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

The Great News for Calabogie and the Greater Madawaska Areas is that sales are still happening as evidenced by the robust number of SOLD signs everyone is seeing on a regular basis. According to the President of the Ottawa Real Estate Board Dated Nov. 4, 2020: "Even as we ease into the colder months, the second wave of the pandemic is upon us and yet, Ottawa's resale market continues to hold steady. With 2,146 sales this October and 1,604 October 2019, this is a year over year increase of 34%. As the chillier weather and holiday season approaches, we typically see a slowdown in activity. Whether that transpires is something we can't predict. But what I can tell you is that this is not the time to navigate the market on your own; there is too much at stake to venture without the knowledge and guidance of an experienced REALTOR® - President Deborah Burgoyne concludes.

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THE MADAWASKA HIGHLANDER Winter 2020-2021 EMBRACE THE PAST ~ ENCOURAGE THE FUTURE ~ ENJOY TODAY

The Madawaska Highlander

Winter 2020

FREE Vol.18 Issue 7
Next issue October 21, 2020

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

Welcome!



Magnificent sunset reflected on the Madawaska. View of remnants of the old bridge at Burnstown. Pic by Jess Lambert, Picture Perfect Photography

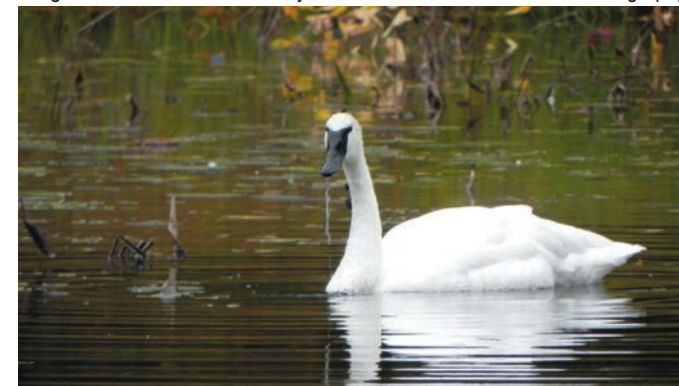
...To the winter edition of the Madawaska Highlander as we cap off a season unlike any other. Our exceptional volunteer writers told tales of trails, maps, healing and staying healthy in tune with nature.

Ride a snowmobile loop with the Mushhead Mountaineers in The View from Here. Follow the movements of a moose who started a movement to preserve a wildlife corridor, from Adirondack Park to Algonquin Park, in Happy Trails. See what the Native-Land Digital map reveals about the movement, settlements, and language bases of First Nations people before first contact, in Home on Native Land. Think of how the Addington Road cart track, one of a thousand settlement roads, changed how we use the land, as our journey north on Hwy 41 continues in Cloyne Historical.

It's nice to explore, but it's even nicer to return home, as Rebeckah reflects on her BFF Mary's homecoming with Joseph and their three-year old child, in Rural Vignettes. Survivor Guy is keenly concerned about a flood of newbies planning to venture into the wilds this winter and gives some sound advice about how to make sure everyone returns in one piece, with a reminder that we are all biodegradable.

Getting back to nature is one good thing the pandemic brought us, as Susan reflects in Wellness, but so many people hitting the trails and littering requires more healing. A traditional Algonkin healing ceremony (pg. 13) has brought peace back to sacred Eagle's Nest Lookout. Meegwetch Janet! We also have to thank nature for healing us, as we explore what native healers have known for countless years. Robbie extolls the healing power of Wild Black Cherry Trees in, you guessed it, The Healing Trees. And Colleen shows how fungi that grows on trees can heal us too.

Tamatha tells us how to wet our whistle in Wellness, and in Other News, radioactive air in your home could be out to kill you. See page 17 for what to do, now! But you might want to rush straight to page 13 to see who won the Madawaska Highlander Short Story Contest! Have a wonderful winter and... Enjoy!...



A beautiful swan pauses for refreshments and to pose for a photo on Hurd's Lake on its journey south for the winter. Pic by Steven MacNabb

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



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The Madawaska Highlander

The Madawaska Highlander
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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.

**Next advertising deadline:
April 26 for May 12 publication
www.madawaskahighlander.ca
for previous issues**

Message from the editor:

Even though activities are slowly resuming, the Madawaska Highlander won't have space for the Events Page. Please make note of activities in Bogie Beat, GM News, and DV News and check the ads for updates.

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

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

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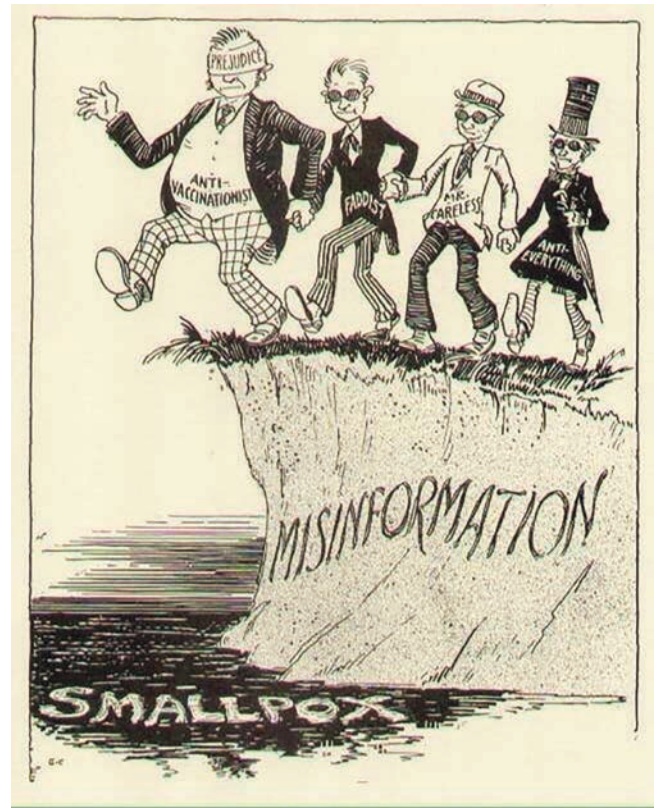
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A blind prejudice
Anti-Vaccinationist leads a
Faddist, Mr. Careless, and
Anti-Everything over a cliff
of misinformation and into a
sea of Smallpox.

"The Speckled Monster"
in Canada, the smallpox
vaccine was used widely in
Canada during the early
1800s, when misinformation
campaigns caused a
resistance to vaccination.
A dramatic example of
what could happen when
vaccination is neglected was
clearly seen in the Windsor
area in early 1924 when
the death rate among the
unvaccinated was a striking
71%. Smallpox cases fell to
zero by the mid 1940s and
the last case occurred in
1962 when an infected teen
travelled by train through
Canada and the U.S. from
Brazil by, causing panic, and
exposing the need to eradicate
the disease world-wide. The
last recorded case occurred
in Somalia in 1977. The World
Health Organization declared
smallpox dead in 1980.
- Cartoon from a 1930 cartoon
booklet titled "Health in Pictures."
- Information from The Kingston
Museum of Healthcare website,
museumofhealthcare.ca



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- Vincent Johnston, Sales Representative

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<p>WILSONS BAY WATERFRONT!</p> <p>SOLD</p> <p>127 Muskie Lane. Four Season Executive Home on Wilsons Bay near Golden Lake \$769,900 MLS#1210840</p>	<p>COLTON LAKE WATERFRONT!</p> <p>SOLD</p> <p>13 Whispering Pines. Four Season Home on Colton Lake. Well updated, propane heat and finished basement \$589,900 MLS#121627</p>	<p>BUILDING LOTS!</p> <p>04 MATAWATCHAN RD MLS#1175788 \$85,000 BUILDING LOT MADAWASKA RIVER</p>	<p>5254 MATAWATCHAN RD MLS#1187946 \$174,900 APPROX. 3 ACRES TO BE SEVERED WITH WATERFRONT</p>	<p>9 MORNING LIGHTS SOLD .76 acre \$550,000 MLS#1183017</p> <p>14 MORNING LIGHTS SOLD 1.29 acres \$550,000 MLS#1183021</p>

By Anne Dougherty & John Neale



Lion Red Emond of the Lions Club of Land O'Lakes and current Zone Chair for 11West, representing seven Lions Clubs (Denbigh-Griffith, Tamworth, Sharbot Lake, Verona, Napanee, Odessa, Northbrook) present a \$600.00 cheque to Margaret Palimaka, Administrator of Pine Meadow Nursing Home in Northbrook. It will help defray the cost of COVID-19 screening equipment used at the entrance of the home to minimize risk to residents and workers.



The Denbigh-Griffith Lions planted a tree at the recreation centre in Griffith in memory of Gary Peters, who passed away in September at age 75.



Great homemade baking, music, and good friends at the Saturday Social Distancing gathering on Nov 14. See other dates below.



A few dedicated Terry Fox walkers got together in Griffith to celebrate the 40th anniversary of Terry's cross-Canada run. Others participated virtually. Walkers Left to Right: Murielle Fong, Sandy Downs, Bridgette Hoffmann, and Theresa Pierce.



Parishioners appreciated the drive-in Thanksgiving service outside St. Andrew's United Church in Matawatchan, served over the radio by Barbara Creelman.



As we write this article, we have already had our first taste of winter. The snow tires are on. The firewood is stacked. Woodstoves and propane furnaces have been tested. New "ductless heating systems" have been installed by at least two households in the area. Ice will soon be forming at the edges of our lakes and rivers. The recent odd cluster of warm days has so far kept the approaching winter at bay.

Hunters have already set their sights on grouse, turkeys, bucks, does and moose. The hunting season will be winding to a close by December 15 but most have already left after the deer hunt ended on November 14. Calvyn's Pub 'n Eatery erected a weigh scale and signage for weighing as well as storage for their "kill". There is a raffle which will act as a community fundraiser and provide prizes to lucky entrants.

The Fish and Game Club has cancelled all activities due to the Covid 19 lock-down but many of their members are out-and-about hunting as you read this article.

The township has mostly emptied of its seasonal visitors as locals hunker down during this extraordinary time. Only a few hardy cottagers remain. Children are riding their school buses to their daily classes. High schoolers are dealing with new learning formats that include an online component as well as having to follow COVID rules when in the classroom.

This year there are very few (if any) opportunities to support local artisans and crafters. Community fundraising suppers have been take-out only. Music concerts are nowhere to be seen. One exception is that **Nu 2 U will have a Christmas Time Market at the Matawatchan Hall on November 28**, observing strict COVID guidelines of course. Like many crafters, Julie Vincent has continued to make her beautiful creations and she has a new COVID inspired product line including beautiful mask holders, however, customers are hard to reach during these strange times.

As you may recall, in the September/October issue of the Highlander we asked for your input to identify some of the top seven natural "Local Wonders". A list of the natural wonders identified so far in the Griffith / Matawatchan

area are listed below:

1. **The Snake Rapids** (a series of seven rapids starting from Almonds Bay)
2. **Dan's Mountain** (up Tower Road and trail for a fabulous view on private property)
3. **Morrow Creek Waterfall** (off Morrow Lake Road, about 1 km downstream from the bridge)
4. **The Uplands Trail** (near Griffith off Hyland Creek Road)
5. Round Schooner Lake (about a 1km paddle up Mackie Creek from the SE arm of Centennial Lake with three short portages)
6. **Centennial Lake** (replete with hidden beach, half-sunken old car, rustic campsites, islands, and many secluded bays)
7. ???

As you can see, we still need one more local wonder to replace Bart the Llama. If you have a favourite local wonder please send it to info@reelimpact.tv with "Local wonder" in the subject line. We appreciate that at least one of these "wonders" is on private property, so please be respectful if you visit.

While the **Hilltop Church** in Griffith has temporarily suspended church services due to the COVID outbreak, **St. Andrews United** in Matawatchan has been hosting services from their parking lot at 11:00 a.m. Congregants park, turn on their car radio and tune in to the service at 100.5 on the FM dial. In honour of Remembrance Day, the Sunday November 8th service began with a musical presentation of O Canada followed by the Last Post and Rouse, courtesy of Al Kitching on his saxophone. Among the community announcements made by Minister Barbara Creelman was the success of the "drive-thru" Hunters Supper featuring take-out turkey with all the trimmings at the United Church in Denbigh on Friday November 6. More suppers were served than ever before!

Activities at the **Matawatchan Hall** are slowly rebooting! Masks must be worn unless medically unable or under 2 years of age in all indoor venues in Renfrew County. From the Matawatchan.ca website here is a list of current and planned activities at the Matawatchan Hall:

1. **Saturday Socials** are back at 10 am

until noon serving baked goods, tea and coffee on the dates below. The Hall can't have their big fundraising events, so they rely on donations and sales of baked goods at smaller events. They have to make up a potential minimum \$1200 deficit this year. Your generosity is appreciated. There will be food for sale at all the following events:

November 28 - NU 2 U Christmas Time Market and Social

December 12 - Christmas Caroling and Tree Lighting 4:30 - 6:00 pm

January - 9th and 30th morning socials

February 13th - Valentine's Social

February 27th - morning social

2. **Aerobics, Cardio Dance and Light Weights Tuesdays and Thursdays at 10am at the Matawatchan Hall.** Maximum 10 people including instructor Andrea Levy. Email her at levya@sympatico.ca. There is plenty of room to social distance and all participants sanitize equipment used after each class.

3. **The Matawatchan Hall Outdoor Walking Club** is still going strong and meets each Monday, Wednesday, and Friday at the G'Day board parking lot at 9 am. Walks are generally an hour long and walkers go at their own pace, keeping two metre distances while still engaging in much needed social interaction. You can even bring your dog on a leash.

4. Planning is underway for a small-scale **winter carnival** with social distancing. Watch matawatchan.ca for news. Anyone wishing to help out email Lois at info@reelimpact.tv or call 613-333-9399.

Denbigh/Griffith Lions are busy preparing Christmas Baskets for local families in need (Griffith, Matawatchan, Vennachar, and Denbigh. Community donations have been strong. For more information call Gail Fritsch 613-333-2224, Jan Roche 613-333-1748 and Sandy Downs 613-333-1932. Also, if you are in need of a basket for Christmas or know of anyone that might be in need, please call Gail Fritsch. There will not be a Christmas Craft sale at the Lions Hall this year.

