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Fall is definitely in the air and time for another recap! A current topic is comparing the 1990's rapid central bank rate hikes to today's eerily similar interest rate hikes. The impact then was immediate, with sales softening and average prices declining. Today, with higher borrowing costs, people are not interested in selling to move into something different, they will patiently wait it out and there is no "panic selling". In addition, strong population growth, good employment opportunities, and healthy consumer confidence all contribute to an ongoing lack of housing inventory and thereby ensuring that **real estate remains a good investment.**



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THE MADAWASKA HIGHLANDER September-October 2023 EMBRACE THE PAST ~ ENCOURAGE THE FUTURE ~ ENJOY TODAY



The Madawaska
Highlander

Sept-Oct
2023
FREE Vol.21 Issue 5
Next issue October 25, 2023

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

Welcome!



Misty September Sunrise as seen from "The Lotus" Calabogie

...To the end of summer in the Highlands as the fun continues in towns and in nature. Getting out into nature isn't just fun, it's essential. Survivor Guy tells us to take the whole family "forest-bathing" to cleanse our spirits and thrive (not just survive). Forests also cleanse our waters. A new forested buffer is already helping cleanse waters, like in the Muskrat River, as we learn in Watershed Ways. Considering that we are 60% water, you would think we would be more careful with it. As Derek explains in Wellness, the "Water of Life" is... Water! ...but you can take it with a grain of salt.

And Mushrooms can be the "Food of Poison" Learn the many ways to identify mushrooms in Highlands Hiker... then go with an experienced guide. Nature can be very tricky!

Nature can also drive you batty, or as Antonia tells us in Rural Vignettes, Wombatty! Plus, it can literally get you running in circles if you lose the trail. In Highlands Hiker Lesley tells us about the "Lost" Science. (Don't you think it's an odd change that Survivor Guy is telling us to lose ourselves in nature and Highlands Hiker is telling what happens when we do?)

The only true constant is change. Does anyone send postcards anymore? If you were born in the Internet age, you'll find Postcards from the Past from the Cloyne and District Historical Society fascinating. And if you were born before television, movie theatres, or juke boxes, you might wonder what young people did on a date. Garry tells us things were serious when a couple started "Sittin' Up" in Through Thick & Thin. Today you'll find many things to do in GMDV News & Views and Bogie Beat, as provided by Betsy and Morgana, our intrepid correspondents. Morgana highlights some people who make "Bogie the tourist town" a great place to live in, while Betsy introduces us to Pete Forshaw, the first full time Fire Chief for Greater Madawaska. Please introduce yourself to the nearest librarian. Libraries Matter! So, as we turn the page on summer, find a cozy couch, settle in and... Enjoy!...



Trail Ride at the end of summer in Matawatchan with Delta in the lead followed by Mia. Two friendly mares.
Pic by Tiffany Drummond

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madawaskahighlander.ca for previous issues

Message from the editor:

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

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

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

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

- | | | |
|-----------------|----------------|-----------------|
| Morgana Dill | Colleen Hulett | Lois Thomson |
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| Lesley Cassidy | Derek Roche | |



Cartoon: THE PACIFIC (PACIFIQUE)
BLAKE: Don't you find that burden too heavy? You're going all the way to British Columbia like that!!!
SIR JOHN: It's nothing when you get used to it. When I took this pack it was so heavy that I never thought of carrying it that far, but now it's becoming lighter with each step. BLAKE: Indeed! Look behind you.
(Cartoon published in Le Canada, Montreal, December 1881 - Translated from French)

Though ostensibly a private enterprise, the CPR was generously endowed by the federal government with cash (\$25 million), land grants (25 million acres), tax concessions, rights-of-way, and a 20-year prohibition on the construction of competing lines on the prairies that might provide feeder lines to US railways. Whether or not the country received adequate compensation for this largesse has been hotly debated ever since. However, the CPR was built in advance of a market and by a very expensive route through the Canadian Shield of Northern Ontario. Macdonald's controversial decision in favour of an expensive all-Canadian route seemed to be vindicated during the North-West Rebellion; how would the American government have reacted to Canadian troops moving across American territory? The CPR also had a profound effect on the settlement of the Prairie West, and new cities, from Winnipeg to Vancouver, were heavily dependent on the railway. Other western towns were strung out along the railway like beads on a string. (This information taken from The Canadian Encyclopedia)
Note: At the time, The Province of Canada's population was 3 million. It's hard to imagine how different the political maps would look if this bold move had not been done.

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By Betsy Sayers

Send your news to me at HighlanderGMnews@gmail.com



Lions Club BINGOs have returned to the Hall in Griffith.



Lions on the prowl at the recent Toll Road.



Seniors Housing Corp. Giant Yard Sale and the Lions Show & Shine were a huge success!



Fall is the most beautiful time of year here in the Highlands. After 30 years the fall colours in this area still amaze me. Before discovering the Highlands we travelled to Vermont every fall to enjoy the leaves. How could we possibly have not known the same beauty existed only 2 hours from Ottawa, Kingston or Peterborough?

No matter how busy we are, we always make sure to spend a leisurely afternoon driving a portion of the "Trail of Two Rivers" autoroute. Starting in Griffith we like to head east on Hwy 41 to Opeongo Road and stop for an incredible view from the lookout at the corner of Hwy 512 near Foymount. Then we continue on to Palmer Rapids or Quadeville and connect up with Hwy 514 to begin the circle back home. While I love the hills through the village of Schutt in the fall, it must be very challenging in the winter! Connecting with Highway 28 at Hardwood Lake, we wind our way through the hills and valleys down to Denbigh and back onto Highway 41 home to Griffith.

*A Trail of Two Rivers driving route 292 km
Explore the Bonnechere and Madawaska River watersheds by traveling 'round the Bonnechere Valley and up into the Madawaska Highlands. Learn about the sinking of the Mayflower Sternwheeler Steamboat, see an old log chute at Crooked Slide Park and go spelunking at the Bonnechere Caves.
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The latter part of August and early September was a very busy time in our area, and now with summer behind us regularly scheduled activities for the fall and winter season are starting up. I'm so grateful to all the local volunteers who work hard to provide so many opportunities to get out and do things in our area. My friends back in the city often ask me 'what I do all winter up here in the bush?' They are always amazed when I rattle off the latest list of activities. Be sure to check 'upcoming events' at the end of this column so you don't miss anything.

LIONS CLUB

Of course, the big event in Griffith every August is the **LIONS CLUB SHOW & SHINE CAR SHOW** held this year on August 26. With showers in the forecast and a heavily overcast early morning sky everyone was more than a little concerned that we might get more than showers. But the bad weather held off and another great day with amazing cars, a BBQ, book sale, and HUGE bouncy castle for the kids was enjoyed by everyone.

Show & Shine winners were:

- 1st - 1980 TransAm owned by Sean Campbell
- 2nd - 1957 Chevy pickup owned by John Wagner
- 3rd - 1963 Pontiac Bonneville owned by Conrad Peloquin

Right after the car show wrapped up, Lions members were on to their next fundraising effort with their **Labour Day Toll Road**. The toll road is getting more challenging these days as fewer and fewer people actually carry cash, but every \$ helps. This year, Lions Club major fund-raising efforts have gone to our local Fire Departments who are very grateful for the help. The Lions Club sends out an extra big thanks to all who volunteered and stopped to donate.

As the Lions Club moves into their regular fall programming, the Griffith & Matawatchan Recreation Centre (AKA Lions Hall) will be buzzing with **Tuesday night bingos; Thursday morning Ladies Exercise Group; food and fellowship lunches and the wellness program just to mention a few. This fall there are two new activities. Daytime Euchre (\$2) will run every second Tuesday with prizes, snacks and the usual fun, and on Wednesdays a 4 session Meditation Mini-course will be available for only \$5 per session.**

On Thursday afternoons from September 28 to November 30th 'Art in the Highlands' classes with Reina Coulthart will be taking place with proceeds going to the Lions Club. Apart from an enjoyable afternoon at painting classes, I was actually amazed by my ability to create a quite good painting with Reina's help. Try it, you may surprise yourself.

TERRY FOX RUN

Also taking place at the Griffith Community Centre on **September 17th was the 13th anniversary Terry Fox Run**. Since that first Griffith run in 2011, Geoffrey Cudmore and his fabulous team of volunteers have helped our community donate over \$50,000 to the Terry Fox Foundation.

It was a beautiful fall day with moderately warm temperatures and just enough cloud cover to keep everyone from getting overheated. In addition to donations, this year's limited-edition T-shirts are a popular way to donate. Designed with assistance from another well-loved Canadian, Ryan Reynolds who has been participating in the Terry Fox run since he was in 2nd grade. The shirts feature messages from the over 65,000 letters mailed to Fox after he had to abandon his cross-Canada run. **There are still T-shirts available from Geoffrey. Just send an email to GCudmore@COGECO.ca**

2019 was the biggest year yet, but like everything else, more community involvement is needed after the tough Covid years. Did you know you can donate to our Terry Fox Run right up until March of 2024? Go to run.terryfox.ca/28649 to find the Griffith donation page and help us reach our \$6,000 goal for 2023.

GREATER MADAWASKA HOUSING CORPORATION

As is an annual tradition, the Greater Madawaska Housing Corporation held their **Yard Sale on August 26** at the Griffith Community Centre. The yard sale was a success bringing in over \$1300

thanks to the hard work of the team of volunteers! Fingers were crossed that the rain would stay away, and it did. These ladies are a force to be reckoned with when it comes to work involved in organizing, pricing, setting up on display, providing guidance and sales pitches to shoppers and collecting the money so much needed for this worthy cause. Thank you to all who attended and contributed.

MATAWATCHAN HALL

The renovations at the Hall are coming along nicely and will be finished in time for the Small Halls concert by the **Devin Cuddy Band on October 6**. If you don't have your tickets yet, they can be purchased at <https://ontariosmallhalls.com/devin-cuddy-band/>.

EUCHRE at the Matawatchan Hall Friday nights @ 6:30 p.m. October 20, November 3, November 17, December 1. 4-Handed, single players welcome, no experience necessary, fun night

Yoga is over for the summer, but aerobics will continue every Tuesday, Thursday and Sunday at 9:30. Euchre nights that were formerly held at the Lions Hall in Griffith will be held at the Matawatchan Hall this fall. Dates will be confirmed very soon. Check out the Matawatchan Hall Facebook page for updates.

HILLTOP CHURCH

STARLIGHT Rescue Adventure for Kids was held August 17 - Hilltop Vacation Bible School (VBS) was a smashing success, and according to 4 year old attendee, Cindy Lou of

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On Sept. 2 Mark and Lois Thomson hosted our volunteer contributors and advertisers to a Highlander Appreciation Concert in honour of our 10th year as publishers of The Madawaska Highlander. Above: HOROJO Trio, Below: Mountain Turn



Lion Gail Holtzhaur presenting People's Choice Awards at the Show & Shine in Griffith. L - R: 1st - 1980 TransAm Sean Campbell, 2nd - 1957 Chevy pickup John Wagner, 3rd - 1963 Pontiac Bonneville Conrad Peloquin



No one was home when a fire broke out at this trailer in Matawatchan on September 19. Thank you to Greater Madawaska Fire Fighters!



Some hard-working and cheerful volunteers.



Team Cudmore selling T-shirts to promote this year's run that took place on September 17.



Kit Knap sent in this photo of a charred cedar stump, a relic of the 1903 Vennachar wildfire that wiped out the town. It's not far from the fire that caused evacuations in Matawatchan this summer. He wonders how long it will take to rebound this time. Thanks again GMFD!



Pastor Steven Green showing his enthusiasm at the Hilltop Church with Starlight Rescue Adventure kids.



