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As you can see from the results, 2018 was another good year. **Sold signs make everyone happy!** I am a full service, experienced Real Estate Broker looking forward to new business in 2019. This is my last Highlander Ad until May, but you can visit my website at tsteenbakers.ca to see what is up and coming for the New Year. I look forward to hearing from you.

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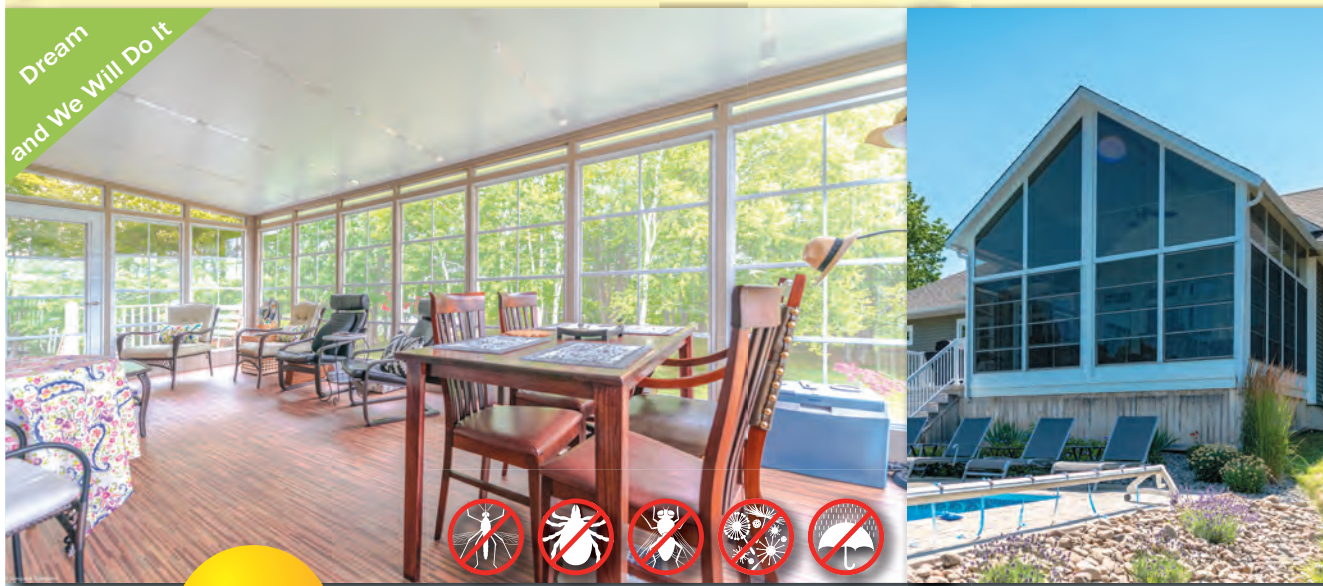
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THE MADAWASKA HIGHLANDER WINTER, 2018 2019 EMBRACE THE PAST ~ ENCOURAGE THE FUTURE ~ ENJOY TODAY

The Madawaska Highlander

Winter
 2018

FREE Vol.16 Issue 6
 Next issue May 8, 2019

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

Winter is beautiful in the back country of the Highlands.
 Time for playing in the snow and cozy nights by the fire.

Welcome!



These young foxes were thrilled to see their first snowfall on October 27. You will giggle with delight when you see Steven MacNabb's video on the Hurd's Lake Ontario Facebook page. Photo by Steven MacNabb

...To Winter in the Highlands as we wrap up a whirlwind year, both figuratively and literally, with stories, news and fun facts, past and present. Just because the Highlander hibernates, doesn't mean that highlanders do. You will learn of fun activities and events in the Highlands over the winter from our ads and from our correspondents in the field, hill, and valley.

Prepare to enjoy a drift of stories by our talented volunteer writers to take you through the winter, including a true story to introduce the Highlander's first ever story-writing contest. We have stories of the toils of winters past in Up the Line, and stories of the joys of summers past on Hemlock Hill in The View from Here. We have an introduction to the ancient art of Algonkin beading and quilling (yes, quilling, not quilting). We even have a story about a book of stories about the Addington Road in Memories of Vennachar.

Prepare to survive in these times of wild weather, by taking the sage advice of Survivor Guy, but don't forget that anything exciting comes with a little risk, so get out on the trails and have fun, as Lesley suggests in Happy Trails.

You'll be thrilled to find red belted polypore conks along the trail after reading about their medicinal qualities in Highlands Hiker. We are reminded that all food should have medicinal qualities and learn which foods are riskiest and which foods are safest in Wellness.

We also have a story about how to download or order more stories to tide you through the Yule Tide on the Cloyne & Area Historical Society's website.

Antonia wraps up her Year of the Cat with an Epiphany in Rural Vignettes and the Madawaska Highlander wishes everyone Merry Christmas, and happy gatherings and celebrations of whatever you celebrate, with family, friends, and even pets as the days slowly grow longer - until we meet again.

Enjoy!



Winter came early to the Highlands this year. Stay cozy under a blanket of snow and a well fed woodstove. Photo by Jim Hutchison

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The Madawaska Highlander

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parts of 4 counties in the Highlands.

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

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**Next contribution deadline:
April 26 for May 8 publication
madawaskahighlander.ca**

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

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1881 illustration by Thomas Nast who, along with Clement Clarke Moore's poem A Visit from St. Nicholas, helped to create the modern image of Santa Claus



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By Anne Dougherty & John Neale



Ryan Cook will appear with Terra Spencer in concert at the Matawatchan (Music) Hall on February 23. See the ad on page 10 for details. He's great! Opening act will be Arnprior marvel Vicki Brittle.



A selection of goodies from the Pastry Barn graced the Makers Market kitchen.



LeeAnn MacPherson and Anne Dougherty at the first ever Makers Market at LeeAnn's home in Matawatchan.



The Makers Market spilled to tables outdoors at LeeAnne MacPherson's home, where things like local maple syrup and these wooden carved pumpkins added to the selection.



There was plenty of great food and friendly conversation at the St. Andrew's United Church Turkey Supper, once again. We all give thanks for this wonderful community and the UCW who prepare and serve!



Get your Matawatchan Hall "Centre of Everything" T-shirts during events at the Hall or call Lois at 613-333-9399.



Costumes were amazing at the Halloween Dance at the Matawatchan Hall. Even the insects dressed up!



In spite of the first snow of the winter falling on the day of the Halloween Party at the Hall on October 27, the AshDad's from Calabogie rocked a large crowd of mice, surgeons, patients, and all sorts of fun folk. They rocked those looks, too!



The cast and crew of the "Death of a Matawatchan Pirate" Murder Mystery at the Matawatchan Hall on November 17. L - R: Peter Chess, Ben Copeland, Linda Wease, Annie Faulkner, Derek Roche, Lois Thomson, Helene Thomson, Tracy Hunchak, Al Kitching. Missing is Filipa Martins who has a nack for finding murder victims!
Pic by Kim Hass



It turns out the scoundrel pirate Blake Black turned up drowned and nailed inside a full barrel of rum at the Matawatchan Tavernen. But who killed him?

Autumn colours have fallen away as winter extends her icy grip on Griffith/Matawatchan. This part of the township is settling into our quiet season as we say goodbye to hunters and cottagers and fortify the wood stove to keep us warm during the cold winter months ahead in our beautiful Madawaska Highlands.

St Andrews United put on a delicious turkey supper on September 29, the week before Thanksgiving. As usual, the supper was well attended, and everyone went home satiated with a belly full of turkey with all the fixings and lots of delicious pie.

Maker's Market: Lee Anne MacPherson hosted the first ever Matawatchan Maker's Market at her Clearwater farmhouse off the Matawatchan Road on Friday, October 5th. The quality of the crafts was exceptional, and the market was well attended. Many local vendors will also be present at the Christmas Market to be held on December 8th right in the Calabogie Ski Lodge. Check it out between 9 and 4. Check it out.

Party for Duane and Linda: The M-Hall, in collaboration with the Fish & Game Club, put on an appreciation evening for Duane and Linda Lennie after they sold the Griffith General

Store and decided to put down roots in Matawatchan. Music was provided by the TallBoyz and by DJ Dennis MacPherson. Duane and Linda were presented with gifts from both hosts and Duane expressed his deep appreciation for the support and patronage they received from the G/M community during their time running the store. In fact, they like the community so much that they have decided to live here!

Nancy and John McGregor were honoured with a potluck social put on by the Denbigh-Griffith Lions and St. Andrew's United Church. Nancy and John are a big part of the volunteer community and are familiar faces at almost every event in the area. They will be leaving us early in the new year to begin a new life on Vancouver Island. Bon Voyage and thanks for digging in! We'll miss you.

Peter Fischer (volunteer contractor and foreman) and volunteer crew of Ben Copeland, Mike Fischer, Pete Chess, Derek Roche, Dave Burton, and Brian Desloges worked for two days to replace the roof over the lower extension at the M-Hall. Many thanks to them and to so many of you who donated to the Hall's Toonie or Two Renovation fund, to our local vendors who contributed prizes

for raffles, and to Rosemary O'Connor for a sizable donation that helped pay for the roofing materials. Now the M-Hall can be used year-round and the roof should be good for decades.

The Matawatchan Hall is selling tee shirts to help raise funds for the next phase of the roof. Get yours any time the Hall is open for an event or contact Lois at info@reelimpact.tv, or 613-333-9399. \$20 for regular T shirt and \$25 for V-neck with cap sleeves.

M-Hall Halloween Night Party: It was a cold snowy night on October 27th, but attendance was still good at the Halloween Party at Matawatchan Hall. Again this year, live music was provided by the Ashdads from the Calabogie area and a ghoulish time was had by all. The costumes were very well done, and three blind mice ran away with the prize for best costume, as well as a farmer's wife, and the mice's tail surgeon.

Election Results: The Mayor's spot was filled by Brian Hunt with 50% of the vote. Lois Thomson polled 30% of the vote for Mayor beating out incumbent Glenda MacKay who had 20% of the vote. Glen MacPherson held on to the Councillor's seat in our own Ward 3 with 60% of the vote. Donnie McAlear polled a respectable 40% of the vote for

Councillor. The new online voting and tabulation process was managed by Simply Voting of Montreal.

The Hunters Ball was held on Saturday, November 10. Bernie Parsons donated back \$50 of his 50/50 win to the Griffith & Matawatchan Fish and Game Club. A great time was had by all!

Fundraiser for Tornado Victims: CUPE 503 put on a free concert to raise funds for the victims of the September tornados in Calabogie and Ottawa in the Dunrobin and Arlington Wood neighbourhoods. The Jim Cuddy Band and many other musicians delivered an amazing concert in the Lansdowne hockey stadium (Ottawa). The encore featured a covering The Bands hit 'The Weight' with all the evening's performers on stage at the same time! The Fundraiser raised close to \$50,000 through onsite donations, the United Way and the website www.afterthestorm.ca.

Remembrance Day: This Remembrance Day commemorated the 100th anniversary of the end of the First World War and many local churches commemorated the event in their own special way.

Continued next page...

...continued from preceding page

Murder Mystery Dinner: The third annual Murder Mystery Night, called "Death of a Pirate" was held at the Matawatchan Hall on Saturday, November 17th. The event featured exceptional local acting talent. A hilarious time was had by all!! And the food was good too! Thanks to all the volunteers who continue to make this event so popular and memorable.

The Matawatchan Hall hosted the annual Christmas Craft Market with plenty of baked goods and a chili lunch on November 24. This is always a successful market and a great place to pick up one of a kind gifts.

Upcoming Events:

The Denbigh / Griffith Lions will be busy as usual in December caroling, preparing and delivering Christmas hampers around the community as well as hosting the Annual Denbigh Christmas parade at 6:00pm on December 1. The Christmas BINGO featuring two \$500.00 jackpots as well as other prizes happens on December 4 at 7:00pm in Griffith. This will help raise some of the funds to continue giving back to the community. The Lions Hall in Griffith also hosts the annual Children's Christmas party on Dec 16 from 11 to 1:00pm featuring games, crafts, as well as a visit from Santa! All children will go home with a loot bag!

Other upcoming activities and events include the regular aerobics in the M-Hall Saturdays at 11am, games night at St Andrew's Church, and much more! Keep an eye on the Matawatchan.ca website for updates.



Peter Fischer, right, with Ben and Mike, two of the volunteers who worked for two days to replace the steel roof over the Bar section of the Hall in October. Thanks!



Above and below centre: A good crowd assembled to live music and libations to honour outgoing Griffith General Store owners Duane and Linda Lennie in gratitude for all of their contributions over the years. It's nice to have a going away party for people who will be staying in the neighbourhood. It will be nice to see them out at events again!



Disguises at the Halloween Dance were amazing, and some were so good that we have no idea who is in this picture other than 3 blind mice, a farmer's wife and some kind of mouse tail surgeon. What fun!



Brian Hunt, Lois Thomson, and Glenda McKay in Calabogie at the 2018 Greater Madawaska Mayor's meeting. Brian Hunt was elected.

ca website for updates.

December 16, 2018 at 5:00 pm A Community Pot Luck Dinner starts off the Annual Christmas Party at the Hall followed by the 7:00pm Tree Lighting and Carol sing "downtown Matawatchan" then it is back to the Hall for a visit from Santa bearing presents. Please let Chief Elf Tracy Hunchak know how many children plan to be there to greet Santa! Leave a message at 613-333-9589.

Ryan Cook will be returning to the Griffith and Matawatchan area, this time to perform in a duo in concert at the M-Hall on February 23 at 7:30 pm.

TICKETS: By email money transfer to matawatchanhall@gmail.com Your email confirmation will be your receipt, but the Hall board will keep a list at the door. Or call Lois at 613-333-9399. Only \$20 each. Limited Seating. Opening artist is Vicki Brittle of Arnprior.

Ryan's bio: Halifax born, Ryan Cook was raised in a large dairy-farming family on the southwestern tip of Yarmouth, Nova Scotia, Canada. Running fast from the expected clichés of cowboy culture, he began singing and writing in punk rock and death-metal bands as a teenager, helping shape a popular south-shore music scene with artists Brian Borcherdt (Holy F*ck) and Paul Murphy (Wintersleep).

In college, Ryan apprenticed as a student music-therapist at Yarmouth Regional Hospital where he rediscovered the familiar sounds of vintage Country/Western music. He later began writing then performing as a country act winning 2008 Country/Bluegrass Album of the Year at the Music Nova Scotia awards with his debut album Hot Times. In the following years Ryan transitioned to a solo performer winning the 2010 & 2013 Country/Bluegrass Album of the Year, collecting many more nominations and accolades along with a lengthy touring resume taking him across North America, U.K, and South East Asia.

Ryan's off-stage travels

"Snowbirding" in the winter months have had a big impact on the characters in his latest collection of songs. On his 4th studio album, Ryan explores the lighter side of highway romance, van life, and tropical landscapes from a uniquely Canadian perspective. Lowered Expectations is set to a playful collaboration of thumb-picking guitar lines, folk-ballads, and pop melodies with the island sounds of cross-over artists like Jimmy Buffett, Marty Robbins, and The Bellamy Brothers. (Corb Lund meets the Beach Boys)

As always, feel free to contact Anne or John about special events you would like to see covered in this column. Please email JL.Neale@yahoo.ca or call us at 613 333-1870 with your suggestions.