Councillor Glen MacPherson reports that some preparatory construction work has been completed on the Matawatchan Road. A culvert was replaced half-way between the old dump and Hutson Lake Road. In addition,

road-bed work in the Griffith subdivision has been completed but resurfacing will not be undertaken until next year.

Note: **The Seniors Group** wants to remind members that membership renewals are now due. Please call Nancy Reid at 613-333-9556 to renew or to join. They now have bags of sand from the township available to seniors. Call Juliette at 613-553-1355 if you need some.

Calvyn's Pub N Eatery is holding a Community Raffle between October 1st and December 15th for \$10 a ticket. You could win prizes donated by our local BMR Pro - Husqvarna 550XP chainsaw, Stihl MS 170 chainsaw, or a KT 2000 Winch, or a free septic tank cleaning from Mike Murphy Septic Services. Draw to be held on December 17th. All money raised goes to support local charities.

Did you know that seniors 65 and older can get 10 business days of free services after being discharged from hospital or emergency? Services include transportation home and to medical appointments, an escort to help you settle, up to 10 frozen meals, groceries and prescription pickup, companion sitter for socialization or respite, essential housekeeping and meal preparation.

Pat Strong sold her house and moved to Renfrew. We will miss seeing her and Lovey the Clown around the area and hope she visits often.

Our community was sad to hear of the passing of **Gary Peters** in September. From his obituary, "During Gary's working career he became an entrepreneur owning and operating Peters Sheet Metal Limited for 45 years as well as building and operating Camel Chute Campground for 35 years. He also enjoyed giving back to his community in the Griffith and Matawatchan area and was a Charter member and past president of the Denbigh Griffith Lions Club, where he was awarded the Melvin Jones Fellowship Award. He served as the First District Fire Chief at Station #2 for The Township of Greater Madawaska for 12 years. He also enjoyed curling with the Brant Curling Club. He will be missed."

In conclusion, it looks like COVID will be around for a while longer. A vaccine is not likely to be available until 2021 Q-2. Anyone can get this sneaky Corona-19 virus, so let us all focus on

setting an example to others by practicing good COVID behaviours. Follow Renfrew County Public Health directions. Wear a mask when in stores. Wash your hands frequently. Use hand sanitizer before and after visiting public spaces. Keep two metres apart from others where possible. If you take these precautions, there should be no need to avoid local businesses. They need your patronage to survive, especially after seasonal visitors leave.

Book Review: A book that we have enjoyed reading is called "The Bush Runner" by historian Mark Bourrie. We hesitate to call it historical fiction be-

cause the author distills the adventures of Pierre-Esprit Radisson directly from his diaries and other historical documents. For example, did you know that Radisson was captured near Trois Rivières by a Mohawk warrior party at the age of fifteen while hunting? They were so impressed by his bravery that they spared his life and he was adopted by a powerful Mohawk family where he learned their customs and language. We also learn that all important decisions were made by tribal councils composed of female elders. Some of the raids between First Nations are described. These conflicts were exacerbated by fur trade rivalries. Even

Matawatchan probably played, an admittedly undocumented, role in 1654 as the Mohawk chased woodland tribes north from the St Lawrence lowlands, escaping on rivers like the York and the Little Mississippi to the Madawaska River where they eventually found refuge. The Hurons were not so fortunate. The book also describes the western journey of Radisson and his brother-in-law Medard des Groseilliers. The book culminates with a description of the origin and creation of the Hudson's Bay Company. It was Radisson's idea to build a trading post on Hudson's Bay, although we learn that he gets little credit for it.



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

DENBIGH VENACHAR DISPATCHES

By Angela Bright

Angela Bright has decided to retire from the Madawaska Highlander as our Denbigh and Vennachar correspondent. If you are from the area and are interested in taking over her responsibilities please contact me, Lois Thomson, at info@reelimpact.tv Thank you to Angela for her well appreciated reportage over the years.

*Many of us have enjoyed the various events the Denbigh Griffith Lions have hosted over the years, like the ever-popular Show & Shine car show. But as we all know, events were not able to run due to COVID. Those events raise funds for donations to Hospice Renfrew, Pine Meadow, and student bursaries. It also raised funds for the Lion's annual Christmas Hamper program, serving families and individuals in the Denbigh, Griffith, Matawatchan and Vennachar area. This year, your contribution to the Christmas Hamper program will make a huge difference for individuals and families and offset the cost of medical transportation. In return for your generosity, the Lions would be more than happy to include your name, or business or organization in a thank you letter in the Madawaska Highlander. To make a donation call Sandra Downs 613-333-1932 Jan Roche 613-333-1748. If you feel you are in need, or know someone or a family who does, please call Lion Gail 613-333-2224.

*The wheels at Meals on Wheels are still rolling!! Every Thursday volunteers can deliver to your door, a hot, nutritious, 3 course meal for you to enjoy. Soup, main course and dessert, all for only \$7. If you have any questions about our Meals on Wheels program, please call Lori Cuddy at 613-336-8934 ext. 229. We are currently looking for volunteer drivers to assist in delivery in

the Cloyne/Northbrook area, mileage is reimbursed. A police check is necessary.

*When the weather outside is frightful, a good book is sooo delightful! The Denbigh Library is open Monday 4-6pm, Tuesday 10-2pm, Wednesday 3-6pm, Thursday 3-6pm, Saturday 9-noon. Capacity will be limited to 5 patrons to maintain distancing, and items being returned must go in the drop box. Note: the library will close a half hour early each day for cleaning. Visit Addington Highlands on facebook for news and updates. Here are just a few of the new titles available at the library; in fiction Christmas at Holiday House by Raeanne Thane, House of Correction by Nicci French, Shakeup by Stewart Woods, The Sentinel by Lee Childs; in non-fiction Oh She Glows for Dinner by Angela Liddon; new DVD's When Hope Calls Season 1, Wish Upon a Unicorn, Happy Halloween Scooby Doo!

*The Denbigh Community Food Bank is in need of donations. No donation is too small, everything is needed and very much appreciated. To make a donation you can drop it off at Glaeser's County Store, the Food Bank (Addington Highlands Community Center) on December 8th at 11am, or Fritsch Farm (Gail Fritsch) 22411 Hwy 41 Denbigh, Ontario K0H 1L0 or by mail. The Denbigh Community Food Bank would like to thank everyone for their generous donations. Without your support and kindness, the Food Bank would not be able to serve the community. It is greatly appreciated. We are all very blessed.

*North Addington Education Centre has always been a school dedicated to being an active member of our local community. In the past, we have participated in events to give back to



Above: Mark Snider's family with a photo of Mark.



Left: Mark's Buddy Bench at the Addington Highlands Community Centre in Denbigh. Read "Baseball" below to find out about Baseball for Dad that the Snider family started in Mark's honour.

our community and have run fundraisers for various community groups ranging from Food Drives, to International Development, to Trick or Eat. This year, with the Covid-19 pandemic, our community partnerships have had to change or take a break. For example, we miss having our volunteer readers in primary classes and missed having an Open House with our community groups. This year, to give back to our community, secondary students are organizing a Toy and Book Drive to support Land O' Lakes Community Services Hamper Program and a Food Drive for the Denbigh Food Bank, the Cloyne Food Bank, and the LOLCS Hampers. Students have been busy planning these drives and are open to having community support with the donations too! The Toy and Book Drive will run from November 16 to November 30. Students can bring donations to school and place in bins in the library and in the old foyer. We have set a goal of 200 donations! The toys and books will be given to LOLCS to use in their Annual Christmas Hamper Program that provides Christmas Hampers each December. On December 1, the volunteer efforts of the students will shift to a Food Drive. Each December, NAEC collects food at the Christmas Concert to donate to the Food Bank and also collects food for the Hamper Program. This year, we will be hosting the Food Drive to replace the other collections. Food will be collected in the same locations that the toys were donated. The students of NAEC are proud to be a

part of our community and are happy to give back to their local community. If you are interested in donating Toys or Books, Food or money to support these programs please contact Beth Hasler to arrange a pick-up time haslere@limestone.on.ca 613-336-8991 x155.

*Baseball: the crack of the bat, the slide into home plate, the cheers from the crowd. Mark Snider loved the game. And so, following Mark's passing in May of 2019, his family started Baseball for Dad in his memory, to help with mental health and suicide awareness. Each month a ball glove and instruction card are placed in Mark's memory, in hopes the finder will visit the website to share their story, and to read those of others, bringing awareness one glove at a time. So far, 154 gloves have been placed in 14 different countries. Earlier this year, the first Mark's Buddy Bench was built, to promote kindness, inclusivity and friendships. Mark loved Denbigh, and it was always home for him no matter where he was. The Township of Addington Highlands in partnership with the Snider family, installed a Mark's Buddy Bench at the Addington Highlands Community Centre in Denbigh this fall. Josh Goodfellow at North Addington Education Centre helped to arrange one for the school in Cloyne. These two locations hold many great family memories. Mark's family is passionate about creating awareness, ending the stigma and promoting kindness and mental health well-being, a passion they share as part of their healing process. Visit baseballfordad.com for more on awareness initiatives and knocking stigma out of the park.

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Bogie is a Happenin' Place! This is your column. Contact me to report on anything you find interesting. (613)433-1131 maryjoanhale@gmail.com

By Skippy Hale



Jack Stekelenburg beside one of his armillary spheres at Walden Three Studio, one of his abstract works of art created from found metal objects.



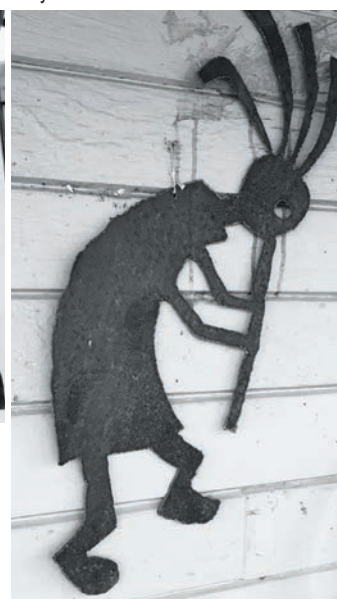
Recently adopted formerly abandoned kitty. Picture by Cardale Acres



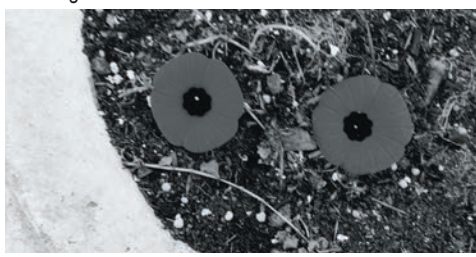
Canadian flag at half-mast at the Calabogie Cenotaph on an unusual, socially-distanced Remembrance Day.



Top left to bottom right: Shovel head bird feeder, Alexander Calder style mobile, Family Portrait, Picasso style Three Musicians, and Native icon Kokopelli - a symbol of good luck, prosperity, creativity, and a little good-natured trickery.



Local children painted poppies on rocks and left them at the base of the cenotaph to honour our armed services. Some people left poppies, so I left mine there, too. Lest we forget..



Well folks, time for the weather report! We had November weather in October and November took a shot at September weather, so perhaps we are in for a more seasonal time, but this is 2020 and today is Friday the thirteenth, so who knows. I have heard that we are in for a very snowy winter and also that it will be mild. As I said, it's 2020.

I had the pleasure of interviewing **Jack Stekelenburg** recently and discussing his creative process. Jack is a Metal Sculptor. Today we are very conscious of recycling and reusing. Jack calls himself a modern 'hunter gatherer'. He finds and collects old rusty machine parts and discarded objects such as mannequins, baby dolls, farm implements and anything many folks would call 'junk', but just as Michaelangelo said that the sculpture is in the stone and it is the artist's duty to bring it out, Jack looks at materials as he walks about his vast yard of tables covered with people's discards and a work of art is born! The field of tables is organized and fascinating to see. He loves the colour of rust and blends pieces of often unrelated objects into a masterpiece of form and beauty. My favourite creations are giant kinetic art works. He balances extended metal rods with attached shapes on a standing pole. As the wind catches them, they dance and sway in harmony. While I was visiting, a slight breeze came up and one-by-one, they started to move like a Greek chorus, reflecting off of each other. It was an emotional yet peaceful feeling to observe!

"Don't wait until you're thirsty to dig a well", quoted Jack. His professional life was in construction and he realized that the days of climbing atop roofs and the toils required to build dwellings would not last forever. When visiting garden shops, he saw metal garden art such as herons and thought he could make them. After moving to Renfrew, he took a welding course and the artistic muse, which was dormant, inspired the creations we see today. Not wishing to keep his light under a barrel or old oil drum, Jack began offering workshops. Many of his students had never created a work of art and as you will see on his website, they produced personal pieces reflecting their own creativity. These classes are held with safety first and foremost with hearing and eye protection and gloves worn. Once the student has laid out their design pieces, Jack welds them together as the student observes and they return home with a work of art of their own creation!

If you are interested in seeing some of Jack's art, go to his website www.waldenthreestudio.com. You can register for a workshop by email or phone. jackstekelenburg@hotmail.com (613) 312-1374. He is also on Facebook and Instagram.

A new entrepreneur is thinking out of the box, or the book, if you will, thanks to COVID19. **Donna Pretty has opened Calabogie Bookkeeping.** She has been a bookkeeper since 1992 as well as being a Construction Project Coordination Manager.

She excelled at small business finance and noticed that most small businesses did their own books or hired expensive accountants. Doing one's own books is not cost-effective and is time-consuming. She also noticed most entrepreneurs dislike paperwork and it takes them away from their own business. She can do the job faster and enjoys doing it! Trades are her favourite clients based on her experience in the construction industry. She can help you manage your small business and take your headaches away! Contact Donna at 613-293-3522 or calabogie_bookkeeping@gmail.com

Calabogie Animal Rescue needs your help to deal with the Feral Cat problem in our village. The caring volunteers rely on us for help with volunteer time, as a foster, or for donations of wet/dry cat food, litter, carriers, etc. 100% of the financial donations are from the public and local businesses since they do not receive government grants or assistance. Drop your beer, wine, or liquor empties at 5258 Murphy Road. Donation jars are at the Bogie General Store, Pet Valu in Renfrew, Lisa's Hairdressing Studio, The Hair Port, Calabogie Brewing Company and Rick's Pet Stores in Arnprior, Renfrew, Pembroke or Pet-awawa. Etransfer CalabogieAnimalRescue@gmail.com, or to donate items for online auctions, or for further information/applications. Mail cheques to: 1317 Scotch Bush Road, Douglas, On K0J 1S0. CARE will pick up items for auction. Home parties such as

Tupperware, Norwex, Pampered Chef and yard sales are good fundraisers. CARE says "Thank You" to everyone who has shown their support. They have taken in and adopted 2 cats, 6 kittens and TNR (Trap-Neuter-Release) 3 adult female cats and 1 male cat in just a little over 3 months. They couldn't have done all this without you! Kudos to these dedicated volunteers and supporters! An anonymous couple has adopted an abandoned or lost kitty only a few weeks old. There are other kitties around who could use your help. Contact CARE to help solve the Feral Cat problem.

