 613-333-1313

It's All in Your Head

"The imagination is precious. Don't lose it. Don't lose the child in you."
- Marilyn Manson

If you are staring at an insistent blinking cursor wondering what to write, you could be looking in the wrong place. Get inside your head and take a look around. Dig through your diary or your old calendars for memories of places you went, people you met, emotions you felt, stories you heard, and dreams you had. There's a story there!

"Every block of stone has a statue inside it and it is the task of the sculptor to discover it."
- Michelangelo

In the same way that our subconscious mind uses our daily experiences to shape our dreams, our subconscious helps shape our conscious imaginations.

When, in Throw Mama from the Train, Larry repeats to himself, "A writer writes always", he is, of course, talking about the mental process, not the physical act.

Have you ever been working on problem, a situation at work, analyzing why someone said what they said, why you weren't invited to the party, and just couldn't stop thinking about it, no matter how often you told yourself not to? It's as though the problem is looking everywhere for new pieces of the puzzle, so it can finally be solved. Writing is like that. A writer writes always.

Every writer has their own system, but one thing they have in common is the background work their brains are doing as they go about their day. Sometimes the best way to find something is to stop looking for it.

There are ways to harness that process. Try reading your rough draft just before you go to sleep. Your subconscious mind will work on it during the night. When the alarm clock rings, read your manuscript in your semi-dream state. You will be surprised how much work you accomplished overnight.

If you have the luxury of waking up without an alarm clock, you might find that the time between dreaming and becoming fully awake is the best time to come up with ideas. The end of the day before you fall asleep also works if you let it. Many writers keep pen and paper on the night table so they can jot down ideas and go back to sleep. We can forget most of our dreams and that big idea too if we don't write them down.

"Your vision will become clear only when you look into your heart. Who looks outside, dreams. Who looks inside, awakens."

- Carl Jung

So, be a day dreamer. Tap into the power of your subconscious mind and write!

"It's a poor sort of memory that only works backwards."

- Lewis Carroll

Categories and Prizes:

Adult Fiction – one prize of \$200

Adult Non-Fiction – one prize of \$200

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

People's Choice: – one prize of \$50

2nd prize "Down Independence Boulevard and Other Stories" by Ken Puddicombe

Judges:

Michael Joll, author and President of the Brampton Writers' Guild
Kenneth Puddicombe, author

Garry Ferguson, writer, editor, Madawaska Highlander contributor

Diane Bickers, writer, and enthusiastic reader

Dr. Max Buxton, physician, writer

Entries: No charge to enter. One entry per person. Open to Highlander readers including volunteer (unpaid) Madawaska Highlander contributors. Youth entries must state the age on their entry email and must be under 15 years on September 29, 2023. Youth 15 and under are eligible to enter either as youth, stating their age, or as an adult, without stating their age, but not both.

Stories must be:

Primarily in English. Original. Never published before. 1200 words maximum not including the title. Should not include your name or identifying information. Should only include category and title.

Sending Stories:

Enter any time before September 29, 2023.

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

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

If for any reason the Madawaska Highlander ceases publication, the contest will be cancelled.



NEW MANAGEMENT



NEW MENU

CALABOGIE
— PIZZERIA —

613-570-4983
FREE LOCAL DELIVERY
CalabogiePizzeria.ca



DAILY SPECIALS

Monday Munchies
\$20 Large Combo Platter

Tex Mex Tuesdays
15% off Tacos, Nachos, Quesedillas

Wing Wednesdays
\$10 Pound in any sauce with Ranch & Carrots

Throwback Thursdays
\$15 Large Pepperoni Pizza

Family Fridays
\$50 Any 2 Medium Pizzas with any 2 drinks

Salad Saturdays
\$10 Any Small Salad

Sub Sundays
\$10 Any Sub of Your Choice

Gluten Free pizza available

4983 Calabogie Rd. Calabogie
Located behind



WESTLAND & SONS INC.



MOBILE AUTO SERVICE & REPAIR

Ryan Westland
LICENCED MECHANIC

We're on our way!

Home, Workplace,
Where it is Convenient for You
Convenient ~ Worry free ~ Competitive rates

(613) 324-1762
Westland.MobileAuto@gmail.com

By Jiminy!

By Antonia Chatson

So, they are going to get us eating insects! My imagination ran wild with names of farms that would advertise what insect they were featuring. There would be “The Munchie Mantis Estate,” “The Lonely Locust Acres,” “The Gangly Grasshopper Grange,” and “The Laughing Lotus Land”.

