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A MESSAGE ABOUT REAL ESTATE

COVID-19 has taken the edge off the market because of the reduced number of home sales. Prices seem to be stable but may rise as most importantly, inventory is low. As we ease out of "stay at home" practices, sales volume should return to normal, but traditional home selling practices may not. We are working under new directives from both the Ontario and Canadian Real Estate Associations to protect the safety of our clients, now and ever moving forward. Let's continue with the increased support of our local businesses and remember to thank them for their dedicated hard work during this global crisis.

THE MADAWASKA HIGHLANDER May 2020 EMBRACE THE PAST ~ ENCOURAGE THE FUTURE ~ ENJOY TODAY

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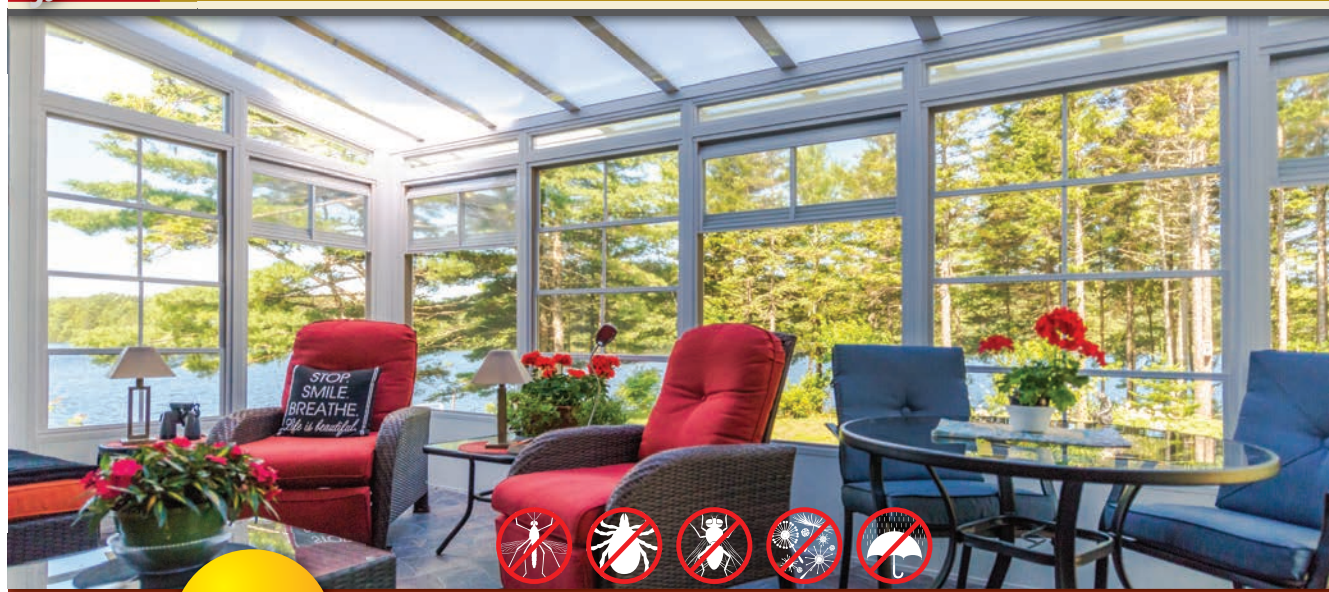
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The Madawaska Highlander

May
2020

FREE Vol.18 Issue 1
Next issue June 5, 2020

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

Welcome!

...To a slimmed down limited edition of the Madawaska Highlander. We cut out eight pages because of a drop in advertising revenue, but we still have all of your favourite columns! (Except for Behind the Tunes. Peter is taking a year off.) We are happy we are able to go to print and mail them. You can also read your favourite paper online at madawaskahighlander.ca. Tell your friends! So much has shifted to online. Sharon tells us how to access library books online in Library Matters, and Angela tells us how to do the same in D-V News. John and Anne did G-M News from Kanata. We are lucky to have the Internet during this pandemic. As Elmer explains in What in the World?, during the Spanish Flu you did your homework by candlelight. Cloyne Historical Society shines a light on the history of maple syrup and sugar making. Antonia would like God to illuminate a few things for her in Rural Vignettes.



Diane Christie took this breathtaking shot of Centennial Lake from her sunroom on Cooper Hill Road in Matawatchan. She calls it her Ribbon Candy Sunset.

Lesley connects the past with the present via gravel roads - the legacy of logging that's a joy for cyclists today.

"Stop the World, I want to get off!", they said. Well it has stopped. In Wellness, Derek reminds us this is our wakeup call to stop our unsustainable nonsense and reconnect. In Home on Native Land, Noreen sees this as our chance to understand what the Anishinabe peoples have known all along, that everything is connected to everything. What a World it would be if everyone lived pimadiziwin!



Seven white swans a swimming on the Madawaska River in late spring, practicing social distancing having just returned from down South
Pic by Mark Thomson

Social distancing is a matter of survival and in Survivor Guy, David tells us that key to survival at home or in the wild is not to panic. To make things easier, in Highlands Hiker, Colleen points out we have a cornucopia of food right on our lawns. Robbie takes it one step further, in The Healing Tree, with Spring Edibles. And Ernie screams for homemade ice cream in The View from Here. Something else you can do at home is write a short story for the Madawaska Highlander's 2020 Short Story Contest. Enjoy!...

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

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www.madawaskahighlander.ca

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

**Next advertising deadline:
June 5 for June 17 publication
www.madawaskahighlander.ca
for previous issues**

Message from the editor:

All events and church gatherings have been cancelled during the pandemic and so we have had to cancel the events page.

Check advertiser messages right away for important information, hours of operation, specials and ideas about things to do in the area. Tell them you saw it in the Madawaska Highlander!

We also maintain the matawatchan.ca website, which now has up to date information of what is available for purchase in store or by delivery at Denbigh, Griffith, and Matawatchan stores and farms. The Tri-County area around Matawatchan, Griffith, Denbigh and Vennachar is the primary focus of that website. Also check out www.greatermadawaska.com and other township websites for 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. We keep our advertising rates low to keep it accessible for small businesses.

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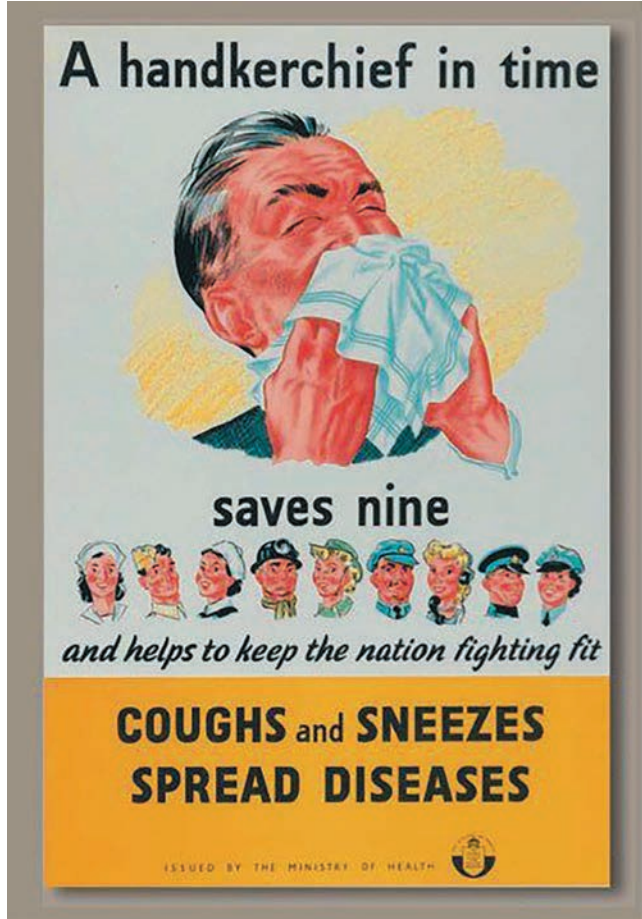
CONTRIBUTORS THIS ISSUE
Thank you everyone!