As usual, we can rely on the **Calabogie Lions Club** to put our village first! They are always here for our Community and have produced a calendar showcasing Calabogie and local photographers. They are available December 1, 2020, with advanced copies available by email. For a \$25 donation, you can help them support community activities. **Light up Calabogie December 5, 2020.** Register your decorated house for a chance to win a prize and go to the Community Centre for a Drive-thru hot chocolate and treats in the parking lot. Email lionscalabogie@gmail.com for your calendar or decorated house. Even in this pandemic, the Lions are using creative ways to lift our spirits! If you meet a Lion, say, 'Thank you' because they are often the unsung heroes in our community!

As with all things this year, our annual **Remembrance Day Service** was trimmed down. There were no soldiers

from the base or crowds to pay respects to the fallen and those who are in active service today, here in Canada, and abroad. Most recently, they put their lives at risk in Long Term Care Homes to complement the overworked staff during this pandemic. Over 100 contracted COVID19. Reports are that it was a nice service in spite of the limited crowds due to the need to avoid large gatherings. After watching the Ceremony from the National Monument, I took a walk down to our Cenotaph to meditate and pray. The wind was a bit brisk and it stirred up the waves as they brushed up against the shore. Standing there alone, looking up at the blue sky and fluffy clouds, I thought how peaceful it was. We are upset and tired of the restrictions of this pandemic which seems never-ending. How lucky we are to live in Canada thanks to the valour of others. We must make sacrifices now to stop the spread of the virus. Unless we are ill, it is not that difficult. Be patient. There are no ration books, black-out curtains, officers knocking on the door or black-edged telegrams. A friend told me she always leaves her poppy on the base of the Cenotaph as folks do on the tomb of the unknown soldier in Ottawa. The school children had painted poppies on rocks and they were lined up like soldiers on the base, so as my friend and another nameless person did, I put my poppy on the earth of the planter and I walked back home.

I spoke with a number of folks in the various businesses about how they were faring and the extra business

in the summer. They are weary. Although there was an increase in business, for which they are grateful, they had to worry about the impact on their health and encouraging distancing and mask wearing. The influx of speeding motorcycles, ATVs and cars impacted the enjoyment of the locals. The lake had far more traffic than ever and the near collisions of sea-dos increased. Moorings of several boats together to party just offshore from cottages and full-time homes was distressing. I spent very little time on my deck this summer due to the constant noise of hundreds of speeding motorcycles and ATVs on the trestle bridge or passing my house. I am in favour of folks having fun, but this past summer was most unpleasant. **Eagles Nest** was a nightmare and must not happen again. There needs to be controls to protect the natural habitat. Enlarging the parking lot will encourage larger crowds and they will still be parked along the highway to Ferguson Lake and beyond. There must be a coordinated effort between the County, the Township and whoever is responsible for Crown Land to protect the trails and prevent the desecration and littering we experienced this year. It is expected that the pandemic will not be over soon, so if we are to be a destination for visitors, the powers-that-be must be proactive so that we never have a repeat of Summer 2020. Planning needs to start now, not next June!

I set out a large bag of chip bags on my car for **Halloween** trick-or-treaters, but no visitors, which is a

good thing, because the Fire Department had prepared events for the children at the Community Centre which my birdies tell me was a fun time. I noticed that here is a special **'Fire Safety Poster Contest'** for kids advertised on the Township Website. Be sure to check it out. Put your artistic talents to work and try to win a prize!

For the voracious readers, the closure of **the library** has been a great loss. until my brother brought me a box of books, Amazon was benefitting from me. Since it is in the school, the School Board precautions must be observed. Volunteers have been busy preparing for eventual curbside service. Keep checking the Township website for updates.

I passed Melanie Brown with a multi-child stroller one day. I am happy to report that she is open for business again! With the number of babies being born and expected lately, the school and her **Day Care Centre** should be around for a long time. Since I moved here almost 21 years ago, I have heard the refrain, 'there are no kids here!' I don't think I imagined the wee ones who sat at my feet listening to stories at the school or library! I am sure I saw kids and parents at the Thursday morning Storytime. The thing is, all those children I used to read to are now parents! The Nurse will have lots of babies to weigh and parents who need advice at the library visits whenever things get back to normal. We will do it, because **We Are Calabogie Strong!**

I am very excited about the latest project suggested by Susan Gumb-

ley on Calabogie Folks. A call has gone out to **knitters and crocheters to create 6"x6" granny squares for a Christmas tree** which will pay tribute to all the Seniors in Long Term Care Homes who lost their lives from COVID19. Once all the squares are gathered, a frame will be built, the squares sewn together and it will be erected for all to see. The response has been amazing! Pictures in May!

We have lost three more members of our community. Gareth Brash was known for his construction work and his attention to detail. Condolences to his family. John, Natascha, Jayden and Cheline Collier and children are mourning the loss of Steven, their beloved father and grandfather. Blessings at this sad time. Johnny Cameron leaves to mourn his wife Janis, daughters Dawn and Diana. Condolences to all the family at this sad time

Christmas this year will not be the same with some empty chairs and smaller gatherings, but in order to make the celebrations in 2021 and after, we will need to make good choices and follow the guidelines. Stay well. Stay safe and 'we will meet again some sunny day!'



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

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Madawaska Mushhead Tale of a Trail

Pic by Daniel J Schwarz unsplash.com

By Ernie Jukes - Artist, Writer, Rover

The large feather-like snowflakes floated softly covering the tracks from the previous day in a layer of down. I and my "Madawaska Mushhead" outdoorsmen friends whisked the white fluff off our seats, tossed on our saddle bags and cranked the snow machines into action. The purring of the engines soon turned into a whine as we speedily left Camp "J" on a straight away of Sno 8, now the E102 trail, zipping south along Frontenac Road. It was early on a bright, crisp and cold winter's day at little Matawatchan in the Madawaska Highlands.

Here, for the uninitiated, is a wonderful part of Ontario that offers tremendous scenery, wooded mountains, old and new logging roads and groomed trails – a skier's or snowmobiler's delight. There are deserted log barns and cabins, many remnants of pioneer days when hardy rivermen ran their logs down the Madawaska to the Ottawa. There are plenty of opportunities for snowmobilers, snowshoers and cross-country skiers to pause to sketch or photograph the water of an open brook, partridge in a cedar swamp, those noisy jays in the pinery, or a snowshoe hare sitting so still, believing his white winter coat will hide him from view.

It isn't all fumes and go, go, speed, right? These short stops are good for the machines and good for the senses. They give us an opportunity to check our maps, look at landmarks and to generally learn more about the country. It may be that we may want to return this way again during another season; perhaps next time on your ATV to fish a lake or stream or to hike, ski, or canoe through a suitable waterway you have discovered. Many hunters will find new ground to consider for later hunts, and naturalists will see unspoiled areas off snowmobile trails that penetrate vast, beautiful backcountry. The hard work of local clubs across all provinces have developed networks of trails that can benefit everyone who enjoys the outdoors and respects nature and private property.

After doing a little ice fishing at Quackenbush Lake the Mushheads again set out in convoy, our five machines all running perfectly. Travelling on both tote roads and at times on groomed trails we cut cross-country. In about an hour we broke out of the hills and woods onto



Lake Mazinaw. We needed sunglasses or tinted visors. The sun and reflection from the snow was eye shattering.

During the entire 35 miles of trail we had not seen or heard another snowmobile. On our return we decided to swing east and take another trail to Calabogie. We followed the reasonably straight hydro-line trail which led us up and down hills and past quiet frozen lakes that I know held some beauties for the fishermen. We came upon smooth groomed trails as we got into the heavily forested areas about halfway to our target. It seemed in no time at all we came out along the Madawaska River and followed the route right into Calabogie. After topping up the machines and fortifying ourselves with some hot coffee we were ready to backtrack through this pretty country of pine, birch, and hardwoods all laden in snow, looking like a Christmas card. The temperature was gradually warming now as we slipped around the end of Norcan Lake, and other than a few laughable dumps into snowbanks on some sharp turns, it was smooth cruising.

Later in the afternoon as we were cooking a late lunch on a frozen lake, a number of other sledders went by waving cheerfully, the first we had seen all day. Hot dogs and soup are surprisingly extra

tasty when you're out in the cold, fresh air. The sun felt good too as we laid back on our seats, feet up, our thoughts briefly reflected to those poor souls fighting the carbon monoxide on the drive home on the parkway of some city. It was almost impossible to believe that we were only a 4 hours' drive away from that concrete metropolis of Toronto to the south-west and an hour or so from Ottawa to the east.

It was now time to start our return trip to Matawatchan, we extinguished our fire which would completely disappear when the ice melted in the spring and we put any garbage which had not been burnt into our packs that also held a full survival kit, compass and map, waterproof matches, lip balm, sun cream, camera, sunglasses, space blanket, knife, hand warmers, flashlight, extra clothes and extra food. Within the snowmobile itself were spare spark plugs, bulbs, fuses, a pull cord, tow rope, hatchet, and a small foldup stove with Sterno fuel.

After tracking above the Schooner Lakes, we swung north off the hydro line onto a shortcut trail and back toward Matawatchan. This local trail passed through the usual wooded hills and valleys with the exception that it had been reforested in a mix of thick Red and White Pine. Another enjoyment of this

rolling country is the wonderment of what is over the next ridge.

While we were observing some otter tracks and slides along the shore, four deer came upon us, but quickly turned and bounded back into the woods. We had seen a dozen whitetails as we toured the valley. Later on, our hearts suddenly accelerated as we came up over the crest of a hill. There, smack in the middle of the trail, were three huge moose. The steam from their nostrils revealed their excitement too. They appeared to be a cow, a bull without antlers, and a calf. The bull casts his adornment each December and goes without his masculine rack during the winter. In the spring they start growing again. It is almost inconceivable that such an abundance of calcium can grow from the monarch's skull in only 4 months between April and August and drop off each year of its life.

Their big black bodies were pushing and bumping each other on the narrow bush trail before they got together and decided to quickly stride off the path directly into a cedar swamp, where they immediately and almost silently disappeared. It all happened so quickly we didn't have a chance to get out our cameras, however, it was a thrill that we recorded in our mind's eye to pull out of our pleasant memory file from time to time.

On our way again, with the sun setting, we could see the microwave tower blinking at Vennachar, a good landmark. On moonlit nights local trail riders head up the many ridges from which they can see these lights as well as the lights of Denbigh or even Foymount and Quadville, forty miles away. The Madawaska Valley Mushheads had travelled an enjoyable and interesting 150 Km. and we were now ready for a hot supper and a hot toddy at ol' Camp "J".



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

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October 24, Honduras became the 50th country to ratify the Treaty on the Prohibition of Nuclear Weapons. 50 were required for it to come into force.

Global sustainable seafood leader, Clearwater Seafoods Inc., to be Acquired by Premium Brands Holdings Corporation and a Mi'kmaq First Nations Coalition.

Ontario's Blue Box program will shift to a new model where producers of the waste – businesses – will provide blue box collection and pay for the entire cost.

Eat, rinse, return, repeat: Reusable takeout container service launching in Toronto. Suppli picks up used containers, cleans them and resupplies to restaurants.

Ontario has fast-tracked a Durham development that will create new jobs — and destroy a 22-hectare provincially significant wetlands near Pickering.

Outpatients may have to pay for some treatments now covered in Alberta, including for treatment of cancer or Crohn's, if new legislation goes through.

OxyContin maker Purdue Pharma to plead to 3 criminal charges as part of a settlement of more than US \$8 billion

Lawsuit from B.C. man who thought Canada Dry ginger ale had medicinal properties settled for \$200K. Amount of ginger is miniscule, but no health claims were made.

A BC family who raised \$2M for their baby's spinal muscular atrophy treatment was randomly given it free by Novartis Gene Therapies. GoFundMe \$ donated to others.

Ontario woman is fighting to bring her senior dog home after he wandered and was brought to animal services. They won't return him because he may be part pit bull.

Thai Chaokoh brand forcing monkeys to work as coconut pickers. Costco has stopped selling coconut milk derived from those producers.

Miss Vickie's Issues Recall In Ontario, Quebec, and Atlantic Canada On Some Products Due To Reports Of A Small Piece Of Glass At Bottom of Some Bags.

Air Canada faces potential class-action lawsuits and consumer complaints in the U.S. over refusal to refund tickets for flights cancelled due to COVID-19.

Klein's AirCar flies and swiftly transitions from road-mode to air-mode at the push of a button – the wings can be deployed or stowed while passengers remain in the cabin.

New device puts music in your head using a 3-D sensing module that tracks your ear position, sending ultrasonic waves to create sound pockets by your ears, only yours.

York University Study: Winter drownings are on the rise as global warming makes skating, ice fishing and snowmobiling more dangerous.

CRTC approves SpaceX's BITS licence application for Starlink project, but SpaceX still has some work to do before it is fully approved for its satellite service in Canada.

Starlink Beta Cell service is \$99 a month, plus \$499 and shipping, for a small satellite dish, mounting tripod, and router from the company. Price is not affordable – yet.

CRTC to push Netflix, streaming giants, to spend big on Canadian Content putting online streaming platforms under the Broadcasting Act as Online Undertakings.

On November 1, Ontario introduced a new electricity pricing option — if you work from home, you might want to switch to it.

Residents of Asbestos, Quebec, have voted to shed the town's name. Being named after a carcinogen was hindering the local economy.

China vows retaliation if U.S. proceeds with Taiwan arms sale worth billions.