But perhaps I should research the particulars online. I ascertained that a company called Aspire (founded in 2013) had purchased 12 acres of land near London. The federal government had invested \$8.5 million in insect production. This was to be the largest automated food grade cricket production in the world.

Oh, so now we are eliminating the 1,094 other varieties of bugs and concentrating on crickets. Why just crickets, out of all the other categories of bugs, beetles, flying insects, butterflies, moths, spiders, ticks and moths? Why would anyone settle for the mundane cricket when it could have zoned in on the more exotic named assassin bug, the brown marmorated stink bug, the leaf footed bug, the masked hunter, the predatory stink bug or the two lined spittle-bug?

Now I have a particular penchant for crickets, I lived alone in an apartment for a year and a half. When I returned from work, this feisty little cricket would emerge from under the fridge to welcome me. He, or she, would follow me around everywhere I went, serenading me with his or her joy of finally having someone to talk to. Where he, or she, lived in the apartment, other than under the fridge, I have no idea, nor even how he, or she, got in there in the first place. So, if I were not a vegetarian, I would consider eating him, nothing short of cannibalism.

But, upon further reflection, considering all aspects of farming crickets, there is a lot to be said for it. There would be no need for heavy machinery to cut and bale hay, no dung spreader, no need for ploughing or harrowing the land. There would be no need for stone, rail, or page wire or electric fencing. So, the cost of electricity would be far less than if one were to use electric fencing or even to run a dairy farm.

How to keep them corralled would be a quandary unless one went for plexiglass. Farming would necessarily be accomplished during the summer months. If one was to keep some over the winter, probably a few grass clippings would provide bedding for them. I am not certain what crickets eat, so it would probably be expeditious to move the plexiglass fences from one area to another every few days, if one was to invest in



a sizable stock of them. But it would definitely take less acreage to raise crickets, than another farm animal currently on the menu.

How to catch them in the first place would be a formidable task. And one would have to institute a breeding programme that would overtake the catching of individuals by hand. But for those connoisseurs, there might still be a market for free range crickets. Also, there would not be the need to hire someone to take them to an abattoir. There would be no slaughter or packaging fees, nor would there be the problem of advertising and selling your product. If the deceased crickets were to be shipped to a government facility, no matter how far, the fee would not be so high as for heavier animals. And if they were taken to a government facility, the selling of your stock would be no problem.

There might even be an opportunity for folks in the city to operate a small “cottage” industry. There would even be more opportunities to run an “under the table” business as a cricket farm would be far less easy to identify than if one were raising chickens or pigs. Either which way it would be easy to provide a person with a secondary income with little investment. I am not sure of the life span of a cricket but I am guessing there might be an opportunity for a second or third “cut” of crickets in one season which would provide work for migrant labourers.

Another quandary came to mind. How do you slaughter crickets? And their carcasses must yield some more choice cuts than others. How to separate one from another? Or are all parts useful to some degree, like that of the pig? The old farmers used to say that every part of the pig was useful for something other than the squeal and the fart! And no dogs would be needed for roundup.

All aspects considered, I think that the government is doing the farming community a great service by showing the foresight to channel folks into the new age of farming.

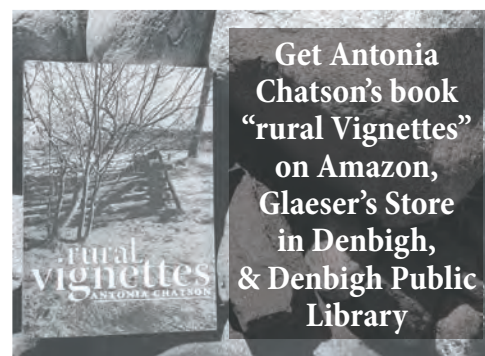
And I am also certain that once the repulsive idea of munching on desiccated crickets, has become second nature, we will all be a healthier and

happier race than we had previously been, chewing our way through the body parts of larger animals.



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.

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



New & used items!

Cash or E-transfer

MEGA YARD SALE

EVERY SATURDAY & SUNDAY

9 - 4 pm

Weather permitting

An ACRE of great deals on EVERYTHING!
from electronics to garden art
TUCKED IN THE WOODS
at Buckshot Lake

1142 Overton Road on Buckshot Lake

Off Buckshot Lake Road
between Plevna
and Vennachar

It's a beautiful drive through the Highlands north of Cloyne!