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

Ernie Jukes
Skippy Hale
Antonia Chatson
David Arama
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Colleen Hulett
John Neale
Anne Dougherty
Lois Thomson
Elmer Strong

Sharon Shalla
Marcella Neely
Tamatha Strachan
Derek Roche
Robbie Anderman



This United States wartime poster issued by the Ministry of Health is as valid today as it was during World War Two. Disposable "handkerchiefs" and masks are a modern improvement.

This play on "A stitch in time saves nine" is very appropriate. First recorded in 1732 as 'a stitch in time may save nine,' it is later found in 1797 as the more confident 'a stitch in time saves nine'. It comes from the literal meaning that sewing one stitch is easier than sewing nine stitches. Sewing up a small hole when you see it will prevent more sewing later (saves nine stitches). Doing something now will prevent more work later when the problem becomes worse.

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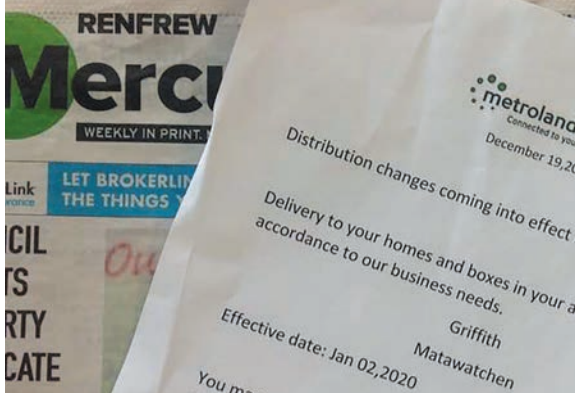
By Anne Dougherty & John Neale



The Pine Valley Restaurant is still serving food, but takeout only. We sure miss Coupe de Ville and Bert's Music Jams. Thank you to Bert and Carol and staff for staying open with meals, groceries, post office, and more until we can meet again.



The Griffith Waste Transfer site isn't as much fun anymore. No shopping or socializing allowed. Save your organics and recyclables for later, or else they will go into the trash compactor and the landfill.



The Renfrew Mercury has abandoned Griffith and Matawatchan. The only weekly is now the Eganville Leader.



The Cast and Crew of the St. Paddy's Day Murder at the Matawatchan Hall. It was the last event before we closed it up to begin our social distancing due to the pandemic. There were no cases in Ontario at the time...



One car at a time at the compactor in Griffith. The recycling bins have been taken away. Thank you to Garry for remaining at his post through this.



It's window service only at Rosie's Café and General Store in Denbigh. Karen Lips at Glaeser's General Store says business is up because people are shopping in Griffith and Denbigh instead of driving to larger centers.



Above is a \$20 produce basket of produce from Rosie's. They are different every time. Surprise!

As we prepare this article, late April seems more like mid-March and is trending to be the coldest April on record! As we continue our physical distancing warmer weather would certainly help to give us all a welcome psychological lift. Everyone is eager to get outside and do some gardening! At this rate, restrictions will probably start to be lifted just in time for black fly season!

All Griffith and Matawatchan events have been cancelled until further notice, except the outdoor walking club. The Matawatchan Walking Club is still going strong and usually meets each Monday, Wednesday, and Friday at the Matawatchan Hall at 10am. Walks are generally an hour long and walkers are keeping their two-meter distance while still engaging in welcome and much needed social interaction. The trail along Dunn's Lake is a favourite place to walk although recent ATV traffic has unfortunately made the path quite muddy. Starting points change, so call Gitte if you would like to join them 613-318-8308

Sadly for one of the few times since the first Matawatchan Picnic was held 138 years ago, there will not be a picnic on Canada Day. Even if large crowd restrictions are lifted at the end of May there won't be enough time to organize this big event.

Our community is definitely adapting to the situation. Our churches now have online services (see Matawatchan.ca for links) and they provide a much-needed source of comfort during these anxious times. Our commercial establishments have also adapted. BMR has curb-side pick-up and delivery, Calvyn's and the Pine Valley Restaurant are doing take-out and the post office is still open. Fortunately, both

grocery stores and the LCBO remain open (Griffith General Store and the Pine Valley). Many people are also taking advantage of the weekly food basket provided by Rosie's in Denbigh. However, all store hours have been reduced, so please consult with the Matawatchan.ca website for updated store hours to avoid being disappointed. We all depend on our vehicles to do just about anything around here so it's wonderful that we are finally enjoying competitive gasoline prices for our cars, trucks, boats, sleds and ATV's at Rosie's in Denbigh and at the Griffith General Store!

Cottagers have been discouraged from coming up from the city, but those that have come have generally been responsible and have not spread the virus or taxed local resources unduly. Early May is generally the best time to do repairs to docks - before water levels rise, but this year water levels came up early. Get your hipwaders. Fortunately, there is no flooding this year as sandbagging would have been very difficult under the circumstances.

Musical activities have also been curtailed. Coupe de Ville is no longer performing on Wednesday nights at the Pine Valley Restaurant. St Patrick's Day events were cancelled in Douglas but CJHR hosted a live St Paddy's Day performance by local artists. The Tallboyz were scheduled to provide musical entertainment for the June 29th Canada Day event at the Hall. The Tallboyz are hoping to organize at least two River Concerts on Centennial Lake this summer, so stay tuned for more information on dates and locations.

The pilot project of "helping seniors stay in their homes longer" was open to all seniors in the villages of

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Griffith, Matawatchan, Denbigh and Vennachar. Over 50 local seniors received assistance and over 25 workers offered to help although not all could be enlisted. The services most in demand were snow plowing, shovelling, help with firewood and house cleaning. The GMSGGA will apply for another grant to support seniors at home as current funds have been exhausted.

The people of Griffith, Matawatchan, Vennachar, and Denbigh would like to support and thank the local business owners who are staying open so that we can all avoid risky trips to larger centers. Keep your distance, wash your hands and don't leave home if you have symptoms. Ask about delivery in all cases. Download a list of available goods and services at www.matawatchan.ca

Thank you to health care workers, and to Jason and all the front-line postal workers and delivery people who are doing a great job delivering all of our necessary items. The Post Office is at pre-Christmas volumes, so now is not the time to order a sofa online. Please try to stick with necessary items during this crisis so that other people's essential items and the Highlander can be delivered on time. Stay healthy everyone. We can do this together by staying apart.

As many local readers know, John and I are cottagers and we live in Kanata full time. We have tried to spend as much time as we can in Matawatchan on Centennial Lake. We love to celebrate our

respective birthdays at our cottage and I love to cook for the crowd. We had to cancel my March celebration due to Covid lockdown. We did travel to the cottage for the week but hunkered down and removed food which we could use in Kanata moving forward.

Now for some "Lockdown Baking". We've been using up our staples and frozen treasures over the past weeks. We've reorganized our kitchen in Kanata to streamline meal prep. And I have streamlined making these delicious lemon Squares using minimal equipment. My favourite kitchen gadget is my Salton immersion blender/chopper combo. Unfortunately John ate the last square before I decided to share the recipe, so I couldn't take a photo. Enjoy!

Simple Lemon Sunshine Squares

1. Assemble all Ingredients and Equipment. Set oven temp to 350 degrees

2. To make the bottom crust place all 4 ingredients into a **mini chopper bowl** and wiz it till it is all blended.

- 1 cup flour**
- ½ cup soft butter**
- ¼ cup icing sugar**
- ½ teaspoon salt**

Dump the crumble into a **9x9 oven proof glass baking dish**

Place a **plastic reusable bag** onto your

hand and press the crumble hard into the dish.

Set your **timer** for 20 minutes and place crust in oven.

3. Then start the filling using the same bowl & tools:

Wash a **large lemon** then zest the whole thing and dump it into the bowl Squeeze that lemon into the bowl and add the rest of the ingredients listed.

- 2 room temperature eggs**
- 1 cup granulated sugar**
- 1 heaped teaspoon baking powder**
- ¼ teaspoon salt**

Mix on high for at least 3 minutes.

When timer goes off remove hot crust and pour egg/lemon mixture over the hot crust.

Set timer for 30 minutes then pop dish back in the oven.

3. When timer goes off let bars cool in pan on **wire rack** for 30 mins then using a **fine sifter** shake a thin layer of **icing sugar** over the lemony custard.