Russian professor infects himself with COVID-19, says herd immunity won't save us. He recovered the 1st time without hospitalization. The 2nd time was very serious.

Le Château goes bust, becoming latest retail victim of COVID-19. 1,400 employees affected at chain with 123 locations across Canada

Coca-Cola will scrap around 200 drink brands, half its portfolio, after falling sales, including brands like Dasani, Powerade, and Smart Water, CEO James Quincey said.

Tim Hortons, Burger King and Popeyes to modernize drive-thru to provide quicker, contactless service, and predictive ordering, with order/pay at the same time.

COVID-19 forced Toronto's \$2.2B film and TV production industry to a grinding halt. With 23 projects now underway, insiders say it's a strong comeback

Husky Energy is being swallowed up by rival Cenovus Energy Inc. in an all-stock deal valued at \$23.6 billion as companies strategize amid COVID-19.

Exxon to cut 1,900 U.S. jobs; cuts may be coming in Canada. Chevron to cut a quarter of the employees at its recently-acquired Noble Energy, as pandemic saps demand. Oilpatch workers ponder leaving sector as megamerger triggers layoffs

Burger King UK Twitter account is encouraging customers to go to McDonald's, or

anywhere restaurant worker's jobs are at risk, to help save jobs.

Ontario announces more than \$500,000 in funding to help veterans find new careers in construction, using their skills learned in the military.

Brandon MB Sobey's employee solves how to open grocery produce bags amid pandemic by putting the end between your palms then rub hard so static opens it.

The team behind a new documentary, Spore's the pity: how Fantastic Fungi flags up man's abuse of nature, explains how fungi could help us stave off future pandemics.

Toronto ranked 13th best city. Vancouver 34th best in World's Best Cities Report.

The owners of Toronto's old Fox Theatre think there's a ghost haunting the cinema, and they're trying to figure out who, and why by holding a séance.

Kelly O'Bryan's in New Westminster, B.C. in the former CPR Station built in 1899 is haunted – a girl ghost on the stairs, voices calling staff, "help me" in the "dungeon"

Ottawa-based Dymon Storage donating a million masks to charities in Ottawa, GTA

Asteroid 2020 UF3 shot by Earth at 79,000Km/hr. on October 22 at a distance of 42,000Kms, roughly 11% of the distance between the Earth and the Moon.

An estimated 2lbs of rock and soil collected from the asteroid Bennu by NASA have been sealed up in a protective re-entry capsule for return to Earth in 2023.

The 2018 Hamburg Meteorite Contains Pristine Extraterrestrial Organic Compounds. It fell onto a frozen lake and was recovered before it could be contaminated.

Pair of studies confirm there is water on the moon, confirming theories lunar water that could someday enable astronauts to live there for extended periods.

Hockey Twitter demands a Lunar Classic after NASA reveals moon has more ice than previously believed. "MOON. HOCKEY," they wrote. "We're ready, @NASA!"

Indigenous-led program aims to improve drinking water in Ontario FN. 22 First Nations across Ontario taking part in on-site training project, funded by Canada.

60-year old Toronto man with 8 lifetime driving bans caught speeding in Ontario.

Wisconsin Patrol pulled over a Toyota Corolla with a snowmobile strapped to its roof sideways. Driver said it blocked his view the other way and would have been unsafe.

Twitter lights up with cries of alcohol abuse after tractor-trailer collision in Ontario resulted in piles of Blue Light cans spilling across the right-hand lane in November.

Thieves stripped a Quebec vineyard of half a tonne of Vidal blanc grapes the night before harvest – enough for 325 bottles of white wine, retailing at \$5,000.

The spotted lanternfly has spread 6 northern states since arriving in North America in 2014 from China and could pose a threat to Ontario's fruit and wine industries.

First-of-its-kind intersection with displaced left turn lanes on the Trans-Canada Highway in P.E.I. requires 11 instructional videos to explain.

Tesla Model 3 Owner Used Car's App To Trick And Outsmart Criminals, using the App to slow the car, open windows, honk the horn, control media, and track route.

A Burnaby woman crawled through ceiling vent in bathroom to dash on her restaurant bill then fell through the kitchen ceiling tiles right in front of officers.

'Borat' star gives church \$100K for community work after member appears in film that she thought was a serious documentary and not a mockumentary.

Musician Jack White Buys a Guitar For Busker After His Was Smashed By Passerby.

Neil Young, John Fogerty, Phil Collins, Panic! and the estates of Leonard Cohen, Tom Petty and Prince are just a few of those who have objected to songs used for Trump.

Devon Packer, 14, has been studying piano since he was five years old. He qualified as a finalist for an international composer competition – the only Canadian to do so.

Drake surpasses Aretha Franklin and Stevie Wonder in latest Billboard record and beats Madonna for the most Billboard top 10 hits of all time.

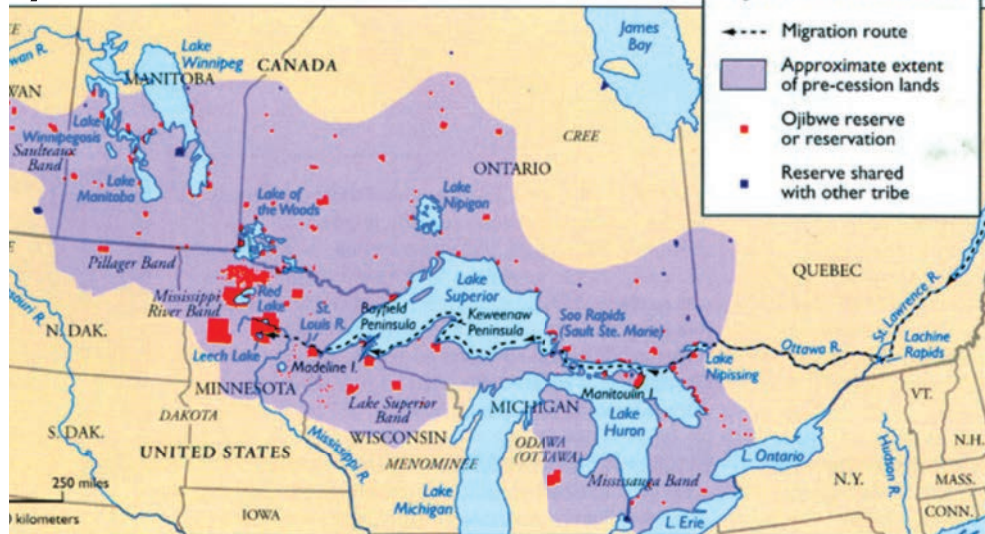
Frank Hagar's Guitarz for Kids charity strikes a chord with young musicians. Based out of NS, they have given away more than 70 refurbished guitars across Canada.

The Ontario government is taking steps to completely change the way the film rating system in the province works by getting rid of age-based movie ratings altogether.

Kanye West voted for himself, shared videos of his ballot on social media with his hand-written-in choice of Kanye West and Michelle Tidball for US president.

Elon Musk asks job applicants - You're on the Earth's surface. You walk 1mi south, 1mi west and 1mi north. You end up exactly where you started. Where are you?"

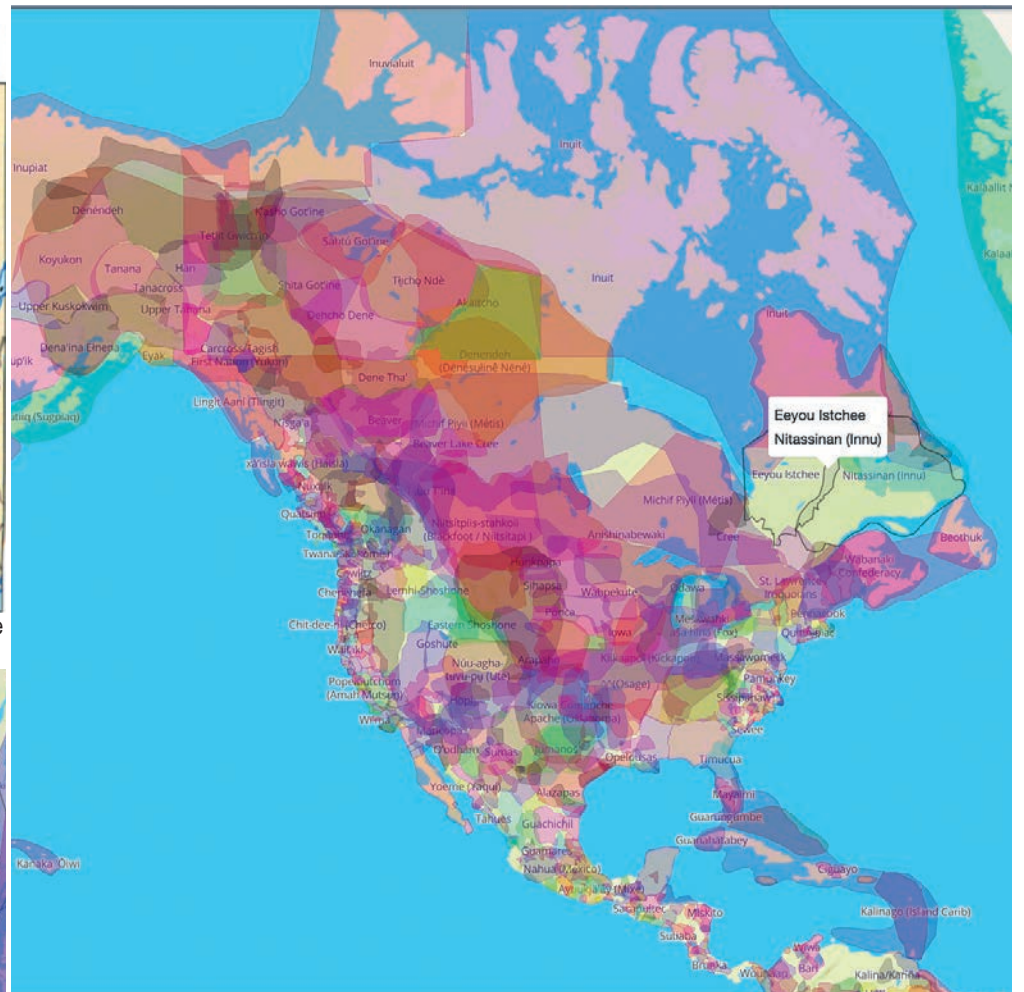
Native-Land Digital By Noreen Kruzich



Ojibwe Migration map showing how the tribe journeyed up the Ottawa River and westward to Sault Ste. Marie and further west using the waterways. Source: Atlas of Wisconsin/also geo.msu.edu



Native-Land Digital under the Territories application detail First Nation tribes in Eastern Ontario. Source: Native-Land.ca



A look at the First Nations traditional land base on the North American continent on Native-Land.ca. Hover over the interactive map to bring up either Tribes, Languages, or Treaties. Click on the popup to get links for more information. Digital Source: Native-Land.ca

Have you ever stood in your back yard; thought about the history of the land you stand upon? What would the language sound like being spoken throughout the trees, hills and valleys and water ways? What was eaten from the land, what tools were formed from the land to eat with, to shelter with? How were family groups determined?

It would be reflected by the land, formed by the land—the height of the land, its valleys and rivers, and the very properties which the land presented that were familiar to those peoples and with which they associated their way of life. Here in Algonquin traditional territory this is witnessed in their petitions to the government in their quest to secure even a small portion of their lands*. The plants, animals, birds etc. followed the rhythm of the land and provided messages of when to plant, and when to brace for the cold. So too, did the sky, the wind, provide messages to those first peoples. The land played a part in every aspect of their culture and their way of life.

Everything would reflect the land – even the sounds put together to describe it. Anishinabemowin, the Algonquin language demonstrates this.

Colonization wiped out many aspects of how the land was seen and how the peoples of the land lived with it. Indigenous mapping practices today are virtually sweeping the country in order to gain that back and help tell the narrative of indigenous lands.

Native-Land.org is one. Christine McRae, Executive Director of Native-Land and an Algonquin Anishinabekwe from Whitney, Ontario states why mapping this way is important, “A visual representation of the place you live can start a conversation,” says McRae, who grew up in Whitney and Algonquin Provincial Park, “The land has shaped who I am and my life’s work.”

Native-Land Digital allows you to see territories, languages and treaties—how the land of the first peoples went from being traditional first nation

territory to being colonized and presented on contemporary maps of today. That reality runs deep for McRae, whose ancestors were forced off lands pegged for Algonquin Provincial Park.

“There is not a day that goes by when I do not feel emotional about the things that I learn and the information and knowledge that I spend my time with,” says McRae. “Often, when I learn the name of a lake that my ancestors called that place, I am almost immediately forced to realize that those old names have been lost at the swift decision of those who re-named that lake without any recognition of the original people and name of that place. I am then forced to think of what the next steps must be that will allow for those names to remain in our knowledge base for our future generations.” It’s the driving force points out McRae, “So that future generations will know these stories, know these names, and know their ancestors, that is why I do this work. This knowledge belongs to them.”

For its originator, Native-Land.ca meant settler peoples could get a better picture of the land they were living on. But activist Victor Tremprano, did not set out to do this; initially he was involved in a project to map pipelines. But in heated discussions around pipeline controversies in his home of British Columbia, he noted that many people protesting really had little information about pipelines in Canada and he wanted to put his web skills to use. Thus Pipe-watch- a virtual map of pipelines and Indigenous land projects data would be collected and displayed. Vincent found it quite time consuming, but was intrigued by the thought that non-indigenous people would have a way to engage in indigenous history. Thus, Native-Land.ca was born. The web-based map was gaining interest and spiraled when the indigenous musical group, A Tribe Called Red, shared the site. Today, Native Land Digital is an Indigenous led not-for-profit organization which has been used by the

Canadian Encyclopedia and integrated into University courses and projects.

In all, it’s proved valuable knowledge to both indigenous and non-indigenous. But McRae is quick to point out that the organization is still led by a skeleton crew and she says much more can be done to develop the map, but the process is just as important. “The nature of native land, the way that native land functions is very community based. The map and the information needs to reflect the indigenous voice.” She underscores this importance, “that knowledge needs to come from the tribal nations.” Efforts are currently in place to pursue further inclusion of grassroots indigenous voices, and knowledge systems as well as a plan to develop culturally appropriate research methodologies to do this.