The Big Chair Project

By Lois Thomson

For years, Harlow resident, Tammy Whitelock delighted in the look on children's faces as she drove her school bus past the giant Muskoka chair that sits outside the Shell Station in Cloyne. Countless tourists have stopped there to have group photos taken on the chair, but years of neglect and a Derecho storm have taken their toll. The chair is tired and broken. Tammy felt sad about it and heartbroken when she saw the distress on her grandson's face when he saw that his favourite chair was broken. She thought, someone has to do something about it... And she did!



Above: The Big Chair in 1989 when it was all shiny and new at Lazy Days Gift Shop
 Top right: Tiny-looking Teenagers pose for a photo in 1989.
 Bottom right: A young boy is easy to miss on the Big Chair, now in a rundown condition. It will soon live again to become part of a new generation of memories of adventures in and around Cloyne at the Pioneer Museum.



But first, about the chair, from the CDHS Flickr Archives: **Lazy Days Muskoka Chair Biggest in the East!**

The big chair familiar to anyone heading north on Highway 41 was built by Richard and Olive Hook when they operated the Lazy Days gift shop (now the home of Mike Scott). Located about 1 mile north of Cloyne the chair was built in 1989 as a tourist attraction.

Thousands of people have stopped over the years to photograph the chair or have their photo taken in the chair. The chair was said to be 'the biggest in the East' by many travellers and was featured in several tourist magazines and newspapers.

Olive Hook used a full gallon of primer to paint the chair and another gallon of paint every year to keep it looking fresh. The Lazy Days gift shop featured all kinds of tourist collectibles such as rocks and minerals, toys and t-shirts plus a

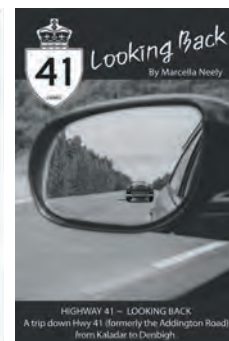
large assortment of concrete figurines and fountains painted by the Hooks.

When the store closed, the chair was sold to Maurice and Rose McFadden and moved to the Cloyne Village Foods (now the Shell Station) where it still is in use." An update to this is that the chair is no longer in use, but Tammy thinks big and the legacy will live on.

Seeing that the Big Chair was beyond repair, with wood rotted underneath, Tammy decided to have a new chair made and started up the "Cloyne Big Chair Project" Facebook Page. It turns out that she and her school kids aren't the only ones with a big sentimental attachment to the Big Chair. Soon the whole community climbed aboard to help.

A Big Chair can cost big money, so Tammy organized a BBQ and is selling T-shirts to raise funds. Through

that and a lot of donations, she now has about \$1200 to put toward building the chair, but the good news doesn't end there. John Todds stepped in to design the chair to look almost exactly like the old one, down to the three hearts.



Above left: The original edition of The Oxen and The Axe, now with a second edition for sale. Right: The newest publication, Highway 41 Looking Back. Both books are available through pioneer.mazinaw.on.ca and at the Pioneer Museum Hwy 41 Cloyne.

Need lumber? Paul Christian of nos Tree Services is providing logs. Todd Boutilier will be milling them, and Ryan Nowell of Ron Nowell Construction will take care of the gravel for the foundation.

The last step was to decide on a location. Through Facebook comments and discussions with the Shell Station owners, North Frontenac Township, and CDHS, it was decided the best place for the new Big Chair would be on the grounds of The Pioneer Museum. Tammy was hoping to have the Big Chair built in time for the museum's grand opening, but construction has to wait until after the wood has been milled and dried. After it's in place, Nate Whitelock from Nate's Pressure Washing will clean the Big Chair every spring.

Thank you to everyone who is helping out and donating and to Tammy, for thinking Big and preserving a Big part of Cloyne History!

Search for Cloyne Big Chair Project on Facebook.

Museum Opening Celebration
 Saturday, June 24 at 11 am
 featuring The Pickled Chickens
 String Band and a BBQ
 Everyone is welcome!

Become a Patron of the Museum (\$25 per household) or a Member of the CDHS (\$10 per person for 2023). Payable from the website, or E-Transfer cal21@mazinaw.on.ca



M&R Feeds and Farm Supply

RENFREW

MORE than a Feed Store!