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

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Merry Christmas

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Ontario Taking Action to End Hallway Health Care securing more than 1,100 beds and creating 6,000 new long-term care beds to ease hospital gridlock in communities that need it most before flu season.

Government memo indicates major restructuring plan for Ontario Ministry of Health.

The Ontario Government has is cutting the Drive Clean program as of April 1st, 2019. A new, enhanced program will focus on heavy-duty vehicles, transport trucks.

Ontario is sitting on \$1B in cap-and-trade money which by law can only be spent on reducing greenhouse gases. Ford is pushing his government to use some of it to cover the costs of cancelling the cap-and-trade program.

Ontario unveiled an omnibus legislation called the Making Ontario Open for Business Act — which changes several employment standards including eliminating the Ontario College of Trades, which governs skilled trades in the province.

Sandvik Materials Technology in Arnprior, which employs 160 will be moving its production to the U.S. It manufactures steel pipes and tubes. Production will move to Scranton, Pennsylvania.

As General Motors reported a healthy \$3.29 billion third-quarter profit, the Detroit automaker ramped up its cost-cutting efforts by offering buyouts to 18,000 white-collar workers in both the United States and Canada to “get ahead of the curve”.

Ontario is inviting the public and businesses to have their say on how Ontario can deal with environmental challenges such as climate change.

World's top climate scientists set to call for cuts in fossil-fuel pollution of more than twice as much as the boldest scenario outlined by the International Energy Agency

Greater Madawaska Fire Chief says about 30 homes, cottages and other buildings were damaged during by tornados in Calabogie, damages in the seven-figure range.

For Sale sign from levelled Dunrobin home found 130 km away.

The Ottawa-Gatineau and Calabogie areas weren't the only places damaged when a series of powerful storms and tornadoes swept through Environment Canada recorded a downburst that same day in Sharbot Lake, Ont.

Researchers found correlation between increased risk-taking behaviours and decreased sleep duration in high school students.

Ontario Supporting Students with Special Needs. Proposed Legislation Would Provide Consistent, Fair and Transparent Access to Service Animals in Schools

Police in Nova Scotia say a pair of suspicious women entering a home outside Halifax were from a cleaning company that had mistakenly tidied the wrong house.

New rules and standards will reduce red tape surrounding how police record checks are conducted and disclosed in Ontario while protecting privacy.

Royal Dutch Shell Plc and its four partners have agreed to invest in a multibillion-dollar liquefied natural gas project in Kitimat, B.C. — the largest new one of its kind in years that would carve out the fastest route to Asia for North American gas.

A 14-year-long oil spill in the Gulf of Mexico verges on becoming one of the worst in U.S. history

The Trump administration is proposing the largest expansion of leases for the oil and gas industry, with the potential to open nearly the entire outer continental shelf to offshore drilling. That includes the Atlantic coast, where drilling hasn't happened in more than a half century and where hurricanes hit with double the regularity of the Gulf.

Between 1970 and 2014, there was 60 per cent decline on average, among 16,70 of the World's wildlife populations according to the 2018 The Living Planet Report.

A pioneering green energy project in the far north of Scotland has become the world's first fully operational grid-connected 'baseload' tidal power station.

Spray-On Antennas and Skin Could Transform Internet of Things and Robotics for Manufacturing.

Stephen Hawking feared intelligent machines could destroy humans with weapons 'we cannot even understand'

NASA Announced a Bold 3-Part Plan to Send Humans to The Moon And Mars. We're finally going back to the Moon, but this time we're going to stay.

China Plans To Launch 'Artificial Moon' By 2020. Will Be 8 Times Brighter to replace

streetlamps and lower electricity costs in urban areas, state media reported.

A US farmer and his son saw a shooting star come crashing onto their property one night in the 1930s. For decades, they and the subsequent landowner used the remnants as a doorstep. Now it has been valued at over \$100,000.

Expert says demand for low-potency weed rising. many consumers are asking for products with higher concentrations of non-psychoactive cannabidiol, also know as CBD, rather than tetrahydrocannabinol, or THC, which is the main mind-altering ingredient in the plant.

Girl guide sells out of cookies in front of Edmonton cannabis store on 1st day of legal sales. Parents of the girl anticipated appetite increases might lead to increases in sales.

Nova Scotia Cannabis sales top \$660,000 on Day 1 of legalization.

Second Cup Ltd. has identified more than 20 Ontario locations that it hopes to convert into pot shops as the coffee chain undergoes a strategic review, according to its chief executive officer.

Canadian immigration officials have determined that the US remains a safe country for asylum seekers, despite the Trump administration's crackdown on what it terms illegal aliens.

A mushroom extract compound has been developed to protect bees from viruses that are killing bees world-wide.

Tiny gold dust day “GEICO” gecko and his tiny toe pads took advantage of easy dialing on a touchscreen phone in an animal hospital in Hawaii, placing silent calls to “bazillions” of people in the database.

Children with nephropathic cystinosis, a rare genetic disease that is particularly prevalent among Quebecers could see their lives changed thanks to a new treatment developed by researchers at the McGill University Hospital Centre.

A breakthrough treatment involving electrical stimulation of the spine has enabled paralysed patients to walk again, apparently reactivating nerve connections and providing hope for people even years after accidents.

Health officials believe they have a better vaccine match for this year's expected flu strains.

A new study reveals that not exercising is deadlier for your health than smoking, diabetes and heart disease.

Life expectancy in Canada is decreasing as opioid crisis rages on, killing nearly 4,000 Canadians in 2017. Canada hasn't seen deaths that could impact life expectancy like this since the AIDS epidemic of the 1980s — or the 1918 Spanish flu pandemic.

Crystal meth eclipsing opioids on the Prairies creating a crisis for police, health-care services and addictions treatment centres.

A privacy expert who resigned from her role as an advisor to Sidewalk Labs, the Google company set to build a “smart” neighbourhood on Toronto's waterfront, is concerned that the data collected there will be vulnerable to attacks.

A village of 15 tiny homes for homeless veterans is planned for a Calgary neighbourhood for a low rent, with the hope it will create a supportive community where vets support each other and access help before moving on to the wider community.

China opened the world's longest sea-crossing bridge linking Hong Kong to the mainland, a feat of engineering carrying immense economic and political significance.

Bible Museum in Washington says 5 of its 16 Dead Sea Scrolls are fake.

The U.S. International Trade Commission in Washington, D.C. ruled that the commercial fleet Bombardier planned to sell to Delta Air Lines does not “injure U.S. industry,” despite claims from rival company Boeing that the prices were unfairly low.

Louisiana Man pays fine on returned library book overdue from 1934. His mother who was 11 years old when she checked out “Spoon River Anthology,” loved literature and poetry, so the family decided to pay the 5 cent a day fine of \$1,542.65 in honour of his mother, when they didn't have to.

Voters in Ontario made history twice by electing two all-female councils. One in Spanish, the other is a five-woman council in the Township of Algonquin Highlands.

A man with no pants on fell through the ceiling of a Waffle House in Alabama. He went into a bathroom, tied the door shut with his pants and climbed into the ceiling, hoping to come down in the office, but fell into the dining area. He fought off patrons as he fled, leaving behind his pants that contained his driver's license.

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

By Skippy Hale

Starting off with the weather report as usual! It has been snowing on and off for the past few days and I am sure it will make the local businesses happy, not the least of which is Calabogie Peaks. I do hope this bodes well for the rest of the winter. I thought I was ahead of the game, but I see that the tarps over the deck furniture need fixing.

Before I get to my report on the busy few months, I want to remind you about our Annual Christmas Concert which has raised thousands of dollars for the 'Raise the Roof Committee'. Marie Buscomb has been organizing 'Christmas in our Town' for at least seven years. Marie is not well now, but is still determined to do it again. So from 7 – 9 pm on December 1, be seen in the audience at St. Joseph's School, 12629 Lanark Road for a wonderful show! There will be refreshments available. Entrance fee is \$7 or \$20 for families. Bring non-perishable food to the Calabogie Food Bank. Thank you Marie and be well. While you are in the Christmas Spirit go to the Lions Club Santa Claus Parade. This is always so much fun with goodies and a visit from Santa in the Community Centre after the parade. Thank you Lions for all you do for our people of all ages.

We have a wonderful rink and volunteers who raise funds and provide activities for all ages. I had the pleasure of going to the Rodeo Night celebrating the last night of the Bike Safety and Care at the Rink. Volunteers provided craft materials to decorate their bikes for the parade around the rink. Parents and kids were dressed in costumes. The Lions Club were on hand with Hot Chocolate with marshmallows and granola bars. When instructed, all of the wee bikers parked their bikes beside the rink boards and lined up for their treats. What a fun night! Thanks to Samantha and Jarrod Foster who organized the course, with participation by Dr. Max Buxton, and Janice Sawbridge from the OPP, Calabogie Motorsports and the Lions who kept us warm with hot chockie!

There are two folks who have moved away and they have been so important to our village life. Our first wonderful person is Hank Shaly. He lost his loving wife Henny last year and moved closer to some family members. Hank loved to share his beautiful garden with all who passed by including tourists. Known, not only for the garden, Hank and his sons built many gazebos out of recycled materials. His most recent task was to build birdhouses to raise money for the United Church. Every year he led the singing at Bogie Lights. Thank



Some of the wonderful arts & crafts displays at Calabogie Peaks on Thanksgiving Weekend



Kids in PJs during Bedtime Story Night at the Library during Ontario Library Week



Councillor-elect Lucie Perrier and Nancy Cameron (we think) who had us all mystified for most of the evening with her silence and shrugging when questioned. Finally, her characteristic walk gave her away!



Lions Club Halloween fundraiser for Randy and Penny Brydges. Bottom right is all that is left of the Brydges' home that burned down during the power outage after the storm

you for your friendship, Hank. We miss you. Another good soul who meant so much to the village is Isabel Kristian. When I moved here, I came home from Mass one Sunday and told Rich that we had such a large choir. Actually, Isabel was the Choir Director/Organist at both the United and Catholic Churches. Folks would sing at St. Andrews at their 8:30 Service and then at the 10:30 Mass at Most Precious Blood. It was wonderful! She moved on to play in another town and continued for a while at the Saturday evening Mass at Most Precious Blood. Most recently she was back at St. Andrew's until her retirement. Many children in the village learned to play music under her tutelage. Ward 3 was served by Isobel as Councillor and then we all had her as our Reeve. She is unwell and I hope she and her dear husband Miklos will be well in their new home.

October 16 – 22 was Ontario Public Library week. An Open House was held at the on the Tuesday with coffee, tea and Timbits. Thank

you goes out to Krystal and Terry for the celebration. Krystal, the Library Assistant and her daughter Rebecca welcomed children for a PJ Party and Story time on the Friday evening. Sharon and I and some of the parents attended in our PJs to see the stories projected on the wall. No event in the Bogie is complete without goodies, so milk and cookies were served after the stories. .

The biggest event to hit Calabogie was the Tornado on September 21. While the rest of the area were concerned with the 5 other Tornadoes, we pulled together to help each other. Roofs were torn off; sheds and outbuildings were smashed; and large trees were uprooted and splintered. In less than 10 minutes, Mother Nature rushed through the streets and the spur line to cause severe damage worse than past macro-bursts and ice-storms. When one home-owner's BBQ went flying past the house and a neighbour's roof came through the basement wall, the family took off in their truck to get as far away as possible. When they returned, their

roof was gone as was their neighbour's. Wood lots were flattened and once pine and oak-covered properties were left with piles of large trees blocking driveways and landing on cars. It is so amazing how the wind picked and chose where to cause devastation. As it came down the spur line, it missed my house, took down a next-door neighbour's tree and then ran rampant as it moved up Lanark Road toward the 508! For several weeks the sounds of chainsaws and chippers could be heard non stop. Due to fallen and shattered hydro poles, the power was out, but only for 3 or 4 days, depending on the area. It was amazing to see that the Fire Department, Township Roads and Office Staff, Paramedics and neighbours join together to attend to business. The OPG Crews were on the spot replacing broken poles and getting us power so quickly. Members of all these groups visited door-to-door to check on folks. It took three days before the news hit the media, who were distracted by similar devastation in the west end of Ottawa. Meanwhile, we took care of each other.



Trees blocking Spur Line Trail



Kids Rodeo on the final night of the Bike Safety and Care Course under the Roof

We are thankful that no one was seriously injured when tornadoes tore through Calabogie on September 21. House pic by Steven MacNabb

WELL DONE CALABOGIE!

Thanks to the overwhelming participation and generosity of the residents of Calabogie and area, as well as the generous donations from the Calabogie Lions Club, the Arnprior Hospital, Perth Civitan, and Tackeberry Farms, we have been able to raise over \$30,000 to help aid the Calabogie residents that had their homes damaged by the recent tornado.

All the money raised will be disbursed to a total of 24 Calabogie residents that had damages to their homes to different degrees. Although we don't expect to cover all of everyone's out of pocket expenses, we do hope that the disbursements will go a long way in assisting the residents to recuperate as much as possible and to ease their family's pain. We have developed a 3-tier system to disperse the funds, 1 being the least affected and 3 being the worst affected. As you move up in the tiers the money received will be more.

The money will be disbursed to the affected residents beginning Sunday December 2nd and should be all allocated within 1 week.

The Calabogie Strong team and the Calabogie Lions would like to sincerely thank all the volunteers, participants, supporters, and everyone in the community and area from the bottom of our hearts and wish you all a very Merry Christmas and Happy New Year!



**CALABOGIE STRONG TEAM
&
CALABOGIE LIONS**



There were no serious injuries, but Randy and Penny Brydges lost their house to fire. He fell and dropped a lantern which started the fire that destroyed their home. They got out safely, but Randy suffered a long cut on his arm. The Community came together with a dance and silent auction to help them.

The following week another fundraising dance was held to raise funds for all who suffered damage from the tornado. Calabogie Strong t-shirts were sold and jars were in all stores for donations. Over \$30,000 was raised in all to help in some small way wherever needed.

A place where everyone knows your name, Shooter's is now closed. It was the place to be on Thursday nights for Wings. We went there after burying my husband and when his Celtic cross was installed. In the Irish tradition, we left our tears on the hill and celebrated his life at the pub. Showers and retirements, Stag and Does, Paint Nights and all kinds of parties happened there. The Card and Dart Nights were well attended. When we had Fun Runs to

raise money for various causes or Pancake Breakfasts for the School the Law Family provided the venue. In conjunction with the Lions Club a George Law Memorial Scholarship was funded to help Calabogie students in Post-Secondary School. The sounds of George's laughter must still echo there! Thanks to the Law Family and all the Staff who served us so well.

Father Pat Blake came for 6 months to cover for a sick Pastor and stayed for 22 years. Every so often in the winter, he would be gone for a week or so and we knew that the Flying Fathers were playing hockey somewhere and raising money for some valuable cause. Father Pat was one of the earliest priests to hit the ice as a young man. He played for years and looked after the administration in the later years. Frank Cosentino of Eganville has penned a history of this fun loving team whose motto was 'Playing and Praying'. Copies are available at Most Precious Blood Church. It is interesting and hilarious the pranks they played to win al-

most every game. Rumour has it that some young priests are looking at reviving the team. We can only pray! ONCE AGAIN, Remembrance Day at the Cenotaph was a Solemn Service on the Sunday before November 11. The Renfrew Pipe and Drums and the soldiers and veterans paraded to the Cenotaph. Pastor Bill gave the Homily and Reverend Kim and Father Brennan offered very thoughtful prayers. The ceremony followed the traditional pattern followed by the laying of wreaths at the Cenotaph. I was honoured to present the wreath to represent the Silver Cross Mothers. It was a very emotional experience and I humbly thank John Watts for asking me to do this. As usual, John organized the event with military precision.