Current options in examining the information is available by toggling between territories, languages or treaties. When in the map, by clicking into a specific area, researchers can bring up a box at the bottom left of the screen leading to more in-depth information. The information presented depends upon which toggle switch you choose, such as “Territories” will bring up a list of First Nation and Tribal Council websites pertaining to the region, and even lead to other maps depicting such topics as migration, like that of the Ojibwe Migration Map seen here.

“You will find no colonial-political boundaries on this map,” points out McRae, “and it’s done intentionally.” By removing those boundaries, she believes the researcher will be able to understand in a visual way the long and complex history of the land.

Indigenous relationships to the land are so much deeper than boundaries. Those involved in cultural mapping are quick to point out that, “Modern maps don’t have a memory.” And its true, most contemporary maps are illustrated just for one purpose—for mobility. They do not elude to much beyond that fact. In fact, some will say they have done much

to deconstruct any thought of cultural history or relationships to the land.

Cultural mapping is all about shifting the understanding, especially for young people. “I have been able to see the change, they have more of an understanding about this,” McRae says, pointing to the young ones in her extended family.

A Teacher’s Guide is also available for download from the Native-Land.ca site, which includes stories of the land, follow-up activities inside and outside the classroom.

It’s the core focus of indigenous mapping - Native-Land seeks to provide the “true versions of history”.

So, if knowledge comes of it, what are we to do with this knowledge? Well McRae hopes it will not only instill respect, such as acknowledgement of the traditional territory of the first peoples, but encourage people to go beyond the token jesters. “Insert that knowledge into your daily life. Take up an activity, which will demonstrate that knowledge. First, be humble,” says McRae, “and get permission to go ahead with that activity from the first nation people of that land.”

Source the book, *The Ancestors are Arranging Things...a journey on the Algonkin Trail for details on the Algonkin First Nation’s historical petitions.



Noreen Kruzich specializes in First Nation and Metis genealogy/ social history. She is the author of *The Ancestors are Arranging Things* (Borealis Press/ Ottawa/2010) and the history researcher for award winning documentaries, *Colonization Road and*

Trick or Treaty. She is currently working on her second book, *Blood, Paper and Spoken Word*- a highlight of indigenous ancestries across Canada, revealing suppressed indigenous history—and putting faces to the stories.

How the Movement of a 700-pound Moose started a Movement

By Lesley Cassidy

It started with a moose. Yes, this trail idea began when a four-legged 700-pound mammal decided to take a trip. North. Found wandering in a suburb in Rochester, New York, the female moose was radio-collared by the State University and released into the Huntington Wild Forest within the Adirondack State Park in 1998. Itching for adventure after two years, the moose, nicknamed "Alice", navigated north through the Park, swam across the St. Lawrence near the Thousand Island Bridge, bounded across treacherous traffic on Highway 401, munched on shrubs and bark through the Frontenac Arch, steered north through the Ottawa Valley and meandered into the wilds of Algonquin Park, establishing her home on the eastern side in pine country. Alice travelled over 570 kilometres and unfortunately, died in 2001 of unknown causes.

No one is quite sure why she left the Adirondack State Park. Still, Alice the Moose inspired a group of conservation-minded people to establish the Algonquin to Adirondacks Collaborative (A2A) in 2002. Her trek north confirmed what biologists had already suspected, that the terrain between these two well-known parks offers a migration route. Rich in animal species, this zone provides parcels of dense forest cover and mixed forests, intact wetlands, unpolluted lakes and rugged ground. In other words, quality habitat for wildlife. A2A writes in their 2019 Annual Report "The Algonquin to Adirondacks corridor is the most extensive, least degraded north-south corridor east of Lake Superior, connecting the Ap-



Not Alice the Moose, but likely a relative of Alice's. Pic by Saad Chaudhry, from unsplash.com



East gate of Algonquin Park. Pic by Lesley Cassidy

palachian forests of the southeastern US to the vast boreal forests of the Canadian Shield." (Annual Report, 2019). John Davis, one of the members on the Board of Directors from the United States, stated, "it's as natural a wildlife corridor as one can find, and not just regionally, but for the continent".

Besides the massive Adirondack State Park (6 million acres) and Algonquin (1.9 million acres), numerous provincial, waterway and state parks provide tracts of wildland in between, including the Frontenac Arch. North of the St. Lawrence River and the Thousand Islands National Park, the Frontenac Arch (423,000 acres) is a United Nations protected space based on its natural and scientific significance. Emily Conger, past president of the A2A, describes the Arch as having the highest biodiversity in all of Canada in

terms of trees, plants, shrubs. The Nature Conservancy of Canada (NCC) reiterates that "the Arch forms a critical habitat linkage between the northern hardwood and mixed forests of Ontario and the Appalachian Mountain chain of eastern North America. This narrow bridge is one of the most important forest corridors east of the Rocky Mountains." (NCC Website) It's a diverse powerhouse, with ideal habitat for animals that require space to roam such as wolves, bears, and moose and it's a stop for many migrating insects, bats and birds.

Over 200 species of birds have been observed in the Arch, and numerous endangered species inhabit this terrain as well, including reptiles, fish, Spotted Turtles and Peregrine Falcons, among others. A2A has worked with farmers, developers, hunters and many others in

the broader region on mapping and determining what areas require protection or can be developed. As Conger explains "if you know something, you'll come to its defence and protect it". With 95% of the Arch identified as private land, working with those who live, work, and play in this area is essential for its future as quality wildlife habitat.

Connectedness describes the core of A2A's work. To best understand the region, A2A views the landscape the same way that Alice the moose did - without thoughts of a passport or boundaries. Partners in both Canada (Ontario) and the United States (New York State) work together, viewing this zone as seamless from a conservation perspective. A2A's website highlights that "Connectivity of the A2A landscape can be achieved by preserving and restoring natural habitat

Merry Christmas!

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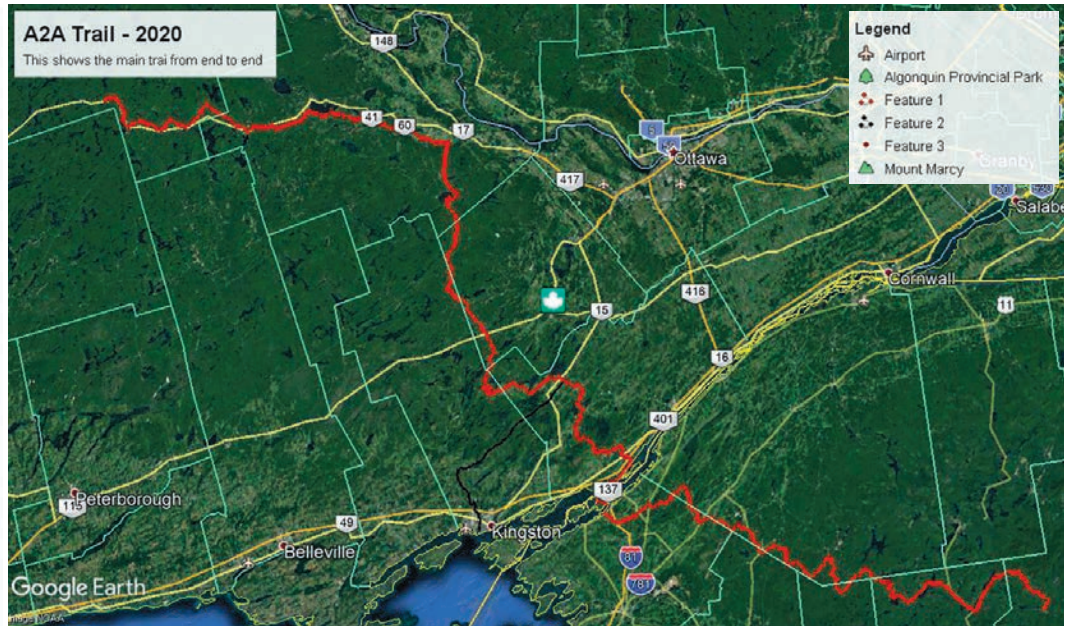
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HAPPY TRAILS



High-level route between the two parks. Perhaps the moose you spotted near Calabogie in the year 2000 was Alice.



New trail mapping application that is interactive and allows users to zoom in, look at the photos of the area, and learn more information about the route by section. It is being updated regularly. Download the Google Earth .kmz file from a2acollaborative.org then open the Google Earth app on your mobile device or open Google Earth in your computer's web browser. When on Google Earth go to the Menu (three horizontal lines in the corner) and click on Projects to upload and open the .kmz file you had saved. Then click around and have some fun.

— not in an unbroken line like a corridor, but as scattered patches, fence lines, river margins, wetlands and woodlots.” (A2A Website). Numerous studies support this. One study published recently in Science Journal highlighted that connecting fragmented landscapes doubled the number of plant species compared to isolated terrain. Connecting these landscapes like puzzle pieces gives wildlife a chance to roam and find food, shelter and a mate they are not related to - all healthy components for wildlife populations.

With over 45 partners across the two countries, including land trusts, parks, community development groups, stewardship councils, universities, and indigenous groups, the A2A community completes research, shares mapping tools to support decision-makers and conducts many events to build knowledge of the biology and ecology of the land between these two magnificent Parks. As an example, they work with the Province and researchers on projects that look at the design of roads and how to minimize wildlife collisions particularly along Highway 401. Data demonstrates three hotspots along Highway 401 for wildlife and vehicle collisions: Jones Creek, Fitzsimmons Mountain and East of the International Bridge to the United States. Projects being considered for this Highway and other roads in the area may involve enlarging of culverts, installing fence-culvert systems or the construction of overpasses or underpasses to pre-

vent the traffic from being such a significant barrier to wildlife migration.

But Alice the Moose inspired their most significant project – the long-distance trail named “A Pilgrimage for Nature” - that generally follows the route that the moose explored on her trip to Algonquin Park. To date, the path includes 310 kilometres of existing hiking trails, 90 kilometres of rail trails, 95 kilometres of main roads and 195 kilometres of back roads. John Davis observed that there “is no need to cut new trails where there already are trails” with the goal in the future to add to the trail where possible and feasible to replace busy roads. And he has experienced the path firsthand. He was part of a reconnaissance mission, completed in October 2017 to explore the mapped route. Two adventurers simultaneously hiked, cycled and paddled their way towards Wellesley Island from Algonquin and the Adirondack State Park. Davis launched from Newcomb, the centre of the Adirondack Park and hiked north-west over some of the highest Adirondack peaks, then paddled across Tupper Lake and up to the middle branch of the Oswegatchie River, and finished his last leg cycling on the many gravel roads to the border of the St. Lawrence.

Starting in Algonquin Park, John Allport hiked south, followed numerous rail trails through the Ottawa Valley, including the K&P to Snow Road Station, and a few main roads and backroads. He also cycled as he headed closer

to the St. Lawrence River. The two keen explorers met on Wellesley Island, completing an almost 600-kilometre journey combined, and celebrated where Alice the moose swam across the St. Lawrence. This inaugural trip provided invaluable information about the trail, including the businesses and services that exist along the way where visitors can access accommodation, food or transportation.

It raised an important issue. It's essential to educate visitors about this unique ecosystem. Still, another benefit involves stimulating business on both sides of the border in the rural towns that the trail passes by. People love trails, and if services such as transportation, food and accommodation exist, this provides the infrastructure to attract more visitors to discover and appreciate the importance of protecting this natural habitat. Emily Conger points out that “bringing the business community along to understand the biological significance of the region” will have a positive economic impact for many small towns. And Davis, who completed the 300 kilometres on the American side of the trail shared this experience: one cold rainy night when he searched for somewhere to sleep that didn't involve pitching his tent, he couldn't locate any lodging. For well-situated towns, they would benefit from the tourism the trail would bring.

It's not just Alice the moose that travelled this wild way, a cougar was spotted and tracked using trail cameras and scat by researchers as well as wolves and

deer. Studies of fishers on both sides of the St. Lawrence River highlight that they share genetics, and are closely related, indicating that they cross the river both ways for breeding. Healthy wildlife populations need connecting wild spaces to survive and thrive.

This trail isn't the only one focused on connecting areas as a means of protecting ecosystems, the Yukon to Yellowstone initiative takes a similar landscape view. So, if you need elbow room during this pandemic and find your nearest trail too crowded, spend some time researching this new gem – you won't be disappointed. You might spot a moose!



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

The Healing Wonder of Wild Black Cherry Trees

By Robbie Hanna Anderman

With the chills of the season, many folks are finding health challenges of fevers and coughs and similar. Thankfully, our friends the Trees have many remedies in their inner barks that can help us with this.

Most notable in this regard is the Wild Black Cherry Tree (*Prunus serotina*). Wild Black Cherry is the big forest Cherry Tree with the enjoyably tasty fruits, compared to local smaller Chokecherries (*Prunus virginiana*) or Pin Cherries (*Prunus pensylvanica*).

Black Cherry's inner bark is primarily a chest and throat remedy, due to its sedative and tonic effect on the respiratory nerves. Since 1820, it has been listed in the official US Pharmacopoeia for its sedative properties and for coughs. A wonderful voice conditioner for singers and speakers, the tea has been recommended for chronic asthma, hoarseness, tuberculosis, whooping cough, damp (NOT dry) coughs, scrofula, bronchitis, pneumonia, children's diarrhea, calming irritation of the mucous membranes, heart and stomach problems, fever, and high blood pressure.

Medicinally the black cherry tree is very important to Native Americans and according to noted herbalist author Matthew Wood, this



Smooth young tree bark.



Shaggy old tree bark.



Spring-time flowers produce a dark red fruit that changes to black from August through October. Cherry flavoured cough drops are a throwback to the use of wild black cherry inner bark, that has a bitter cherry flavour, in traditional medicines. Only use thumb-sized or smaller branches for teas.



Wild Black Cherry grows 25 to 110 feet with an upright growth.



The crown spreads out like an elm tree.