4. Chill for an hour then cut into tiny squares and remove from baking dish onto a serving plate. (otherwise they stick)

Make a pot of tea, video call your favourite people and enjoy!



No matter how simple or complex your recipe is, it's important to assemble all of your tools and ingredients before you start. It makes the whole process more enjoyable. Cooking is both art and science, so measure carefully for best results.



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

BOGIE BEAT

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

By Skippy Hale

At this time, we are not sure what Mother Nature has in store for us, since she changes seasons daily. Gardeners would like to get out and clean up the brush and rake away leaves and fallen branches. The birds are returning. A grebe couple are back below on the North Fork of the Madawaska. I should be seeing their family paddling behind them sometime in the future. My resident groundhog was out for a sun bath the other day, but silent as I tried to be, he slipped away before I got close enough to take a photo. I peaked at one of his entrances and saw the cute little face in the doorway! As I lifted the phone, he backed down into his home. I love the sounds of the river especially at this time

of year when they open up the gates for the spawning pickerel. I wish they were always open.

The winter in Canada had several large crises starting in January. Before one was dealt with, another overlapped it. Not going into the international political factors causing it, our CAF forces in Iraq were posted to an airfield there with American Forces. There was danger of bombing from Iran, so, except for some Special Forces, they were moved out of harm's way before the bombs hit. The situation became even more dangerous and a Ukrainian plane was shot down killing the crew and all the passengers, most of whom were Canadian or landed immigrants to Canada. Then there began

protests against the building of a pipeline which would cross tribal lands in BC. Across Canada other groups blocked railroads in solidarity. Overlapping most of these, Newfoundland was hit by the worst blizzard ever. Cars were buried and the island was sealed off from the world covered with a blanket of snow. In went the CAF to help literally dig them out, tunnelling to the front doors! As only Newfoundlanders could do, they even lit bonfires in the street to gather and perhaps hold a spontaneous kitchen party!

While all of these crises were occurring, the world was hit with the pandemic COVID-19! It is the worst crisis in Canada since WWII. It spread across the

world from China. It is a new virus and scientists world-wide are working on a vaccine. At present, there is no cure. Canadians were asked to come home from abroad. Hundreds of thousands of folks were brought home provided they tested negative. Since it was winter, many were on cruises which then became infected and they floated around unable to dock. Eventually, after dealing with Embassies, with airlines, governments in China, Japan, California and elsewhere, many came home if they tested negative. Hard to imagine such an undertaking! Once home, many were sent into quarantine in Trenton or Cornwall. Others, such as snowbirds, were told to self-isolate for 14-days, not even to stop for groceries.

Pine Valley Restaurant

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Most did. Many did not. We were locked down in mid-March and gradually adjusted to a new temporary lifestyle.

As with all crises, there are those who have been spreading conspiracy theories and false cures. Social media is full of these. It is sad because we are all stressed and do not need any extra anxiety. During WWII, the Brits use to say, 'just doing my bit'. That's what we need to do now, work together towards our common goal: the planking of the curve will happen if everyone stays home except for necessity; keeping a 2 metre distance apart when out; washing hands for at least 20 seconds each time, or as long as it takes to sing 'Happy Birthday' twice. I have started making up other songs like, 'This is the way we wash our hands, wash our hands...' Seasonal visitors have been asked to stay in their city homes. So far, the virus has not touched us here in GM, but could if carriers from outside the township bring it in, by visiting our stores.

This has been a financial hit for many, from small businesses, families who have lost their jobs. The government has created plans to help folks stay above water and filling the gaps as they appear. For those who have lost a source of income, it is helpful. We will get through this and perhaps will be a little less interested in acquiring things, especially cheap ones, from off-shore. Just as in WWII, manufacturing plants were repurposed to make ventilators, surgical masks, gowns and visors, Canadian ingenuity bloomed and hopefully, we will see that making things at home, even if costing a bit more might just be worth it!

Locally, initiatives have been put into play. Check out the Township website. Council meetings are now virtual. You can watch them on the "Township of Greater Madawaska" YouTube channel. They have had more views than they have space for in a regular meeting. Hopefully they'll keep the channel going after this is all over.

Parks are barricaded and it is hoped that those who are not local residents, will stay home and not come into our village and enter our businesses since even those without symptoms could still be carriers. Seasonal visitors have been asked to stay home until the COVID-19 crisis is over since coming to the cottage puts our community at risk. Our rural medical system is not equipped to handle the increased volume. We welcome you back when this pandemic is curtailed. The Township of Greater Madawaska supports the messaging from the Society of Rural Physicians of Canada. We have not had anyone ill with the virus and it would be a shame with all of our vulnerable seniors to have it start here.

BUSINESS HOURS DURING COVID-19

Calabogie Pharmacy:
1- 4 M-F, 9:30-1:30 S, closed Sunday.
Free delivery to Calabogie area and Dacre. Delivery to Griffith & Matawatchan for a small fee.

Bogie General Store: 9-5 M-S; closed Sunday

Post Office: 10:15-12:45; 3:15-4:30 M-F closed Saturday & Sunday

Charbonneau's: 7-7; closed Sunday

Many of us were delighted with a **One Woman Play** about Lucie Maud Montgomery, author of the 'Anne of Green Gables' and other stories of PEI. It was written and performed by local author Anne Kathleen McLaughlin. The hat was passed to raise funds for GMPL. It was at The Valley Food and Drink in early February.

WOW! Check out the updated Calabogie Lions Club webpage by Club webmaster Lion Gary Hollingsworth. **Calabogie Winter Carnival:** Kim Prowse-Rekowski: "Mother Nature agreed with us for a change and didn't

get too cold until it was all over... thanks Jen". Winners: 2020 Calabogie Lions Club Winter Carnival snow sculpting contest: 1st prize Cosman family; 2nd prize Hertzog family; 3rd prize KidzB-Kidz Day Care

Winter Carnival Trivia night: 1st Place- 4 girls and a Stick- Sarah Taylor's Team; 2nd Place- Calabogie Misfits Dave Greer's Team; 3rd Place- A League of Our Own - Dallas Brydges Team Pickleball Cancelled

I am sad to announce the recent passing of **Lois Mulvihill**. Lois was the Librarian for 22 years and was a valuable member of our community. Condolences to her husband Stan and family.

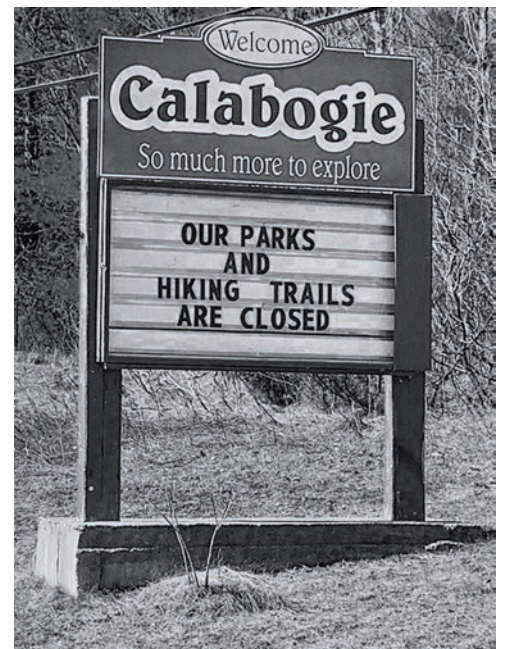
The Almonte Country Haven Long Term Care Home has sadly seen many deaths of their residents. Former Calabogie resident, **Ross Richards** was the first to pass away. His wife **Lois** also has the virus. I hope she is getting better. Ross was a long time Trustee on the GMPL Library Board. I wish condolences to Lois, who is in that residence, and their family.

I wish the families of those so tragically lost in the Nova Scotia shooting rampage condolences as well. Canada grieves with Nova Scotia!

This has been short and sweet due to the COVID-19 Crisis. Activities are cancelled until further notice and most businesses are also closed. Keep me posted if you have a story to share about art you have produced; songs or poems written or other ways you and your families are doing to fill the isolation time. Please stay home and stay healthy!



Please take this total fire ban seriously. As well as being a precaution that will keep our limited emergency workers safe, it is actually an extremely dry spring. This was mandated by the Province of Ontario.