Apparently the children also had a great time.

Whoville, this was the "Best VBS I've ever attended!" Judging by the pictures though, I'm not sure who had more fun, the children or Pastor Steven who said "Weeeeell, it's been quite a week at Hilltop with the Starlight Rescue Adventure kids."

UPCOMING EVENTS

September 26, October 10 & 24: Euchre Griffith (1pm) call Sandy at 613-333-1932
 September 27, Meditation Mini-Course (4 sessions) Griffith (10am) call Sandy at 613-333-1932
 September 29 to October 1 - Soma Retreat - (email: copeland4084@gmail.com)
 Every Tuesday, Thursday & Sunday: Aerobics at the

Matawatchan Hall (9:30am)
 Thursday mornings: Ladies Exercise Group - Griffith (9am)
 Thursday afternoons: Art in the Highlands with Reina Coulthart Griffith (1pm)
 October 3, 17 & 31: Lions Bingo - Griffith (7:30pm)
 October 6: Devin Cuddy Band - Matawatchan Hall ontariosmallhalls.com/devin-cuddy-band

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Calabogie Folks & What they're Up To By Morgana Dill If you have news to share, reach out to me at thebogiebeat@gmail.com.



The Mad River Paddle Company's Annual Hawaiian Luau took place on September 21. Pic from last year's paddle sourced from Facebook



Eagles Nest Engagement - Jayden Wickens and his now fiancée Hailey Evans - Submitted by Dianne and Bruce Wickens



Greater Madawaska Township staff meeting with tourists at Taste of the Valley to promote our new VisitGreaterMadawaska Instagram page. 60 vendors and good crowds made the day a success.



Logo designed by Morgana (that's me) as part of my job with the township.

Summer has drawn to a close, and it's astonishing how swiftly it passed. It was a season brimming with life and experiences, both exhilarating and a touch exhausting. As we welcome the cozy embrace of fall, we anticipate a slower pace, the vibrant transformation of foliage, and a chance to reconnect with the earth's rhythm. Autumn, for us, offers a respite from the frenetic energy of summer. It's a time when animals embark on their migrations, and the plants gracefully conclude their annual cycle.

To begin this month's submission, I want to highlight some exciting recent and upcoming events in the Bogie!

The Mad River Paddle Co. hosted their annual Hawaiian Luau-themed paddle club on September 21st, and there's still time to sign up for their 4th annual Witches Paddle on September 29th. This event is a must on my fall bucket list each year! Grab your broom, don your witches' hat, and join fellow paddlers under the full moon. For more information, visit their Facebook Page and website.

For those looking to savour the vibrant fall colors at Calabogie Peaks without the arduous hike up the mountain, you're in luck. The chairlifts will be operational for a few weekends, providing a bird's-eye view of the valley. Once at the top, you can explore the trails, enjoy a picnic, or leisurely walk your way back down. This delightful experience is available every Saturday and

Sunday, weather permitting, from September 23rd to October 15th. They'll also be open on the Monday of Thanksgiving Weekend.

Over the summer, Cait Grose and Carly Riddle organized a ball league in Calabogie, bringing together men and women for friendly competition. These enterprising women deserve recognition for reviving this initiative, which led to the formation of new friendships and the sharing of countless memories. To cap off the season, there will be a season-end tournament on Saturday, September 30th, at the Calabogie Ball Diamond. Join us as a spectator and cheer on your neighbors!

The Greater Madawaska Library is teaming up with the United Church (1044 Madawaska St.) to host a free monthly Family Movie Time. On September 30th, they'll be screening Clifford, the Big Red Dog. It's a fantastic opportunity to spend time with your family, make new friends, and enjoy a movie together.

In addition to the aforementioned events, Saturday, September 30th, is also the National Day for Truth and Reconciliation. This Canadian holiday is observed to honor the survivors of residential schools, reflect on the painful legacy of colonization, and promote understanding and reconciliation between Indigenous and non-Indigenous communities. On this day, take a moment to educate yourself about the history and experiences of In-

igenous peoples, engage in conversations about reconciliation, participate in local events or initiatives that promote awareness, and show support for Indigenous communities by learning about their cultures and supporting Indigenous-owned businesses and artists. BIAK EarlyOn Mobile is hosting an event at the Waba Cottage Museum & Gardens from 10 am to 11 am, featuring smudging, drum teaching, children's crafts, drumming and singing, as well as Indigenous teachings. I highly recommend making the short drive to White Lake to attend. It would be fantastic to have an event of our own in Calabogie

next year to acknowledge this important day.

Life here isn't only about events. Throughout the summer and in my recent contributions, we've celebrated our vibrant tourism industry. We are fortunate to call this four-season paradise our home. Here, we forge lasting memories that span generations, raise families, and lead rich, fulfilling lives.

Yet, Calabogie is more than a tourist destination. Our forests and lakes provide sustenance through hunting and fishing. A profound sense of community thrives as neighbours lend helping hands in times of need, and diverse

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189 Jane St Eganville Welcome to this comfortable family home in beautiful Eganville. Three plus bedrooms, a separate dining room, as well as an insulated hot room... and yes, the hot tub stays! Two baths and a main floor laundry area to make life easier. Detached garage, big deck overlooking huge back yard. \$319,900 MLS1347796

New Listing!

6 Rosebush Rd Country living less than 10 minutes to Renfrew. Three bedrooms, 2 baths, multi-level decking, large bright family room with wood stove; these are just a few reasons to book an appointment to view this well priced family home. MLS1360379 \$499,900

New Listing Calabogie!

12137 Lanark Rd, Calabogie Unique home on 1.22 acres of stunning grounds a creek with an abundance of wildlife. 3+ bedrooms, large bonus room (could be games room, another master suite, rec room) Eat-in kitchen, living room, sunroom, 2 baths, attached garage and detached 20 X 30 Steel building. Many recent updates. Walk to Calabogie Motor Sports, short drive to golf and ski hill, Calabogie Lake. MLS1353641 \$699,900

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groups of individuals come together as friends united by shared interests. The natural surroundings offer solace to those seeking refuge from daily stresses. It's a simpler way of life, one we hope to preserve as our community continues to grow.

From the warm smiles and genuine care offered by local employees to the tireless volunteers who dedicate countless hours to community events and initiatives, our community flourishes because of the unwavering commitment of these cherished establishments. I must note that there are countless more individuals and businesses to acknowledge and express gratitude towards – though I can't mention everyone here, please know that we see and appreciate you all.

Every year, numerous weddings and celebrations of love take place in and around Calabogie. I'd like to share a special engagement story that holds personal significance for me, as it echoes my own engagement in the same location five years ago. Dianne and Bruce's grandson chose Calabogie for his proposal to his girlfriend. They embarked on an eight-hour journey from Sarnia, hiking up to Eagles Nest lookout, where he popped the question on a beautiful day, met with an enthusiastic "Yes!" The spot held sentimental value to the couple, as they had hiked there a few years ago. Other hikers even captured the proposal from a different angle, sharing the moment with them.

Annette, from Charbonneau's Grocery, embodies the spirit of our community. Community members often express their admiration for her warmth and dedication, considering themselves fortunate to have her and the Charbonneau's team in our midst. They go beyond stocking essentials, offering gluten-free and vegan items, a rarity in our area. Moreover, they provide local job opportunities, with some staff members taking their first steps into the workforce during school. To many, Charbonneau's is not just a business; it's the heart of our community.

Bogie General Store is a treasure trove where you can find virtually anything you need hidden among its shelves. When I walk in with a random project in mind, the staff directs me to the exact aisle containing the magic I seek. Local contractors, like Gunnar Guckes and his team, Alcock Electric, and Riley Wedderburn, are more than just service providers; they understand our home improvement projects inside and out. Having them by your side is

worth cherishing.

Ashley Formosa, frequently seen at Bogie General Store, is a devoted community member. Whether she's offering directions, lending a helping hand, or managing her business, Formosa Aroma, she dedicates herself to helping people find relief from pain and discomfort. Her husband, Doug, attests to her unwavering commitment, noting how she rushes to assist those who have exhausted all other options. People like Ashley enrich our lives in Calabogie, making it an even more extraordinary place to call home.

Calabogie Medical Centre offers outstanding services for our small village. Our pharmacy consistently goes the extra mile to ensure each resident receives the care and attention they deserve. Khalid, in particular, will source anything you need to spare you a trip to the city or neighboring towns. Calabogie Smiles provides compassionate and accessible dental hygiene. Tamatha takes the time to listen to her patients, ensuring they leave with healthier and happier smiles. Hometown Health and Wellness operates a foot care clinic, both at the centre and as a mobile service. Dani radiates positivity and expertise, offering not only foot care but also excellent pedicures, catering to those who prefer skipping the nail salon.

Our post office, home support services, and the food bank are conveniently located in the Medical Centre building (lower level with Calabogie Smiles). These services play a vital role in our community, offering essential support that's both well-used and deeply appreciated. During my recent research on Calabogie & Area Home Support, I was amazed by the wide array of services they provide. We're fortunate to have such a comprehensive support system right in our village.

King's Off-road & Small Engine Repair is your go-to place for fixing almost anything. They provide same-day service for lawnmower repairs, complete with pickup and delivery. Adam's quick, well-informed, and efficient service, along with a friendly demeanor, is a winning combination. You'll often spot him and his wife Lia volunteering or attending community events, always with welcoming smiles.

For a delightful dining experience on special occasions, such as anniversaries or birthdays, Canthooks at Calabogie Peaks offers a spectacular setting. A reader shared, "Iris is so warm and welcoming! She goes out of her way to make her customers feel spe-



Mad River Paddle Company's Annual Witches Paddle will take place Sept. 29 - Pic sourced from Facebook

cial. The menu and quality of the food are consistently perfect. She is very receptive to accommodating dietary requirements, if needed." Iris pours her heart and soul into everything she does at Canthooks. While exploring the Fall Colours at Calabogie Peaks (weekends from September 23rd to October 15th), make sure to stop by Canthooks for a taste of the Swiss Alps.

This year marked the inaugural Greater Madawaska Volunteer Appreciation Awards, and it was no surprise that the Calabogie Lions Club received the organization designation award. You can find a Lions Club member at nearly every community event, whether they're organizing, assisting, or simply enjoying the festivities. We eagerly await the events they have planned for the fall and winter seasons. The Lions Club is a reliable source of support for various needs, demonstrating their unwavering commitment to our community.

Another organization we are fortunate to have is the Greater Madawaska Fire Department. Composed of dedicated, courageous, selfless, and dependable individuals, they are not only a call away and first on the scene but also integral members of our community. This year's wildfire at Centennial Lake emphasized their hard work and dedication to everyone in the valley. It has been a personal aspiration of mine to organize a calendar fundraiser for our fire station. If you share this sentiment, please let me know when you see me in the community. My husband recently joined the Calabogie station, and the sense of belonging we've found is beyond remarkable. If you've contemplated joining the department, I highly recommend speaking to any of the firefighters when you encounter them for more information. The Griffith station is looking for new recruits. Volunteers will receive full training and receive pay when they are on the job.

Our region is blessed with an abundance of fresh, locally grown foods from several nearby farms. Calabogie Rustic Farm played a central role in this year's thriving farmers' market, with Mike and Allison serving as its primary managers. Their efforts even garnered the attention of Taste of the Valley (more on that shortly). With a diverse range of vendors, the market allowed me to reduce my grocery store visits significantly this summer. Long Lane Farms, not only provides exceptional meat shares but also showers us with giveaways and the eagerly anticipated winter night market. Together, our farmers exemplify the agricultural treasures that make our town truly extraordinary.