Don't let the branches sit around damp for days after they are pruned. Harvest and dry the inner bark immediately to prevent fermentation. Cherry bark contains amygdalin, which can be toxic if fermented.

became one of the primary medicines of settlers in frontier America. It lowers fever through its combination of glucocyanides and antioxidants. The cyanides very specifically slow down the Krebs cycle, which is how mitochondria in the cells produce energy. This cools the body. Likewise, it is a sedative antispasmodic in coughs. (Earthwise Herbal, 285-6)

The inner bark has also been used to relieve pain in the early stages

of labour, to restore a lost appetite, and as a remedy for cholera, worms, jaundice, and psychological distress. It has helped to dissolve "stones," but it needs to be combined with other herbs and used carefully over several months, so as to give the stones a chance to soften and shrink in size. It also has a long reputation as a remedy for uterine fibroids.

Some say that the inner bark of the south side of the Tree is most

effective, the younger and thinner bark being preferred. It should be collected every fall, as it deteriorates after being stored for a year. Or gather it in early spring when the sap is flowing and the bark is sweet.

We are definitely looking for the inner bark. Please remember it's kinder for the Tree if you can simply access the twigs or small branches for your teas. A branch that is thumb sized or smaller will allow one to

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THE HEALING TREES

scrape off the dark grey outer skin, revealing the bright green cambium layer (inner bark) that lies underneath.

This green inner bark can be peeled or scraped off and placed directly in a cup for boiling water to be poured over it for a tea. Or quantities can be gathered and dried for future use. Once it dries, the bark turns a tannish brown. In either state, it has a distinct smell of bitter almond. The outer bark at maturity is dark grey, almost black, like an old white pine, with thin, brittle scales looking sort of like shingled "platelets." In some ways the young Trees and smaller branches remind me of a black Birch bark, in the way it is smooth and the outer bark can peel off in a layer.

DO NOT BOIL the bark, as boiling destroys its medicinal value. Rather, it's best to soak the finely cut bark in cold water, in a ratio of approximately one teaspoon of bark to a cup of water, for twenty-four hours, and then take a mouthful every three to four hours. Alternatively, a teaspoon or two in a cup of water can have boiling water poured over it to make the tea, which is how I usually imbibe this great tasting tea.

Please USE this tea MODERATELY (no more than two cups per day). Wild Cherry bark contains natural cyanide, similar as to what is

found in apple seeds, bitter almonds, and apricot kernels, so care must be taken – best not to use in too large amounts or too frequently.

Happy Forest walking to you all!

Robbie Anderman has been a regular Madawaska Highlander contributor for many years. His book "The Healing Trees: The Edible and Herbal Qualities of Northeastern Trees" is available in many stores, through Burnstown Publishing House burnstownpublishing.com, His own site healingtreesbook.com, and E-book at Amazon.ca. Cover art by Kathy Haycock kmhaycock.com

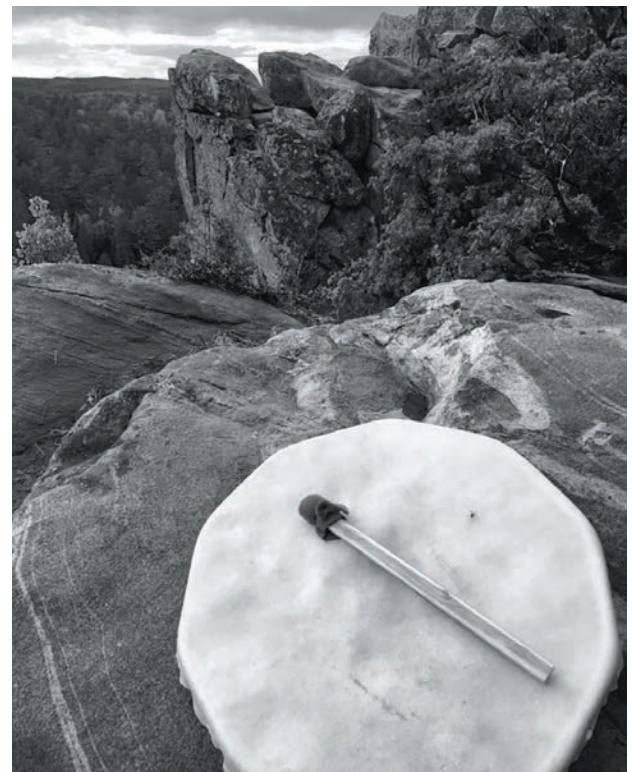


Robbie Anderman has had an intimate working relationship with Trees for several decades, as orchardist, Tree-nurseryperson, Tree pruner, luthier, woodwind musician, off-grid forest homesteader, sustainable Tree harvester, and Tree herbalist using Tree medicine for himself and friends and family. In 1969,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

BOGIE BEAT - EAGLE'S NEST CLEANSING

Eagle's Nest Trail and Lookout near Calabogie is a sacred Algonkin place that attracted an overabundance of people this year. Sadly, there has been a problem with garbage along the trail and even graffiti. Many people bring along plastic bags to pick up garbage when they go there, and in September, Janet Lawrence of Lakehouse Studio visited the lookout with some other concerned people and conducted a traditional cleansing ceremony. Below, the light shines through her drum, and to the right a ray of light appears to be saying Thank you - Meegwetch.

Photos by Susan Bumbley



SHORT STORY CONTEST WINNERS

ADULT FICTION

Jerry Papousek, Burnstown
Bertram's Last Ride, prize \$200

ADULT NON-FICTION

Derek Roche, Matawatchan
The Shark, prize \$200

YOUTH

Leela Caddick, Griffith
Caught in a Spider's Web, prize \$50

PEOPLE'S CHOICE 3-WAY TIE:

Boris Godzinevski, Griffith
Fiction, Marcus on a Monday

Mike Nagrodski, Burnstown

Non-fiction, An Unexpected Christmas Party

Derek Roche, Matawatchan

Non-fiction, The Shark

PEOPLE'S CHOICE \$50 PRIZE GOES TO:

Mike Nagrodski, Burnstown
Non-fiction, An Unexpected Christmas Party

PEOPLE'S CHOICE BOOK PRIZE GOES TO:

Boris Godzinevski, Griffith
Fiction, Marcus on a Monday.

Michael Joll's new novel, "A Time to Love and a Time to Die"

People's Choice prizes were selected in a blind draw among the three top scoring entries. Every story got votes and votes were very close across all of the entries. Congratulations to the winners and everyone who entered the contest!



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COVID Reflections

By Susan Veale

As this year draws to a close, I look back over the last seven to eight months, I find myself feeling bittersweet. When the novel coronavirus made its way close to home in mid-March, it brought with it so much uncertainty. We had no idea how this virus was going to impact our lives and for how long. The fear of contracting the virus was real and so precautions were set into place. Businesses shut down, schools closed, and medical appointments and procedures were put on hold.

Regardless of where we lived in the world, we were in this together. The common bond humanity was facing was a global intruder capable of bringing the world to its knees. Notwithstanding power, notoriety, political position, geographical location, gender, race, or religion we were all sharing the same unknown.

We had to accept and realize that there was no place to go but here, no one else to do the caring but us, no one else to care for but each other. No matter how we wanted to spare ourselves from the roughness of the ride, we could not bypass this point in time.

Personally, from March to June, my exercise classes which I teach were stopped, my individual client appointments cancelled, mindfulness meditations programs halted, and weddings



called off. Instead, I found myself immersed in online webinars discussing the virus; how was it presenting itself inside the human body, how could we strengthen the immune system to combat the risk and what could be done to recover if infected?

Including good nutrition and sleep, another of the best ways to keep the immune system and good mental health on top during this very difficult time is to exercise. It was advised to get outside and walk daily. To accompany this, I decided I would try my hand with online exercise classes for those who were left stranded when we had to shut down and close buildings. After a steep learning curve and some internet speed frustration, surprisingly, it was a wonderful opportunity to stimulate our immune system not only through exercise but also the comedy involved in getting everyone hooked up. Laughing is a great stimulator of endorphins that have a positive impact on the immune system.

As the number of cases of COVID-19 decreased over the summer with

practices of physical distancing, hand sanitizing and the wearing of masks, things started to open up and some of our usual activities were resumed. I was able to offer outdoor exercise classes, I turned to my screened-in porch for clients, our meditation class found outdoor spaces by the lake a wonderful venue to practice mindfulness and weddings downsized and found beautiful venues in the bounty of nature in the Greater Madawaska area.

Things were simpler after COVID-19 hit us, yet effective, and needs were met. Things also slowed down, took longer and some things were more frustrating, like foggy glasses with wearing masks! But I believe we are resilient. I believe we proved that we could adjust our ways to cope by realizing that simple things will suffice. The Universe handed us a challenge. COVID-19 has provided us an opportunity to step back and visit our lifestyles, our wants versus our needs, our priorities of health vs travel, walking in a mall vs walks on the trails, and spending much-needed downtime with children instead of rushing from school

to extracurricular activities.

And while all of humanity was and still is on pause, to protect ourselves, our families, and our community and its resources, the planet is slowly recovering. As we learn to heal ourselves, we will surely heal the planet.

I believe we will come through this pandemic with remarkable wisdom. I believe that as we approach the New Year, still with uncertainty, we are prepared to endure, to sacrifice, to compromise, and to commit to health and wellbeing because we have learned that without it we are empty!

As we approach this unprecedented holiday season, may you wait patiently, embrace the magic that the stillness bears, breathe deep in the quiet, and shift in the air. May you always be blessed by the light from within, and may wellbeing be yours as a new year begins.

Susan Veale, BSc. Kin., is a trained Mindfulness Meditation teacher, Kinesiologist, Pilates Instructor, Author and Natural Health Practitioner at Wellness Natural Health Centre in Calabogie ON. Her "by appointment" private clinic offers services of nutrition, soft tissue massage, energy medicines, homeopathic drainage, natural health products and mindfulness healing therapy for individuals and groups. Learn more: www.calabogiemindfulnessmeditation.com www.wellnessnaturalhealthcentre.com



Dry Mouth?

By Tamatha Strachan



Does it feel like the Sahara Desert in your mouth? Do you experience any of these symptoms?

- Bad breath • A sticky, dry mouth • Cracking at the corners of the mouth • Dry lips • A red and parched mouth • Blisters and mouth ulcers • A pebbled look to the tongue • Burning/tingling sensation in mouth • Difficulty eating dry or spicy foods • Difficulty speaking • Thirsty at night • Waking up with a dry mouth at night.

About 10 percent of the population have intense mouth dryness. While the elderly are at greater risk of developing a dry mouth condition, the problem is not limited to any specific age group. Having a dry mouth (xerostomia) may initially seem inconsequential, but saliva is key to the removal of food debris and bacterial plaque and is critical for the maintenance of good oral health. It lubricates and protects the mouth against sores, prevents tooth decay, assists digestion, and helps you taste your food.

Dry mouth is not a disease in itself, but a symptom of other conditions. You are more likely to suffer from dry mouth if you snore or have medical conditions such as autoimmune disease, hypertension, diabetes, chronic pain, or even seasonal allergies. Nearly 100 percent of patients with Sjögren's syndrome are affected, and treatments for head and neck cancers affect the salivary glands.

Over 400 over-the-counter and prescription medications can also have an effect. Some include blood pressure medications, antidepressants and anti-anxiety drugs, decongestants and antihistamines, pain relievers and sedatives, Parkinson's disease drugs, and certain medications delivered through inhalers. If you think your medication is the cause of your dry mouth, speak with your doctor. Do not discontinue your medication without their consent.

The COVID-19 pandemic also has an impact with associated anxiety, self-medication, disruptions to diet and sleep, and wearing masks for long periods.

WHAT CAN I DO?

I encourage patients to sip water throughout the day, suck on ice chips, use moisturizing lip balm, and try xylitol PUR mints or gum. Avoid caffeine, alcohol, tobacco, sugary, salty or spicy foods, and dry, difficult-to-chew foods. Try a humidifier at night to add moisture to the air.

More frequent dental hygiene visits should be considered due to the increased risk for cavities along the gumline and progression with gum disease problems. In-office fluoride varnishes are advised following your cleaning. Toothpaste selection is also important. I recommend Colgate Prevident 5000 with 1.1% sodium fluoride, MI paste with Re-caldent, or Sensodyne Repair and Protect with Novamin. Toothpastes and mouth rinses with plant-based ingredients such as coconut oil can also help soothe dry mouth symptoms. Rinsing three times a day for 30 seconds with a homemade concoction of 1 cup warm water with ¼ teaspoon baking soda and ⅛ teaspoon

salt has also proven effective. Effective commercial mouth rinses include Smart Mouth Dry Mouth Activated mouthwash, X-PUR 0.05% Opti-rinse Plus, and Therabreath Dry Mouth Oral Rinse.

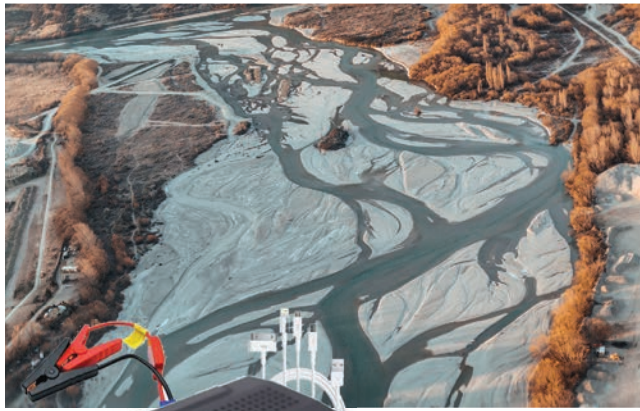
Many of us take saliva for granted, but when this natural function is diminished or stops, our quality of life can drastically change. It is imperative to advise your dental professionals of any and all medications that you take, including dosages and what time you take the medication. The mouth is a very complex place. What works for one person may not work for another.

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 in the Calabogie Medical building.



Essential Winter Camping & Cold Weather Survival Tips Everyone Should Know

By David Arama



Ice is thinnest where the current is quickest. You can't assume that it's in the middle of the stream.



Planning should include how to get back. An Indigi Multi-functional Heavy Duty Mobile Jump Starter could save your life by jump starting your vehicle and charging your phone battery.

Winter Snowmobiling Tip: When you go snowmobiling, carry a set of aluminum snowshoes, in case you have to walk out!

This winter, we are anticipating an increase in the number of staycationers who will venture outdoors to go snowshoeing, winter camping, ice fishing, and snowmobiling for the first time. Being outdoors in the winter involves minimal COVID-19 risk compared to indoor activities, but winter camping is quite different than staying in a Tiki Hut on a beach in Cuba. If properly prepared, winter outdoor pursuits can be rewarding adventure experiences, or they can be dangerous and potentially deadly experiences. If you have no winter experience, consider some training. WSC Survival School and other companies offer Winter Camping and Winter Survival training courses for the public and private groups.