I have another story, but it is too big to include it this time. Stuart Rickard of White Lake and three other climbers recreated the climb of Mount Waddington in BC which was first attempted in 1926. They wore the same clothing and hobnailed boots in order to make it as close to the early

excursion as possible. Even the food was the same in cans, no freeze-dried foods. All equipment was carried on wooden packs. The Calabogie connection is that Stuart trained by hiking up and down Calabogie Peaks with 40 pounds of Kitty Litter in his pack. It is too interesting to just put a small note, so I promise the whole story next edition in May. Merry Christmas! Happy Chanukah! Happy Winter Solstice! See you when the daffodils bloom!



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

Also check:
www.matawatchan.ca
www.greatermadawaska.com
www.addingtonhighlands.ca
www.northfrontenac.com

CHURCH SERVICES:

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

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

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

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

Emmanuel United, Schutt 8:30 a.m.

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

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

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

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

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

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

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

REGULAR EVENTS CALABOGIE:

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

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

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

Public Library Book Club
 Last Wednesday 11:00 to 12:30

Falls Prevention Program
Chair exercises
 Seniors 65+ Mondays and Wednes-
 days 8:30 a.m. to 9:30 at the Cala-
 bogie Community Centre

Contact Susan 613-752-1540

Pilates and More
 Monday evenings and Thursday am

Back Fitness and Stretch
 Mondays 3:45

Mindfulness Meditation
calabogiemindfulnessmeditation.com

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

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

Calabogie Arts and Crafts
 Every 2nd Monday (if holiday, then
 3rd Monday), 10:00 am - 1:00 pm,
 Community Hall, (\$15 per year),
 752-1324

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

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

SPECIAL EVENTS CALABOGIE:

Lions Christmas Bingo
Wednesday Dec 12, 630
 Ham and turkey prizes for regular
 games. Coffee, tea, sandwiches and
 sweets at break time.

Calabogie Lions Club New Year's
Eve Dance December 31st. 9pm.
 DJ, Party favours and midnight
 snack. \$25/ person

REGULAR EVENTS

GRIFFITH & MATAWATCHAN:
Matawatchan Hall Events, 1677
Frontenac Rd.: Check calendar at
matawatchan.ca

Congratulations to Linda Lennie and
 Tracey Lee who won the Gift bas-
 kets at the Matawatchan Hall Murder
 Mystery.

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

Aerobics and Cardio Dance to suit
 all fitness levels at the Matawatchan
 Hall. \$5 Hall donation appreciated.
Saturdays 11am - 12am check
matawatchan.ca for changes

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

Matawatchan Book Exchange at the
 Hall any time it's open, sponsored
 in part by the Greater Madawaska
 Public Library. Sign out a book and
 return it later. Kid's books, too! No
 membership required.

Denbigh-Griffith Lions Club
Events at the Community Hall Hwy
41 Griffith:

Bingo every second Tuesday at
7:30

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

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

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

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

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

Diabetes Outreach Program
 every 3 months

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

Nu 2 U Shop will be closing for the
season on December 1

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

SPECIAL EVENTS

GRIFFITH & MATAWATCHAN:
Ryan Cook & Terra Spencer in
concert at the Matawatchan
(Music) Hall Feb. 23 at 7pm.
 Tickets \$20 in advance or \$25 at the
 door. 613-333-9399 or by email
 money transfer to [matawatchanhall@](mailto:matawatchanhall@gmail.com)
[gmail.com](mailto:matawatchanhall@gmail.com) Print your E-transfer as
 your receipt. Licenced family event.
 Limited seating. See ad on page 10
 for more.

St. Andrews United Church
Matawatchan, Hearty Church
Supper before the Ryan Cook
Concert Feb. 23, 5 - 7 at St.
Andrew's United Church,
1812 Frontenac Rd. (near the
Matawatchan Hall) vegetarian,
 gluten free and sugar free options
 available. \$10 per person. Limited
 seating.

Tree Lighting Potluck and
Santa Party December 8 at the
Matawatchan Hall. 5:30 potluck
7:00 tree lighting in "Downtown
Matawatchan" 8:00 Santa arrives!
 Contact Tracy at 613-333-9589 so
 she can let Santa know if your little
 ones will be there.
 Free. Donations appreciated.

Potluck & Games Nights 3rd Friday
of the month Jan. Feb. Mar. Apr.
May. Jun. 5:30pm - 8pm at the
Matawatchan Hall

Bring your favourite dishes and
 your favourite games. Some games
 supplied.

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

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

Denbigh Recreation Euchre,
Denbigh Community Hall, Hwy
#28, Denbigh, Fridays @7:00 p.m.
 Contact Bev 613-333-9852

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

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

DACRE REGULAR EVENTS:

Games Night, 2nd and 4th Fridays
 Open to ideas. Contact Michael at
dacacommunity@gmail.com

CLOYNE & NORTHBROOK

REGULAR EVENTS:

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

MILK BAG MATS



Drop off your large milk bags at the Griffith and Mount
 St. Patrick Waste Transfer Stations to be woven into
 sleeping mats for disadvantaged and displaced people

SEND US YOUR EVENTS:

info@reelimpact.tv

613-333-9399

Greater Madawaska Public Library Welcomes Elementary Class Visits

By Sharon Shalla



Children from grades one through three in St. Joseph's School in Calabogie with their book choices. How fortunate they are to have a library in their school now!

It is music to my ears... hearing children get excited about choosing books to read! I am thrilled to report that the St. Joseph's Calabogie class visits have begun. At the time of writing this article the Kindergartens and Grades 1, 2 & 3 have visited. Grades 4 to 7 will be visiting later in November. It was wonderful to see their excited, smiling faces as they entered the library and scanned the room for books.

I started off the visit with an orientation that included proper behaviour in the library, how to be kind to your books, and a quiz on the different parts of a book. To my delight the children could name almost all the parts. The only challenging one was the spine of the book. Thumbs up to the teachers for their in-class preparation with the children before visiting the library. The children made me very proud! After the orientation, they were given the opportunity to explore the collection and choose a book. Some snuggled up in a chair and shared their book with a classmate, others laid a selection of books out on the tables and sampled each one before making their choice. I look forward to many more visits throughout the school year.

We celebrated Ontario Public Library Week, October 14th to 21st with a fun Pyjama Bedtime Storytime on October 19th. We had 10 children in attendance wearing their sleepwear and enjoying milk and cookies after the stories. Adults came in their jammies too!

With Christmas fast approach-

ing I'd like to mention that we still have some of the "Black Donald Story" books by Mary Quilty available for sale. Tim Gordon of Burnstown Publishing House did a reprint last year and we were fortunate to receive some books to sell. At the time of writing, we have 7 copies left. They would make a perfect Christmas gift! Tim has generously offered to donate \$5 from every book sold to the library. Thanks Tim!

And what would Christmas be without a sing-along! On December 20th we will be singing along to the tunes and music of Peggy Williams and Alanna Laplante. These talented ladies have entertained before at our special storytimes and they sure were a bit hit. **Please join us for this special Christmas Storytime on December 20th from 10:30 - 11:30 a.m. at the library.**

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

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



Kindergarten children from St. Joseph's School in Calabogie proudly displaying their books.

RECENT ARRIVALS:

Adult Fiction

One Way or Another by Elizabeth Adler
 Doctor Who: City of Death by Douglas Adams
 Invincible Summer by Alice Adams
 To Love and to Cherish by Lynn Andrews
 Courtney's War by Wilbur Smith
 Ambush by James Patterson

Adult Nonfiction

Black and Decker : The Complete Guide
 Always With Me: Parents Talk About the Death of a Child edited by Donna McCart Sharkey
 Black & Decker Complete Guide to Bathrooms
 What Your ADHD Child Wishes You Knew

Juvenile and Young Adult

Maker Projects for Kids Who Love

Sports by Sarah Levete

A Bed for Bear by Clive McFarland
 I Love Crafts: Painting and Drawing by Rita Storey
 Duct Tape Costumes by Carolyn Bernhardt

Statistics for October

Circulation - 670

Library traffic/visits - 373

New Patrons - 6

In-library Computer and Wi-Fi usage - 28.5 hrs.

Electronic Books Downloaded - 112

LIBRARY HOURS:

Tuesday from 1 - 7 p.m.

Wednesday - Saturday

10 a.m. - 1:30 p.m.

Search our collection online 24/7

Call 613-752-2317

for more information.

We hope to see you soon!

Century 21
EADY REALTY INC.
 Brokerage



Kelly Derue, Broker

29 Raglan St. Renfrew
 Phone 613-433-2681
 Fax 613-432-8476

Email kelly.derue@century21.ca

www.kellyderue.com



Thank you for a great season in this beautiful part of the country!

As someone who lives here and loves it here I am thrilled to see renewed demand for rural, village, and waterfront properties in the area. If you have been thinking of buying or selling, please contact me. I will work hard to make it a pleasant and successful experience.



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ARNPRIOR 182 Daniel St. S (613) 623-9223

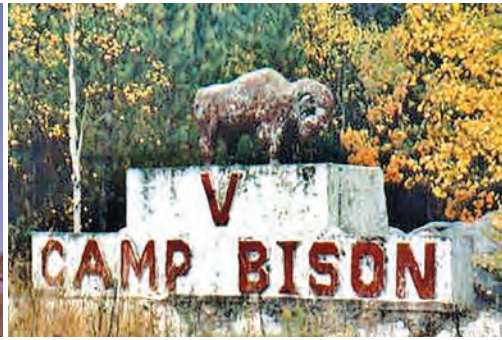
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Ghost Prison

By Lois Thomson

Dad muttered as he packed, re-packed, and crammed the last essential something into the back of our tent-trailer. Mum listened-not-listened to our whines and giggles as the five of us helped and hindered while she packed two weeks of luggage, one dog, seven lunches, and the five of us into every square inch of our 1961 Rambler Classic Cross Country Station Wagon. At last, with engine on, cigarettes lit, and windows rolled down, Dad backed our tightly packed bundle of emotions out of the driveway in Winnipeg for the last time. He had accepted a job as the prison dentist in Burwash Ontario, where we would live for three months less a day, while our new home was being built in Sudbury.

It was late in the year I was twelve, late in the summer of 1970. I was tall, thin, freckled and I thought, late to develop. "Training bra?" teased my older brother. "What are you training them to do?" I didn't have an answer. My older sister called it my pretending bra. She was sort of right. I was leaving my prairie childhood behind, ready for a new life in a new land – A place to stand. A place to grow. Ontari-ari-ario. As we crested the first roller coaster hill my sister shouted, "Hill!" and hiccupped at the same time, "Hill! hi-ill, hill! hi-ill". We laughed hysterically, starting to feel the excitement of our new adventure. We camped our way through Minnesota and Wisconsin, through Sault Ste. Marie toward Sudbury, sampling and flying past new experiences; forests, rock cuts, Reserva-



tions, blackflies, wild blueberries, lakes, trading posts, Pop Shoppe Cream Soda, Vachon AhCaramel!, sky bridges, the Great Lakes, and highway signs saying DO NOT PICK UP HITCHHIKERS.

We met the Allied The Careful Movers Van on a blustery clear day at the house we were assigned in Burwash. The van lurched then loomed over our tiny house, freeing our mundane mid-century middle-class possessions in an exciting parade from truck to house. We were instantly swarmed by kids wanting to meet the new people and play in the wind with our giant packing boxes. Their

parents arrived more decorously, bringing wild blueberry pies and invitations to dinner, casting casual glances as our things filed past them, home at last.

Our house was in the middle of a strip of fifteen identical three-bedroom bungalows, built by prisoners for prison executives and clergy, in the Farmlands part of the prison farm. They stood at attention in single file along a dead end gravel road; separating rocky wilderness in the back from pastureland in front. Another gravel road up a steep hill connected and separated our strip of houses from the small village. Kids told me that

the villagers looked down on us because we were snobs, except for the minister's family of course. What's a snob? There was another cut of gravel road to Camp Bison where the prisoners were housed. Only prison workers and prisoners serving a maximum of two years less a day were free to go there.

The house was cramped, but felt spacious after weeks of living in tents. Our mattresses connected wall-to-wall in the room I shared with my two sisters. Mum and Dad took the smallest room and our older and younger brothers shared the third bedroom. It was wonderful.

Heather and Colleen were my age and proudly showed me the ropes of prison life. When you move into a prison farm you have to learn new rules and new words. Prisoners are called Inmates and Guards are called Correctional Officers. It's a Correctional Centre, not a Prison. There is no fence around Camp Bison. There's nowhere to escape to, only bush for miles and miles. Inmates with good behavior are free during the day to collect garbage, maintain houses, and work the farm. They are learning Trades. One is a barber and even shaves the men with a straight razor. He likes it here and keeps coming back. David Clayton-Thomas from Blood Sweat and Tears was an inmate here once. You never know who the inmates are. Girls twelve and over can't wear hot pants or short skirts. Girls twelve and under can't go to the Canteen in the village on Friday nights. No fair! How can twelve be too old and too young?

Colleen's house was exactly like Heather's and mine, right down to the



Feb 23 7:00pm

RYAN COOK

& Terra Spencer in Concert

at the Matawatchan (Music) Hall

2018 Winner Music Nova Scotia Country Artist of the Year. ryancook.ca

Ryan Cook, Canadian punk singer turned folk song writer combines modern satire with vintage western music in a hybrid of ballads and up beat novelty songs. Ryan has won awards in Atlantic Canada and toured all over North America, South-east Asia, and the UK. Ryan has opened for country purists like Dwight Yoakam, Rosanne Cash and Travis Tritt and has received over 20 award nominations in Atlantic Canada (including three Album of the Year awards).





Opening: Arnprior's own Vicki Brittle

Tickets: \$20 in advance \$25 at the door
613-333-9399 and by email money transfer to
matawatchanhall@gmail.com
 Please print and save your E-transfer.
 Your receipt will be your ticket.
 We will also keep a list of names at the door.
 Licenced family event



Matawatchan (Music) Hall
1677 Frontenac Rd.
Griffith, ON

The Madawaska
Highlander

matawatchan.ca/community-hall facebook.com/matawatchan



Although the story is true, it is based on the memories of a 12 year old girl in 1970, and are memories of a place that no longer exists, so some details might be muddled. The small community in Burwash was as tight knit as any other small town, or perhaps even more so, because they were in such a unique place. I wasn't there long enough to fully become part of that experience. Past residents are reconnecting through a Burwash Memories closed group on Facebook, which is where I picked up some of the images you see here. I hope they don't mind. Canada's prison farm system was a model of correctional services for the World with the motto of Agriculture, Industry, Education, Justice and at the same time our Indian Act and the residential school system was operating outside of most people's knowledge - just beyond the kitchen light. It was in Burwash that I discovered that not all prisons have walls.

yellow paint and grey Formica kitchen counters. The first time I went there I found out that Colleen sleepwalks. Her mother told me that one night Colleen walked right past her into the kitchen and picked up a chair. She put it in the back yard in the snow then went back to bed without waking up. I thought sleepwalking was a made-up thing in Bugs Bunny. It was getting dark and I was getting ready to go home when two girls appeared in the hallway just beyond the kitchen light. The girls were a little younger than me and looked like sisters. They were dressed from neck to bare toes in matching thick white flannelette nighties. "Time for bed." They went away silently and no one went to tuck them in. "They're Indians, Foster Children", said Colleen. "They're our Wards and Mom gets paid to take care of them." Wards? Paid to Care?