Mike has a message for everyone regarding the market's conclusion for the season: "Thank you to all the vendors, volunteers, and musicians for making this year's market a resounding success. We

brought together a diverse mix of local farms, producers, and handcrafters from the area to provide high-quality goods to Calabogie. Two standout events this year were the First Annual Calabogie Classic Car Show and the Taste of The Valley. We have plans to introduce even more exciting events next year." If you're a potential vendor, head over to the Township of Greater Madawaska's tourism page and fill out the vendor interest form to join the mailing list and receive updates for the 2024 season.

In the coming months, you'll notice a new presence for our Township, as we've been diligently building platforms to promote tourism in the area. This initiative aligns with the recurring theme in the strategic planning survey that the township is currently evaluating. I've taken on the role of Tourism Ambassador, working on creating the Visit Greater Madawaska brand, establishing social media platforms, and curating updates for our website. I attended Taste of the Valley on behalf of the Township to share more about our platform. It was great to get out in the community and meet so many more people while supporting local vendors. I'm pretty much done my Christmas shopping!

More exciting developments are in the pipeline, and I can't wait to share them with you all in due course. You can follow our journey on Instagram or Facebook @VisitGreaterMadawaska. I feel profoundly grateful for the opportunity to showcase this beautiful place to visitors in a sustainable and mindful manner. As a local resident, I understand the uniqueness of this place and the importance of preserving its splendor.

This summer has been one for the books, filled with new faces, businesses, experiences, and memories that have combined to create something truly spectacular. The heart of the Bogie continues to beat strongly, with each of us contributing to its rhythm. Keep on making those acts of kindness, whether it's a small gesture like holding a door open or a more substantial effort like organizing a fundraiser for a cause close to your heart, I'd love to hear about your deeds or those done by others as our editions continue. These stories serve as a beacon of hope, demonstrating that people are inherently good, especially during challenging times. Thank you, everyone!



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



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Meet the New Fire Chief for Greater Madawaska

By Betsy Sayers

After 27 years of active service in the Fire Department and running his own small business helping other Departments with their training programs, Pete Forshaw and his wife Kim moved to the area 3 years ago to slow down in life. When the opportunity to become Fire Chief for Greater Madawaska presented itself, Pete decided to make the move from Deputy Chief of Lanark Highlands Fire Department and join GMFD. Little did he know that his first week would be trial by fire – literally.

5 days after starting with us, the wildfire on Centennial Lake broke out. Pete spent the next few weeks getting to know his team and several other of our Mutual Aid Fire Department partners while working the fire ground. Not the way the first week on a new job usually starts.

Pete spent most of his Fire-fighter career in Wasaga Beach as a volunteer. Particularly interested developing and delivering training courses, he quickly became a popular instructor with his own Department. As the Provincial legislation requiring volunteer fire fighters to be trained to the same level as full-time staff, Pete's opportunities to train others accelerated



Mark Compton, Lord Prior of the Order of St. John presenting Firechief Pete Forshaw Life Saving award for the GMFD on June 23, following their work to put out a wildfire that was threatening homes this year. What a way to start a new job!

quickly. He turned it into a successful small business having now taught fire-fighters from Nunavut to Florida and all across Canada.

Chief Forshaw believes strongly in public education and connection. When asked what he would like our readers to know about his primary focus he said 2 things. Recruitment (especially at the Griffith Station) and helping residents and businesses become more prepared for events like the major storms we have experienced in recent years and the Centennial Lake fire.

As a full-time Fire Chief, Pete will have the time and looks forward

to any opportunity to attend and speak at local events, community BBQs etc. During fire prevention week this year (October 8 to 14) we will see a much stronger GMFD presence as his team will be visiting door to door to remind residents of the importance of working smoke and CO2 alarms.

Regarding recruitment, the new Ontario legislation requiring ALL firefighters to be trained and certified to Ontario Fire College standards presents a major challenge not just to GMFD, but to all rural volunteer departments. In addition, he recognizes the additional challenge that a lack of cell service and social media in some

areas of our Township presents. He had high hopes for the 379 recruitment mail flyers and large posters in local businesses that went out 3 weeks ago. Unfortunately, there has been no response to either. Not to be deterred, he is moving forward with a junior firefighter program for young people 16-18 years of age. With 2 students already signed up, he hopes a partnership with the Opeongo High School guidance counsellor will help to open up this opportunity to a wider audience for next year. He is working very hard to try to exploit all opportunities and believes is confident we will have these recruitment numbers up in the not too distant future.

On grilled cheese day, Pete made sandwiches for the local school in Calabogie providing an opportunity to share the importance of fire safety at home and the need for families to be prepared to take care of themselves for 72 hours in the event of big storms etc.

The one thing Chief Forshaw wants everyone to know is that he is looking forward to connecting with Township residents as much as possible. He can be reached through the Township Office by phone (613) 752-222 or by email at firechief@greatermadawaska.com at any time. Welcome Chief Forshaw!

CLOYNE AND DISTRICT HISTORICAL SOCIETY

Postcards from the Past

By Lois Thomson - Images and Info from Flickr.com/Photos/CDHS

Before the advent of the Internet, cell phones, and social media, postcards were a popular way to show and tell people about your travels to places like the resorts in Ontario's Highlands.

Britain and Canada brought in the "divided back" format postcards in

1903 that allowed the face of the card to have artwork or photography by providing room for the address and a message on the back. The Cloyne and District Historical Society's collection of postcards demonstrate the importance of those cards as an advertising tool.

Many people saved all the postcards they received and collected them for themselves as a record of their travels. Although postcards are pretty much a thing of the past now, postcard collecting and trading is as popular as ever.

Much happens under cover in Cloyne



Cloyne Postcard - 1915
Contributed by Graydon McCrimmon.



Kirk-Kove, Big Gull Lake, Arden, Ontario, Canada.

1951 Postcard from Kirk Kove Resort - Big Gull Lake, Arden, ON. The back of a postcard from Kirk Kove Cottages dated July 1952. Postcard was post marked in Arden, Ontario.

Dear Ruth & Bob, We're having lovely weather. Fishing is quite good this year. We're all brown as berries. Do hope Kukla is well, and missing us! We sure miss him. We have had excellent dinners here. I've been in the water quite a bit - unusual for me. See you soon. JW. It was mailed to Mr. & Mrs. Rob't Barrett in Rochester N.Y.



GOOD DAYS CATCH AT MYER'S CAVE, ONTARIO.

Myer's Cave Lodge Postcard - Unknown date. Good Days Catch At Myer's Cave, Ontario.



Postcard from Myer's Cave Lodge - c1950s



The Liebolds - Tall Pines - Marble Lake. This is a Christmas postcard sent by The Liebolds on Marble Lake addressed to: 'The Salmond Family, Cloyne, Ontario'. This was the only address on the back of the postcard. It was mailed from Buffalo, New York on December 22, 1959 with a 3 cent stamp.



Denbigh Village Postcard - Bird's Eye View. Unknown date. On this site are several Denbigh village photos taken from the same angle. It is interesting to compare development at different time - maybe viewers can assist with dates? This interesting postcard photo was taken when the streets were still gravel and there was no hydro in Denbigh- this will help determine the photo's date. The viewpoint is from the hill where the current Municipal Garage and Firehall is today. The church with steeple on the right is St. Paul's Lutheran Church built in 1886. On the foreground, the same side of the street to the Church is Hartman's Store at the corner which was destroyed by fire New Year's Eve 1993. A vintage upright gas pump can be seen at the corner of the store. Denbigh Lake is in the background. Notice all the cleared farmland in the distance.

B.C. First Nations temporarily shut down Joffre Lakes Provincial Park so they could harvest resources, carry out ceremonial activities and educate the public.

Canadian totem pole returned by Scottish museum. Nisga'a Nation in BC says pole, carved in the 1860s, was taken without consent almost a century ago.

Bearskin Lake is the 4th community in northwestern Ontario to connect to the new Wataynikaneyap Power line, a partnership between Fortis and 24 First Nations.

St. Lawrence College unveiled a Gord Downie and Chanie Wenjack "legacy space" to build connections so Indigenous perspectives are represented and celebrated.

Ingersoll, ON council will formally review their progress yearly on upholding the 94 Calls to Action recommended by the Truth and Reconciliation Commission.

BC Fortis hopes to supply all new residential customers with 100% natural gas captured from organic waste before 2030, all production by 2050

The brainchild of French entrepreneur Adrien Lelièvre, the Pi-Pop e-bike uses a supercapacitor to store energy rather than rely on batteries.

Japan released more than 1M tonnes of treated radioactive water from the wrecked Fukushima nuclear power plant into the ocean, expecting "negligible" harm.

'I will never go to Japanese restaurants again': Chinese netizens concerned over nuclear-contaminated water from Fukushima nuclear power plant into the Ocean.

With wildfires increasing yearly, firefighting associations lobby Canada to increase tax credit for volunteers from \$3K to \$10K and create national firefighting advisory.

Climate activist smears paint on Tom Thomson art to draw attention to the need for a national firefighting agency. The painting was protected by glass and undamaged.

Canadian army needs dedicated climate disaster force, says former top soldier. Lives at risk because Canada has no rapid response force, warns retired Lt. Gen. Leslie.

An investigation by DeSmog uncovered hundreds of content creators being paid to promote fossil fuel firms worldwide since 2017, in campaigns reaching billions.

Atlantic puffins had their second consecutive rebound year for fledging chicks after suffering a catastrophic 2021. Warming waters reduces fish they need to feed chicks.

The world's largest floating wind farm is now officially open — and helping to power North Sea oil operations. expected to cover about 35% of the annual needs.

The U.S. government has announced \$7 B (for starters) on breakthroughs in clean hydrogen production, hoping to produce hydrogen without any carbon emissions.

Quebec government announces \$514 million investment to add 116,000 EV charging stations toward goal of having 2M EVs on the province's roads by 2030.

While colder weather negatively affects the range of Tesla EVs, a new study shows cold weather may be good for the long-term longevity health of EV battery packs.

Actually, Heat Pumps are Vastly More Efficient in Winter Than Oil and Gas. New research disproves fossil fuel propaganda.

Full Circle: Wind-powered cargo ship sets sail on maiden voyage from Singapore heading to Brazil and is likely to transport a cargo of grain to Denmark.

Startup company has built a carbon-capture machine for ships. It absorbs CO2 and turns it into limestone pebbles, which can then be sold as a building material.

Scientists at Stanford University have designed a new paint that could help reduce our growing reliance on air conditioners and heaters, slash electric bills, emissions.

Paper straws not so eco-friendly, 90% contain toxic "forever chemicals". Ultra-short-chain PFAS are highly water-soluble and might leach out of straws into drinks.

Kimberly Clarke stops selling Kleenex in Canada, "It's difficult to ship tissue economically, moving a lot of air." They can reach more people for less elsewhere.

Vancouver cobbler wins prestigious cobbling award 4 years after his father won it, says the industry isn't in decline. It's just getting harder to find people to fix shoes.

Sens Foundation makes \$75K donation to Ottawa Food Bank after hearing about food bank volunteer hours being cut due to a lack of food to sort.

Ottawa names a street, Ryan Reynolds Way. Reynolds joked he changed his daughter's name to Ottawa. The family has donated millions to food banks and more.

Migrant influx upsets plan to close pandemic-era shelters in Ottawa. Number of newcomers staying in recreation centres doubled in six months.

If the heads of council of 21 ON municipalities with populations of 50,000 or more commit in writing to housing targets by Oct. 15 they will get strong mayor powers.

Municipalities that show progress toward meeting housing targets will be eligible for funding from a new 3-year, \$1.2-billion program called the Building Faster Fund.

Ford announced the Ontario will reverse a controversial land swap for the protected Greenbelt, saying it was "a mistake" to open it up for development in the first place.