Planning a Winter Pursuits Activity:

Before you venture out into the winter paradise, you should check the following:

- Weather warnings, bulletins, and special statements. Act and adjust your plans accordingly.

- Vehicle condition and safety. You should have snow tires, a tuned-up vehicle, gas line anti-freeze, bag of sand and shovel, and tire traction mats, plus a valid roadside assistance membership, and survival supplies in the trunk e.g., -30 Celsius sleeping bag, wool blankets, warm clothing, high carb energy bars, bottled water. Bonus items include an inverter battery charger and an electronic winch.

- Skill and experience level for the winter activity is an important consideration. It's a good idea to take a training course before you venture out on your own.

- Fitness and health is extra important in subzero conditions, since strenuous activities in cold weather can affect your body adversely, e.g. breathing and respiratory, heart circulatory system etc.

Risk Management and Winter Hazards:

Hypothermia is the number one threat. If your body core temperature falls 3 or 4 degrees Celsius, you are in serious trouble. Having a sleeping bag and wool blankets, plus solar wraps, can save your life. The ability to seek shelter out of the wind and to keep dry, plus starting a campfire. Drinking warm liquids and breathing in warm air from the fire, can reverse hypothermia.

Frostbite is easily prevented by limiting skin exposure. Early stages include whitish skin and warming up slowly stops it.



Winter Survival Tip: For any activity on frozen waterways, carry rescue equipment, in case you fall through the ice, e.g., ice picks, 50 ft throwing rescue rope, flotation suit or pad.

Dehydration is particularly dangerous in winter since you don't feel thirsty. Early signs include darkening urine and headaches.

Snow Blindness can be very painful and can cause permanent eye damage. Fresh snow can reflect the sun under your eyelashes. Wear UV glasses or goggles.

Blood Coagulation and Heart Attack can occur, since severe cold temps can cause the blood to thicken.

Drowning is a very real danger for snowmobile and ice fishers. If you fall through the ice on a subzero cold day, your first response will be to gasp for air (gasp reflex) and drown. Slipping and falling can be prevented with good winter boots with aggressive treadware, and you can use add-on crampons. Alcohol Consumption increases your vulnerability to hypothermia, frostbite, and dehydration because it sends blood to the extremities to make you feel warm while your inner organs are cooling.

Ice Thickness:

To quote an OPP Sergeant, "there's no such thing as safe ice". Factors such as ice formation, swamp grasses that weaken ice, moving water and currents that thin the ice and create air pockets make it unpredictable.

I prefer 8 -12" ice thickness minimum for most activities such as snowshoeing and sledding, and 12 - 20" for vehicles.

Cold Weather Clothing and Footwear. For winter conditions, the following is a good framework:

Layering
Loose Fitting
Lightweight
Lid

Layering components include base layer, insulation layer, and outer shell. Layering traps heat and is adaptable. Woolens are the best since they wick moisture, and keep you warm even when wet, even submerged. And wool is non-flammable. A warm hat and warm socks are critical. I prefer snowmobile boots with thick wool liners and large enough sizing to allow for more than one pair of socks.

Winter Survival Gear:

I always carry a tarp, restarting equip-

ment, solar blankets, instant heat packs, high energy foods, plus a large knife or saw. It's a good idea to have a communication device to back up your cell phone, e.g., Satellite Tracking Device like a Spot-X or an I-Reach.

Snowshoes: Could be a separate article! There are many types of snowshoe composites, designs, and harness systems. Indigenous peoples invented many different designs for various conditions. Your basic choices include:

- Aluminum e.g. Tubbs, Atlas
- ABS Plastic e.g. MSR
- Magnesium Military
- Traditional Woodgate with Rawhide Webbing

For snowshoeing on trails, aluminum snowshoes are the best. They work in any conditions, require no upkeep, and no skill. They typically come with crampons for ice conditions, and nice easy to use harnesses that rarely freeze up. They come in different weight capacities.

Winter Camping Basics:

There are several types of winter camping styles:

- Luxurious Heated Yurts
 - Winter RV's
 - Hot Tenting (with woodstove)
 - Expedition Dome Tenting
 - Lean-To Shelter
- My favourite is Hot Tenting with my Ester Tent and woodstove. Many prefer to enjoy a Yurt, first time out. Many parks rent out Yurts. Dome Tenting means a



Above: Winter camping can be quite cozy and warm in a heated tent and when wearing the right clothing. Even an unheated tent can be quite cozy with the right sleeping bag. Left: There is no such thing as perfectly safe ice. You can trust that ice in swampy areas will be weaker because of sticks poking through it and other organic material embedded in it. You don't want to have to test your skills with your ice picks in a swamp. Right: Ice picks



Winter Clothing Tip: Good inexpensive used woolens and winter jackets can be found at secondhand stores, e.g., Value Village.

very long night in your sleeping bag, but is the cheapest way to go, and some would argue, the most fulfilling.

Look forward to the winter wonderland! Winter outdoor activities are good for the soul, especially during a pandemic. One of my all-time favourites is snowshoeing across a small frozen lake, during a crisp clear night, seeing the fabulous northern lights, while hearing a distance wolf howling then coming back to a toasty crackling fire, and a cup of hot chocolate. You can't beat that!

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

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Journey Back in Time - Part 5

By Marcella Neely

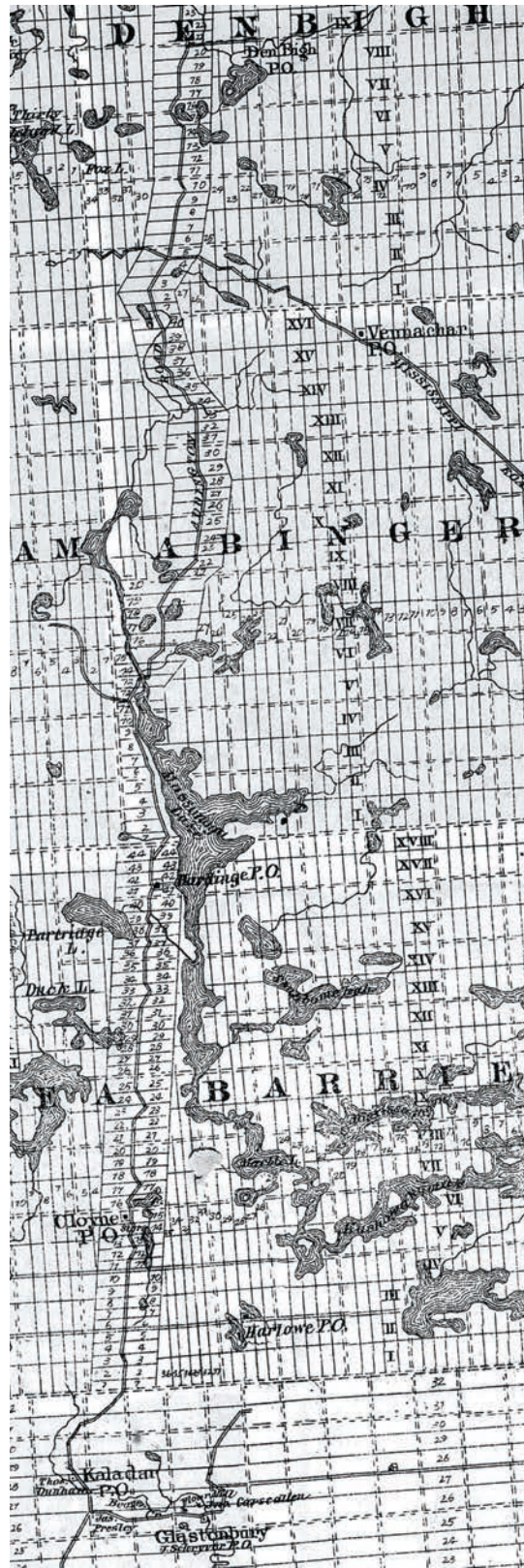
Our journey along Highway 41 is continued from the September issue...

Back on our journey, looking across the road from Isobel's Chip Stand there is only scrub land and rock, but along a few yards is where Bill Carey operated Tara Marine during the early 1970's. There were Fina Gas pumps there for a while, but it is currently a private residence. Three more private homes (this area was rumoured to have once been a prosperous tomato farm, with soil extremely sandy) and we come to the Land of Lakes Community Services new location built by Fritz Nussberger. The building has rental units as well. Also, on the property he built a car wash and tool rental business in front of the private residence. On the same side and to the north is Woodcrest Trailer Sales. This building used to be a lathe mill operated by the Dolgin brothers in the late 1960's. Later it was Ray Whitaker's snowmobile dealership and sports shop. Subsequent owners were Jack Tait and Brian Boys. A stretch of wooded area on the west side of the highway leads to a location built by Bob Newman and operated as a garage & re-

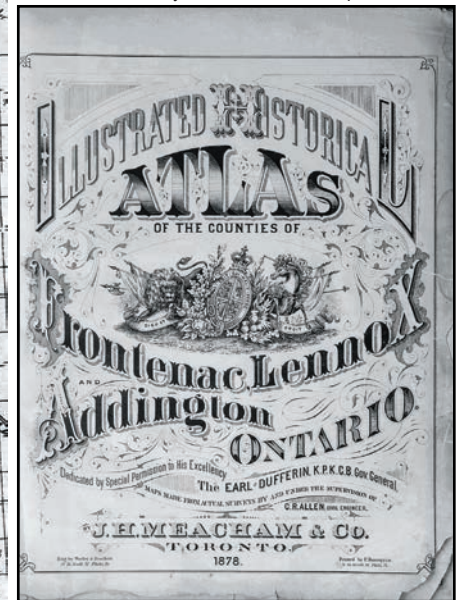
pair shop for heavy equipment. It was sold to Gaylord Forest Products (Tweed) and was in business for a few years. After being vacant for some time it is now "41 Storage" for boats and R.V.s Addington Rd. 2 runs along the northwest corner. Across the Hwy and a little farther north, is Yourway Home Hardware & Building Supplies. Built and operated by Brad Douglas. On the opposite side, farther north is Northpoint Plaza, originally built by Ken Douglas to house his "Barrington Insurance" business. Ken sold it to Murry & Dale Northey. They built an addition to accommodate their "Custom Cover-Ups" business as well as 'Murry's Music' and rental units. Currently Land O'Lakes Veterinary Services uses part of the building. Bosely Rd. runs past it. The Bosely name is well known in the area. It was originally the French name "Beausoliel". Edgar Bosely successfully farmed just down the road for many years.

Heading north is more treed area with occasional houses on either side. We will explore this area and move into Cloyne in the next segment.

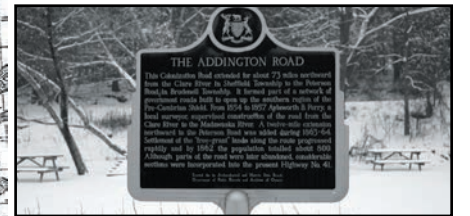
To be continued...



1878 Historical Atlas of Frontenac L&A Counties was published before Northbrook got a post office, which is why it is not on this map.



Between 1874 and 1881, 32 atlases were produced for Ontario and only subscribers' names, images, and info were recorded on the lots. Hwy 41 followed most of the original path of the Settlement Road. The biggest variation took Hwy 41 in a large swing to the west instead of crossing at the northern end of Massunoga Lake (now Mazinaw) and its more direct route to Denbigh. It is labelled as a cart track. You can view this map on the Historical Society's Flickr page on pioneer.mazinaw.on.ca or download the atlas at goo.gl/KqGTfd



Plaque, located in a park in Kalarau was erected by the Archaeological and Historic Sites Board, Department of Public Records and Archives of Ontario in 1971. It reads, "This Colonization Road extended for about 73 miles northward from the Clare River in Sheffield Township to the Peterson Road in Brudenell Township. It formed part of a network of roads built to open up the southern region of the Pre-Cambrian Shield. From 1854 to 1857 Aylsworth B. Perry, a local surveyor, supervised construction of the road from the Clare River to the Madawaska River. A twelve-mile extension northward to the Peterson Road was added during 1863-64. Settlement of the "free-grant" lands along the route progressed rapidly and by 1862 the population totaled about 800. Although parts of the road were later abandoned, considerable sections were incorporated into the present Highway No. 41."

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Anyone looking for information is welcome to visit the Flickr photo gallery, read through our newsletters at cloynepioneeremuseum.ca, or contact us at pioneer@mazinaw.on.ca

The Historical Society urges everyone to identify their own photo collections and help elderly parents and grandparents do the same. This can be as simple as writing names on the back. Above all, do not destroy. You may not know who is in the photo but someone else may identify a missing link. We invite you to share photos with us for preservation in our archives. We take great care in handling and copying these precious items and return them to owners unharmed. They will be safely available for future reference. We also like to share history on the flickr website. Our flickr contact is Ken Hook. kenhook@45degreeslatitude.com CDHS Archives can be reached at pioneer@mazinaw.on.ca



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Rebeckah's Remembering

By Antonia Chatson

It was so wonderful to see Mary once again with her husband Joseph and their young lad, Jesus. He was a chubby little fellow. Yes, I knew who he was, for Mary had told me everything about the visitation of the angel Gabriel and all that he had told her. I don't think I was as surprised as Mary had been. Mary was always something special, always spiritual and obedient to the word of God. This now showed up in her Son. He too had a presence about Him that was undeniable. He was still a little three-year-old but his demeanor towards his parents was that of obedience and respect.

It had been over three years since we had last seen each other. That was because of Herod's decree that all babies in Bethlehem under the age of two be killed. I had heard a rumor about the Magi from the East who had come to visit and worship Jesus. They had not returned the way they had come, deliberately avoiding another meeting with Herod. Wise move. At the best of times who would want to share Herod's company when he was wily, cunning, and manipulative - I don't think so. I was not aware of all this, but Mary explained that Joseph had had a dream in which he was warned by the Lord Himself, not to return to Nazareth due to Herod's decree. All I knew was that this family had disappeared off the map for three years. And did I ever miss my Mary! But it was a good thing that God was taking care of them. I had gone from Nazareth with my family for the census in Bethlehem, so was there when all the killings took place. It was horrible. The Roman soldiers just moved in, stormed through houses and wrenched the babies from their families. Then they dragged them into the streets and butchered them. They were not even too particular about their age either. The poor parents, especially the mothers, were screaming and crying for days. If anyone had



Mary and I were almost always together doing our chores and fetching water at the well was one of our main social outings. It was a great way to meet a future husband... but that's another story.

any doubt that Jesus was really special, the story of their flight to Egypt to escape certain death in Bethlehem could have pushed any doubts aside.