Welcome! So much more to explore! Our parks and hiking trails are closed! Normally welcoming, our Highlands are closed to visitors - for now. Photo by Charles Rigelhof



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

VENNACHAR DENBIGH DISPATCHES

By Angela Bright

***A "HUGE" and sincere thank you to our front line and behind the scenes health care workers, for all the hours of care and support you have provided our communities! For the most up to date info regarding Lakelands Family Health Team hours of care, please find them on Facebook. We are also so very grateful to area businesses for keeping well stocked with food, supplies and gasoline.**

*While school is not in session, I hope you have been enjoying some quality family time, and the great outdoors. Why not break out the board games & popcorn, have a movie night, or set up some art supplies and get creative! Now might be the time to get back into a hobby you have set aside, or to pick a new hobby.

*The Denbigh Food Bank is open on specific Tuesdays. Please contact Gail ahead of time at 613 333 2224. The food will be packed and ready to go by 11am. You are asked to wait in your car and take turns picking up your food. Thank you for your cooperation in this, as we work to continue to make the food bank available.

*Even though our brick and mortar libraries are closed, you can visit www.addingtonhighlandspubliclibrary.ca to check out a couple of online resources. Thanks to Tumblebooks, you will have access to ebooks and audio books 24 hours a day, seven days a week, for all ages, to use for free until August 2020! Just click on the category you are interested in: Tumble Math (K to grade 6), Tumble Book Library (K to grade 6), Teen BookCloud (grade 7 to 12), AudioBookCloud (all ages), and RomanceBookCloud. There is no sign up required, no account, no passwords; just click and you are on your way! The other new feature are links to EBSCO to access the Canadian Reference Centre, Canadian Literacy Centre, Canadian Points of View Reference Centre, Canadian Subscription Centre, and the Cricket Media Subscription Centre. A username and password are provided for you on the library page. A great, easy to use resource!

*The Township of Addington Highlands office is closed to the public until further notice, as are all AH facilities. You may contact the office at 613 336 2286

or info@addingtonhighlands.ca. There is also a list of helpful resources and updates to be found on the township website at addingtonhighlands.ca.

*The Land O' Lakes Community services building is closed to the public. The phones will be answered from 8:30-4.


For more information contact 613 336 8934 or toll free 1877 679 6636.

*A notable quote from Martin Luther King Junior; "We must accept finite disappointment, but never lose infinite hope".

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Wed - Sun, 9am - 8pm

Currently open 9 - 5 every day due to COVID-19

This pandemic has affected all of us differently but affected all of us profoundly. Whether you are an anxious front line worker receiving thanks from the rest of us, are working from home while trying to homeschool stir-crazy kids, or if you are a vulnerable person in a difficult domestic situation, or maybe a single person pent up alone in a downtown apartment, a lonely senior without access to the Internet, no matter who you are, the "before time" is quite different from the present time. Every single one of us has had to change our routines all at once.

Routines keep stress down. We can wake up in the morning and grab a coffee in the kitchen, have a shower, etc. every day without having to make a decision. Imagine how stressful it would be to wake up in a strange house with people you don't know, not knowing where the bathroom or kitchen are, let alone where the spoons are, or who should take a shower first? You would be fully stressed before you left the house. Now imagine if you had a new workplace every day and had to do your job in a different way as well. That is stressful and is akin to what every one of us just faced.

When was the last time before this that you really had to think about how to buy groceries or had to ask what the rules are for walking in a park? It was probably the last time you moved to a new home. Which box has the spatula in it? Where is the town library? Which route do I take to get to work? Changes in routine are stressful and routines free up the mind for more important decisions.

By now most people have settled into their new routines, so stress is reducing for many and many have begun to think of the old normal as stressful. This great pause has given us time to think. Did we really spend so much time dashing from place to place? Do I want the upcoming new normal to be better than the old normal?

In Ontario the curve is flattening and by the time you read this some non-essential businesses will have reopened or can prepare to reopen with strict social distancing guidelines. This give us hope that we are doing the right thing:

Garden centres and nurseries with curbside pickup and delivery only. Lawn care and landscaping. Additional essential construction projects that include shipping and logistics; broadband, telecommunications, and digital infrastructure; any other project that supports the improved delivery of goods and services; municipal projects; colleges and universities; child care centres; schools; and site preparation, excavation, and servicing for institutional, commercial, industrial and residential development. Automatic and self-serve car washes. Auto dealerships, open by appointment only. Golf courses may prepare their courses for the upcoming season, but not open to the public. Marinas may also begin preparations for the recreational boating season by servicing boats and other watercraft and placing boats in the water, but not open to the public. Boats and watercraft must be secured to a dock in the marina until public access is allowed.

This is hopeful, but will we want to go back to exactly what we were doing, or are there parts of our new routines that we like? For instance, I am now in closer contact than ever with Zoom chats once a week with my siblings and adult children who are in different parts of the world. I don't think we would ever have done that if this hadn't happened.

Rural general stores used to carry basic corner store type products, but with greater demand they are now offering fresh produce, local butcher shop meats, and will order in whatever you want. Will country people go back to driving to a larger center for groceries every week if they can get it here for the same price? Will we continue to ask each other if there is anything they need from Canadian Tire or other chain stores before we go? It really is ridiculous that everyone was taking their own cars when one person could pick things up for others.

Will we travel as much when this is over? Will the businesses that have adapted to online sales continue to rent office space if they have proven their employees can work from home and communicate through teleconferencing? Will they be able to justify large conferences when the same information can be shared through video seminars and YouTube presentations? The most recent Township of Greater Madawaska YouTube council meeting on April 27 had 274 viewers who watched live. That is way more than would ever attend in person. Some of the viewers were from news organizations that might not have

sent a reporter before, so reporting is faster. Why not continue operating from home and take a few more cars off the road? Even if meetings go back to council chambers, the YouTube channel is a positive change and should be continued. Comments were turned off for that meeting, but there is an opportunity to turn them on so that council can read what constituents think about the issues at hand, just like a Q & A session.

Will we reconsider how much we consume and stop buying from foreign countries like China if there is a Canadian alternative? Will we shorten the supply chain and buy locally? Will we spend more time outdoors with friends and family?

No one expected we would fight climate change by shutting down human activity, but we have proven we can go to drastic measures to save ourselves and change how we treat the planet. My hope is that we never go back to "normal", because, for the most part, our old routines were unsustainable. We have learned what our essentials are; food, shelter, medicine, education, good governance, clothing (but not necessarily pants), and liquor for many. Painfully obvious throughout social distancing is how important the essentials of human contact, social gatherings, and the outdoors are. As we slowly add on non-essential items, remember what we learned when we paused to think, and choose wisely for the sake of our future on this planet. Your health and the health of the planet are interconnected.

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The Denbigh/Griffith Lions Club would like to send a sincere thank you to the following individuals, organizations and local businesses that supported us with their generous donations to our Christmas Food Baskets 2019. The need never gets less with more people requiring help. Any extra moneys, was given to the Community Food Bank in the Addington-Highlands Community Centre in Denbigh.



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George Jackson Toyota
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Others

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McCarthy Propane, Killaloe
Tobia's Guardian Pharmacy, Northbrook
David Minns Insurance, Pembroke

Because of the continued support, we are able to make Christmas a joyous occasion for some of our local citizens. Please support these people, organizations and businesses in their endeavors as they are good community sponsors and deserve our support. Check out our website for on going activities.

www.e-clubhouse.org/sites/denbighgriffithon

By Lois Thomson

The Madawaska Short Story Contest is back by popular demand. What better way to spend long days at home than to take your imagination out for an adventure, back in time, or into the future?

It's time to get out your scribblers, pencils, laptops, or whatever you use to create, develop, hone, and polish your stories. Our readers are hungry for stories that will get them out of the house, too. (Literarily, if not literally.)

Do get started right away. It's amazing how quickly time flies, even when you are living in a "science fiction" lockdown. Get the kids involved. People with school-aged children will appreciate giving their children something they

can do quietly by themselves. Please encourage your kids to enter the contest. We had no youth entries last year. Just one story would have won the \$50 prize!

Good luck and good writing!