Trump's Patriot Legal Defense Fund website was hacked. Hacker crossed out "Trump" added "America Is Already Great!" and changed links to donate to charities

Experimental Probiotic Uses Microbes to Treat Multiple Sclerosis in Mice by affecting the immune system. Could be used for other autoimmune issues.

Brain implants can record neural activity to be decoded into words on a computer screen, through audio speech, or even communicated using an animated avatar.

Project Gutenberg puts 5,000 audiobooks online for free using synthetic speech, with separate voices and emotions on the narrator and the character dialogues.

AI can reconstruct images a person saw based on their brain activity, one day recording human and animal dreams, communicating with people in paralysis.

Toyota Research Institute teaches robots how to make breakfast by giving them a sense of touch, plugging them into an AI model, and then showing them how.

Texas startup company's robot Apollo is working in warehouses and helping to fill the labor shortages that we have all across our supply chain.

Mushroom Foragers Warned Against AI-Generated Guides. Amazon is reviewing them and has removed some from the platform. Never lick unknown mushrooms.

Ontario offers money to public health units that voluntarily merge, increasing base funding for public-health units and reversing cuts to public health funding formula.

The levels of caffeine in your blood could affect the amount of body fat you carry that could determine your risk of developing diabetes and cardiovascular diseases.

Getting the most health benefits from fruit smoothies: Researchers find adding a banana actually decreases level of beneficial flavanols.

US scientists have decoded the male Y chromosome that could pave the way for important discoveries about diseases, fertility issues, and more.

U.S. FDA has approved the first gene therapy treatment for people with a severe form of epidermolysis bullosa, the disfiguring, blistering "Butterfly" skin disease.

'Inverse vaccine' shows promise treating MS, other autoimmune diseases. New research effectively cured mice of multiple sclerosis-type symptoms.

British police investigating deaths of 88 people who bought products from Canada-based websites allegedly offering lethal substances to people at risk of self harm.

Thailand is threatening to try to shut down Facebook, saying it doesn't do enough to screen the legitimacy of ads leading to hundreds of thousands of financial scams.

Cybercriminals in Russia and Iran will threaten Canada's security and economic prosperity, say intelligence agency and RCMP.

Over 60 people in rural Frontenac County are now part of Neighbours Helping Neighbours volunteer first responder system to get to people in cardiac arrest sooner

New Somali cultural museum opens in Ottawa. The Khayrhaye Somali Cultural Museum is thought to be the 1st of its kind in Canada

'Accusing Israel of apartheid is not anti-Semitic': Holocaust historian states, as a growing number of Jewish academics use term to describe treatment of Palestinians

2M litres of red wine flooded streets of Portuguese village after tanks burst. Wine cascaded through the village, swirling around street signs and parked cars.

While overall workplace engagement has increased since last year, remote workers' connection to their workplace has continued to erode, a recent Gallup survey finds.

Russia's Luna-25 spacecraft crashed into the moon, ending its bid to reach the S pole

India lands Chandrayaan-3 craft on moon, asserting its place in space tech, the fourth country to land, and the first to land spacecraft near moon's south pole.

Japan's "Moon Sniper" mission blasted off as their space program bounced back from a string of recent mishaps, weeks after India's historic lunar triumph.

Space exploration and research has become a booming industry and some players believe Canada is poised to become a serious player.

Danish Artist got a loan from a museum to affix money to a canvas, but delivered two blank canvases, titled "Take the Money and Run," and now has to pay back \$81K

Carleton Student Designs Award-Winning Computer Mouse for Hand Tremors.

An Afghan interpreter shot by the Taliban may soon be coming to Canada, after a 2-year fight to help him.

There is a growing auto theft crisis in Canada prompting some insurers to add a heavy surcharge to the most commonly stolen vehicles.

Restoring the “Ribbon of Life” with Buffer Zones

By Ole Hendrickson

Research aimed at maintaining water quality and a healthy agriculture sector can help inform future actions related to pollution issues in Ottawa Valley waterways. Farmers in the Muskrat River watershed have put this research knowledge into practice.

Pioneering shoreline buffer research was done in the 1960s near Tifton, Georgia, a rural farming community in the southern U.S. Staff at the U.S. Department of Agriculture (USDA) Southeast Watershed Research Laboratory installed a small dam with an automated water sampler on the Little River, part of the Suwanee River watershed, and began analyzing nitrogen and phosphorus on an ongoing basis.

Sample analyses showed that the Little River catchment had excellent water quality even though 80% of its area was devoted to intensive agriculture: corn, soybeans, peanuts, livestock, etc.

In the 1970s, USDA researchers and University of Georgia scientists teamed up to determine why fertilizer and livestock nutrients added to the watershed weren't ending up in the Little River. They proposed that “riparian” forests (forests lining the banks of the river) act as “nutrient filters”.

To test this theory, my friend Richard Lowrance, then a University of Georgia graduate student, met with local farmers and persuaded them to allow access to their land. He installed lines of shallow wells extending from the uplands down to the river. His data showed marked declines in nutrient levels as groundwater flowed from crop fields and pastures through the riparian forest soils.

Other graduate students (I was one of them) measured how vegetation and soil microorganisms in the forests were absorbing these nutrients. When Richard and his colleagues published a 1984 BioScience article — Riparian forests as nutrient filters in agricultural watersheds — they prompted many other scientists to study this topic.

A 2014 paper in the Journal of the American Water Resources Association — *Streamside forest buffer width needed to protect stream water quality, habitat, and organisms* — drew upon research findings from the Tifton project and other studies from the previous three decades. The study's authors concluded that a 30-meter strip of vegetation is optimal for filtering sediments,

WATERSHEDS CANADA'S NATURAL EDGE PROGRAM IN THE MUSKRAT WATERSHED



Watersheds Canada partnered with the Muskrat Watershed Council and Algonquin College's Office of Applied Research, and volunteers to plant 12,500 native trees and plants restoring over 12 acres of shoreline habitat adjacent to agricultural and residential lands. Soils are stabilizing, waters are clearing, and fish and wildlife are enjoying new habitat in the vital shorelands of waterways - the Ribbon of Life. Contact Watersheds.ca to see how they can help you restore your shorelands and the quality of water in your local lake or donate to help others make these vital changes. Screenshot above: MuskratWatershedCouncil.com. Pics below: watersheds.ca



A healthy Ribbon of Life benefits ALL future generations.

nutrients, and pesticides from farming operations.

This width of buffer, roughly equal to the height of mature streamside trees, also provides shade and cooler water temperatures required for healthy fish and aquatic invertebrate communities.

Besides maintaining fish habitat, forested buffers are better nutrient filters than grass strip buffers. A 2010 Journal of Environmental Quality article — *Review of vegetated buffers and a meta-analysis of their mitigation efficacy in reducing nonpoint source pollution* — found that “Buffers composed of trees have higher N and P removal efficacy than buffers composed of grasses or mixtures of grasses and trees.”

In rural Renfrew County, drainage schemes in the Muskrat River watershed converted the original meandering channels of the Snake River and Mink Creek upstream of Osceola to straightened, deepened, and widened channels. Native riparian vegetation was eliminat-

ed, causing decreased bank stability and bank erosion. Intensive farming in the drained areas has increased phosphorus in soils of the stream banks. Large amounts of phosphorus enter the waterways when banks erode each spring. Trees in the Snake River Marsh Conservation Reserve, downstream from the channelized area, remove some of the phosphorus before the river discharges into Muskrat Lake.

The relationship between bank erosion and phosphorus loads was examined in detail in a 2012 article in the Journal of Environmental Quality — *Phosphorus load to surface water from bank erosion in a Danish lowland river basin*. Researchers measured erosion by pushing 2-foot-long steel pins into the riverbank, perpendicular to the bank face, at 3,000 locations. They also measured phosphorus in stream bank soils at these locations.

The Danish researchers concluded that bank erosion could account for as much as 53% of the phosphorus

pollution in the River Odense. They also found that “a large part of the exported P [phosphorus] with suspended sediment from the catchment is or can be bioavailable when transported to downstream surface water systems,” and is therefore an “important... eutrophication driver in surface waters.”

This means that phosphorus inputs from bank erosion can create the high nutrient, low oxygen conditions associated with algal blooms in downstream water bodies. Blooms of blue-green algae release a wide range of toxic chemicals that can cause nerve damage and liver cancer. Algal blooms have been a persistent problem in Muskrat Lake and White Lake. They also occur in the Ottawa River near Sheenboro, Quebec, likely due to phosphorus from Lac Manny that runs off into Downey's Bay.

The Danish researchers noted that bank erosion and phosphorus leaching into waterways could be reduced by replacing intensive agricultural production along the riverbanks with forested riparian buffers. They found that “planting trees in buffer strips reduces bank erosion by as much as 25 to 40% compared to erosion rates from buffer strips planted with vegetation such as grass and herbs.”

Richard Lowrance, the lead author of the 1984 BioScience article, went on to have a long and productive career as a scientist at the USDA watershed research facility in Tifton, Georgia. With Diane De Steven, he wrote a 2011 article for the journal *Ecological Applications* — *Agricultural conservation practices and wetland ecosystem services*. They discuss practices that reduce soil erosion, protect water quality, and provide wildlife habitat in agricultural areas: conserving existing buffers, planting buffers where none exist, and restoring, creating, or managing wetland habitats.

Scientific research clearly supports the use of forested buffers to protect waterways, such as those in the Muskrat River watershed, from erosion and agricultural runoff. Local farmer Bob Dobson has become well known for having planted over 40,000 trees during the past 50 years, resulting in a vast improvement in the water quality of the stream that flows through his farm into the Snake River.

Thanks to the efforts of the Muskrat Watershed Council and local farmers, tree planting to create shoreline buffers is now being practiced more widely.

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Off the Trail! The “Lost” Science

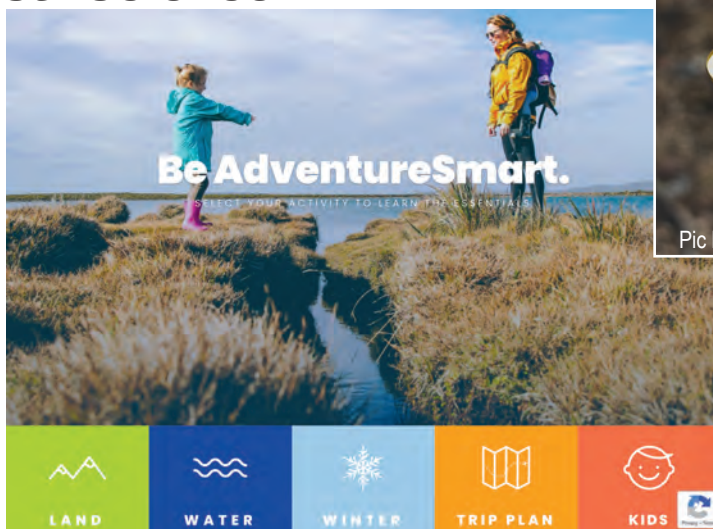
By Lesley Cassidy

We could only see towering, thick pine trees, a twisty creek, and a damp grey sky. In 1986, I was part of a group of five canoes on a four-day canoe trip in Northern Ontario. Every morning, the group leader called in with a satellite phone to the local office in charge of the Junior Ranger program to let them know where we were. Except this morning, we didn't know where we were.

Turns out, our group missed a turn onto a river. A short conversation and several hours later, the local fire crew showed up. Ultimately, we were a little embarrassed, wet from the dumping rain, and ready to paddle again.