Anyway, they were now back in Nazareth where Mary and I grew up together. We were like twin sisters, as we had been born three days apart. And we had always been BFFs. Our families lived side by side. When we were little girls we would play together with our whistles, rattles and spinning tops. And our fathers would make us toy animals out of wood and place them on little wagons with wheels. Then we would go everywhere pulling them along behind us. As we grew older, we would often do our chores in her house together then we did them in ours - for the company. We never tired of feeding and watching the chickens in the courtyard between our houses. We always went together to gather brushwood that our mothers would use for firing the ovens with which they would bake bread. But it was always when we went to the well just outside of town to get our water in clay jars, that we would fantasize about whom we might meet there. There had been many a match made by young women meeting young men at the well. It just might be our lucky day, but if not, we

could still dream of tomorrow. Then when Mary became engaged to Joseph, (and they didn't even meet at the well), she had to stop dreaming! "Becky," she would say, "We'll concentrate all our efforts on your behalf."

But then we had to return to our own homes to help our mothers with the meals. I would help my mother grind the roasted grain into flour for making bread. That was a long tedious job, often taking up to three hours to make enough bread for one meal. Life was easier when we could eat the spring wheat as is. But bread was good too. We would make it into a paste, then smear it on the inside of the clay oven to bake. It was a good thing we only had two meals a day. Supper was accentuated by lentil stew, cheese, eggs and fruit.

And now once again Mary and I were together. She told me about the terrible journey to Bethlehem at nine-months pregnant, either walking or riding on a donkey. Mary said she never would have made it, if it had not been for Joseph. "Never was there a kinder and more considerate man than he. She was never so relieved as she was after Jesus was born. She was not aware then that the night had barely begun. She told me of the visit by the shepherds, who then

proclaimed all over town, the news that their Messiah had finally been born. She said she felt so intimidated about the Magi's visit and totally overwhelmed by the gifts of gold, frankincense and myrrh. Mary thought that after that night a few days for recovery and she and Joseph and the baby could return to Nazareth and normal living. She said that she had yet to learn even more, that when God was in control, anything could happen. When Joseph was snoozing the next morning, the Lord Himself appeared to her husband, and told him that they must flee to Egypt. Believe me, she said, "We wasted no time in packing up and on the road."

But now Mary was back where she belonged. Joseph was looking forward to doing woodworking with his father, Mary was looking forward to living a peaceful life and being an uneventful mother to the most important person the world has ever known.



Get Antonia Chatson's book
"Rural Vignettes" on Amazon,
Glaeser's Store
in Denbigh,
& Denbigh Public Library



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.

IN OTHER NEWS

Is Potentially Lethal Radioactive Radon Gas Lurking in your Home and Harming your Lungs?

By Lois Thomson

Radon is an invisible, odourless radioactive gas that is naturally present in soil. It's generally as harmless as are the UV rays from sunshine, but repeated exposure to concentrated amounts of radon can cause lung cancer, the same way that UV rays can cause sunburn and skin cancer. Everyone knows they should wear sunscreen, but did you know you should have your home tested for radon gas?

When radon is present in the soil around your home it can permeate your foundation through dirt crawlspaces, floor joints, mortar

joints, cracks, the opening for your sump well, etc. It will pool in the lower levels and rise to the top floors. The use of exhaust fans, windows and fireplaces influences the pressure difference between the house and the soil which can draw radon indoors. You will take it in with every breath. Without knowing it, you might be damaging your lungs as badly as a pack a day smoker without ever taking a puff. Radon gas is the number one cause of lung cancer among non-smokers and causes the deaths of more than 3,000 Canadians annually. If you smoke, your lung cancer risk

with radon increases exponentially.

The good news is that there is something you can do about it. Last winter a concerned citizen took advantage of a grant program that saw 83 radon test kits distributed for free in all areas of Greater Madawaska Township. Each recipient put a testing unit that fits in the palm of your hand in the part of their home where they spend the most time. For me it was my office. After three months the test kits were collected, and each participant received a report. The alarming results were that 41% of tests reported higher than acceptable levels

of radon gas and another 36% had levels just skimming the safe zone. Some were told they should address the situation within two years and others were told they should take measures to address the situation immediately.

Remedies involve sealing cracks and installing a pump. To find a list of certified professionals contact the Canadian National Radon Proficiency Program (C-NRPP) at 1-855-722-6777, go to c-nrpp.ca, or email radon@hc-sc.gc.ca. But first, start with a test. Go to takeactiononradon.ca/test to order a test kit for \$65.

Polypore Fungi - Ancient Healers in Modern Science

By Colleen Hulett

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



Above and Below: Birch Polypores



Artist's conk *Ganoderma applanatum*



Above, Below, and Right: *Fomes Fomentarius* Tinder Polypores



Below: Turkeytail Polypores *Trametes Versicolor*



A find of Canadian Reishi *Ganoderma Tsugae*



It doesn't surprise me as modern Canadian scientists and mycologists examine the medicinal actions of fungi that they end up proving what ancient shamans and healers knew all along... how most polypore fungi and/or their mycelia have antimicrobial actions. Antimicrobial fungi can be defined as having both antibacterial and antiviral actions similar to the modern notion of antibiotics. Outstanding to say the least and what great timing for Canadians when allopathic antibiotic resistant microbes are around. It's very exciting to see all the new studies coming out to confirm the natural uses of polypore mushrooms.

How paleolithic Europeans, like Otzi the Iceman, and Canadian northwest coast indigenous First Nation peoples intuitively knew how to use polypores medicinally is marvelous to ponder. The Haida of the archipelago Haida Gwaii in the northern Pacific Ocean off the coast of British Columbia, as well as other indigenous Northwest Coast peoples have used medicinal polypores for hundreds of years. Otzi, the 5300-year-old frozen mummy found high in the Himalayas, was carrying a pouch with a couple of polypore mushrooms assumed to be for starting fires and to heal his shoulder wound and stomach para-

sites. He had both the Birch and Tinder polypores in that pouch. The army physician and pharmacologist Dioscorides who lived between c.40AD - c.90AD acknowledged the use of the Larch polypore (*Fomitopsis officinalis*) for medicinal purposes related to the tuberculosis (TB) infection.

Even better is the fact that because mushrooms and humans are related closer to each other than they are related to plants they share common anti-microbial antagonists like staphylococcus aureus and e coli. Because of this, Paul Stamets (speaker, author, mycologist, medical researcher, entrepreneur, intellectual and industry leader in fungi) knows we can certainly benefit from the intelligence of how fungi produce antibiotics to fight similar infectious microorganisms in humans. Stamets also stresses that polypores have low cytotoxicity and are relatively safe for human consumption. In fact, of the hundreds of species of polypore tree conks, only one is deemed toxic and that is the *Hapalopilus nidulans* or commonly known as the purple dye polypore or the cinnamon bracket.

Antimicrobial polypores commonly found in old growth forests of the highlands in North Eastern Ontario and West Quebec are the Artist's Conk, the Birch Polypore, the Tinder Polypore, the Hemlock Varnish Shelf (a Canadian Reishi mushroom) and Turkey Tail Polypores. We have access to these polypores in our forests and should only harvest them with 100% proper identification with the help of an experienced guide. You can also easily order them online from reputable sites like Paul Stamets' fungi.com or from reputable health food stores and Chinese markets in Ottawa. Polypores are a hot commodity at the moment and many companies acquire only small batches. They unfortunately become out of stock quickly and you even have to hunt for them online.

The five above-mentioned polypores I work with have many more

awesome medicinal actions than just their antimicrobial properties. These proven properties can be found in handy charts in the book called *The Fungal Pharmacy* by Robert Dale Rogers, RH (AHG). He has written a new book which I plan to read this winter, entitled *Medicinal Mushrooms: The Human Clinical Trials*. I can't wait to read it! Both books are based on proven scientific studies and can be purchased online and shipped to your door. Also, mycologist Paul Stamets will send you his order catalogue for free from his website fungi.com if you want to grow your own. Stamets' book *How Mushrooms Can Save The World* is also a must read for everyone.

In order to benefit from all the properties or actions of a given polypore it's best to make or buy a dual extraction tincture that extracts both the water-soluble actives like the immune-modulating beta glucans or polysaccharides, and the alcohol actives like the triterpenes, for example. This is especially true for woody and hard polypore tree conks. Dual extraction tinctures are easy to make and can easily be added to your coffee, soups, stews or smoothies.

How to make a simple dual extraction tincture:

1. Fill a 2-cup sterilized mason jar half way with small 1/2" pieces of dried and chopped polypore of choice. (Use one type of polypore per recipe and do not mix them. Some say to use powdered polypore for greater surface area extraction of actives, but I find this way too messy to filter, and sediment that could go moldy may be left at the bottom of the final product if you are not careful)
2. Fill the mason jar with 40-proof alcohol and leave an inch of space on top (People use vodka for its purity, but I prefer brandy for its flavour.)
3. Cover with the lid and store for 6-8 weeks in your pantry or somewhere visible so you don't forget about it.
4. Shake mixture daily for 3 weeks

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Turkeytail Polypores *Trametes Versicolor*



and then once or twice a week thereafter.

5. After 6-8 weeks strain out the polypore pieces using a cheesecloth lined colander and put these pieces in a pot of freshly boiled water and simmer for two hours.

6. Pour the clear (free of any polypore sediment or pieces) alcoholic tincture into a new sterilized mason jar and close the lid tightly until further use.

7. While simmering the uncovered polypore water decoction (AKA strong tea) you may need to add fresh water from time to time as it may steam off and measure below the equal amount of tincture already prepared. (For example, if you have 12 ounces of the alcohol tincture you will need 12 ounces of the water decoction.)

8. Check and stir your simmering decoction constantly to ensure it doesn't boil! Remove from heat if it insists on boiling and cover. Let your mushroom

tea steep while covered for the remainder of the two hours.

9. Strain out the polypore pieces from the decoction using a colander lined with cheesecloth.

10. Add equal parts of the alcohol tincture to the mushroom water decoction. Stir and pour into sterilized 2-4-ounce tincture bottles (Purchase at your local health food store or online packaging supply stores.)

11. Adults: 1-2 tsps. daily or every other day to your morning coffee, tea or smoothie for immune modulating purposes. Or 1-2 tsps three times daily for up to a week to help fight a particular bacteria or virus.

The book, "The Fungal Pharmacy: The Complete Guide to Medicinal Mushrooms and Lichens of North", lists which polypores fight which microbial infections in its handy appendix charts.

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



Hulet.Colleen@gmail.com www.calabogiehiker.com
Twitter: Highlands Hiker@calabogiehiker

LIVING GREEN

Living Green Group

By Mary Catherine Mills



Shagbark Hickory

The Living Green Group has been meeting for over a year now at the Matawatchan Hall. It started as an informal group with shared interest in living with a smaller footprint and discussing our concerns and fears for our community and the environment and has evolved to a more vital action-oriented group. Our focus has been on our community. We can't change the world, but we can make our part of the world more beautiful, cleaner, safer, more productive and more inclusive. It's exciting!

This Spring we re-introduced Shagbark Hickory trees to our area, planting over 60. All are doing well. They are Ontario's most important source of edible Hickory nuts, and Ontario has a rich cultural past involving the use of them. The sap has been used to make syrup, the wood makes an excellent long-burning fuelwood, and the sweet nuts are used to make many types of food. And with that shaggy bark, they are really striking.

This coming Spring a number of us will be planting Walnut trees from Renfrew County, with hopes of expanding Walnut trees in this valley. If others are interested, we will have a few extra for planting.



On a beautiful September day, we invited people to gather at the Matawatchan Hall to press the bountiful wild apples into juice using Bill Graham's antique cider press. Joanne Murray made mulled cider for all to enjoy and took home the crushed apples as a treat for the cows.

Our trees, if not the most plentiful, might be our most remarkable neighbours. The film "Call of the Forest: The Forgotten Wisdom of Trees" reveals why. It's in our library, please check it out. Movies like "Kiss the Ground" show how vital it is to revitalize our soil so it is healthy once again and will draw down Carbon. Aube Giroux's documentary "Modified" has important information about GMOs. Our library is expanding. Over the past few months, we have collected a number of books and movies that speak to caring well for our environment in the midst of Climate Challenges. We will be inviting people to view some of these documentaries at the Hall. We will of course practice social distancing and wear masks.

If you would like to attend a regular meeting please contact Joanne Murray or Ken Birkett at 613-553 1109. We meet the 1st and 3rd Mondays at the Matawatchan Hall from 7 to 8 pm.

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Just Listed/ Just sold!

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SOLD

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SOLD

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SOLD

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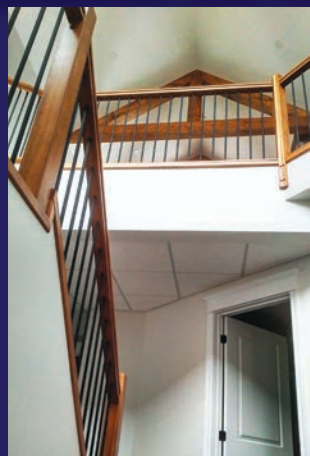


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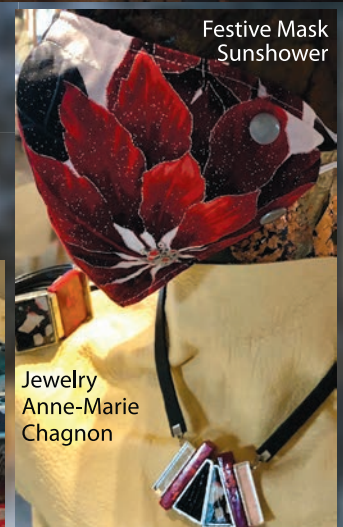
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