When everything is strange you accept everything and tuck the jumbled questions away for time to answer.

My enthusiastic twelve-year old custodians told me lots of quirky things. The gravel pit was strictly off limits because a kid was crushed to death there. You can't escape from a cave-in. We gave it a wide berth on our way to tour the bush and visit Rock Dock Lake where we knelt on the flat rock and swished our hands in the cold, tea-coloured water, scaring the little fish. We walked to the abandoned CP Rail Station where Heather's family used to live. She told me it used to be the only way to get in or out of Burwash before they built the road out to the highway. That's why there are signs not to pick up hitchhikers all along Highway 69. It was all so new and strange to this suburban prairie girl and so mundane to them. Prisons without walls?

The kids laughed at how I talked, so I learned to talk like them. I learned to say often without sounding the "t", GarAUge not GaraDge and ONvelope,

not ENvelope. I learned the words bushwhacker, snob, and curfew, and learned that the plural of you is youse. Nothing was the same as before. There was a string of dead partridges hanging on the side of the shed at Heather's house. Her family used different guns for hunting partridge than for deer. "No hunting elk. They are being reintroduced."

I met Larry a little later on. He wore a fringed Indian jacket like mine, only mine was from the Sears Catalogue and wasn't real suede, not a Real Indian jacket. He couldn't believe I had never caught a frog and he tried to teach me. I didn't see the point. Larry had dark hair and a chipped tooth and took me into the pines on the hill behind the church. Kissing for a long time is boring. French kissing for a short time is disgusting. I couldn't see the point of that either.

We moved to our new house in Sudbury late in the fall of that year and even though we went back to visit often, my memories of the people and places inside Burwash gradually compressed, faded and blended into my life. They didn't fade equally. The image of one brief encounter with two ghostly sisters remained sharp, like the last photo pinned to a bulletin board for unsolved cases. Who were they?

Five years later we were camping on Manitoulin Island when we heard on the radio that the Burwash Correctional Centre was going to be closed. Dad had been released. The voice on the radio said the prison farm system didn't work and Burwash was too expensive to run, but Dad said it was stupid politics. "It works! They're proud to learn a trade and don't keep coming back into the damn system. It practically pays for itself!" He accepted a transfer to the Cecil Facer Youth Centre in Sudbury, but he said it felt like a prison to him. He told us the inmates at Burwash were thrilled to get free dental care during their brief stays. They used

to give him big toothy grins and call him Doc. He felt sorry for the kids at the youth center. They were mostly scared native kids in a foreign institution, far away from their families. They would refuse treatment or bite his fingers. They didn't smile at him. They didn't call him Doc.

Eventually Burwash cows and Burwash inmates were corralled into other compounds. The houses were sold and uprooted, or bulldozed and buried, releasing wilderness and field. Camp Bison still stands like a post-apocalyptic movie set, with holes for windows and doors, and rotting floors. Trees grow in the cracks and through the roof, confusing inside with outside. The Department of National Defense uses the property for munitions training and DO NOT PICK UP HITCHHIKERS signs have been replaced with DANGER Military Firing Range Unexploded Shells DO NOT ENTER. Hunting isn't allowed now. Partridge, deer and elk roam free again in Burwash.

I was visiting a friend in Toronto

just before my nineteenth birthday, and saw Heather on the other side of the subway tracks. She had enough time to yell to me that her family had moved to Mississauga before she vanished down the line. I wonder how many former kids, officers, and inmate apparitions I pass by every day without recognition, images of your younger selves frozen in my mind. I wonder why no one told me the sisters' names and why I didn't ask. Why didn't they sit in the kitchen with us and why didn't I ever see them around the neighbourhood? Did they go back to their family? Were they adopted out as part of the "60's scoop"? Did growing up in a residential school break their family's cycle of good parenting? Why didn't I know about the dark side of Colonialism?

I see the girls in my dreams from time to time; motionless inmates in white nighties sitting on somnambulist chairs in a snowy backyard. I wonder if seven generations will be enough to reconcile what so many generations of institutional harm disrupted, just beyond the kitchen light.

Madawaska Highlander STORY CONTEST

PRIZES: Adult Fiction \$250 Adult Non-Fiction \$250 Under15 \$50

RULES: Stories must be short (under 1200 words). They must be original and must not have been published anywhere prior to, or during the contest until a winner is established.

DEADLINE: Submit to: info@reelimpact.tv by midnight September 20, 2019

JUDGING: A panel of experts will choose the finalists.

Finalist's stories will be printed in a special edition of the Highlander in November 2019. Winners for each category will be chosen by reader votes at info@reelimpact.tv

Final winners will be announced in the 2018-2019 Winter edition.

Good luck and good writing!

By Angela Bright



Denbigh Library 2018 Kids' Night

*The Denbigh Griffith Lions Club will have a Christmas Craft Sale on Saturday, December 1st. You can shop from 10am to 2pm at the Lions Hall, 25991 HWY 41, Griffith, and find some unique and beautiful items to help you finish your Christmas shopping, and maybe even get a little something for yourself.

*The BIG event is not too far away now!! The annual Christmas Parade of Lights hosted by Denbigh Recreation will be held this Saturday, December 1st at 6pm. Following the parade, Santa will be at the Denbigh Hall, and snacks will be served.

*The Denbigh Griffith Lions Club is having its annual Christmas Hamper program. If you would like to make a donation please call 613-333-1932 or give your donation to a Lions member. The program serves individuals or families in the Denbigh, Griffith, Matawatchan and Vennachar area. If you feel you are in need this Christmas, please call 613-333-2224. The deadline to apply is December 5, 2018. We need to talk with everyone getting a hamper to arrange delivery.

*The new community choir will present their inaugural concert on Sunday, December 9th, 3pm at Hilltop



Denbigh Recreation Halloween Party

Church, Griffith. Choir members are from Griffith, Matawatchan and Denbigh. A good will gift to the food bank would be gratefully received.

*The December kids Christmas night at the Denbigh library will be held on Tuesday the 11th from 6-7pm. Come and join in the fun!

*The New Apostolic Church will host the annual Community Christmas Carol Sing-Along with "Highway 41" on Sunday, December 16th at 3pm. Canned goods or free will donations to the Community Food Bank will happily accepted. Refreshments will be served.

*Christmas Eve services at area United Churches are as follows: 4pm St. Andrews United, Matawatchan; 6pm St. Luke's United, Denbigh; 8pm Emmanuel Evangelical United, Schutt. Contact 613 333 9894.

*Vennachar Free Methodist Church will have the annual Candlelight Service on Monday, December 24th at 7pm. Everyone is welcome to attend. Contact 613 333 2318.

*The Denbigh Rec Committee will again host snowshoeing this winter, so keep a look out for details. There will also be a Family Fun Day taking place in February, and a Murder Mystery happening in March! Lots to look forward to!

*Want to stay tuned to what is happening through into the new year? Check out the Addington Highlands community calendar at www.addingtonhighlands.ca.

*From our house to your house, we wish you and your family the merriest Christmas and happiest new year! Blessings to all!

OUR HOME ON NATIVE LAND

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

Beading and Quilling By Noreen Kruzich

Porcupine quillwork is one of the most ancient forms of decoration used by the First Nations. It is said to have significantly predated the use of glass beads. According to some sources, quill-working tools dating to the 6th century have been found on the plains. Because of the delicate nature of porcupine quills, most surviving examples are from the 19th and 20th centuries. Porcupine quills also were not the only quills available, sometimes the quill of a feather would be used.

When colorful glass beads became readily available from Euro-American traders, they began to replace quills in embroidered ornamentation and jewelry. Beads were easier to acquire, and use. But before those glass beads, only natural materials were available: carved wood, seeds, fossils, stone, shell, animal bones, claws, and teeth, as well as quills.

Hunters and warriors wore necklaces of animal teeth and claws. Turtle shell, deer hooves, and horn were carved, and large seeds were steamed and strung onto dried grass and sinew to make necklaces. Natural sinew is animal tendon. Bones, especially hollow bird bones, would be fashioned into beads. And various types of shells were used all over North America. Marine shells were often traded across the entire continent. Shell beads reached their highest

expression in wampum-- the belts of polished cylindrical beads that were used to record histories and treaties by First Nations people.

Julia Landry, raised in the Ottawa Valley, whose Algonkin ancestry comes through her mother and the Amikons family at Pikwàkanagàn Golden Lake has been a traditional bead and quill crafter for just over a decade. Spending at least two hours a day on her craft, she is self-taught. It all began when she suffered a work-place injury and she wanted to fulfill a balance in her life. As a former nurse and factory worker she gained a lot of patience and she was used to working with her hands doing tedious jobs. Now she says, as she has mastered the art, she has become known for her work and people often drop off porcupine from road kills. "I've buried twelve porcupines on my property in the last five years," Landry points out. "I always put tobacco down in ceremony and give thanks and gratitude to harvest its quills."

When she first began to clean the animal of its quills she says she used needle-nose pliers and it took hours. She soon learned that if she tacked the animals feet onto a plywood board, then turned it upside down and shaved the carcass using a knife close to the skin, that the quills fell out in bunches quite easily right into a recycle bin. "I never touch the porcupine with this technique."

There is a couple of techniques

Landry utilizes to apply the quills depending on the surface she is working with. "The birch bark bear quill basket design uses no thread at all," says Landry. "In the traditional way it's created with using an awl to poke a hole and pull the quill through that. I grab the quill with tweezers, starting with the end which was in the animal." The quill she says is made pliable by placing it in water for about five minutes before application. Landry explains that the quill is hollow. Other crafters have been known to cut both ends of the quill to flatten it out and remove the air inside it. Landry often colours her quills with dye, such as with the bear design. This basket is 7 inches long and four and half inches wide, quite large for a basket of this type. A sweetgrass tie surrounds the lid.

The floral design quill hair-piece uses a tacking down method with thread. She uses this method when applying quills to deer hide. The main piece is surrounded, she tells me, by Guard hair and this leads to a little lesson on the porcupine. A quill she says is a hair before it's a quill and the stiffness of Guard hair is half-way between a hair and a quill. So essentially a quill is a hardened hair with tiny barbs at the tip. And by the way, the porcupine carries more than 30,000 quills!

Another method of crafting with quills is wrapping it to rawhide. And this is how Landry creates her jewelry.

"There's no sewing it, its all intertwined. I have to do the entire piece all at once or it will not match up and it will give way and become loose, as I have to close it off at the end." To close it she uses sinew to tack it down. All the quills are soaked in water prior to being used.

As for subject matter, Landry says she likes to explore other First Nation designs in the craft of quilling and beading, such as her beaded Cheyenne-style horse symbol moccasins currently in progress. These are adorned with horse hair toggles. While her own moccasins in a floral design created with quills represent an Algonquian style. With beading, Landry tells me that you can applique or tack down the beads one at a time like she did with the handle of the turkey tail feather fan. Or you can choose to string the beads, known as loose bead-work, and go back and tack it down as with the Cheyenne style moccasins or the floral beaded purse. The application of the beads also includes different stitches, such as the brick stitch in the fan handle, the beads are layered like bricks. One bead stitched at a time can also be done in an off-loom technique shown in the purse created with geometric designs. It's bottom symbols Landry says represent teepees or homes and the two outside symbols extended families. Triangular shapes often represented clouds and the entire top portion of the beaded purse

OUR HOME ON NATIVE LAND



1. Quill earrings, front and back 2. Birchbark quill basket 3. Quill mocassins with bead tie ends 4. Turkey tail beaded fan 5. Cheyenne style horse motif mocassins 6. Julia Anne Landry demonstrating quill tying to create jewellery 7. Beaded purses 8. Quill and hair brooch



Daniel Lynden Sarazin (1963 - 2018)

This article is dedicated to two Algonkians - Daniel Lynden Sarazin (1963-2018), of the Algonkin of Pikwakanagan Golden Lake, who passed of cancer on September 19th and to Harold "Skip" Ross (1932- 2018) an Algonkin elder, teacher, drum maker and pipe carrier who journeyed to the spirit world on Friday, October 26th. Both were relentless warriors in their own right - Skip fighting for the ecosystem of the rivers and the understanding of the Algonkin heritage, while Lynden fought for the recognition of rights and sovereignty of his people and unceded Algonkin territory here in the Ottawa Valley. I was honoured to find myself beside both of these individuals on this earth walk.



Harold "Skip" Ross (1932 - 2018)

likely speaks of the sky-world. The purse is snapped together appropriately with a bone turtle carving that acts as a button. Beyond symbols, traditionally colours of beads and quills could also indicate meaning.

Landry has created numerous pieces in both quill and bead-work and on a variety of surfaces and items with different forms and functions. So too, there seems to be no end to this traditional artist's talent as she also finds time to sew regalia and moccasins, paint

on canvas and construct drums. The birch bark bear basket made of quills is being raffled off by Landry. For information on this draw or on her work email her at jewelaland@gmail.com.

This First Nation craft reflects the beauty and spirit of nature, of human interaction, and of life and death and that in this tradition, we know everything carries a spirit within and beyond its physical being.



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

The Red Belted Polypore is Good for You!

By Colleen Hulett

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



Identification of the Red Belted Polypore can be difficult unless you know all of the phases of growth. It is called a Red Belted Polypore even before it develops the red belt identifier

The practice of hunting and gathering edible plants and medicinal mushrooms is not new, but it feels new to later generations who grew up buying all of their foods in grocery stores. We have chosen to ignore the basics of living. Edible wild plants and mushrooms have multiple key nutrients that create a matrix of health benefits.

Dead processed food drains us. You cannot get energized or healthier from poutine, in fact the opposite happens, your vitality is compromised, and you may willingly become a couch potato. You are what you eat. Overcon-

sumption can cause indigestion and gas, headache, sinus congestion and constipation. A simple remedy of wild peppermint leaves in hot water can address all of these symptoms at once. No need to take artificial pharmaceuticals like Gaviscon, Tums, Advil, Sudafed and Dulcolax to address the issues. Jeesh, aren't you already full from overeating anyway? Tea please....

It is liberating and humbling to hike and forage in the wild just like any other creature. We feel younger in the forest and easily return to the exploratory and adventurous selves we may have

shelved years ago. I enjoy watching some clients' facial expressions transform from serious brow-furrowed to happy go lucky and inquisitive as we forage together. This is one of the many reasons why I love being a hiking guide. I hope they realise the gift they received was the gift of the wild from the mighty forest and her essential oil-spewing party.

Did you know foraged foods in the vicinity of YOUR nearest wild space has nutrients uniquely balanced to YOUR health? Yes. Wild foods adapt to the same environment you are living in and create exactly the right nutrient pro-

file needed for their survival and yours. Synchronicity, right? It's evolutionary intelligent design.

Mushrooms, or more specifically, the mycelium are the Earth's original and natural internet highway. These intelligent elders of the Earth supply information via micronutrients to other plants and this intelligence is wise to the survival of the forest it inhabits. The fruiting bodies (mushrooms) pop up just in time to share their information with us so that we can benefit from their survival brilliance. It's fascinating and mysterious. Mycelium are also the forest's housekeepers and can

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HIGHLANDS GOLF LAKE VIEW!