We really are MORE than a FEED STORE!

Huge Selection!

**GATES & HARDWARE, CULVERTS
 POOLS, SPAS & SUPPLIES,
 LOW PRICES ON FULL LINE
 OF ROOFING STEEL**

*Need something special?
 Give us a try!*

FARM - COTTAGE - COUNTRY - TOWN
 400 Raglan Street S, Renfrew 613-432-8886

613-336-0117
 1005 Marble Lake Road, Cloyne

Marble Lake Lodge's
THE HUNGRY MOOSE RESTAURANT

Take out, Dining Room, Patio

LLBO Licensed . Patio . By the beautiful Marble Lake
 Call ahead or pop in
 Stay up to date on our Facebook page

Amazing:
 Tasty Poutines
 Burgers
 Club House
 Fish & Chips
 Handmade dough stone baked
 Thin Crust Pizza
 Steamwhistle Beer on Tap

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

The Gifts of Old Growth Forests By Lynn Jones, The Ottawa River Institute



Look up. Look way up, into the canopy of an ancient Eastern Hemlock in the Gillies Grove
Pic by Lynn Jones



Did old growth forests inspire the first cathedrals? Gillies Grove tree canopy.
Pic by Lynn Jones



Look down too, at the diversity of undergrowth at Shaw Woods.
Trees Canadensis website



Life is everywhere in the Reilly Bird Nature Reserve. Spotted Salamander
Pic by Noah Cole, Ontario Nature website



Nothing is wasted in Nature. Decay is an essential part of life in old growth forests
Pic by Lynn Jones

When you step into an old-growth forest, you enter a very special place. Some of the trees you encounter may be several hundred years old and tower above the forest floor. These trees have been alive through many human generations. They are connected to one other in an intricate living web under the forest floor through which they communicate and share nutrients.

There is a sweet rich earthy smell in an old growth forest that comes in part from volatile compounds given off by trees and from the thick layer of decaying organic matter on the forest floor. There is also often a deep silence.

The majestic height of old growth tree canopies has prompted many people to liken these forests to living cathedrals. Often a spontaneous feeling of awe arises when we visit them. Perhaps something deep inside us recognizes that this old, intelligent, intact ecosystem is not only beautiful, but is of great value.

Standing dead trees and fallen giants decaying on the forest floor are common in old growth forests and provide habitats for many different birds, small mammals, amphibians, insects, ferns, fungi, mosses and lichens thus greatly increasing biodiversity. Gaps in the tree canopy and the presence of many tree species of varying ages are also typical of these forests. The rich biodiversity and complex web of life in old growth forests makes them living laboratories with enormous potential for scientific discoveries.

While there is no hard and fast definition of old growth forests, in essence they are forests that have been largely free of human disturbance for 150 years or more.

Research has documented many benefits to human health of spending time in the woods. Forest visits lower our pulse rate and blood pressure, reduce stress and anxiety, boost our immune system and increase creativity. These effects are measurable in all types of forests but older, more pristine forests provide the greatest benefits.

Old growth forests also provide benefits to human communities including air and water purification, flood prevention, oxygen production and carbon storage. All forests provide these services

but old growth forests are better at doing all of these things than younger forests. Big old trees are especially good at storing carbon and the soil in old growth forests also is much better at taking up and storing carbon than soil in younger forests.

Magnificent forests covered the landscape of the Ottawa Valley before the arrival of European settlers. On both sides of the Ottawa River, for as far as the eye could see were mature forests of red and white pine, spruce, balsam, and hemlock; with smaller quantities of hardwoods like poplar, maple, oak, and basswood. Sadly, only small fragments of these forests remain today.

To our great good fortune, a few foresighted folks saw fit to set aside some of these old growth forests for future generations to enjoy. And some fragments escaped the saw by being in remote areas.

Perhaps the most famous old growth forest in the Ottawa Valley is the Gillies Grove in the Town of Arnprior, northwest of Ottawa. This is a hardwood-hemlock dominated forest with stands of tall white pines up to 47 meters high and 250 years in age. Two other old growth forests in Renfrew County are open to the public, the Shaw Woods, near Eganville Ontario and the Reilly Bird Nature Reserve operated by Nature Ontario and situated along the upper Ottawa River, just northwest of the town of Deep River.