How to Enter - When to Enter - How it is Judged - How much you can Win

Categories:

Adult Fiction – one prize of \$200

Adult Non-Fiction – one prize of \$200

Youth Fiction or Non-Fiction one prize of \$50

People's Choice Fiction or Non-Fiction – one prize of \$50

Judges:

• Michael Joll, author and President of the Brampton Writers' Guild • Kenneth Puddicombe, author • Garry Ferguson, writer and editor, former Madawaska Highlander contributor • Diane Bickers, Stakeholder Relations, Ontario Shared Services at Ontario Ministry of Government and Consumer Services, writer and enthusiastic reader • Max Buxton, physician, writer

Entries:

• No charge to enter • One entry per person • Enter any time between May 6, 2020 and September 11, 2019 • Stories must be primarily in English, short foreign phrases are allowed if they support the story • Stories must be original • Stories must not have been published in any format on any media up to and including November 25, 2020 when winners will be announced • 1200 words maximum not including the title • Do not put your name on your story or include any identifying information in the story itself • Story should only include the category, title, and word count • Open to the general public including volunteer (unpaid) Madawaska Highlander contributors • Youth entries must state the age they will be on the contest deadline date of September 25, 2020 in their entry email, which must be less than 15 years old at the time • Youth 15 and under are eligible to enter either as youth, stating their age, or as an adult without stating their age, but not both • If the Madawaska Highlander can no longer publish a print edition because of declining advertising sales the contest will be cancelled as there will be no revenue to cover the prize money.

Sending Stories:

• Email your story as an attachment to info@reelimpact.tv • Include your name, address, email address, phone number, story title, and category in the body of the email • Do not put your name on your story or include any identifying information in the story itself.

Judging:

• A panel of volunteer judges, not connected to the current Madawaska Highlander, will score the entries based on a weighted scoring system. • Judges will not see authors' names. • **An average of judges' scores will become the entry's final score.** • **Top-scoring finalist stories will be printed in full, in random order and without author's names, in the October-November special edition of the Madawaska Highlander that comes out on October 21 and 22.** • Number of finalists printed depends on space available in the 20-page Madawaska Highlander special edition. • The Madawaska Highlander reserves the right to add images or illustrations to published entries to add interest. Entrants are encouraged to supply relevant original photos (not sourced from the Internet) to supplement their stories if published. The judges will not see the photos when scoring. • **People's choice winners will be selected by the general public by emailing their choice to info@reelimpact.tv. People can vote only once for stories in each category and must include a name and address for every vote as well as one sentence about why they like the story. Story writers and people who know who wrote any story are not to vote.** • **Online voting will begin on October 21 and continue until November 13, 2020 at 5 pm** • Winner names and story titles for each category will be printed in the winter edition of the Madawaska Highlander that comes out on November 25. • **Prizes will be mailed after November 25.**

WHAT IN THE WORLD?

Let there be Light

By Elmer Strong

The ancient art of candle making played a role in Matawatchan's early history. At the time of the first settlers the candle was the only source of light in their simple log cabins during the long autumn and winter evenings. Can you imagine sharing the exceptionally dim light from a single candle, while doing your school homework?

This candle maker was in the family of the Carswell's and Strong's for many generations. It is thought to have come to Matawatchan with Dave Carswell and his first wife Margaret Madigan, when they moved from Mount St. Patrick around 1871. The candle maker may have first belonged to David's father Benjamin Carswell, an Empire Loyalist, who came to Mount St. Patrick around 1839 from Hatley, Quebec.

This candle maker is capable of moulding up to four candles at one time. The principal material used to make the candles was lard waste



This candle maker was an essential part of area households, as candles were the only source of light at night.



burning candle.

Candles in Matawatchan began to be phased out in about the early 1880's in favour of the Coal Oil or Kerosene lamp which was safer and provided more light. In many areas, such as Matawatchan, where electric power was not introduced until the early 1960's, coal oil lamps were pop-

The inexpensive process of extracting kerosene (known as coal oil or paraffin) from petroleum was perfected by Canadian scientist Abraham Gesner in 1849. Kerosene provided the first inexpensive and abundant supply of a safe fuel that could make good lighting available to the general public. It was James Miller Williams of Hamilton who, in 1857, first shipped crude oil from hand-dug wells at Oil Springs, near what is now Petrolia, Ontario. American and Canadian patents for kerosene burners and lamps continued long after electric lighting was introduced. Petrolia was supposed to be spelled Petrolea after the petroleum discovery that sparked the world-wide oil industry. It was a clerical error on incorporation.



ular into the 1940's when they were replaced by the much more efficient Aladdin and Coleman lamps and lanterns burning white gas or alcohol.

It is interesting to speculate from which metal this candle holder was manufactured, which allowed it to remain virtually rust free these last 180 years or so.

COVID-19 pandemic pauses Alberta government plans for health cuts. Province will likely increase the number of front-line health staff

Sea turtle hatchings in Thailand were the highest in 20 years. People staying home.

Rats are moving from restaurant dumpsters to residential composters for food

'Never kiss a pet rodent': Salmonella outbreak prompts warning about rats, snakes. 92 cases of salmonellosis in 6 provinces over 2 years.

'Clean the World' Hotel soap, lotion and shampoo recycling service has made 50M sterilized, recycled bars and bottles to homeless shelters and foreign aid in 11 years.

World's Second-Largest Ferry Operator Switching From Diesel to Batteries. Washington State Ferries consumes as much fuel as a midsized airline.

B.C. seaplane company makes history with test flight of first commercial e-plane. Pilot Greg McDougall said it felt just like flying any other plane, only with more kick.

Greta Thunberg named Time magazine's Person of the Year for 2019.

Tesla pushed the electric market share across all vehicles sold in Norway to almost 50%. As EV charging stations expand in Norway, gas stations are closing.

Ontario funding for recycling of single use dry cell batteries will end June 30, as responsibility shifts to the producer.

European Parliament votes for a standard charging device for all mobile devices to help standardize the mobile device industry while also reducing electronic waste.

Canadian duo invent a toothpaste tablet to eliminate plastic tubes.

The tiny waxworm could potentially help solve one of the world's most pressing environmental problems: plastic waste, by chomping through plastic.

Canada is making off-road electric vehicles such as mining equipment eligible for immediate tax writeoffs in a bid to encourage Canadian companies to buy them.

CASE Introduces World's First Fully Electric Backhoe Loader, an industry first.

Renfrew to switch street lights to LED to save money and energy, and cut GHGs

Tim Hortons gave out 1.8 million reusable hot beverage cups on March 10 as part of a 10-year commitment to change consumer habits towards reusing cups.

Edmonton first Canadian police service to pilot ANDE Rapid DNA (2-hour) Identification System in an effort to solve crimes faster and expedite closure for victims.

Elora Ontario is in a David-and-Goliath situation, taking on Nestle to save its water.

London-area health officials have declared a syphilis outbreak after a threefold increase in reported cases this year, compared to 2014.

Pope Francis abolished 'pontifical secrecy' in cases of sexual abuse of minors in a major reform of canon law. The rule protected abusers and silenced victims.

A swarm of nearly 40,000 Africanized "killer" bees attacked police responding to a single bee sting report in a California neighborhood in February.

New Hampshire Police Chief Walks Home in Underwear in minus Three Degrees Celsius After Town Dissolves Police Department.

OPP admit using controversial facial recognition software Clearview AI. Ontario's privacy commissioner is developing guidance on the use of biometric technologies.

Ontario RIDE stop officers can now make a demand for a roadside breath sample without having reasonable suspicion that the driver has alcohol in their body.

EDMONTON - school bus driver from Spruce Grove was arrested after school staff noticed she was drunk behind the wheel as students were getting on board

BC issues first Canadian guideline urging doctors to treat alcohol-related issues starting at age 12 to prevent addiction, a leading cause of social and economic harms.

Scientist gets experimental brain surgery to fight alcoholism. He is believed to be 1st person in NA to receive deep brain stimulation to fix damaged reward urges.

In a world first, scientists have discovered a new type of antibiotic using artificial intelligence (AI). A major breakthrough against drug resistance.

A division of SNC-Lavalin Group Inc. has pleaded guilty to fraud in relation to the company's activities in Libya. \$280M fine to be paid over five years.