A lot has changed since that time. Global Positioning Systems (GPS) are found in almost all technology. From cell phones and easy-to-read trail applications (apps) to satellite phones with real-time screens and weather updates, people can carry maps and locations in their hands or on their wrists. Much research has been completed on being lost. Thanks to technology, it's harder to lose your way, but walk off a trail into the bush for a bio break without your tech or confuse an animal trail with a human track, and it can happen. Suddenly, the surroundings look the same.

According to Michael Bond, the author of *From Here to There, the Art and Science of Finding and Losing Our Way* (Massachusetts: First Harvard University Press, 2020), humans have internal navigation systems that have been part of our DNA for thousands of years. Our ancestors used these systems to find food, often return to good hunting or fishing spots, build friends and communities,



AdventureSmart is a program that prepares everyone for the outdoors. Select your activity (fishing to snowmobiling to snorkeling to hiking), and it includes a list of essentials that you should carry when you get outside and important details to consider. They offer courses online as well. Screenshot from adventuresmart.ca



Pic by Ehtan Sykes Unsplash.com



These backpacks are perfect for carrying extra layers, food, and water. A bit of technology and observing landmarks will lower your chances of getting lost. A compass is an important, lightweight, reliable tool if you know how to use it. Follow YouTube or take a course online. They have helped us find our way since 206 BCE.

and find water. Evidence from fossils confirms that 150,000 years ago, people travelled 100-150 miles to complete these survival-type activities.

Bond explores with various experts how people found their way before GPS. It boils down to creating mental maps, remembering and memorizing landmarks, naming those landmarks based on connections with other geographical features and, most critically, the skill of observation. People looked where they were going and observed what was happening physically in their space.

Geographers found that many cultures named places based on the terrain, the rocks, the lakes, ponds, white-water, and unique or interesting location features. These visual cues became early landmarks and a compass to help navi-

gate the land. For example, The Gazetteer of the Inuit Place Names in Nunavik has 8000 entries. Nunavik has a very low population density, yet many geographical words were assigned by people thousands of years ago living in the area to help them navigate to and from necessary hunting and fishing grounds. These names and landmarks became the original reference system to help guide their landscape.

Over the past few decades, many books and studies have been written about being lost. These include the perspective of the emotional stages people experience while they're lost, to the practical aspect of what to pack in your backpack to keep warm and fed, to books on survival techniques. But a few pivotal studies stand out on lost behavior.

In 2007, a team of German scientists proved that people wander in circles if the conditions are right. They sent participants off with GPS trackers in the bush and ran a similar study in the desert. They found that participants wandered in circles without visual cues or a mix of geographical features. With the sun overhead, the participants could walk straighter for a longer period of time. However, on cloudy days, participants walked in circles quite quickly. In another experiment, participants were blindfolded and asked to walk straight lines; they promptly started to wander in loopy circles. When people don't have landmarks or visual cues, everything looks the same; walking in a straight line becomes more challenging.

A local Ottawa Valley woman experienced being lost and hiking in

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The Ottawa Valley Search and Rescue Dog Association in action on the water. They train dogs in a number of specialty areas. This dog is able to search bodies of water from shore, swimming, or from a boat and a boat is the most common way they access the water. Our four-legged friends can detect a person's scent rising from below the surface of the water.



A dog from the Ottawa Valley Search and Rescue Dog Association. Kim Cooper, the Team Manager, shared that dogs that are the most successful as search and rescue animals are those with a high toy drive. There is no specific type of search and rescue dog; what matters is that they have the right characteristics. Check out their website ovsarda.on.ca Pic is a screenshot

circles first-hand. An avid hiker, Deb Clouthier spent an unplanned night outside over a decade ago. "Six of us spent the night in the Swamp Motel in the Adirondacks," she shared of the memory. "We lost the trail in the spring snow and raging rivers we couldn't cross."

She remembers that the group's preparation was an essential part of their survival. Despite hiking for many hours and eventually going in circles, they hunkered down and used what they had in their backpacks. She mentioned they all had a change of clothes, bivy sacks or garbage bags and insulating layers. They also had enough food to share amongst the group.

"We were good", she explained. They hiked out in the morning once it became light.

Another critical study in 1996 impacted children. Two University of Alberta researchers - Ed Cornell and Daniel Heth, organized 100 kids be-

tween 3-13 years of age who lived on the edge of the Canadian prairies. They asked the children to lead them to the furthest place they had wandered from home without their parents. Turns out, children travelled 22 per cent further on average than what their parents predicted. Another key finding was the children did not take a direct route. They roamed, became distracted by piles of gravel, slid under fences and explored, eventually ending up at their destination. For kids, it's all about the journey. This information helps police and search and rescue better understand and estimate how far lost kids might travel.

Another significant development was the creation of an international database of over 145,000 cases of people being lost. The International Search and Rescue Incident Database is the result of a small group of researchers from Canada, the United States, Australia and the United Kingdom sharing information

since the 1970s. It contains information on how far the person travelled before rescue, where they ended up, if they survived or not and other measurable data. This database is utilized to predict how a lost person might behave. For example, analyzing the cases, the researchers found autistic children behave differently than solo male adults. Solo male hikers travel further than anyone else that's lost. Autistic children often find a structure or thick bush to take refuge in and rarely answer responder's voices. Understanding these behaviours helps rescuers.

Ontario has a total area of 1,076,395 square kilometres, so it's a large province to wander. The Ontario Provincial Police (OPP) respond to lost person calls. The OPP have agreements with volunteer search and rescue organizations, including the Ottawa Valley Search and Rescue Dog Association. Kim Cooper, the Team Manager of the group, shared that "a trained dog replaces twenty searchers; a dog can cover so much ground".

She highlighted that dogs pick up odours at 100 metres or more, which is extremely useful in lost-person situations. The dogs and handlers undergo annual certification to police standards. Volunteer search and rescue organizations across Canada donate over 400,000 hours of time and 95% of lost people were found within 24 hours. Cooper explained that people and their dogs get involved because they see that there's "something I can do to make it a better situation for people. I can help here; it's a great feeling".

So much can happen on the trails. Phone batteries die, an app advertised to work without cell coverage

turns a little glitchy without connectivity, animal trails intersect human trails, or the map online doesn't look like the surrounding terrain. Being able to navigate the great outdoors is an important skill to have. In his book, Bond stated, "If the world's greatest navigators can teach us one thing, it is that we should pay close attention to what is going on around us." (pg 152) Paying attention and observing landmarks, regardless of all the technology humans have access to is still one of the best ways to explore the bush.

I have always remembered that canoe trip. Where we thought we were and where we were - that was the challenge. Our group of girls had food, extra dry clothing and tents. The leaders kept things light, so we didn't think much about what could happen. Looking back, the group was well-prepared. When you head into the great outdoors this fall, pack extra layers of clothing, snacks and water. Include a compass (and know how to use it) and some technology. And, use your power of observation.

Enjoy the trails this autumn!



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



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Going Wombatty

By Antonia Chatson



Animals can be intriguing in their nature, but also annoying. A friend of ours has their bird feeder outside her kitchen window. So, as she is preparing food or washing dishes, she can see her feathered friends up close and personal. This idyllic situation was marred by a persistent chipmunk who came at ever increasing intervals, filling his cheeks with sunflower seeds, and depositing them under their woodpile. Just how many sunflower plants does it take to merit the appellation of overpopulation? I suggested that they buy a 50-pound bag of sunflower seeds, dump them on the ground and pile their winter's wood on top of them. But with the price of \$50 plus tax for a bag of seeds, that option would not be viable. It might also offend the chipmunk. He would be left with two alternatives - either to take the sunflower seeds back to the feeder or move on to someone else's feeder where his industrious work ethic would be more appreciated. Our friend became annoyed and began shooting him with a pellet gun. The pellets would not penetrate his skin but might afford him the option that his services were not required. However, she was not prepared for the fact that one shot landed in Mr. Chipper's eye. He left in a huff, only to return to his duties the following day.

On one of our cold mornings our friend went outside to find that there was a chipper in a pail, upside down. She quickly retrieved him from the pail, only to realize that it was "Blinken". (Where were Winken and Nod?). She would not have favoured any other chipper with the care she gave to Blinken. She

quickly pulled him out and realized that he was not dead. She rushed him inside the house, dried him with a towel, and placed him in front of the stove to dry out, admonishing their two dogs within an inch of their lives if they so much as looked at him.

As I am often up at nights, my daughter negotiated some more channels on Shaw for me to access. I am fascinated by the Love Nature Channel. On it, I have obtained some interesting and completely irrelevant pieces of information. I learned that there are three areas that motivate animal behaviour - food, dominance, and sex, not necessarily in that order. I learned that elephants eat 18 hours per day and sleep for 6. They can eat 150 kilos (who's weighing?) of leaves or grass per day and can drink 270 litres (who's measuring?) of water per day. Their gestation period is 22 months. Ouch! Crocodiles have the strongest stomach acid in the world and can go for a year without eating as their metabolism is so slow. They will also respond to a low B flat when played by a tuba player. Must be a stupid tuba player that would risk getting so close to a croc that he could hear it. And a hippo can bite a croc in two. Question - why do they not do it more often?

Two other questions surfaced as I watched my shows, apropos of absolutely nothing. If we are descended from monkeys, why are there still monkeys? And if you overdose on B12, do you become another Einstein?

I find it incomprehensible that vets will rescue a poisonous snake then release it into the wild. On another oc-

casional the channel focused on a man who had studied sharks for 10 years, and after witnessing over 300 strikes, concluded that sharks attack their prey from the bottom up. Am I missing something here?

A male kangaroo is called a Jimmy, a female a Wendy and of course the baby is a Joey. The red kangaroo can reach 90 clicks an hour and maintain that speed for one and a half miles. Then there are the pluralities - a troop of baboons, a pride of lions, a murder of crows, a pod of hippos, sharks, whales and dolphins and a mob of kangaroos. I am expecting a call from Merv Griffin and co. for Jeopardy questions, but alas that is not to be - so far.

Another set of questions, apropos of absolutely nothing surfaced in my mind - do woodpeckers ever get migraines, do stags ever suffer from a stiff neck syndrome, and do camels ever have need of a chiropractor?

A good friend of ours will not allow us to go anywhere except that he drives us. His protective nature is very sweet. As I have limited energy, it is a blessing when he takes hold of my right hand as I maneuver my cane in my left hand. If I use a walker it takes me too much of an expenditure of energy to reach my goal. By tapping into my friend's energy, he can pull me along at a speed that would make a rabbit blush. D picks me up for church on Sunday mornings, hauls me to my piano bench and sits a few rows behind me in case I have a medical emergency! So instead of a Park 'n Ride, we have a "pull" and ride. He never misses a Sunday when he can walk me down the aisle of the church. In one episode of Love Nature, they showed how wildlife conservationists rescue orphans and injured orangutan monkeys. Not only do they have to feed them and make them healthy, but they also have to show them things like how to climb and how to make a bed in the forest canopy. One shot showed an orangutan hanging onto the hand of a park ranger, as he led them out for their "jungle" lessons. Aha, that looks like D and me. So, I now refer to D as my favourite park ranger!

I am always distressed when I am watching crime shows on TV, when the detectives say that they are going to catch the "animal" that committed that crime. Do animals cut off the fins of sharks for shark soup, highly esteemed in China, then throw the mutilated shark back into the water to die a watery death? Do animals maim, and torture a victim before they kill it? And do animals have sex with their prey before they kill it? And for what?

Animals have one natural reason to kill - and that is for food. In the words of Reginald Heber, "Though every prospect pleases, but only man is vile". You never see a sign advertising "North Atlantic, Barristers and Solicitors - nothing fishy about our dealings". Or "South Pacific Law firm - no sharking around with us". Or - "North Pacific Law Firm - you'll have a whale of a time if you deal with us". The absence of these advertise-

ments says more than other words could tell.