Algonquin Provincial Park contains remnants of old growth forest totalling thousands of hectares. For details see the webpage Old Growth Forest in Algonquin Park. Unfortunately, logging is still allowed in Algonquin Park and much of the old growth forest there remains unprotected. Hopefully this will change soon, with mounting evidence of the benefits of leaving these valuable resources undisturbed.

The Province of Quebec has put considerable effort into identifying and protecting old growth forests. Detailed information and maps are provided on the "exceptional forest ecosystems" page of the Ministry of Natural Resources and Forests website. (Click on the Outaouais tab). An interactive map provides a wealth of information on exceptional forests and biodiversity reserves. Many

of these forests are in remote areas and not easy to visit however.

More accessible are some old growth forest remnants in and around the City of Ottawa. You can access information on these places by visiting the Trees Canadensis website.

For more information check out the book Ontario's Old Growth Forests, available in many libraries. Another excellent resource is the US based Old-Growth Forest Network which offers a How to Save a Forest Toolkit on

If you'd like to help preserve old growth forests for future generations to enjoy, consider supporting organizations like the Nature Conservancy of Canada that work to purchase and protect special forests and other natural places in perpetuity.

Canthooks
Restaurant



Swiss ~ German Cuisine

Open Wednesday – Sunday 3pm to 9pm

Spätzle, lasagna, schnitzel... Everything is made in house with farm-fresh ingredients. Enjoy a place of warmth next to the glass fireplace, good company along the granite top bar and relaxation on the outdoor pondside terrace.

*A taste of the Swiss Alps
in the Heart of the Ottawa Valley*

Located inside Calabogie Peaks Resort Hotel
30 Barrett Chute Road Calabogie | 613 735 4773, [Like](#) CanthooksCalabogie
canthooksrestaurant@gmail.com
calabogie.com/canthooks-restaurant

The Queen Beech

By Colleen Hulett



Beech trees bear an uncanny resemblance to elephants. Do you see an elephant's foot, an elephant's knee?



These trees can live for 400-years and their smooth bark can hold messages from the past. Do you see some kind of image on the left? A goose and a turtle on the right?



Beech are known for unusual shaping and smooth bark. Lac Beauchamp, Gatineau.

The beech tree is the knowledge tree, the queen of the forest, Celtic tree of life and an axis mundi to other ancient peoples. This is an incredible tree and can live over 400 years.

Do you know how to identify a Beech tree? I ask because hanging around a beech forest will go a long way in ensuring mushroom sightings. The Beech tree has more fungi connections than any other tree in the forest. The tree of life should be so connected don't you think?

A perfect place to practice identifying mushrooms is in a Beech laden hardwood forest. Understand that each mushroom you are trying to identify can have a handful of look-alikes. Some of those look-alikes can be dangerous or unpalatable. Once you have a mushroom in hand, knowing the tree you found it on is essential to help pinpoint what it could be. Hunters know that trees and their relationships with mushrooms is a key factor to sort out which

'look-alike' you have in front of you. For example, maybe the edible fungi grows only on birch trees and the toxic look-alike grows only on pines. You get my drift. Knowing the top seven trees that have an association with gourmet mushrooms is an important step to identifying your prize. The seven trees are the Hemlock, Spruce, Pine, Birch, Elm, Oak (King of the forest) and the Queen Beech. The Beech tree is the first tree you should learn and is probably the one you already know due to its smooth silver-gray bark that screams 'pat' me.

In North-eastern Canada, North-eastern USA and pockets of Mexico, our native Beech, the American Beech tree (*Fagus grandifolia*) can be found living in moist, fertile hardwood forests with Sugar Maples, Hickories, Yellow Birches, Pines, White Oaks, Black Cherry, and Eastern Hemlocks. Just finding a Beech tree may help you locate four other key gourmet mushroom hosting tree species: the Oak,

Hemlock, Pine and Birch! In America, we also have the European Beech (*Fagus sylvatica*) introduced through garden centers. The European queen and all her cultivars refuse to thrive in Canadian urban settings but can be found doing well in suburbia. The American Beech is the one you'll find in our forests.

Beeches are monoecious trees, meaning they have both male catkins and female flowers and use wind pollination to produce the edible burr encased triangular nuts. Sought out by many creatures including the black bear. Only mature trees over thirty years old produce nuts during most years where all the Beech trees simultaneously dump massive amounts. As they pollinate themselves every baby produced is therefore a clone. Although their leaves resemble Birch leaves, the Beech is not related to the Birch tree. The Beech tree is in the same family as the Oak kings. Consequently, several gourmet mushrooms associated with Oaks can also be

found with Beech trees, too. Like Maitake, Honey, Black Trumpet and Chanterelles.