Saudi sovereign wealth fund bought stakes in four European oil majors: Shell, Total, Eni, and Equinor, taking advantage of the oil price collapse they helped create

Canadarm maker MDA back in Canadian hands with \$1 billion sale to investors

China convicts scientist who created world's first gene-edited babies. His actions sparked global debate over ethics of gene editing. He did not have a medical license

DNA from 5,700-year-old birch pitch 'chewing gum' helps create profile of woman who lived in what is now Denmark. She likely had dark hair, dark skin and blue eyes.

UK man blows up his car by lighting cigarette after spraying a lot of air freshener.

An entire class of U.S. Guard trainees was fired after they performed a Nazi salute in their graduation photo.

Indigenous MB woman surprised and proud to see a beaded medallion she created on Whoopi Goldberg, while talking about missing Indigenous women and girls.

Betelgeuse: Star is behaving strangely and could be about to explode into a supernova. Orion could lose its shoulder (or armpit) star... sometime between now and?

Researchers: Dementia prevention vaccine ready for human trials in next two years

Physicists grab individual atoms and merge them for 1st time, paving way for ATOM-IC construction to build things like medicines one atom at a time.

Ultra-precise microscope will let scientists measure distances between molecules

\$50,000 donation from RBC helps the Phoenix Centre offer e-walk in clinics to connect youth with professional counselling services in Renfrew County.

On July 6 Renfrew Victoria Hospital's inpatient care will be managed by Hospitalists, allowing family physicians to concentrate on primary patient care in the community.

Up to 83% of costly cancer meds are wasted. Surplus meds in large vials cannot be reused. Canada must negotiate with pharma to reduce vial size to save millions.

Mike Adlington won \$1,661,654 when he found the ace in a lottery that raised more than \$2.5 million for the Renfrew Victoria Hospital Foundation over 46 weeks.

TekSavvy files complaint with Competition Bureau against Rogers, Bell, seeking investigation of anti-competitive behavior that is raising rates in large markets.

Apple Watch is the next weapon in preventing strokes. Hopefully, the Apple Watch and the Heartline Study app can thrive in its attempts to detect atrial fibrillation

The Bank of Canada is going to start the work to build its own digital currency as a backstop should the day arise where cryptocurrency dethrones cash as king.

Western Union stops money transfers from Canada to Cuba, "due to the unique challenges of operating remittance services from countries outside of the US to Cuba."

The most massive explosion since the Big Bang was spotted in deep space. The explosion actually took place around 390 million years ago.

US Executive Order is signed, stipulating that Americans should have the right to mine and use the resources of space, including the moon

Scientists have discovered that Uranus is leaking gas.

Ocean researchers may have discovered the longest living - thing - in the world, over 100km spiral string of tiny jellyfish-like predators that actually hunts for food 630 meters deep in a trench in the Indian Ocean.

Fins of prehistoric fish found in Quebec reveal origins of the human hand. Elpistostege's fin also has the precursors of the upper arm, forearm and wrist.

A woman lost her heirloom diamond ring while swimming. Divers followed a baby octopus to it's home and found the ring. Octopi put shiny objects by their homes.

Panty hose coated in gold is next viable step to light weight, flexible, luminous clothing for first responders and nighttime construction workers.

Russia approved constitutional reform will allow President Vladimir Putin to stay in power for another 12 years after his current term ends in 2024.

U.S. and Canadian fighter jets have intercepted 2 Russian spy planes flying off the coast of Alaska, days after Canada's top general said Russia greatest threat to NA.

Legal precedent and Monty Python overlapped when B.C. court sided with a person who sued another for allegedly selling him a dying parrot. It had ceased to exist.

Everyone and Everything is Interconnected

By Noreen Kruzich

It is pimàdiziwin.

What would happen if everyone lived pimàdiziwin? What a world it would be—a time when there are no more missing and murdered women, no poverty, no more pollution or destruction of mother earth for economic gain, and no more pandemics—with communities pulling together—infinite.

Everything and everyone is inter-connected. That philosophy couldn't be more demonstrated than at the height of a pandemic. What you did, the actions you took not only impacted those you know and love; but touched people you had never met. If you chose to be respectful and in doing so performed a selfless act or chose to be disrespectful, committing a selfish act; your decisions had an effect on everyone.

The Anishinàbe peoples, the first peoples of this land had and continue to revive and nurture a belief system ages old. It's sometimes referred to as pimàdiziwin, to live the good life. The language, Anishinàbemowin, and the culture is tied together to express and to live the belief system. Respect is imbedded into the language.

"We speak from our ode—heart—so much expression, life, love and laughter," says Algonquin Language teacher Carol Bob of the Sagamok Anishnawbek First Nation, located about one and half hours west of Sudbury. Bob has been a language teacher for some twenty years, beginning as an assistant at Sagamok, followed up by a degree in teaching, to accepting a job here in Eastern Ontario at the Algonquins of Pikwàkanagàn First Nation in Golden Lake, then at an immersion school in Michigan, finally returning to her own community. "Our language is alive when we speak," Bob points out, meaning all the teachings and beliefs



Carol Bob, right, former Algonquin Language teacher at Pikwakanagan/ Golden Lake and Michele Gaudry current teacher at Pikwakanagan, Eganville District Public School, St. Francis in Eganville and teaching adult classes in Bancroft, Ontario. Gaudry from Pikwakanagan, has taught the language since 2009. You can download E-books of Algonquin Conversations by going to the Omamiwinini Pimadjiwovin – The Algonquin Way Cultural Centre website.

are instilled within the language. A word like ikwe meaning woman, is connected to aki meaning earth, knowing that both are life givers. Old man, akiwensii literally means earth caretaker. Old woman, mindimooyehn, is one that holds it all together, the foundation of the family. An elder is held as a great being, Gichi ayaa'aa and a child, a spirit that was specifically placed here, abinoojii. Some, who promote the teaching of the language believe the Anishinàbe are one generation away from losing their language. "I see the hunger of our people to learn our language," says Bob. Her and others whose efforts to keep the language alive are interconnected to keeping the culture alive, to keeping a way of life alive. "We need

to wake up and listen. Look at what is happening today." And yet, Bob sees the good in all we have come through, "It is part of healing together."

It is pimàdiziwin.

From

www.algonquinsopikwakanagan.com:
Our philosophy is to only take what you need; give in order to receive; recognize that you are an equal part of all that is; be thankful for everything that you get. Many teachings relate to the Creator. Our teachings are not rigid and can be interpreted in different ways. It is encouraged that each person develops their own special relationship with the Creator. It is this difference, this uniqueness with the Creator that creates meaning possibilities.



Noreen Kruzich specializes in First Nation and Metis genealogy/ social history. She is the author of The Ancestors are Arranging Things (Borealis Press/ Ottawa/2010) and the history researcher for award winning documentaries, Colonization Road and Trick or Treaty. She is currently working on her second book, Blood, Paper and Spoken Word- a highlight of indigenous ancestries across Canada, revealing suppressed indigenous history—and putting faces to the stories.



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Like

The Pursuit of Pine and Gravel

By Lesley Cassidy



Horse drawn snow rollers were used to pack down snow on the roads. Packed snow was needed for horse drawn sleighs and logging wagons. Snow wardens had to pack snow onto roads that passed inside covered bridges to keep the ride smooth. Ontario Archives photo by John Boyd, 1924, shows a roller on the Ottawa River to create a road for horse teams to haul logs on the ice.



NOTE: All planned cycling events for 2020 are on hold. Check the website for updates at gravelcup.com

What does the lumbering giant Joe Mufferaw, gravel roads, and pine trees have in common? Well, thanks to the logging and settlement history of the Ottawa Valley, these narrow and sometimes muddy, rutted roads have found new life as cycling routes.

All-Terrain Vehicle (ATV) riders love gravel surfaces, as do dirt bike enthusiasts. Recently, there has been a surge in the number of cyclists leaving asphalt behind and riding rail trail corridors, hydro cuts and unmaintained roads. Sales of gravel bikes confirm this – in Toronto, for every one road bike sold, nine gravel bikes were purchased last year. And tragically, between 1994-2012, almost 1500 Canadians were killed

cycling on paved roads, and 7,500 people seriously injured. It's no surprise that more people are gravitating to unpaved roads to discover quiet, safe cycling experiences, the joy of spotting wildlife and splash of muddy water. For one local cyclist, this enthusiasm to adventure onto gravel roads translated into planning cycling events to share his love of these narrow twisty routes with others.