Upon watching an article featuring wombats, I decided that if I were to be any animal, the wombat would be my first choice. With their beaver like incisors, they resemble a cross between a pig and a beaver. So, I guess they could be affectionately referred to as either a Big or a Peaver. Wombats are solitary animals. I can live with that. Now there are some aspects of this creature that are not applicable, but on the whole, I would feel very comfortable living the life of a wombat. They tunnel under tree trunks for their burrows and are happy to share with other wombats. I have no objection to sharing my chair with an assortment of felines. They stay in their burrows about 9 hours each day. As my daughter and I do not "do" mornings, that would suit me just fine. Their home range is about 25 acres, a little too large for my liking. I feel happy just to make it a couple hundred feet to my flowerbed to accomplish my two hours of statutory labour per day. It takes them eleven days to digest their food, a number I can deal with along with other old folks. They can run at a speed of 40 clicks per hour if chased by a predator. NA. Luckily for me there are few human predators around. On average, they travel about four clicks per day in search of food. NA. There are few of them per acre and they never travel far from home. Yes, for the most part, I could be quite content living the life of a wombat.

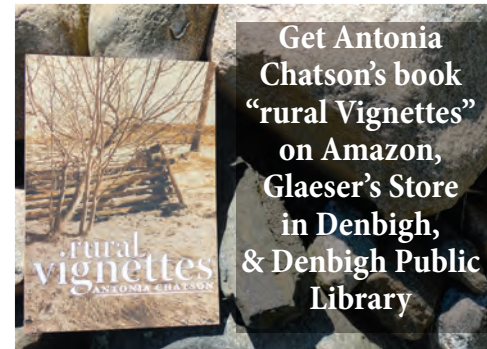


Pics by David Clode Unsplash.com



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.



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

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The Water of Life... is Water!

By Derek Roche



Pic by Sharon Pittaway Unsplash.com

Healing Waters

Water is the second most important element needed to sustain life, after oxygen. Our bodies are about 60% water. Water is involved with every aspect of our body's functioning. The number of health problems, both physical and mental, that a lack of water (dehydration) can cause is truly astonishing.

Headaches can develop when we don't have enough water. Anger, negative thoughts, and poor memory can develop when we don't have enough water. Joint pain is common when we are dehydrated because our joints are normally filled with synovial fluid which is 99% water. In a state of dehydration, the body can take water from the joints in order to sustain the more important vital organs. Do you have allergies? When we are dehydrated, the body releases a hormone called histamine causing allergy symptoms and inflammation. For those of you that suffer from inflammation and allergies, the best antihistamine is not a pill, it is water.

At every stage of body function, water is necessary. Digestive enzymes need water to be made, our brain cells shrink when they don't have enough water. Dehydration can be a contributing factor in diabetes as it makes it difficult for the pancreas to create insulin. Our lungs and entire respiratory system need moisture to function. Dehydration also contributes to Alzheimer's and dementia. There are cases of elderly who have been diagnosed with dementia, who regain normal brain function after a few days of drinking adequate water. It makes me wonder how many people in hospitals and retirement facilities are suffering from dehydration, which makes their illnesses and dementia worse.

Taken with a Grain of Salt!

If you are not drinking water because you need to go to the bathroom a lot or your feet are swelling, the problem may be that the water is not getting into the cells. In order to bring water into the cells, we need the third most important element for life, sodium, as found in sea salt. Seawater contains much more than just sodium. Quality sea salt contains an

abundance of 92 other important minerals which we need for good health. When purchasing sea salt, read the label carefully. Many common table salt companies put "sea salt" on the label, but the salt has been whitened and often has other added chemicals and anti-caking agents. When you get "real" unrefined sea salt, you will immediately notice a difference. It may be a greyish colour and will clump together. It also makes food taste better and is good for your health.

So why are doctors telling us all to avoid salt? Table salt is a very dangerous form of salt as it is extremely high in sodium and chloride and may have toxic anticaking agents such as aluminum or cyanide! The harsh minerals of sodium and chloride need the other minerals found in quality sea salt in order to balance them and have them function well in the body. One of the most important minerals for balancing sodium in the body is potassium, which is found mostly in fruits and vegetables. (Most people believe that bananas are a good source of potassium, however avocados, sweet potatoes, spinach, and white beans have more than twice the amount of potassium.) An imbalance in these minerals can contribute to high blood pressure and hardening of the arteries. Before every glass of water, you can take a tiny pinch of high-quality sea salt and put it on your tongue.

Celtic salt is a hand-harvested sea salt that has all of the minerals needed for health. Himalayan salt is also good, with slightly fewer minerals. Celtic salt also contains not one, but three important magnesiums, which are water hungry molecules. Magnesium can therefore be used to get water into the cells, improving hydration and lowering blood pressure. Take high quality water throughout the day. Sip it little by little rather than guzzling down large amounts all at once.

Water Quality

Not all water is the same. Here in the Ottawa valley, many of us enjoy quality spring or well water. In the larger cities, the water is chlorinated to reduce the chance of bacterial contamination. If your water is chlorinated, you can leave it in an open jug. The chlorine will dissipate over time. In a cool refrigerator, chlorine will evaporate in 24 hours, left at room temperature it will dissipate in a few hours.

How Much should we Drink?

On average, we lose about 2 1/2 quarts of water every day through the kidneys, skin, colon, and lungs. You do not necessarily need to drink that amount if you enjoy a healthy plant-based diet, because fruits and vegetables are high water content foods. If your diet consists of meat, sugar, coffee, tea and alcohol, then you will need to drink even more than 2 1/2 quarts to remain hydrated and pain-free. Many of us use caffeine to give us energy, but a tiny pinch of Celtic salt with water is a healthier alternative to give you the boost that you are looking for. Coffee and tea, or more precisely caffeine and tannins, are diuretics that flush water from the body and cause dehydration. In fact, you need 5 cups of water to make up for the one cup of coffee that you drink, and the need for water is even greater if it has sugar in it.

When should I drink water?

How 'much' water we drink is only half of the equation, the other half is 'when' we should drink water. We should not drink anything during meals. If we drink during our meals, we water down our digestive juices such as hydrochloric acid. Diluting digestive juices can cause digestive upset, gas, bloating and poor nutrient absorption.

The key is to drink small amounts throughout the day away from meals, more if you are exercising or taking saunas, or are experiencing extremely hot weather. Drink water immediately upon waking up, add some lemon for an even healthier start to the day. Stop drinking about half an hour before breakfast. After breakfast, wait for your food to digest, about another half hour, and then continue to drink small amounts throughout the day, repeating this process with every meal. Remember the occasional pinch of salt. If your urine is clear or slightly yellow, it is a good sign that you are drinking enough water. If your urine happens to be fluorescent yellow, you may be consuming too many B complex vitamins! If your urine is dark or cloudy, see your naturopath or MD for further analysis.

In North America we have a number of health crises, including the soaring cost of health care. There are a variety of simple reasons for this. On average, we are not drinking enough water, we are not getting the minerals we need from high-quality sea salt, and we are not getting the vitamins, minerals, and fibre we need from fruits and vegetables. Furthermore, we don't exercise enough and avoid the sunshine because we're afraid of skin cancer, leaving us all deficient in vitamin D. Vitamin D deficiency leads to poor calcium absorption, osteoporosis, and arthritis. Although the dairy industry will have us believe that milk products are a good source of calcium, sesame and chia seeds contain an abundance of quality, easily absorbed calcium. (Digesting animal products produces acidity in the body, which then draws calcium out of our bones as a buffer!)

The connection between dehydration, poor diet and a lack of exercise, and poor health has been well established. So why are we all being prescribed so many drugs like pain killers, anti-inflammatories, heart medications, diuretics, and allergy meds? In a word, profit! The pharmaceutical companies cannot make money by recommending water, plant-based diets and exercise!



Heredity

People often tell me that a particular illness "runs in the family". My response is always that, "Your genetics load the gun, but your lifestyle pulls the trigger". By not drinking enough water, by eating a diet high in meat, sugar, and carbohydrates, and by staying sedentary instead of moving, we can trigger genes that create many of the common illnesses we see in modern society.

Wishing you all the best of health throughout the upcoming winter months.



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

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Sittin' Up
By Garry Ferguson

With the exception of finding ways to die, it seems that most things were difficult in the so-called "good old days," including courtship. Except for the odd social, house dance or Sunday school picnic, there wasn't a heck of a lot for young couples to do, so they took to sitting – hopefully up – in the parlour. Around our part of the Madawaska Valley, it was assumed that Cupid had been logging some target practice and that a relationship was downright serious if it had been raised to the "sittin' up" level.

I remember conversations among my mother and her sisters that would go something like this: "I heard that So-And-So walked So-And-So (female version) home a few weeks ago."

"Oh, good heavens! It's way past that now. They're sittin' up y' know."

"Well for goodness sakes! Ain't that something? There'll be talk of a wedding any time soon now, I suppose."

Sitting around and staring at each other might seem like a boring pastime to denizens of the twenty-first century, but there were hazards to be considered. Besides having to endure parents who often stayed close, wound the clock, and launched into tag-team bouts of yawning well before dark, a love-stuck couple was at the mercy of siblings with a penchant for twisted



humour and practical jokes. Well-worn tales of sabotaged "sittin' up" sessions still draw chuckles out here in the boonies.

Though most are handed down from a time before the calendar flipped over to the twentieth century, a few are of the pre-depression vintage. My mother

and a couple of her sisters were fortunate to have boys visiting at the same time, so the parlour became a virtual social center on Saturday evenings. In a room full of idle young folk with not even a gramophone for entertainment, the handcuffs my grandfather, a part-time county constable, kept were sure to be a curse. When some smart Aleck – probably my father – literally joined one of the couples, it fell to the free but apprehensive daughters to wake their dour, no-nonsense father to separate the fettered unfortunates. As you might guess, this didn't sit well with a weary farmer who had to be up at 4:30 a.m. to "do the milkin'" and who considered any activity, except prayer meetings and jack lighting after dark to be frivolous if not out and out sinful.

Sitting up didn't always take place in the homes. It could even be conducted in buggies which sometimes added a measure of danger to proceedings. There's still a story circulating about a local boy of my parents' generation who got to drive an exceptionally friendly girl home one night. As the night grew darker and the two became friendlier and friendlier, the horse was forgotten and left to its own devices. Evidently, this horse was not what we term "self-motivated." Without direction, it became distracted by the sweet new grass along the edge of the road and, in turn, forgot about the buggy and its occupants. Unfortunately, the random grazing led it along an embankment where a creek flowed under the road. Though the hungry old beast managed to avoid the large culvert, a front buggy wheel dropped over the end heaving the couple around in a violent, ardour-suppressing manner. More than pride was bruised that night and a budding relationship came to a painful halt.

Young people of the generation before that fellow's probably suffered even more grief in the courting-in-a-buggy department because the horse and buggy was the only genteel mode of transportation available at the time.

One member of that generation, a local lad, arrived one day at a certain homestead to escort one of the daughters to an ice-cream social in a village 11 kilometers away. After the suitor had tied up and gone inside, the girl's brothers reset the heel chains so short that the horse could barely tiptoe in the buggy shafts. Busy gabbing, the couple failed to notice the leisurely pace. In modern-vehicle terms it would be like having three out of six cylinders misfiring or heading for Ottawa in low gear. Needless to say, the festivities were over by the time they arrived.

This fellow must have "got around" because folks still tell of the time he went to the home of different lass for supper and to sit up for awhile. Some time after the old folks had retired, the mother called down to ask if the suitor had left. The girl, not wanting her parents to know that he had stayed later than deemed proper, answered, "Yes, Mother."

"Ain't he one hog on the butter?" yelled the mother. He slipped out without a sound.