Beeches have ovate leaves with a pointed tip and wavy serrated margin. The young edible leaves are lime-green in colour and turn slightly darker emerald colour with age. The underside of the leaf is lighter than its upper side. The young see-through leaves can be used for tea or eaten raw and with the nuts one can make nut oil, flour or roasted nut coffee (alternatives foods that were popular in 1940's.). The Bach flower remedy 'Beech' uses the flower of *Fagus Sylvatica* to support tolerance and compassion for others. If you cannot see the good in others or make allowances for their imperfections... then this remedy is for you, Beech. Hee hee.

Beech trees live up to 400+ years. They grow in length up to 45 meters and the canopy spreads out almost as wide, giving it a dome-shaped appearance. This dome-shaped appear-

R.J. SELLE & SON

Sand & Gravel Ltd.

Snow Plowing
Excavating . Road Building . Topsoil



613-649-2688

Hauling sand, gravel & topsoil
excavating & building roads and laneways in the Highlands
and the Ottawa Valley for over 40 years



Chaga, the King of mushrooms on the Queen of the forest!



My favourite fungi Bear's Head Tooth (Hericium americanum) is in the Lion Mane family and found on moist dead beech logs.



A carved tree at Mackenzie king's Estate, Gatineau Hills. The Beech tree's thin leathery bark takes a long time to heal. Did John F. Kennedy sign this tree?



Tall, straight, and smooth Beech leading up to a domed ceiling of dappled light. Did the Beech tree inspire the design of cathedrals and palaces? You do feel the presence of royalty?



Nectria Canker disease makes its way into trees through wounds, so please don't carve a Beech.

ance of the Beech has inspired ancient architects to design their dome-shaped buildings. The shape and colours of beech have Inspired Celtic artists and shamans also. Given enough room to grow, the trunk is short and stocky, resembling an elephant's leg. In our forests the Beeches have a tight space to grow into and consequently have long skinnier trunks. Amongst all the other competing hardwoods the Beech trunk stands out readily with its gray-silver unusually smooth bark with wrinkles resembling elephant skin. In fact, a lot of people find themselves patting this tree! The largest and oldest American beech in Ontario is in the Gibson Hills, Alliston. Its girth is 3.66 m (12ft) and height is 16.46 m (54ft). The second largest is also in Alliston and the third being in Caledon on the Finnerty Sideroad.

A common feature to note in Ontario when searching for the Beech tree is the presence of a handwritten carving. Knife carvings of initials of a

couple in a heart or just bold written names of those who want to be immortalized for several centuries. The Beech can live through 4 centuries. Writing on the thin bark leaves a permanent scar. It's not recommended of course but the urge to write on a smooth beech tree goes back a very long way. Celts carved their wishes on a fallen Beech stick then buried it to let the 'tree of knowledge' decide. In fact, the very first books were assembled with pages of squared beech bark strips with letters carved on them. Ingenious.

Besides finding gourmet mushrooms like Maitake, Black Trumpets, Honey mushrooms and yummy Chanterelles on dead beech logs and stumps, I find Comb's Tooth, Bear's Head Tooth and medicinal conks like the Chaga and Fomes also. All of these mushrooms are powerhouses of nutrients and antioxidants with immune-modulating capabilities. Two servings of mushrooms weekly is the minimum one should con-

sume to benefit. Of course, this is only a shortlist of the many mushrooms associated and living among and on Beech trees. If you don't stumble upon one of the prize mushrooms mentioned above, never fear as you will stumble across something for sure. Maybe even a rare Beechdrop flower (Epifagus virginiana). It could be an Amanita, a Bolete, a Cort, a Milkcap... Bring your field guide(s) as you will need it.

It is good to remember that practicing foragers build vitality. We need to get out more and go back to feeding ourselves and our families as nothing is more important than vitality. We need to be proud of foraging and protect our harvesting areas. Unfortunately, 98% of Beech trees in Southern Ontario have been wiped out from a parasitic fungus called Nectria spp. and this fungus has recently entered the Ottawa/Gatineau local forests. If you hike by an affected tree, photo-document it on the Inaturalist 'citizen scientist' app

for research purposes. Please and thank you. If we don't have good hunting and gathering in our forests, we won't have good conservation. Remember to bring your children to play in the forest and find a carved Beech.