Brendan Gorman is the man at the heart of gravel riding in the Ottawa Valley. Gorman lives not far from Pakenham and hails originally from the Peterborough area. His father-in-law rented a cottage near Golden Lake, and he spent time cycling the paved roads around Foymount, Cormac and Barry's

Bay, discovering the Highlands. When Gorman first moved to the Ottawa area, he was excited about the cycling opportunities that the rugged landscape of the Canadian Shield offered. He explored different roads and towns each time he ventured out on his bicycle, and on occasion, ended up lost. These explorations gave him route ideas, and he decided to share his love of these roads and created the Gravel Cup Cycling Series.


Working with local business is an essential part of Gorman's plan – he knew he couldn't do it without them. He met with the tourism office in Renfrew County and has built partnerships to host events with Wheelers Pancake House, KIN Vineyards, Whitewater Brewing

Company and the Pine Valley Restaurant. This year, his group is hosting seven events in the Ottawa Valley – in 2018, 30 cyclists registered for one event near Carp and in 2019, over 194 cyclists registered for the same event. The riders come for the day, sometimes spend the night and always enjoy a good meal and a beer post-ride. This year's premier event is the R3G3, also known as the Renfrew Rough Rider Griffith Gravel Grinder that will explore some of the finest gravel roads near the Madawaska River. It is planned for May 23. Let's hope it will happen.

Gorman also believes in the power of social media. On a ride one afternoon, he took a few photos of local businesses and landscapes, he tagged



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If you are an ATVer or SXS owner and would like to volunteer your time to support the summer cycling events, please contact: brendan@gravelcup.com

these on social media - one of the companies was MacGregors Produce & Orchard. The Orchard received 3000 views in less than two days, placing their business on people's radar for when they head out next for a ride or a tour. And Gorman found that the ATV community is supportive and more than willing to lend a hand at these cycling events. Both Ottawa Valley and Renfrew County ATV clubs patrolled the cycling event routes last year, picked up stranded cyclists with broken bicycles and supported first aid efforts.

What makes the Ottawa Val-

ley such an excellent gravel destination? Well, if we look backwards, our history logging pine and the promise of free land to populate the Province and develop an agricultural base, are the foundation of this new tourism. Back in the early 1800s, roads were built to encourage farming to the north of Lake Ontario. Farming science wasn't what it is today. The thought back then was that if the soil was suitable for growing tall stands of pine, it would be acceptable for agriculture despite the land offering little more than swamps, rocky outcrops, and towering trees. And due to this geography, the roads were not

built in a grid format like in Southern Ontario; instead, they followed the curve and coils of the land.

As settlers moved to the area in the mid-1800s, logging operations roared ahead with more than 200,000 logs a year floated down the Bonnechere, Madawaska and Ottawa Rivers at its peak. Trees felled in the winter were left on the ice and then driven downstream by log drivers come spring. These logs floated their way out to the St. Lawrence during the summer and were then shipped to Europe and the United States to build the frames of navy ships and furniture. As logging operations moved inward from the rivers and some of the most desirable red and white pine stands were now in remote, unforgiving locations, basic "skid" or "tote" roads were carved through the Ottawa Valley wilderness to accommodate horses, wagons and sleighs.

As time passed and bigger sleds of logs hauled, these narrow rough paths were smoothed and constructed into passable roads. Some pioneers moved onto the land cleared following the trails cut by loggers, setting up farms to support themselves by selling their oats, potatoes, produce and hay to the lumber shanties. The rocky, thin-soiled Canadian Shield, it turns out, was inhospitable for most farming and backbreaking work for a farmer and plough. Still, some families survived. Some of the settlement roads - the Opeongo Line, Addington Road, Monk Road, Sammon Road, and Hastings Road, reflect the fierce determination and grit of potato famine survivors and those fleeing war and poverty, searching for a better life amidst the pine forest and cleared land. It's no surprise then cycling

along gravel roads that towns are named Ashdad, Shamrock, Denbigh, Mount St. Patrick and Griffith which highlights the immigration history of the Irish, English, Scottish, Polish and Dutch descendants. Unfortunately, several towns are now just a handful of houses, tiny farms and long-time residents who didn't know how or when to quit.

And then there are the giants; their logging feats echo through the Ottawa Valley pine trees. One such legend is Joe Mufferaw, born in 1802 as Joseph Montferrand. Known as a fiery athlete, a timber raft boss on the Ottawa River and shanty foreman who could motivate men to load timber weighing tons; there are wild tall tales about him righting wrongs with his fists, sharing with the less fortunate and his superhuman feats felling trees with a broadaxe.

These old gravel roads sometimes share their secrets - mossy pilings and abandoned mill equipment poking out of the bush, remnants of our logging history. Several of these backroads offers glimpses into what it was like a century and a half ago - an occasional peeling wood farmhouse, no powerlines visible, cast-iron woodstoves belching out heat and a few cows, pigs and vegetables scattered in the front yard. Even a few memorials and signs dot the Valley if you know which roads to follow, commemorating the lumbering past and log dancer's journey down the raging rivers.

Gorman religiously cycles these roads exploring historical routes to share with friends. And if we listen carefully travelling these roads, we might hear the echoes of lumbermen shanties and the sound of the axe as the whispering pines share their history.

*- Of all the paths you take in life,
make sure a few of them are dirt
(John Muir)*



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

Copy
of
PETITION

That the eight miles of road connecting Balaclava or Highway 41 with the Douglas Renfrew Highway at Lafleur's Store and known as the Enright Settlement Road be straightened, widened and gravelled, a good gravel road.

This road is now in a most dangerous condition something must be done and that immediately. At few places can two cars pass, yet this is a much travelled road and one of the main arteries.

Surely our governments should give some consideration to residents who have existed almost a life time under such conditions.

Signed by _____

1. Mrs. Stephen Samson	34. Mr. Raymond Hanniman	68. Mrs. Felix Potvin
2. Mrs. James Harrington	35. Mr. Geo. A. Watson	69. Mr. Alfred Legris
3. Mrs. Mabel Samson	36. Mr. Lealie Bruce	70. Mr. Isaiah Legris
4. Mr. Steve Samson	37. Mr. James G. Collins	71. Mrs. Estie Stroud
5. Mrs. Harold Desriviere	38. Mr. Chas. Collins	72. Mr. Thomas Samson
6. Mr. Harold Desriviere	39. Mr. H. M. Legris	73. Mr. Michael Breen
7. Mrs. Peter Mahony	40. Mr. H. A. Legris	74. Mrs. M. J. Breen
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9. Miss Evelyn Walsh	42. Mr. John McEhahan	76. Mr. Christopher Murphy
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12. Mr. W. H. Richards	45. Mr. Arnold Potvin	79. Mr. J. F. Foy
13. Mr. Moses Walsh	46. Mr. Alma Linan	80. Mr. Mack Gibbons
14. Mr. John Delaire	47. Mr. Gordon Hunter	81. Mr. R. W. Brown
15. Mr. Sidney Smith	48. Mr. Felix Potvin	82. Mr. Roy Wilson
16. Mr. Emerson Sharpe	49. Mr. James Hanniman	83. Mr. H. G. Foy
17. Mr. Howard Smith	50. Mr. Eugene Marchand	84. Mr. James Fulton
18. Mr. Claude Wark	51. Mr. Hector Marchand	85. Rev. H. W. Pointon
19. Mr. Fred Fiebig	52. Mr. Gournal Marchand	86. Mr. James E. Briscoe
20. Mr. Wilfred Fiebig	53. Mr. Jack Marchand	87. Mr. W. I. Briscoe
21. Mr. Louis Delaire	54. Mr. Ira Bruce	88. Mr. Hugh Box
22. Mr. Edward Fiebig	55. Mr. Joseph Gaunio	89. Mr. Murray Box
23. Mr. Donald Stroud	56. Mr. William Gaunio	90. Mr. Wm. Lambert
24. Mr. Claud Hunter	57. Mr. Joseph Mhuak	91. Mr. Charles Inglis
25. Mr. Reggie Smith	58. Miss Anna Mhuak	92. Mr. Jerry Lynch
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32. Mr. Harold Bradly	65. Mr. Basil Colterman	99. Mrs. Hannah M. Kennelly
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Spring Edibles Offered by the Trees

Key to harvesting parts of trees is being able to identify each tree by their bark, young leaves and fall leaves or needles, flowers, catkins, etc.