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Sitting on the Highlands Golf Course with a great view of the 15th Green and Calabogie Lake. Open concept bungalow with fully finished basement large master with ensuite and a small detached garage.



The underside is porous



The Red Belted polypore prefers to make its home on coniferous trees.



Young conks sweat bittersweet droplets that smell of melon rind.

clean up our bodies too. It's the miracle of Nature or as my friend Shelley used to say, 'It is what it is.'

The Red Belted Polypore (*Fomitopsis pinicola*), is just such a mushroom. This gorgeous medicinal mushroom has been traditionally used by many First Nation Peoples of Canada with many mentions of use by the Blackfoot, Cree, Northern Dene and Iroquois Nations. It pops up everywhere in November in the Highlands, mostly on coniferous trees. It can be foraged well into February and beyond. So why is she trying to get our attention? What does she want to offer us? Why now?

It is a perfect winter immune system modulating mushroom that can easily be added to soups or prepared in tea for all that ails us during cold and flu season. According to an article by Albertan Master Herbalist Robert Rogers published in the Journal of the American Herbalists Guild, the Red Belted Polypore does more than modulate our immune systems. He states it can also be used as a stypitic, emetic, anti-bacterial, anti-viral, anti-pathogenic, anti-diabetic, anti-inflammatory, anti-tumor and adaptogen. Umm, yup, that's the multiple uses theory I was mentioning earlier. It is what it is, right?

Adaptogens perform better and smarter the longer you take them, eventually working to bring the human body back to 'homeostasis'. That's incredible but true. This uncommonly used but commonly found mushroom is right up there medicinally with the likes of

Chaga, Reishi and Ginseng. According to MH Rogers, just consuming 30g daily gives one a 51.2% prevention rate for sarcomas and other cancer cells! Wow!

In his practice Rogers uses the Red Belted Polypore with patients suffering from bone-deep coldness and chills, persistent intermittent fevers, chronic diarrhea, inflammation of the digestive tract, periodic neuralgia, nervous headaches, Cancer, Rheumatoid Arthritis, Sjogren's syndrome, Crohn's disease, Diabetes, excessive urination and Jaundice. Other herbalists and mycologists mention that this conk also has antioxidant and anti-histamine properties too. Rogers recommends consuming this conk as a tea or added to soup in order to extract its water-soluble immune-modulating ingredients.

The Red Belted Polypore is a perennial bracket mushroom and its approximate age can be estimated from each new ring it forms. The older it is the more intelligent it can be. It can be as big as 40 cm across and 10 cm thick. The big red band is quite visible from afar on mature conks but not all Red Banded Polypores have a red band and this mushroom looks very different at different ages. Therefore, you should seek expert advice for identification purposes before consuming the younger conks or bandless ones. (Psst, I know where all the ones in the photos live if you want to come hiking with me to see them. Just saying). This conk is too tough and woody to be eaten as a choice edible.

The young conk and new rings are usually found sweating with water droplets called guttation. These droplets are slightly bittersweet and pleasantly smell like melon rind. Yes, if you have a positive ID please go ahead and lick them. Bees and wasps do this as observed by mycologist Paul Stamets and take the essence back to their colony. This practice miraculously doubles the life of bees. Very interesting indeed.

Simply trim off the outer white ring of the conk to harvest it, leaving the rest of the conk attached to the tree to continue living. This ring is then cut into thin strips and thoroughly dried and stored for later use in teas or soup. Remember to cut thinly and dehydrate thoroughly to avoid mold. Some affectionately call this mushroom 'noodles' because of the long white strips.

The tea and soup have a moistening and warming nature and are perfect for the winter chills and to build resistance to bacteria and viruses. Hot water is the perfect extracting method for this conks' immuno-modulating properties. An alcohol extract is best used for extracting the anti-cancer, anti-inflammatory and anti-microbial properties of the mushroom. Therefore, a dual water-alcohol extraction is the preferred method to contain all of this conks' vitality at the same time.

To use, add a small handful of the dried strips to simmering soups and simmer for a couple hours. Do not eat the noodles. Or grind the strips in a coffee grinder and simmer a tablespoon of grounds per 8 oz of boiled water for 30 minutes then strain and drink the bittersweet tea. If it is too bitter, you can add honey to taste. To make a dual water-alcohol extraction as Roger does and to get all the good properties in one bottle, simmer 1 ounce of mushroom strips in 560 ml of water until the liquid is reduced to half. Let cool then pour into a jar and add 95 ml of 95% proof alcohol. Cover with parchment paper before screwing on the

metal lid. Shake daily for three weeks. Strain and store in a cool dark place in dropper bottles. You can consume 30-60 drops daily in water or any preferred drink and use as a healthful adaptogenic tonic.

If consuming mushrooms is not your thing... consider getting out for an invigorating fresh air hike and photo-hunt this gorgeous conk. The largest one I have found was about 25 cm across. Can you find a larger one? I'd love you to email your shots to hulett.colleen@gmail.com. In fact, please feel free to send photos to me for ID purposes of any plant or fungus to fill my nerdy winter days. Remember, if you do go out please wear layers and bring your inner child or real offspring out with you to investigate firsthand this fascinating and beautiful species. Don't forget to look for the others too like the Turkey Tail Polypore and the Birch Polypore who will be hanging out all winter.

(Notice: Red Belted Polypore is contraindicated for menopausal flushing, and choleric with liver heat or gall-bladder irritation)

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 Herbolgy with Herbalist Rosemary Gladstar. Please contact Colleen for questions or to book a guided herb walk or hike. Photographers, Artists, and those seeking to de-stress are welcome, too. Hulett.Colleen@gmail.com www.calabogiehiker.com Twitter: Highlands Hiker @calabogiehiker



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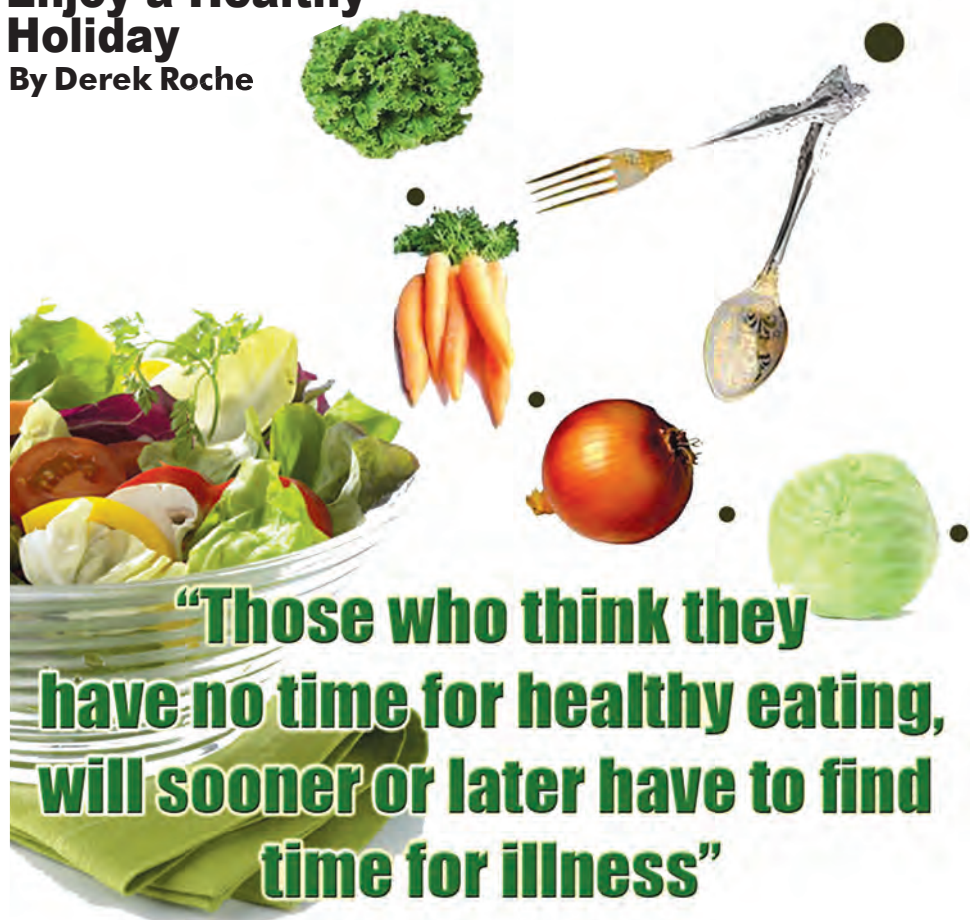
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Enjoy a Healthy Holiday

By Derek Roche



“Those who think they have no time for healthy eating, will sooner or later have to find time for illness”

I struggle at times to provide information that challenges people's lifestyles and habits when it comes to food, however I feel that it is my responsibility to provide the latest scientific evidence, so that you can make informed decisions about what you eat. I want you and your families to enjoy a safe, healthy and happy holiday season of celebratory food and drink, so here are the top ten disease-causing foods to avoid if you want to enjoy vibrant health.

1. Genetically Modified Foods (GMOs): The rapidly growing industry of genetically modified crops is infiltrating our food supply at an alarming rate. More than 90% of our corn and soy are now genetically modified. No one, including the growers and manufacturers of GMO foods, knows the long-term effect they will have on human health. Unbiased studies have not been done. To be safe, look for GMO-free labels whenever possible or buy organic (which always means a product is not genetically modified).

2. Microwave Popcorn: From the chemically lined bag to the actual contents, microwave popcorn is at the centre of lung cancer debates around the world. Not only are the kernels and oil likely

GMO (which the manufacturer does not have to disclose) unless organic, the fumes released from some artificial butter flavorings contain diacetyl, which is toxic to humans. Make your own organic popcorn the old-fashioned way – it tastes better, doesn't release toxic fumes, and is a healthier choice for you.

3. Canned Goods: Most cans are still lined with a product called bisphenol-A (BPA), which has been shown to genetically alter the brain cells of rats. Many plastic goods, thermal paper, water lines, and many dental composites also contain BPA. Stick to fresh or frozen vegetables that have no added ingredients for your family's table! These are better for you and available year-round.

4. Grilled Red Meat: While grilled food can taste delicious, scientists have discovered that preparing meats in this way – especially processed meats like hot dogs – releases a carcinogen called heterocyclic aromatic amines. When you grill red meat to the point of well done, it changes the chemical and molecular structure of the meat. You're better off baking, broiling, or preparing meat in a skillet than on the grill.

5. Refined Sugar: The biggest cancer causing food (by far) is high-fruc-

tose corn syrup (HFCS) and other refined sugars. Even brown sugar is highly refined white sugar with some of the removed molasses added back in for flavor and color. Refined sugars (and foods made with them) are the source of major insulin spikes and feed the growth of cancer cells. Since the majority of the sugar supply in the U.S. is made using genetically modified (GMO) sugar beets, a healthier option is organic honey, coconut sugar, or maple sugar. Now that oncologists are using diabetes medication to fight cancer cells, there's no doubt (finally) that those mutated cancer cells love sugar.

6. Salted, Pickled, and Smoked Foods: These products typically contain preservatives, such as nitrates, which are intended to prolong shelf life. The additives used in processed foods can accumulate in your body over time. Eventually, such toxins cause damage at the cellular level and lead to diseases like cancer. When smoked foods are cooked at high temperatures, the nitrates are converted to the much more dangerous nitrites. (Note: By pickled foods we don't mean the fermented foods you make at home.)

7. Soda and Carbonated Beverages: Sodas have been at the centre of the health debate for two decades as a major disease causing food. Filled with high-fructose corn syrup (HFCS), dyes, and a host of other chemicals, they are very bad for every aspect of your health. They provide zero nutritional value and rob your body of the nutrients you get from other foods. Adding "diet" to the label means you're also likely consuming aspartame – which is no better than rat poison to human cells.

8. White Flour: When flour is refined, all nutritional value is removed. Then it's bleached with chlorine gas to make it more appealing to consumers. The glycemic index for white flour is very high – meaning it spikes your insulin levels without providing nutritional fuel. Carbohydrates are converted to sugars by your body, so excessive products that contain white flour can lead to increased insulin resistance. Simple sugars (like refined carbohydrates) are the preferred fuel source for cancer cells.

9. Farmed Fish: Commercial fish farming involves raising an incredible number of fish (such as salmon), in a crowded environment. More than 60% of the salmon consumed in Canada comes

from a farming operation where they are treated with antibiotics, pesticides, and other carcinogenic chemicals to try and control the bacterial, viral, and parasitic outbreaks that result from cramming so many fish in a small space. Farmed fish also don't have as much omega-3 as wild salmon.

10. Hydrogenated Oils: Many vegetable oils are chemically extracted from their source, chemically treated, and more chemicals are added to change the smell and taste. They're packed with unhealthy omega-6 fats (that Americans already consume way too much of) and have been proven to alter the structure of our cell membranes.

In summary:

1. *Eat Organic whenever possible*
2. *Choose raw or clean frozen if availability of fresh product isn't good in your area.*
3. *Fill half your plate each meal with non-starchy vegetables. If you eat animal products, make sure they're pastured and grass-fed meats and dairy goods (including eggs).*
4. *Use only high quality oils such as coconut oil, olive oil, ghee, or grass-fed butter.*
5. *Cut back drastically on grains and sugars.*

Not only will eliminating these foods improve your health and lower cancer risk, you're going to feel (and look) better from the inside out. Happy holidays to one and all!



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



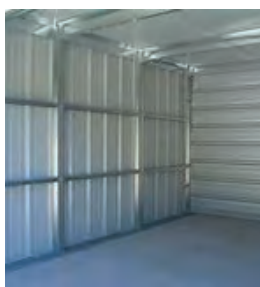
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ON POINT 4 YOU!
Throughout the Ottawa Valley

From the Memories Selection...

By Marcella Nealy

Winter is the time for a cozy fire, a lap blanket and an interesting book and the Cloyne Pioneer Museum and Archives is a great place to find just the books you will like. We have available for online purchase a selection of books, both fiction and non-fiction, depicting life of bygone days in this area. Attractive articles and souvenirs are available as well. www.cloynepioneermuseum.ca or you can call Carolyn at 613 336-6858 to order.

What fun to read about famous artists, intellectuals and personalities that visited Bon Echo long before it was a Provincial Park. Documented in "Bon Echo, The Dennison Years". Some historical anecdotes of townships and the very popular "Sunset of Bon Echo" series (about Flora Mac Donald). Also available is our best seller, "The Oxen and The Axe" that talks about the hardships of the hardy souls who pioneered our communities.

Books not available elsewhere telling of lumbering, shoreline settlements, township settlements, local connections from the great world wars and fun poem collections. Reading these is stepping back in time, a glimpse of "used to be". Children are fascinated by "The Swamp Rat Ballet". This is a tale of pond life near Flinton. We have more books, DVD's and cards available for gift giving or for your own entertainment, some from authors outside our area that share interesting historical information. The annual Heritage calendars are still available as well. The 2019 edition focuses on old buildings of the area and their stories. A full listing of items and descriptions is on the website.

Can we just imagine how entertaining these stories would have been long ago when evening reading was by candle or oil lamp? How fortunate for us that they are preserved for our research and enjoyment.

There are also many items of interest available for free download and on our YouTube channel through the website pioneer.mazinaw.on.ca/

C&DHS meetings will resume on the first Monday in January. Join us for history and fellowship at 1p.m. at the Cloyne Hall.

We wish everyone winter warmth and happy healthy holidays!