Perhaps it was poetic justice that one of those prank-prone brothers was force-fed a manure shovel full of his own medicine. In this case, he brought a young lady from a neighbouring farm to join his family in an evening of song around the pump organ. After the group-sing had ended, the old folk toddled off to bed and the rest of the family cleared out of the parlour to allow the couple to make some music of their own. Unfortunately, his brothers couldn't let such an opportunity slip, so they locked and tied the door then nailed the window from the outside before hitting the hay. It can be assumed that they feigned deafness or that the locked-ins had weak voices because the bonger on the old seven-day clock was indicating the wee-small hours when they busted out. Dropping a girl off at her door under the glow of the morning star was cause to have any maiden's mother terminate a courtship. They never sat up again.

Courting is so much different today. It begins as hanging out then progresses to going out and if that goes well, then it becomes going together – the equivalent of sitting up. With paved highways, fast cars and so much entertainment in theatres and on TV...

On second thought, things may not be that different. Now that I get to thinking about it, a huge amount of present-day courting is done in front of a TV, sitting up.

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Turning the Page on Summer

Greater Madawaska Library and Learning Centre
By Sue Michalicka

The summer of 2023 is now one for the books (so to speak) but neither forest fires, crazy weather nor seemingly endless annoying bugs deterred us from having lots of fun and launching some exciting new programs.

The GMPLLC remains committed to excellence in the delivery of public library services to our clients – both permanent and seasonal. Part of that is responding to what we've heard from visitors about their need – and desire – to better understand the impacts of living in a rural environment as robust and diverse as ours. By partnering with the experts at Watersheds Canada, the Library launched the **Nature Discovery Learning Backpack Lending Library**. The program allowed the GMPLLC to distribute free Ontario-curriculum linked Backpacks that include field equipment and lessons. The contents were designed to increase student engagement and identification skills regarding local species.

Over the summer, onsite sessions were held at the Matawatchesan Hall and at Barnett Park in Calabogie. Participants were able to conduct water testing with interesting results. All classes at St. Joe's participated in an indoor learning experience regarding shorelines that included bird identification, shoreline exoskeleton art, and even more to help them appreciate living in Greater Madawaska.

As we continue to support and expand this program, we will enhance our overall services through partnerships – including with the local First Nations – and consultation with the community.

Speaking of partnerships, the **TD Summer Reading Club** received a lot of support from local businesses who supplied gift certificates for the program. We had 33 devoted weekly members aged five and over who participated in Canada's biggest, bilingual summer reading program designed for kids of all ages, interests, and abilities. Kids were able to participate anytime, anywhere and explored recommended reads, tracked their own reading, and connected and shared with others. Our young readers received a welcome package and a TDSRC passport and then collected a passport stamp in July and August each time they borrowed 5 books from our children's collection. The best part? In addition to the stamp, each participant can collect a Banana Buck to spend at our "summer store" that included gift certificates. A big shout out to **Bogie General Store, Mad River Paddle Co., the Bogie Deli, and Charbonneau's Grocery** – all of whom honoured our Banana Buck spenders!

We like to engage our members from their earliest age. That's why we host the littlest ones for a **fun and interactive Pre-school Story-Time experience every Thursday from 9:30am to 10:15am**. Stories and crafts celebrate the seasons. Under the creative direction of Tracey Strudwick, children sing along to songs, engage in interactive stories, and test their creative abilities during the craft sessions and on the computer. It's all free of charge and the program goes all fall and winter.

Did you manage to shop our lobby over the summer? The GMPLLC



Families love unpacking the activities in the Watersheds Canada backpacks and learning about nature at the water's edge, opening a fascinating world.



An early foundation creates a life long love of reading and learning for a better chance at success in life. Our Story Times include crafts to suit the season, singing, and play. Pre-school Story-Time happens every Thursday from 9:30am to 10:15am.



A big shout out goes out to Bogie General Store, Mad River Paddle Co., the Bogie Deli, and Charbonneau's Grocery – all of whom honoured our Banana Buck spenders who earned points by reading all summer in the TD Summer Reading Club program! It takes a village to raise a reader.

hosted a two-month book sale and new to you clothing sale that not only replenished a lot of local wardrobes and restocked some household bookshelves but also raised over \$800 to fund new programs.

Great news for adult readers – **our Book Club is back** and – after a lot of Zoom discussions – we're back to meeting **in-person starting Wednesday September 30. The book club meets monthly from 1 pm to 2:30.** If you want to expand your reading list and gain fresh perspective on new and sometimes familiar stories, this might be a great program for you. The first book on our reading list is **Matthew Perry's Friends, Lovers, and the Big Terrible Thing** – which is available for loan at the Library. Join us or call the library at 613-752-2317 or email us for more information.

Can't make it to Calabogie to pick up or drop off your books and materials? No worries! We offer a **FREE delivery service for residents of Wards 2 and 3** to make it easy to keep up to date

on your reading.

Register with the Library and use our online services to explore and order books, audio materials and DVDs that you can pick up at the Pine Valley Restaurant every second Wednesday. It's a great service that will be even more welcome once the temperatures start to drop.

The GMPLLC continues to be a familiar fixture at community events – throughout the summer we were regulars at the **Calabogie Summer Market** and musician **Bill Maxwell's performances contributed over \$500 to future program initiatives**. We were also at **Taste of The Valley** where Jean Libbey demonstrated her face painting skills and raised almost \$180 to support future programming.

Need to explore your inner hobgoblin? The GMPLLC will be hosting a **Hallowe'en costume library and/or exchange**. Donations will be accepted throughout September and into early October. For details, contact the Library staff.

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For more information contact Ruth: 613-752-2317
Any donations will go to the
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Our first Family Movie Night will be on September 30 from 3 to 5 pm at St. Andrew's United Church. They will continue once a month for the rest of the year.

Coming soon! **Family Movie Nights starts September 30 and once a month for the rest of the year.** We are partnering with St Andrew's United Church to deliver – by popular demand – **Clifford the Big Red Dog!** (And if you like the movie, we can lend you the book!)

Movies take place at St Andrew's United Church and admission is **FREE** (but you can purchase a variety of snacks for \$4 and donations are always welcome.)

WE'RE CELEBRATING A BIRTHDAY! For Greater Madawaska Public Library's 45th anniversary project, we are collecting your library stories, memories, experiences, and photos. Email them to the library at: gmpllc.staff@gmail.com for a chance to win an Indigo gift card! Draw to take place at a birthday celebration tentatively slated for Saturday, November 4th which will be combined with volunteer appreciation lunch and open house. Hope to see you there!

HIGHLANDS HIKER

More Hobbyists = More Poisonings By Colleen Hulett

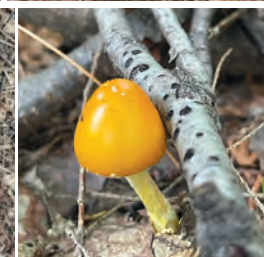
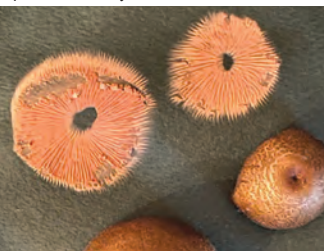
Canada 1-844-POISON-X or 1-844-764-7669
 Ontario Poison Centre Toll-free 1-800-268-9017, in Toronto 416-813-5900
 Centre Antipoison du Québec 1-800-463-5060



Both Chicken of the Woods (large orange mushroom on the left) and giant Puffballs (white mushroom on the right) are safely identifiable to the novice forager.



Top Left: Poisonous Puffball. Top Right: Woolly Chanterelle, Bottom Left: False Morel. Bottom Right: Spore prints... Spores come in many colours to aid in identification. Don't pick or eat any of them.



Above: A variety of toxic Amanita sp. that have white gills and spores. The stems emerges from an egg-sack-like vulva, remnants of the sack can be seen on many caps but not all) Caution: vulva is usually hidden. Beginners should always dig out the whole mushroom and check if there is a vulva.

As mycophiles (minority) and mycophobes (majority) increase in numbers in Canada, we are experiencing an increase of mushroom poisonings according to many provincial poison control centres. Mycophiles are fungi friendly people who appreciate mushrooms. Mycophobes dislike mushrooms. More people than ever are getting into mushroom hunting and consequently mushroom poisoning accidents will knowingly increase as the result of statistical probabilities. Therefore, we need to know how to identify poisonous mushrooms correctly. Accidents are bound to happen if you are unaware of poisonous look-alikes. It is important to know experienced guides (books or people) who can teach invaluable 'hacks' to help you tell the difference between an edible mushroom and its false look-

alike(s). Some poisonous mushrooms can kill, so you must be able to accurately name the fungus and be 100% sure what it is before consumption.

In August 2023, the BC government issued a warning to all wild mushroom foragers concerning an invasive and deadly mushroom species called the Death Cap *Amanita phalloides*. A look-alike mushroom to the edible north American mushrooms, the puffball and agaric button mushrooms. In July 2023 a small child who chewed on a small piece of a death cap was hospitalized and survived, thankfully. Unfortunately, a young B.C. child who ate a death cap in 2016 did die. Warnings listed abdominal pain, vomiting, diarrhea and dehydration beginning 8-12 hrs. after ingestion. A second wave of symptoms follow after 72 hrs. and includes low

blood pressure, liver and kidney failures, seizures, and death. Death caps cause the most fatal mushroom poisonings in the world. There have been over 100 sightings of death cap mushrooms in B.C. in 2023 where the majority of death caps mushrooms reside in Canada. There have been sightings on the east coast and southern Ontario as well. This nonnative and potentially deadly mushroom arrived on the roots of imported trees native to Europe and is commonly found in urban environments.

Last month the in-laws of an Australian woman died after she served poisonous Death Cap mushrooms that resembled the look and taste of common button mushrooms we buy at the grocery store. Shockingly, sales of grocery store mushrooms dropped 10% in Australia after the deaths were reported.

Please know that the fear of grocery button mushrooms is unnecessary as their poisonous lookalikes do not grow among commercial mushrooms because they need trees to grow on. Commercial mushrooms don't need trees to grow and are grown on various substrates like hay, chicken or horse manure, sawdust and corn cobs. So please don't stop eating our highly nutritious mushrooms out of fear and instead increase your knowledge of poisonous fungi identification and habits.

In 2019, Public Health Ontario published a helpful document entitled 'Foraged Mushroom Consumption' which I encourage everyone to download and read. The appendix has excellent tables with common edibles, their look-alikes, and poisonous fungi in Ontario. The document clearly and simply

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Top Left: Pored mushroom. Bottom Left: Gilled mushroom. Right Top and Bottom: Examples of bluing boletes. These qualities are some of the many ways to identify, or rule out, mushroom types.

states that the only way to know if you have a poisonous mushroom in hand is to examine it fully for proper identification and to never eat an unidentified mushroom. Unfortunately, according to the Ontario Poison Control (OPC) many people in Ontario do eat unidentified mushrooms. Health symptoms range from mild to severe, including death but mushroom poisonings are very rare in Ontario. Between 2013 and 2017 the Ontario Poison Control Centre had just over a thousand calls out of 362,536 calls concerning mushroom poisonings. Of the 1045 calls 168 were deemed unrelated to mushrooms. Of the remaining 875 calls' fifty-seven percent were accidental nibbles by children under 12; twenty-three percent were teenagers and young adults aged 12-30 yrs. old seeking magic mushrooms. The remaining 20% were mostly men over thirty who made a foraging identification mistake by eating a look-alike mushroom. 90 of the callers were hospitalized and none died. It should be noted that several of the men moved here from other locations and assumed the mushroom they were looking at eating here in Canada was the same mushroom from their home country. Eating foraged mushrooms willy-nilly is never recommended and they should have done their homework and found out the mushroom in question doesn't live in Canada. According to James Scott (OPC) in 2019, Ontario had at least one death and three cases of severe mushroom poisonings related to foraged consumption over the last 20 years (1999-2019). In Ontario most poisonings are from Amanita bisporigera, a white mushroom whose juvenile stage resembles a puffball and the common button mushroom. The death in 2006 was from the mushroom Lepiota subincarnata and possibly mistaken for the edible parasol mushroom. As of August 2023, Quebec has reported fewer than 5 deaths per year but has seen a spike in mushroom poisoning calls since the pandemic hit. They received 500 calls and 45% of them lead to unwanted health effects. Last month a Quebec couple lost their dog to a poisonous mushroom, so we need to keep our pets safe too.