Colleen Hulett, B.A Geography Carleton University. Red Seal Horticulture Apprentice, Algonquin College, a landscape Technician and Nature Guide.



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

Century21 Eady Realty Inc. Brokerage
29 Raglan St. Renfrew 613-433-2254
www.vincentjohnston.com

My heart is in the Highlands. It's where my family comes from and where I like to be. I promise to do my best to ensure details are looked after and everyone is satisfied with the sale. You can trust me to list your home and help you find your dream property. New listings welcome!

- Vincent Johnston, Sales Representative

<p>20 ACRES CLOSE TO RENFREW!</p> <p>1614 Pucker St. 20 acres of vacant land with a small shed and old camp close to Renfrew.</p>	<p>BUILDING LOT CENTENNIAL LAKE!</p> <p>Lot 12 Wolfe Rapids Rd. 3.22 acres with shared deeded access to Centennial Lake \$189,900 MLS1342957</p>	<p>CALABOGIE LAKE!</p> <p>119 Eagle Crest Calabogie 2 bedroom open concept 4 season cottage \$869,900</p>	<p>MADAWASA WATERFRONT!</p> <p>18 Fleming Lane Four season home near Springtown. 3 bed, 3 bath, Basement walkout \$899,900 MLS1329373</p>	<p>BUILDING LOT COBDEN!</p> <p>154 Cornerview Rd. Cobden 1 acre lot close to Hwy 17, The Algonquin Trail and a Boat Launch \$89,500</p>
<p>35 ACRES 800 FT. WATERFRONT!</p> <p>5468 Centennial Lake Rd 35 Acres of vacant land with aprox 800 ft of waterfront with 100's of acres of crown land behind and great for hunters "boat to only" \$300,000</p>	<p>40 ACRES 3700 FT. WATERFRONT CALABOGIE!</p> <p>Stones Lake 40 gorgeous acres on the shores of Stone's Lake with over 3700 ft. of waterfront, minutes to everything Calabogie has to offer. An investors' or sole ownership dream come true!</p>			
<p>SOLD</p> <p>INVESTMENT OPPORTUNITY DOUGLAS!</p> <p>5235 Queen St in Douglas. 2 Buildings. Well cared for 3 bedroom 2 bath home with old Blacksmith Shop converted to a Cafe \$449,900</p>		<p>PRICE REDUCED! WATERFRONT BUILDING LOT!</p> <p>SOLD</p> <p>155 Frost Lane on Virgin (Dempseys) Lake \$359,900</p>		



RENFREW & BURNSTOWN castle

Renfrew 1054 Gillan Road
613-432-4809
info@rbcastle.ca
Design Centre 305 Raglan Street S.
343-361-0026
design@rbcastle.ca
Burnstown 30 Building Supply Rd.
613-432-2449
info@rbcastle.ca
rbcastle.ca

ALL in stock Patio Furniture, Appliances and Sports Equipment is

25% off
for the summer!



OUTDOOR FURNITURE: Summertime and the living is easy... when you have comfy seating and a place for your summer novel and a cold drink.



DECKS AND DOCKS: Expand your outdoor living space with a deck. And let us help you choose the dock and accessories that best suit your boat and lifestyle.

Full selection of **Weber BBQs**
GE - FRIGIDAIRE - ELECTROLUX
Appliances Slate - Stainless - White
See you soon!



Your trusted building & hardware supply partner

J.LACOURSE CARPENTRY

& SON Inc.

613.333.1042

over **30** years
of quality work

Cell: 613.312.0704
j.lacourse@xplornet.ca



Custom, R 2000, Pre-fab and Log Homes Renovations and Decks

SPECIALIZING IN:
Post & Beam Entrances
Custom Interior Stairs
Railings, Beams,
Ceramic Showers
AND MUCH MORE!



**NOW OFFERING ENVIRONMENTALLY FRIENDLY
BLOWN IN CELLULOSE INSULATION**

Living with Art
is in our Nature at...

bittersweet
FINE CRAFT & ART



Open Thursday to Sunday 11-5
Then Wednesday to Sunday 11-5
July and August
Also by appointment at other times



Bittersweet Fine Craft & Art
5 Leckie Lane . Burnstown
613.432.5254
www.burnstown.ca/bittersweet