Woman Suffrage in Canada

I.

THE FOUNDER OF THE MOVEMENT

In Canada the woman who was destined to play the part of a Mary Wollstonecraft in starting the demand for political liberty for women, was Dr. Emily Howard Jennings Stowe,—a woman as great in character and intellect as any of the outstanding personalities that from time to time, in the history of the world, have so convincingly demonstrated the capacity of their sex.

Coming of Quaker ancestry, the blood of pioneers beat in her veins, for when her parents settled in Norwich, Oxford County, it was practically a wilderness. Her mother, Hannah Howard, who was born in New York State, had come as a small child to Canada, brought there by her father, a relative of the American historian Lossing. Her husband, Solomon Jennings, had migrated at a later date from Vermont. The child, Emily Jennings, the eldest of six girls, who was to play so effective a part in the moulding of Canadian thought, was born in 1831. At an early age, she began to evince those talents that launched her on a career that, at every stage, seemed admirably adapted to the part she was to play. At fifteen she was a teacher in a little country school near Norwich. This experience only whetted her appetite for wider knowledge. The young girl, who used to study by candlelight until long after midnight, sought to enter the University of Toronto. Here she received her first rebuff and learned what it was to be a woman. The fact that she was refused admittance set her thinking all the harder. Undismayed, she saved enough money from a small salary to enable her to take a course at the Normal School. After attend-

ing the session of 1853-1854, she received her First Class Teachers' Certificate. Then followed her initial experience in the role of a pioneer. She became the first Canadian woman principal of a public school. For two years, until her marriage in 1856 to Dr. John Stowe, she was the head of the Brantford public school.

Her marriage deepened and enriched her personality; but owing to her husband's ill health, she was obliged to play the part of a bread-winner, and for a time returned to teaching. After the birth of her third child, however, she resolved to study medicine. It seemed a fitting calling to engage all the qualities of her personality,—her intellect, energy, instinct for healing, and deep-seated conviction that women must have more avenues of expression through which to make their proper impress upon life. And here she encountered Rebuff Number Two, for which she had been prepared. Just as she, as a woman, had been refused admittance to the University of Toronto, so as a woman, she was not permitted to study medicine anywhere in Canada. Undaunted again, she arranged to attend the New York Medical College for Women, established by Dr. Elizabeth Blackwell, the pioneer woman physician of the United States. In 1868 Mrs. Stowe graduated from this school. Returning to Toronto, she entered upon the second stage of her career as a pioneer, and became the first woman to practise medicine in Canada.

Her own difficulties had but served to intensify in Dr. Stowe a longing and resolution to remove from the path of women some of the disabilities that she had encountered. Instead of resting upon her oars, as she now might well have done, she looked, as always, forward. But her experience had also taught her the wisdom of advancing with care, and of sowing discriminatingly before she attempted to reap.

Public opinion, she knew, must be educated, and deep-rooted prejudices eradicated, and this could be done only by a process that would not too patently antagonize or shock the unprepared. To this end, she organized a Club that for about six years functioned under the innocuous name of the "Toronto Women's Literary Society."

As this Club was actually the nucleus of the women's suffrage movement in Canada, owing its origin to the woman whose career has been all too briefly adumbrated, I shall devote a separate section to it.

II.

THE TORONTO WOMEN'S LITERARY SOCIETY (1876-1883)

Organized in 1876, this Club, with Dr. Stowe as its president, had among its members, Mrs. Sarah Ann Curzon, Mrs. Anna Parker, Mrs. D. McEwen, Mrs. W. B. Hamilton, Mrs. Elias Rogers, Miss Jennie Gray, Miss Faulds, and other kindred spirits. Its foundation marked the awakening of the Canadian woman to a sense of the social and economic injustices suffered by her sex. Beneath the aegis of the unassailable title of her Club, she listened in weekly conclave, to lectures given by the able president and others on all kinds of subjects,—from the cultivation of flowers and good health, to educational, economic, and municipal questions, and gradually she formed a mental attitude that was soon to make itself effectually felt.

During its existence of six or more years, the Club was instrumental in establishing better sanitary arrangements in factories and stores, in providing seats for clerks in stores, and in removing some of the evils of the sweat-shop system. But the more the women studied and attempted to improve social



This is a taste of one of the many fascinating free publications available for download from the website, pioneer.mazinaw.on.ca under the "Items of Interest" button. Or purchase books through the Books tab. They make great gifts!

Woman Suffrage in Canada by Hilda Ridley. This obscure 28 page document describes the struggles women had in the late 1800s to early 1900s. Flora MacDonald Denison's (former owner of the Bon Echo Inn) role begins on page 13. Printed before Quebec women earned the right to vote provincially in 1940. File size: 15.6 MB

III.

THE NEW CLUB (1883-1889)

In March of 1883 the members of the City Council of Toronto were electrified to receive the following communication:—

"The Toronto Women's Literary and Social Progress Club asks the favour of the use of the Council Chamber for the purpose of holding in it a conversazione on the evening of Friday, the 9th inst. The object of this meeting is to discuss the advisability of granting the franchise to those women who possess the property qualification which entitles men to hold it, and then to proceed to form a Club."

This "bold announcement," as a contemporary termed it, was taken in good part by the Council, and the request of the women granted. Thus on Friday, March 9th, in the Council Chamber of the City Hall of Toronto, was inaugurated the first women's suffrage organization in Canada—the "Toronto Women's Suffrage Club." Mrs. Donald McEwen, who with "some palpitation," as she expressed it, found herself

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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Balancing Enjoyment and Risk on the Trail

By Lesley Cassidy

Outdoor recreation in Canada is at an all-time high with 70% of Canadians participating in at least one outdoor or wilderness activity in 2016. These activities included cross-country skiing, walking, snowmobiling, fishing, hiking, wildlife viewing and many others. With more and more people playing outdoors, we need to spend a bit of time thinking about what happens if something doesn't go right on our outdoor adventure. There is an old saying: nothing ventured... nothing gained; but have we thought about the risks associated with our chosen outdoor activity?

There is some level of risk in everything that we do. Whether riding an ATV (All Terrain Vehicle), snowmobiling, hiking, cross-country skiing or other forms of outdoor recreation, there are risks in participating in outdoor adventures.

Trail-based activities are popular with nearly 44% of Canadians participating in hiking or backpacking and 17% in snowmobiling or other off-road type activities. With over 300,000 kilometres of managed single-use and shared use trails across Canada, the country is rich in outdoor recreation opportunities.



Read and obey signs. They are there for a reason. Inconsiderate or destructive use of trails could close them up.

So, what is a risk? The Merriam-Webster dictionary defines risk as the "possibility of loss or injury; peril; someone or something that creates or suggests a hazard". This all sounds very negative. However, risk has a positive side as many psychologists and studies will tell you, taking risks involves personal growth, leaving comfort zones and in many cases, teaches us something about ourselves. Also, there is significant research that highlights how important it is to get outside. Being outside leads to many ex-

cellent health benefits such as better life satisfaction, stronger focus and attention span, it improves mood and leads to lower stress levels.

Professor Jeff Jackson of Algonquin College has built a career studying and sharing his knowledge about outdoor risk. He states that risk management "is primarily a trail manager's function." They establish systems to manage uncertainty. Some of the visible indicators of risk management that trail managers es-

tablish are signs indicating speed, arrows, fencing, gates, different surface cover on the trail depending on use, maps, and other design and maintenance features. These are all part of a system that communicates expectations of acceptable trail use to users. But what about the trail user's own review of their outdoor activities?

As trail users, we do need to think about risk and prepare for the activities we enjoy outside. We need to think about both positive and negative risk; the predicament becomes – how do we enjoy outdoor activities while accepting some risks and minimizing what we consider dangerous.

First, a bit of background regarding the Ontario Occupiers Liability Act (OLA). The updated Act is the key legislation that deals with recreational trails and risk. Its premise is that the trail user assumes the risk of using a recreational trail. The law was created this way to encourage private landowners to make their land available for outdoor activities. While trail users ultimately assume the risk of using the trail, this, in turn, reduces the landowner's liability. The trail must be marked as a recreational trail, and the Act indicates that the user's assumption of risk means that the person is choosing to be there and cannot blame others

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HAPPY TRAILS



With the thrill of adventure comes risk. Don't casually set out unprepared.

Although there is safety in numbers. Each participant is responsible for their own safety. Always know where you are in case you get separated.

for mishaps that may occur. In contrast, the Act also has provisions to protect the trail user as the landowner cannot act with reckless disregard or deliberately or intentionally harm the person using the recreational trail.

As with all laws, the outcomes of court cases define expectations and limits regarding the subject matter. As an example, one cyclist broke an arm after falling off their bicycle on a city path where there was a hill descending into a valley. The judge dismissed the claim due to many reasons, with one being that it found the City "did take and was taking steps to ensure the safety of trail users... it could improve the signage in this area given the potential hazard that exists. However, this need for improvement does not translate into "a reckless disregard".

The Canadian court cases take factors such as the degree of injury, decision-making of the trail user, physical elements (sightlines, signs, fencing etc.), history, reasonable risk, terrain, and many others into account. The judge does a thorough review of the facts and considers them within the context of the law, society and other cases. Professor Jackson stressed that the outcomes of court proceedings are useful for future planning

and help everyone involved understand what is acceptable for both trail users and landowners regarding risk and safety.

Second, the field of accident investigation may help us think about our own outdoor adventures in a different way. Accident investigation regardless of whether it is transportation, workplace or outdoor adventure mishap has taught us that rarely can we point to one thing as the cause of the accident. This is because, looking at just one thing usually ignores a number of other connected factors such as weather at the time of the accident, people's behaviour, decision making at several different junctures, surface of trail, speed (i.e. mountain biker, ATV or snowmobile), location of accident (backcountry or city environment), ambulance response time, preparedness by the group/individual, size of the group etc.

In other words, there are almost always several things at play when an accident happens. However, given the millions of Canadians that participate in outdoor adventures in Canada and the thousands of kilometres of trails, there were just over 4000 cycling accidents in 2016/17 and 2,800 ATV accidents that year that required hospitalization. In comparison, falls within the home put

over 114,000 Canadians in a hospital during the same time frame.

Professor Jackson emphasized that the "bigger outlook" is important in assessing risk. Trail users need to spend some time thinking about the "what ifs". Exploring those "what-ifs" and then planning for those potential hazards is part of being prepared. He stresses that trail users must ask themselves: what could go wrong? How am I prepared to deal with that? This could range from a broken-down snowmobile in -25-degree Celsius

in the backcountry to a hiker breaking an arm slipping off an icy surface. When thinking about the "what ifs", trail users should also consider the likelihood of the accident occurring and potential severity.

As an example, on a planned weekend snowmobile trip, there are several factors to consider including distance, planned speed, latest weather conditions and predicted changes, ice conditions of the lakes (recent freeze/

Continued next page...

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...Continued from previous page



thaw cycles), machine maintenance, size of the group etc. Planning for these “what-ifs” allows the trail user to better equip themselves with the proper equipment such as first aid kits, heat source, extra overnight gear, headlamps, fuel, spark plugs etc. Ensuring that a safety system is in place increases the chances that if things do go sideways, the snowmobiler is prepared and can survive until help arrives. These “what-ifs” help form the basis of a trail user’s safety system to reduce risks.

Professor Jackson shares that the one critical element trail users should think about before they leave the parking lot is communication. Leave information with someone on where your car is parked and what your planned route is. These days, if there isn’t cell coverage or it is spotty, and you don’t own a satellite phone, several cell phone applications will allow you to transmit your location to a friend. Apps like “Cairn”, developed for hikers, can be downloaded by other trail enthusiasts and implemented as part of their safety system.

Playing outdoors is essential to our wellbeing. Given the thousands of kilometres of trails across Ontario and the very few serious accidents that do happen, the most significant risk of the day just might be the drive to the trail-head.

Consider the “what-ifs”, plan and get outside. Have a safe and great winter outdoors!



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 passtimes are exploring gravel roads in the Valley by bike, hiking its many trails and canoeing/fishing. Lesley is married to Andre Mickovitch and brings him on her many adventures. Together they love travelling but Lesley always feels most at home closest to her family roots in the Ottawa Valley.

SURVIVOR GUY

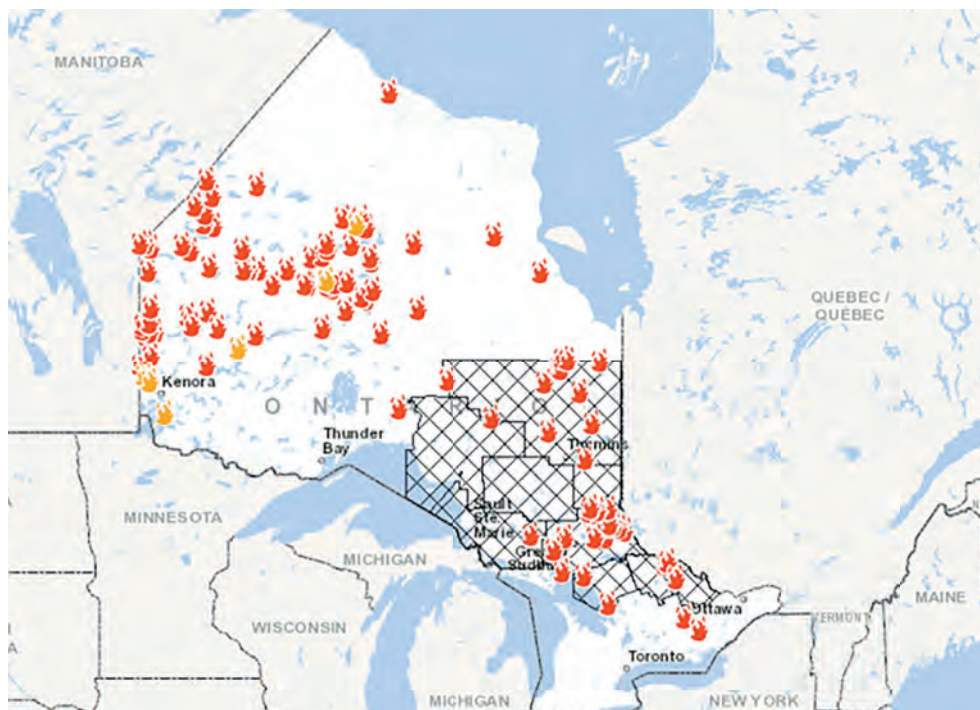
Are you Prepared to Survive a Natural Disaster?

By David Arama

This year has proven to be one of the most challenging for extreme weather events that I can remember in my 40+ years of leading Outdoor Pursuits programs. Winter lasted an extra month and was followed by an epic dangerous drought and heat-wave, with record numbers of dangerous forest fires. We experienced several windstorms, Ottawa was ravaged by severe tornados, even the fall colours were strangely affected. Then came a fall deluge, with constant rain, several early snowstorms, and the coldest October and November that I can ever remember. For much of October and November, we’ve had the woodstove humming.

What I’m getting at here is that extreme weather events are definitely the new normal. Just ask those poor folks in California, who suffered devastating forest fires that destroyed entire cities, resulting in huge numbers of fatalities. In many cases, people were on their own to survive with their own resources and skills. The thin veneer of civilization that we all rely on, had completely broken down.

The challenge here is to examine your level of preparedness at home, cottage, automobile, and the outdoors. Typically, we humans tend to think that “it can’t happen to me”, until something happens. The key is to be proactive, versus reactive.