It is also important to know that there are many safe and nutritious edible mushrooms to forage in Ontario. The delicious Chicken of the Woods *Lactarius* sp. and the Giant Puffball *Calvatia gigantea* are two easily identifiable mushrooms for the beginner forager. In order to accurately identify a mushroom, you need to check and identify all of its parts as well as perform a spore

print if necessary. Research photos of the same mushroom from several books as all photos will be slightly different due to mushroom age and weather conditions.

The use of mushroom keys on the website mushroomexpert.com are extremely helpful for identification purposes for the amateur forager. You need to answer many questions to help you accurately identify a mushroom. Wild-FoodUK.com lists some very good questions to ask yourself:

- Where is the mushroom growing, in grassland or woods and what kind of tree they are growing on or under?
- Are the mushrooms growing singly or in a ring troupe or tuft?
- Do the mushrooms have a distinct smell?
- Does the mushroom change colour when cut or bruised?
- What is the size, shape, texture and colour of the cap?
- What is the size, shape, and texture of the stem? Does it have a ring skirt and are there any markings on its base, bulbous or saclike or narrow or roots?
- Does the mushroom have gills, pores, or spikes under the cap? If it has gills how close are they? Did they fork? Are they attached to the stem? Are they brittle or soft and pliable?
- What texture is the flesh?
- What time of year is it?

It is also important to become familiar with the type of mushroom in front of you by knowing which genera the mushroom belongs to. The common genera are *Agaricus*, *Boletus*, *Milk Cap (lactarius)*, *Russula*, *Amanita*, *Mycena*, *Tricholoma*, *Cortinarius*, *Hygrophorus*, *Ramaria*, *Hydnum*, *Chanterelles* and *Polypores*. For example if you understand the common characteristic of the Boletes (*Boletus*, *Suillus*, and *Leccinum* families) they will be easy to find knowing they have no gills and instead sponge-like pores with mainly stout stems. The 'general' rule to avoid poisonous boletes is to treat boletes that have red parts anywhere on the mushroom and/or when cut or bruised they turn blue. Yes, this simple beginner technique may stop you from eating some edible boletes falling into this rule but more importantly it guarantees you will not eat a poisonous bolete. This is a good example of a simple hack a guide can teach you. Another hack is for beginners to avoid all Amanitas. They all have white gills and spores and most usually are growing out of a vulva. This is great



Above: Eastern Destroying Angel *Amanita bisporigera*

Right: Death Cap *Amanita phalloides*

Both pics are by Roger Phillips and found in his book *Mushrooms and other fungi of North America.*



advice as two Amanitas, *A.bisporigera* and *A.phalloides*, are responsible for the majority of mushroom deaths on Earth. Most Amanitas will cause great discomfort when ingested and not too many are culinary.

Mushroom poisoning can have many symptoms right away or days later after ingestion. Generally, you may initially experience nausea, vomiting, and diarrhea. Later stages of poisonings can develop into liver or kidney failure, seizures, and possible death. It is recommended to always keep one whole mushroom from the batch you are consuming in the fridge immersed in ice water in order to bring to the hospital for proper identification in the lab. Doing this will hasten your recovery as the emergency doctor can administer the specific protocol for your type of poisoning.

The Ontario Poison Control Centre has classified several mushroom toxins they deal with and they shouldn't have to guess what you have consumed. The list of toxins are:

- G.I. irritants, symptoms that we spontaneously recover from...
- Amatoxins or Cyclopeptides (*Amanitas*, *Deadly Gallerina*, *Lepiota* and *Conocybes*)
- Psilocybin (Magic mushrooms from the *Psilocybe* and *Panaeous* genera)
- Muscarine (highest concentrations in *Clitocybe* and *Inocybe* mushrooms)
- Ibotenic and muscimol (*Amanita*

muscaria, the Super Mario mushroom)

- Gyromitrin (Monomethylhydrazine) (false morel)

It may seem like a long list of things to do for proper identification, but as soon as it becomes second nature to check off all the boxes you will be able to safely identify mushrooms you want to forage.

Please don't be a mycophobe... stay safe by being informed and diligent in your identification practices. Join your local mycology society or hook up with a nature guide to show you the ropes. Mushroom hunting is an ancient, healthy, and mindful art that everyone should embrace for all the treasures they will bring you.

This article is for information purposes only. Only forage with an experienced guide.



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

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



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Connecting Youth with Nature to Survive and Thrive!

By David Arama

Pic by Ralston Smith - Unsplash.com



Screens have become an essential part of our lives, but too much screen time, alone time, sedentary time comes at a price. Nature Deficit Disorder is an actual medical condition that can lead to mental angst, addictions, depression and even suicide. Fortunately, it has a simple remedy. Even an hour spent in "Forest Bathing Therapy" can boost moods and create memories that stay with you. It doesn't have to be a back-country adventure, at least not to start. Any wooded area away from city noise will work wonders. My whole life changed when I had a chance to get out of inner-city Toronto and experience nature as a youth. Now I offer others the same chance that changed my life, with wilderness experience camps.

I usually write about how to survive in nature, but now I am telling you how to thrive because of nature.

The recent Covid pandemic and lockdowns have had very negative consequences on millions of people across Canada, especially young people, many of whom were already suffering from Nature Deficit Disorder. School closures and Zoom classrooms only added to their situation. Depression and suicide in youth have increased dramatically. As a camp leader for over 40 years, I have some answers for youth wellness in a crazy and complicated world.

Nature Deficit Disorder is a term that was coined by Dr. Richard

Louv in his book *Last Child in the Woods*. Studies conclude Nature Deficit Disorder is the result of overuse of social media, cell phones, television, and technology, and living in a virtual reality lifestyle. Add instant gratifications like Skip the Dishes meal orders, fast food, quick boosts from power drinks to a docile existence and you have a very harmful situation. The result can be poor physical and mental health, depression, lack of logic and common sense, and an inability to make decisions. In other words, lack of survivability.

Increasingly, I'm seeing youth ages 18 - 35 years unable to survive on their own, being more dependent on

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others, and with addictions. This is placing an enormous strain on society in many complex ways. Thankfully, there is a solution!

Studies show that as little as 30 minutes spent in a forest, can change an individual's demeanor, from negative, to positive. It's a good start. We all need to connect with the natural world and kids need it urgently. Go camping. Go fishing. Go hiking. Go to the nearest large, forested city park as often as you can.

And when you can't get outside, make the best of your time indoors. The amount of time that kids spend daily on their social media addictions could be better utilized

in wellness activities and in learning actual skills. For example, art, music, and sports are all good avenues, in addition to nature-based therapy.

A popular term for nature-based therapy is forest-bathing. It's best achieved on foot, or via paddle, not on an ATV, snowmobile, or motorized boat. Those mechanized means of travel in the great outdoors are certainly fun and adventurous, but also mainly passive and noisy.

Youth need to get outside and experience real adventure camps, not just glorified glancing resort camps. Those might be fun, however good old-fashioned camping in tents and lean-tos, canoeing and kayaking, and

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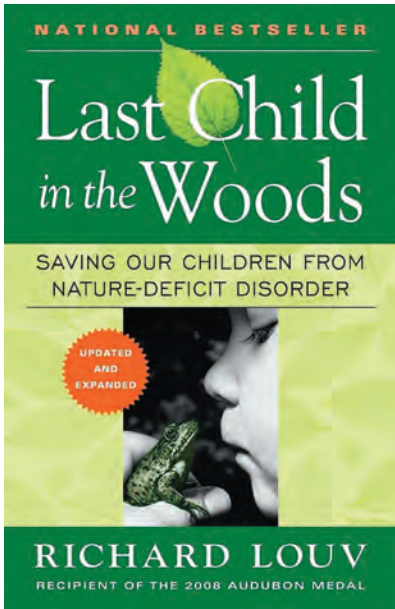
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I recommend the book "Last Child in the Woods" by Richard Louv, the man who coined the term Nature Deficit Disorder.

There is something magical about nature. No, nature IS magic! The moment you enter a quiet forest, breathe the air, and listen to birds, a calmness envelopes you, your senses come alive. There is so much to explore, so much to marvel at! The truth is that no matter how good we are at survival in the city and in our homes, we need nature in order to thrive.

backpacking offer the best physical and mental wellness.

Scouts, Guides, Cadets, Forest Schools, and increasingly, public and private schools are including outdoor education in their curriculums.

At our recent Wilderness Experience Camp for Youth and our Advanced Survival Camp for Adults and Families, we saw some amazing examples of nature therapy firsthand. We had 3 orphaned First Nation teenaged brothers connecting with the land for the first time in their lives. We also had families bonding together and with the earth. There were some very emotional and profound experiences.

One story I just have to tell

here also happened this summer. I received an email from a mom who sent her special needs son to camp for the past several years. He was in his early 30's, but was more of a teenager in reality, "Chris" didn't make it to survival camp this year. His Mom informed us in the spring that he had saved up again for camp this year, however, he had passed away suddenly from a brain aneurism. She said that Chris lived for camp and that she wished to attend camp someday to visit the place where he found so much meaning. Chris had a smile that was a mile wide, and he was like family. He will be sorely missed, and we hope he is with the angels at camp. I cried for days.

Many a camp alumnus has said, that "camp was the one time and place in my life, when I felt anything was possible". I have to say, I'm certainly lucky to be part of this.

I hope everyone has a chance to see firsthand what I am telling you. **Now get out there and Thrive!**

- CampDave, also known at camp as MommaDave and SurvivorGuy Dave.

Remember, be prepared, you are biodegradable.

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

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



David is the owner of Marble Lake Lodge, and WSC Survival School Inc. David has appeared on numerous outdoor survival reality shows eg. Survive This YTV, Bad Trips Abroad T + E, and offers a variety of training courses and camps. marblelakelodge.com wscsurvivalschool.com

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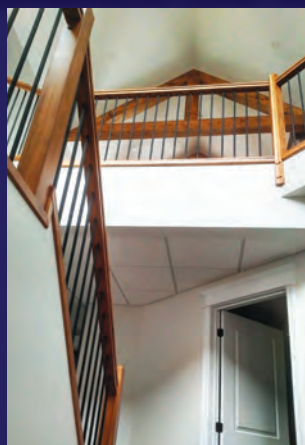
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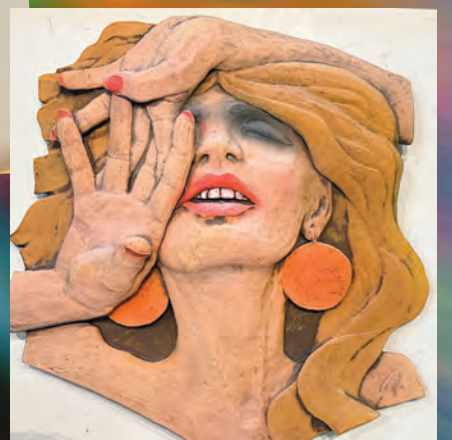
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