We tend to think nothing like this will happen to us even when it’s happening all around us. A long winter followed by drought led to perfect conditions for wildfires. A wild fire sprung up at Ferguson Lake near Calabogie, but was contained and put out in a couple of days. Would you know what to do if it was near your home?



We tend to think nothing like this will happen to us, until it happens to us, like the recent tornados in West Ottawa and Calabogie and White Lake. Is everyone starting to take this seriously now?

Pic below by Steven MacNabb



Outdoor Activities in General Before heading out, let someone know where you're going, and when to expect you back. For longer overnight trips, file a proper trip itinerary with authorities, like the OPP. Get training in Backcountry First Aid and CPR before heading out.

Snowmobiling Last year in Ontario, approximately 12 sledders died due to drowning. Snowmobiling is now the number two cause of death in the Ontario wilds. According to one O.P.P. Sergeant, "there's no such thing as safe ice". Last winter, one local OFSC trail didn't open until late January, but incredibly, we witnessed numerous sledders breaking the laws, sledding illegally on trails that were not open, often without emergency gear/license/trail permits/insurance, and even more idiotic, sledding across lakes with very suspect ice conditions. The Trail Ranger program was recently cancelled, leaving policing of Ontario's vast trails up to the OPP.

Take the following precautions when venturing out to sled:

- Sled maintenance, is your sled tuned up?
- Ice thickness and safety, 4 inches + to walk or snowshoe on, 8 inches + for sledding, 14 inches + for automobile. Other factors that can weaken and compromise ice, include ice formation, eg was there an early snow cover, proximity to moving water, strong currents, swampy water, and proximity to shoreline.
- Proper emergency gear and communications should at minimum, include a survival-safety kit, first aid supplies, ice picks, a buoyant heaving throw line, wearing approved flotation, and a communication or tracking device. Also, extra gas can, and an emergency booster pack (see photo) that can boost, Kickstart, or even replace your battery to get you back to civilization.
- Advanced Tips: carry a set of lightweight aluminum snowshoes!, Wear plenty of layered, wool and fleece clothing with thermal long Johns. Heated helmet and hand warmers are a must. Don't forget plenty of hydration, eg water supplies, and thermal water bottles that can keep water from freezing. Furthermore, have high-carb food supplies handy.
- Zero alcohol or drugs is obvious. Latest statistics point to 40% plus causation of sled fatalities. And not just alcohol, also marijuana and hard drugs.

ATVing is the number one cause of death in the Ontario wilderness. In addition to the tips for sledders, having a working winch, and flat tire repair kit (air pump that comes with the Jumpstart kit!) are good ideas.

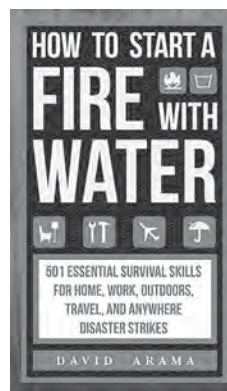
Snowshoeing and Cross Country Skiing are relatively safe outdoor activities, however, carry a small day pack with basic survival and first aid supplies eg waterproof matches, tarp and solar blanket, tin can for boiling, headlamp, knife or saw.

Winter Camping is a fun and challenging activity. I prefer Arctic Expedition four season tents, like the Eureka K-2, or a North Face wall tent. My favourite is a hot tent with woodstove!

Automobile Survival in winter includes having at the very least, -30 celsius mummy sleeping bags, 100% wool blankets, high energy ready to eat foods, eg granola bars and trail mix, water supplies, extra woolen clothing, and warm winter boots. - Additionally. Have candles, flashlight, flares, gas line anti-freeze, and a roadside assistance plan.

Home and Cottage, same as automobile, eg sleeping bags, wool blankets etc, add a working high efficiency wood and/or pellet stove, backup power sources, eg digital sinewave Inverter portable generator or backup standby generator, solar heater, solar system, etc. You need electricity to keep the well and furnace running!

Advanced Tips I always travel with a Wilson's We Boost Cell Phone Booster. It amplifies your signal by up to 40 times. Additionally, having a satellite tracking device like a SPOT Gene or Garmin In-Reach makes sense. Don't trust a car GPS system, or Mapquest/ Google Maps, when traveling in rural or wilderness regions.



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

Finally, get a copy of my new book and take some safety training courses!

Now go out and embrace the beauty of the winter wilderness!

Remember, be prepared, you are biodegradable.

Get our book at Amazon, Chapters and Indigo:

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



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

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

EDITORIAL

By Lois Thomson

Staying up to date on international, national, provincial, regional, and municipal news is the responsibility of every voter, but it shouldn't be a full-time job. That's why the traditional news media that have the resources to send professional reporters to cover events that affect our own areas are so important.

I live in Matawatschan, which is in the remote west end of Greater Madawaska Township at the southernmost tip of the vast County of Renfrew. This year I ran for mayor of the sparsely populated township. I live about a 45-minute drive away from Calabogie where the township office is, and even further away from Eganville and Renfrew, which is where the closest news outlets are.

Although I didn't win the position, it was a very informative experience. When I began, I thought I fully understood issues affecting the township, but after talking with hundreds of people, I discovered that while I understood the broad issues, I learned the most when it came to individual needs and how broad policies can affect some people positively and others negatively.

What I also found fascinating was the quality and thoroughness of local professional print and radio news coverage of the election in Greater Madawaska, despite the distance. It was remarkable that the Eganville Leader, Metroland Me-

dia, and MY FM 96.1 Renfrew Today, and possibly others, did such a good job at a time of declining income and reduced resources in all traditional media, especially considering there were multiple candidates in 17 municipalities to cover in Renfrew County. The reporters I spoke to are the same people who have been covering local issues in all those areas for decades. I valued the time they took to interview me and so many others, as well as their background knowledge and insights. I found myself asking them questions, even though they were trying to interview me.

Contrary to what most people think, readership and listenership is not going down. It's advertising revenue that is becoming increasingly challenging. Nine in 10 Canadians (88%) read newspapers each week across Canada on different platforms. You are reading the Madawaska Highlander right now.

The Highlander doesn't cover municipal elections, so I was able to carry on with the paper, but if we did cover it, I would have had to resign for the duration. This kind of integrity is why you can trust traditional media on any platform. Look up the Journalist's Creed for more information.

When your only news is from unregulated and unmonitored aggregators such as Facebook and Twitter, it is up to you to vet your sources. You be-

come, by default, a news editor and as such, you take on a huge responsibility. Professional news editors decide which sources are credible, newsworthy, and relevant to their audiences; which stories require further investigation; and which stories should be shared. The editor assigns reporters to cover the news, checks for accuracy and fairness, writes headlines, and analyses, then synthesizes the day or week's events for you through thoughtful editorials. Do any of us have time to do that before sharing or posting a comment online?

If you do pass posts along without reading the whole article or checking the validity of it, you should be fired as news editor and not be allowed to share news again. It's a dangerous trend that is polarizing society. People who rely on news aggregators (where people self-publish, without taking any creed or oath of integrity) tend to believe and share stories that support their own views. Convinced they are right, they make negative personal comments to those who don't see things their way, often ending in childish name calling and references to Hitler. (Look up Godwin's Law). This leads to a dangerous polarization of society that can be used by outside interests to manipulate us. According to a 2017 Ipsos-Reid poll 65% of Canadians are worried that false information is being used as a weapon (Edelman Trust Ba-

rometer: 2018).

Pressure is being applied to the leaders of Facebook, Twitter and search engines such as Google to somehow take on the role of newsroom for the World by blocking accounts that are spreading "Fake News" and maliciously dividing us in an attempt to control us and our votes. At the same time the US president is muddying the waters by calling mainstream media Fake News. He is enabling and manipulating the extreme polarization he creates for his own gain.

Fake News is truly the Enemy of the State, but what is fake? According to the same 2017 Ipsos-Reid poll, 63% of Canadians can't tell the difference. It's an impossible task for online aggregators to constantly monitor and control a stream of billions of posts, or even to determine what is free speech and what is hate speech on a case by case basis and by the time it is shared it is too late to put the genie back in the bottle.

Yes, as long as there are humans there will be some degree of unintentional bias, but trust news sources that haven't been systemically politicized like some US cable networks. Don't let fake news turn you into an angry robot, vulnerable to manipulation by outside interests. It is up to all of us to take on the responsibility to stick with news we trust, on any platform, that will inform our votes for a better civil society.

Esther's Epiphany

By Antonia Chatson

I've just got the kids down for the night. They are so rambunctious and playful, it is difficult to get them to wind down enough for their supper and a good night's sleep. I have not weaned them just yet, but that is looming on the horizon. Really, I am looking forward to that day for I know I will feel much better without five little ones pulling me down. But then I will miss the close intimacy I have now and have had with them since their birth.

As I snuggled in with my five little warm bodies, I began to reflect on my life. I seem to have been orphaned at a very young age. No one seems to know where my roots were. No one knew that I existed until I became too curious about a bowl left in the stable. When I climbed to the rim of the bowl to see what was inside it, I lost my balance and my grip. I very loudly toppled into a delicious smelling but potentially dangerous sea of milk. As you can imagine, I screamed my little old head off, but it still seemed like ages till the Missus came running to see what the trouble was. She hurriedly scooped me out of the creamy substance and bundled me up in her tunic. She then carried me into the living quarters of the inn, took off her head covering and soaked it in a basin of water and washed me all off. I was terrified as you can imagine, but I knew she was trying to help me, so I just lay in her lap not moving. Her husband, the innkeeper of the place that they ran, took one look at me and surmised that I would not live. The Missus just kept on washing me. When she was finished, she wrapped me in a soft cloth and took me back to the stable where she gently laid me on some hay in a manger. Her husband followed her out and looked down at me shivering and shaking from all the wet. "We'll have to call her Esther," he surmised, "for if she lives, she lives and if she dies, she dies." Not a very positive prognosis, I thought, but I'll show them. The Missus was so kind to me, bringing me out scraps of food, chicken, fish and cheese and always some goat's milk. And she changed my bedding every other day. I should have tried falling into the milk sooner.

Anyway, I recovered and did well with all that care and good food. They called me Esty for short. The stable was my home and I loved it there. I was very well treated but I also did my part in keeping down the mice in the stable. When my little ones were born everyone seemed so excited. The grandchildren of the innkeeper and his wife would come and play with them. My little ones were particularly fond of watching the spinning tops that they played with. And they loved chasing after the toy carts that they pulled around the floor. But the all-time favorite was of course, playing ball with them.

Well, I was just dozing off with my kittens when there was a commotion at the barn door. The stable door opened, and the Missus came in with an oil lamp to light her way. Following close behind her was a man and woman. The man seemed older than the woman and the woman was an awful size. They must have been married. I was wondering why the Missus was showing them into the stable so late at night. Then I re-



membered something I overheard in the inn. There was some sort of tallying taking place by the Romans. Everyone had to come to Bethlehem or other places where they had been born, to register with the Romans. That's what happens when you are taken over by some other power. I thought back on how helpless I was when I fell into the bowl of milk, just like the Jews are now. It could have gone either way with me, but the Missus was so kind. The Romans were not very kind to the Jews, making them pay taxes to them and work for them for hardly any wages.

Enough thoughts for now. I'd better concentrate on what is going on. The Missus brought the couple into the barn and she threw some hay into a stall for them. By this time the woman was holding onto her stomach. The Missus left and returned soon with some old tunics and threw them onto the hay. The young couple thanked the Missus who then went back to the inn, leaving the oil lamp with them. Later the Missus returned with some dates, dried figs and flatbread, and a jug of water for them. The couple ate their snack, then lay down for the night and covered themselves with their cloaks. Well, I thought, I may as well go back to sleep myself, so I tiptoed back to my brood, snuggled down beside them, then went right off to sleep.

I don't know how much later it was, but I was awakened by the woman crying and moaning. I listened for a while and things just got louder and louder. I got up to investigate. I went over to the stall and sat there observing. The woman seemed to be in a great deal of discomfort and pain. Maybe if I go over and sit with her, it might help, so I crept closer and closer and snuggled up against her face. She patted me but seemed distracted. I'm not quite sure of the order of events that happened next because everything happened so fast. The Missus and another woman came into the stable and fussed around the lady quite a bit, then there was a cry and I looked down to see one of

them holding a baby. Ah, that was what it was all about, I thought. I know how that feels. The women wrapped the baby in a tunic then handed it to the new mother. Ooo, I want to be part of this as well, so I snuggled up beside the baby and started licking his face. That didn't go down too well. It worked for my brood. I just snuggled up next to his chin, purred loudly and put my paw out and patted his face. He seemed to like that.

In a while the lady was helped up to sit on a stool and she placed me and the baby in the manger. As long as I stroked the baby's face, the baby didn't cry. Soon there was more commotion at the door. The Missus went over and opened the door to five shepherds who entered the stable with their staves and their big sheep dog. They approached the manger and knelt down in front of it and stared at me and the baby. How nice, I thought. Something I couldn't understand though was why the stable got brighter and brighter as if it were lit by numerous lamps. I looked out the stable window and saw a huge star that must have been giving off this light. My little ones must have been woken up by the commotion for three of them slunk up to me and peered with great interest at the baby. They began to play with him, but I had to reprimand them for I didn't want the baby to be disturbed.

Soon there were more distractions outside the stable. I heard an awful ruckus coming down the main Street in Bethlehem and when I looked out the window I saw three very important looking men on camels coming down the road. Don't often see camels in the main street in Bethlehem. They stopped outside the inn and these three very impressive looking men with crowns on their heads entered the stable and came over towards the manger with me and the baby. The shepherds moved to one side allowing these newcomers some more room. They knelt down in front of us and presented us with gifts. Boy, did I feel important. But I somehow thought that

they were meant for the baby. My little ones and I took in everything that was going on, but the baby just slept through everything. The man and the woman nearby just beamed at everyone, so proud of their newborn. I know the feeling.

Soon the visitors left. The sheep dog behaved himself well and did not chase after us. The woman remained seated with the man standing behind her. Then, they lay down tired after the excitement. The baby and me and my three little ones remained snuggled up against each other. I sensed such a calm and peace beside that little baby. He must have been someone very special for that was why the shepherds and the kings all bowed down to Him. I myself, knew that I never wanted to leave the intimacy that I had with Him now. I just hope that He can stay in my stable forever.



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.

Winter Work

By Howard Popkie

In the 1940s I would get up in the winter to go to school. It just snowed overnight and it was deep. I walked first to the lake to chop a hole in the ice to get a bucket of water for the cows to drink. I would go to the stable, feed the chickens and pigs, put hay in the manger for our 3 cows and milk them. I would shovel the manure out the door, fill the wood box at the stove in the kitchen and the box stove in the living room. I got in lots of water for Mom to wash clothes, eat breakfast, and then I would walk three miles in the deep snow to the old schoolhouse at Black Donald.

When I came in late everyone was doing their schoolwork and I would get a dirty look from the teacher and he would say, "Howard you lazy boy. You're late again. You stay in after four today."

When I was in grade one at school in the winter, my two brothers Rueben and Donald and I had to keep wood in the house at the box stove and kitchen stove. My brothers were 4 and 8 years older than me and could cut wood with the big crosscut saw. At night I held the coal oil lan-tern while they cut wood on the sawhorse. When I got older we had a long swede saw and I would break limbs that were dry off pine and poplar trees and hit them against the tree to shorten them. Then I put one end of the saw on the ground and the other end on



When I was too small to lift a big broad axe like this one, I found ways to get work done. I grew up resourceful.

my chest and would rub the pieces of limb on the upturned blade to cut them the right length to fit the stoves. My brother Rueben had a better way to get wood with his car. My Aunt Agnes lived at the Town of Black Donald and her husband Joe and her had little piles of wood

they cut along the road between Black Donald and the Company Power House on the Madawaska River. The Graphite Company owned their own little power house at Mountain Chute way back then, so there was power for people in town, but not for us, a couple of miles away.

There wasn't much traffic on the road, but my brother Rueben would listen anyway as he filled the trunk of his car with Aunt Agnes' wood to take home for himself.

My seven years in school was good training for me before I got into the infantry at age 15.

When I was in grade one at Black Donald school, my teacher was Frank Legris. He was a Catholic and when all the kids left to go home at 4:00, we all had to stay until 4:30 to learn our Catechism. By 4:30 in the winter it was getting dark in the school, because there was never any lighting. When we got home and it was bedtime, Mom always got out the prayer beads and that seemed forever before it was over. We all knelt down with a chair to lean on and my brother Rueben always got the rocking chair. When I looked at him he would hang onto the rungs and let on he was in jail and grin at me. He would make me laugh and I would get a mean look from Mother. When Sunday rolled around Mom made everyone dress up and go to Church, hangover or not. I was soon old enough to join the army and thought I would get a rest from all this religion, but it was not so. When Sunday came, the Padre made us all fall out on the parade square and march us all off to the camp chapel.



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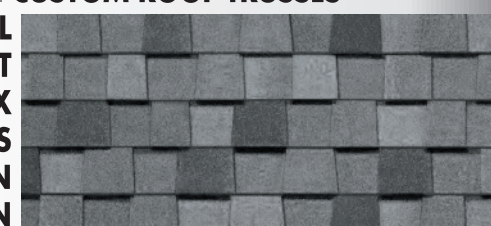
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The Hard Road Ahead: The Addington Colonization Road of Early Ontario

By William (Bill) McNaught

Every year as I drive along the back roads of the Tri-County area in the remote regions of Lennox & Addington, Frontenac, and Renfrew Counties, my thoughts roam to the succession of small changes that are slowly obscuring what I remember of the area from my childhood. As the old song describes, I can almost “measure what we’ve lost.” While the farms and orchards that I remember are receding, the rugged character of the land is re-emerging so that it more resembles what our pioneering foreparents encountered 150 years ago. I wonder what they would say if they could see it now. All that hard work!

The character of the land and the character of the families that cleared and farmed it are vividly captured in two books by Linda Corupe, entitled “The Hard Road Ahead: The Addington Colonization Road in Early Ontario.” Copies of these books are now located in the Denbigh Library.

Linda relies, in part, on reports filed to the Government of Canada in Ottawa by Ebenezer Perry, the road agent for the Addington Road, before confederation in 1867. The plan by the Government was to open up the area north of the existing population centres on good farm land along Lake Ontario, into what was known in Government circles as ‘wasteland’ to the north. To do this they surveyed and constructed a series of roads into “unproductive” Algonquin territory for people who would clear it and send taxes to England. The first three settlement roads were the Hastings, Opeongo and the Addington Roads.

The Addington Road ran north from Sheffield Township north of Napanee, through Kaladar and straddled the border between Barrie

and Anglesea Townships. It continued north through Abinger Township and west of the present village of Denbigh. Finally it crossed the Madawaska River into Lyndoch Township and through Brudenell Township to meet the Peterson Road, an east-west road connecting Parry Sound with Renfrew on the Ottawa River.

The plan was simple—“Build the Road and they will come!” But who were the “they”? Some were emigrants from Europe, who were excited at the chance to own their own land. Some were people who were disillusioned with their prospects in Quebec and the United States. And some were the offspring of the pioneers who opened the area along the St. Lawrence River and Lake Ontario. These were not naïve, untrained people, stumbling about on a learn-as-you-go basis, but children of families, who could seize the opportunity which the Canadian frontier offered. They had the imagination and vision to build prosperity on small farms, enclosed by rocky outcrops. Their training during youth on their parents’ pioneer farms prepared them for the struggles and rewards of pioneer life, which they found north of Kaladar.

The settlement road plan required an Engineer, in this case, Aylesworth Bowen Perry, Ebenezer’s brother, to survey and construct a road through the wilderness, across rivers and through swamps; a road capable of being traversed by wagons and horses in order to supply the far-flung communities. Part of making the road accessible was the plan to locate inns along it, where weary travellers could stop for a meal or for the night and where they could find stabling and food for their animals.

The second part of the plan was to make available 100-acre farms



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on each side of the Addington Road so that families could laboriously transform wilderness into self-sustaining farms capable of raising a family of 7 or 8 children. After clearing 12 acres of land and constructing a dwelling on the “free” land, families could apply for the deeds which provided outright ownership of the land.

Road Agent Perry supervised the land grants from his office at Tamworth, in Sheffield Township. Although his mandate was to accept any qualifying family wishing to settle

along the road, he worried about the ability of some to withstand the hardships of pioneer existence. Sometimes he weeded out families who did not fulfill the requirements for obtaining their deeds. Several times each year he would travel the road, inspecting its suitability for wagon travel in order to make recommendations for repairs. He would often hire local workers to assist with the repairs under his supervision. That extra cash allowed the families to purchase what they could not produce.

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Thank you to Fred Maheux for his generous donation and Home Depot and Best Buy for their contributions. Thank you to everyone who bought tickets!

The Hard Road Ahead The Addington Colonization Road of Early Ontario



PART 1
Papers, letters and documents related to the survey,
construction and early settlement of the road, 1851 to 1892

By Linda Corupe, U.E.,
and Gary Corupe

Linda Corupe, of United Empire Loyalist stock, researched material for her books for decades. If you thought you knew the Addington Road story, you will be pleasantly surprised to learn so much more through her books.

Road Agent Perry also had a keen interest in the economic and emotional health of the pioneer families. In 1861, many of the families suffered when a late frost in the spring of 1861 was followed by a drought that summer, followed by an early frost in September. Nevertheless, the families endured, producing crops of corn, wheat, barley, peas and potatoes, as staples. Each farm relied on wild foods, apple orchards and maple syrup. In fact, they produced a surplus of maple syrup, which was shipped out of the area as a cash crop or sold to

lumbering interests nearby.

Ebenezer took stock of the production of each farm on his inspections, recording the amount of land cleared, the value of the crops, the value of the farm animals and equipment, and the family name associated with each farm. By 1864, a few years after the arrival of the pioneer families, he was able to record that most farms had erected a solid farmhouse, had cleared 15 acres and had farm animals, cows, pigs, sheep, horses, even oxen with a recorded value of \$300.00. In his reports the

farms themselves, were valued at \$600-\$700. Moreover, many families had fulfilled their obligations and obtained outright ownership of their property.

In this day and age, a farm worth less than a thousand dollars sounds like a small return on sweat labour but Canada in 1861 and for many years afterwards, was a farming country as were most other countries. Property was valuable. That small farm was sufficient enough to raise a family and even produce a surplus. To add value, some farmers trapped animals, whose skins Ebenezer recorded in his reports, made wooden shingles and barrels, which they shipped south. In later years they sold lumber and mineral rights.

Still there was a limit to the development of the farms. On most farms, the cleared land was approximately 15 acres, which permitted a garden, a woodlot, a maple grove and some rough pasture land for a small herd of cows, usually less than 15 animals. When local cheese factories were erected, sometimes on a co-operative basis, the surplus cream became cheese and was exported outside. That created a small stream of cash for implements and other farm and family necessities. But the revolution in farming brought about by mechanization bypassed the area, where fields were so small and rock-strewn that large machines were not practicable.

The families came from many destinations, Ireland, Scotland, England, Germany, Lower Canada (Quebec). But a significant number were the descendants of the Loyalists, who left their homes in the newly-formed United States Republic and carved farms and homes from the Canadian wilderness. In so doing, they set the foundations of our nation. They all believed in opportunity, which permitted them to put down roots in the new wilderness.

The 1891 census for the districts of Abinger, Effingham, Denbigh and Ashby lists 30 families, whom research has shown to be descended from the United Empire Loyalists (UE). But it didn't stop with them. Many of their children married into other families, such as the Gregg's, the Cowan's and the Glazer's so that the communities developed their own characters, similar but not identical.

Linda Corupe is a descendant of a Loyalist family, who emigrated from New York State to Napanee after the Revolutionary War. The designation, UE, which she uses to recognize the history of her family and other similar Canadian pioneers, may be receding into the mists of time, but their work in forming Canada can still be seen in our institutions. It can also be seen in the farms which dot the countryside. It should be noted that some school boards are currently honouring these pioneers of our province by teaching a course on Loyalists.

Road Agent Perry described the future of the region in his report of 1858. "The probable future of the settlement?... I look forward at no distant day for an industrious, intelligent and rich population to be spread over the lands of our interior." I believe that he identified the intertwining of a difficult land that both shaped the character of our ancestors (and still shapes our character today) and the character of the stubborn people who changed the land and made it provide for them for generations.

Linda plans to visit Denbigh Library in the spring to discuss the history of the Addington Road including the various backgrounds of the pioneers such as the Loyalists who cleared and farmed the wilderness north of Kaladar. She will also discuss the trials and accomplishments of pioneer ancestors

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Hello from Hemlock Hill at Camp J.

By Ernie Jukes of Camp J

We all have that special place full of good memories to look back on and good times to look forward to. This Hemlock Hill we call Camp J can quite easily be your Hemlock Hill. Since the North Star was a guide to our ancestors and my Dad Walt or Waddie brought his "Hunters of Renown" up to these hills in 1919 from Lake Ontario, family and friends continue to travel North of Seven and Bon Echo down Buckshot and Matawatchan Roads to this outstanding place.

Some of our early relatives that were United Empire Loyalists came by canoe up the Madawaska, others by Conestoga wagon up the Frontenac Road from Bay of Quinte area and Quebec. This part of the province offers a rich background of settlers and indigenous people. The land doesn't know political boundaries exist. Happily, the Group of Seven also found our hills and outdoorsmen today still enjoy the beauty that our Grandparents appreciated.

A big part of the happiness of Hemlock Hill is of course in our wildlife like our flitting flocks of Blue Jays, the meandering whitetail and black bear, wild turkey picking and plucking through the fallen leaves, and grouse making a leafy home under the front porch. Calling the occasional moose to say hello adds to this happy heritage. Our hemlock branches are full of hummingbirds during the summer when our old guy's group enjoys Horseshoes under their spreading



Camp J, our log home, art studio, quilting space, horseshoes range, hiking, fishing, paddling cottage, hunt camp, and general good times-sharing habitat on Hemlock Hill is a special place full of good memories.

boughs. Even the seats they sit on are Hemlock. I left one of our giant hemlock branches outside my studio, supported with a strong hardwood branch to fend off the coming snows on our Hemlock Hill at Camp J.

It is nice to see the Ruffed Grouse, which is often confused with the Hungarian or Gray Partridge and our far northern version Ptarmigan, is making a noticeable comeback here and in other parts of Ontario.

I recall driving across "The Top of the World Highway" from Tok, Alaska to Dawson City, Yukon. We drove through a foot of snow during June, in Chicken, Alaska, which was named that

cause none of the founding fathers could spell "Ptarmigan". I also mind the times hunting "Huns" (Grey Partridge) locally as a youngster with my old chums like Lynn McLaren (the mayor of Wilson), Irvin Strong and Carl Ferguson, back when coveys of game birds were plentiful and were extra good eating for a quick meal almost anytime, especially around retired sawmills. But we all know our wild food is not as plentiful as "back in the old days", right Harvey?

There has been virtually every type of Squirrel scurry through these wandering Hemlocks. These have included Grey, Red, Black and Brown but the most interesting has been the Fly-



ing Squirrel, who doesn't fly and at best can only glide due to its two furry membranes from the high branches down to my studio roof. These cute, buggy eyed, nocturnal little 10-inch creatures about the size of a chipmunk were at one time rampant in our log cabin and area but have gradually disappeared since feral cats have become prominent in the village. Pity!

Our "Valley" as these Highlands are still often called will continue to attract good, capable folks that love and know how to respect and enjoy our land. We should all know how to treat our snowmobile trails and four-wheeler trails that are occasionally abused. Some

*Thank you for a successful year!
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THE VIEW FROM HERE



The land of lean water, fresh air, rocky hills, and hemlocks.

of these are on private property. Most trail users know how to behave and should talk to the offenders. If it isn't yours, stay off! or get written permission. Yes, this does include destructive people who break into cabins and make it bad for everyone else. No! The law does not require land owners to post private property signs! Eventually landowners have the right to halt all use.

There are some great modern settlers here in Matawatchan and Griffith who will support me on all this, like young Earl Thomson, or Ardeen Kelly, yep, and kids like Gary Stinson, Dave Felder, Randy Youmans and even newcomer Roger Neil whom we will get to



Heres a view of some Mush-Heads from Dan's Mountain Lookout during a recent outing. Gary Shumski, Frank Robillard, Ernie Jukes and Gary Stinson, taken by David Felder. Enjoy the view!

know. These are all guys that are still happy to push you outta a ditch this winter. There are also a few folks that we may see down Mexico way like Jim Ferguson and Jim Munro... We will also keep an eye out for Butch and Sundance.

We all know that compelling music and art, and of course super social dinners have been a big part of our community life and even though most things have modernized we still hang onto those old logging and farming social traditions. It is hoped we can hang onto our traditions and our fair share of our trees, a much-needed commodity. We hope to protect these stands of giant Hemlocks and the cabins we call Camp J that have

been here since 1944, and whose owners have been around even longer, since 1932. Some of you may have visited us for drawing or painting lessons or master bridge or even quilt guidance over these many years. We still honour many traditions of the past and the people that came through our place on Hemlock Hill to later settle in their own spot. Ern's recent olde map painting prints have been bartered successfully this past summer, and these show many of the old unusual locations, knowledge of which won't be lost to time.

We don't know how much longer that we can continue to share with you the many places I have written

about in the past. We do know that these Hemlock Hills are special when the days are short and the nights are long, when these grand trees hang heavy with pure white snow and we celebrate The Birth of Christ and other traditions. It's a special time with special food, and special music. It's a time not unlike Christmas 1818 when Salzburg first sang Silent Night; a time when we should be not naughty but nice! And old St. Nick may find a gift for you. We owe that Austrian-German part of Europe for the first Christmas tree, the first Christmas card, and probably the first Santa Claus.

Audrey and Ernie are delighted to wish all our readers and friends the Merriest Christmas and the Happiest, Healthy New Year Ever! Let's do something special together in 2019.



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.



Merry Christmas!

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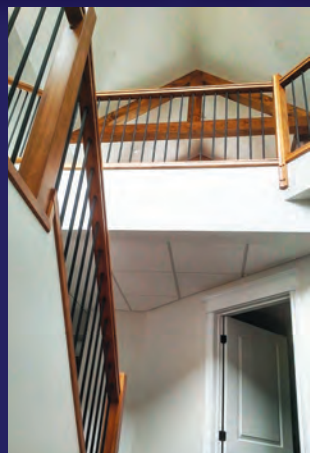
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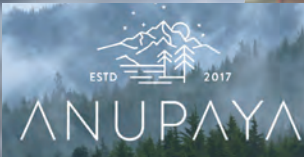


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