By Robbie Hanna Anderman

In this early Spring season, our local neighbouring Trees offer us many opportunities for nutrition, rare tastes, and an intimate relationship. I like to ask permission from each Tree before I enter its space for harvesting the part of the living Tree that I am wishing to pluck or cut from its body.

We are amidst the change from harvesting Tree saps, barks, and buds, to harvesting flowers and leaves. Before the leaves fully open, it is still possible to collect inner barks. The sap rising in the Trees makes such harvesting easier.

Peoples living on the land in this area for many centuries used to harvest the inner barks of Birch, Poplar, Hemlock, Basswood, White Pine, Spruce and Willows. These would be either chewed on as is, or more usually, they would be dried and pounded to flour or meal for adding to soups as a thickener and into pan breads to extend one's supply of flour.

The White Birch inner bark has the mildest flavour, with a hint of sweetness, and was the bark most commonly used for emergency food and can be eaten raw or cooked. It has many beneficial nutrients.

White Pine has an edible inner bark that is best gathered in May or June when it is sweeter, juicier, and easier to peel from the wood. Rich in Vitamins C and A, it also contains flavonoids, sugar, and starch. Some prefer to chew it fresh; others prefer to boil it, or dry it for flour.

Spring is also the time when Tree flowers appear and can be harvested for



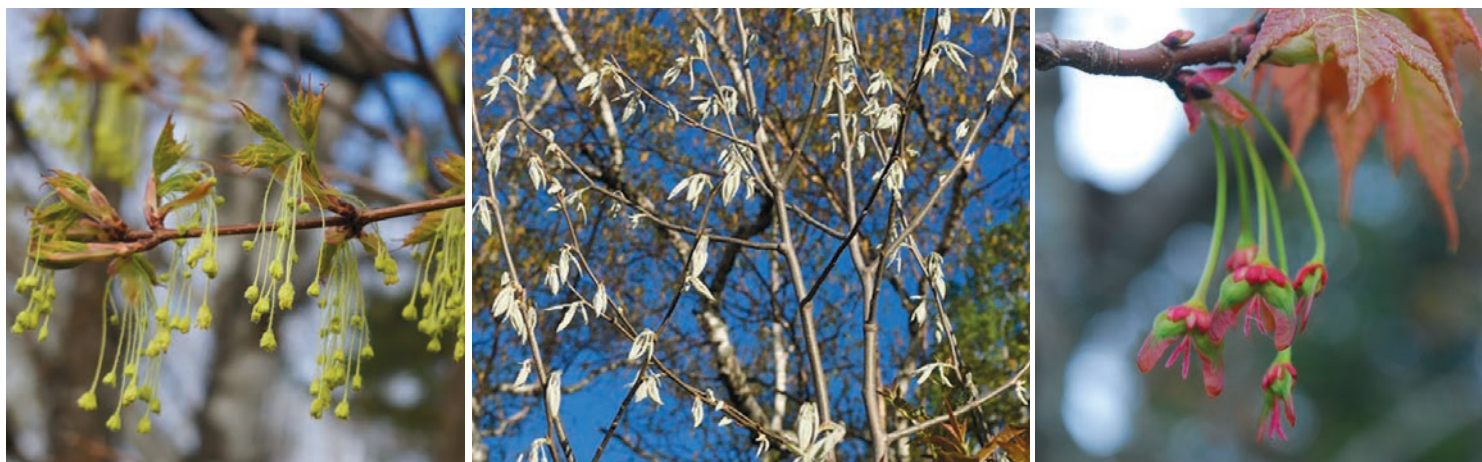
Tender Basswood leaves

Mature Basswood leaves

Red Maple leaves

Sugar Maple leaves

American Elm leaves



Maple Sugar flowers

Big Tooth Aspen leaves just beginning to open

Red Maple seeds



White Pine needles

Trembling Aspen leaves

White Birch leaves

Hawthorne flowers

food and medicine. I especially like to eat the flowers and buds of Apple, Pear, and Hawthorn Trees. An acquired taste, for sure, yet one worth acquiring.

The male flowers (catkins) of Alder, Beech, Birch, Oak, Poplar, Willow,

and other Trees are quite edible and are relatively tender when they are starting to elongate in springtime. They were used as emergency flour. As they are pollen carriers, they have lots of protein and other good nutrients (sugars, fat, starch, all the amino acids humans need, and over forty vitamins and minerals, along with edible fibre). Some say they taste better raw, others like them cooked.

I have collected them in the winter, dried them, and then ground them up to add to late winter foods. This seems to get my body accustomed to their pollen, causing less bodily reaction to the pollens once the catkins open completely and release their fine pollen particles.

As Tree leaves open, they are tender. Most are a worthy addition to salads as a wild flavour. As the season goes on, they will toughen up to be able to better resist attacks by insects and other animals.

Dr. Jarvis, author of the book, Folk Medicine, pointed out how many rural Vermonters would be out working in the forest or fields and take it as totally natural to be snacking on spring's new Tree leaves. He mentioned Beech, Maple, Elm, Willow, Apple, Poplar, and Birch as the ones most commonly eaten. The Beech, Maple, and Willow were considered sour. The Apple, Poplar, and Birch were considered bitter, while the Elm was considered "neutral," yet was found to be the best to quickly satisfy hunger.

Perhaps the most tender and similar to salad greens would be the

Basswood leaves. A friend tells me she takes the Basswood leaves and coats them with tamari soy sauce and oven dries them like kale chips for a healthy snack that her children enjoy.

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



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



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Lost in the Wilds of a Pandemic

By David Arama

With Canada and most of the World gripped in the worst Savage Pandemic since the Spanish Flu nearly 100 years ago, many of us have, or are experiencing fear and anxiety and panic. Panic is not a useful emotion. You always risk reaching that if you are lost in the wilderness. You need to control panic.

Panic is often referred to as being the result of the "Seven Sisters of Death", and an outcome often experienced when we face an unexpected, vulnerable, and potentially life-threatening experience. The seven sisters of death include the following: cold, thirst, hunger, injuries, fear, the unknown, loneliness, boredom, and other people panicking.

The brain searches for a correct response to a threat, and if it has no previous experience or rehearsal, what results is a negative adrenalin rush resulting in panic and very poor decision-making. Likely, during the COVID-19 Outbreak, panic hoarding was followed by social isolating, and then we felt the fear of the unknown, plus boredom and loneliness. In most unplanned survival scenarios, humans typically react with flight, fight, or freeze.

The lost person in the wilds tends toward flight, rather than staying put and building a fire and a shelter. During the pandemic, perhaps many of us freeze from the suddenness and horrors of what is unfolding.

Here are some Survival Tips to deal with panic, in the wilderness when lost, or in the pandemic feeling equally lost:



Being stuck at home in a strange situation can be as panic inducing as being lost in the wilderness. In all cases it is best to stay calm and think clearly. Technology today allows us to continue to meet with loved friends and ones and stay calm, for your own sake and for the sake of other family members.



Family Teleconferencing Photo by Alexander Dummer on Unsplash Tent Photo by Carlos Hevia on Unsplash

Keep busy physically and mentally. Don't think about what precipitated the situation, or what will happen tomorrow. Focus on the present. Formulate your survival situation. What do you have to help you survive? How can you adapt? Stay positive and look forward to the situation being over.

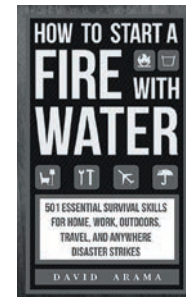
Tip: Once the crisis is over, ask yourself how well you were prepared. Did you have an adequate Survival supply and level of preparedness? Did you heed the advice from the authorities? Did you do your best to stay physically and mentally healthy?



Zoom.us is one of many free teleconferencing software applications that is very easy to use. In many ways daily and weekly Zoom conversations are bringing people together more than before. If you don't have a computer or smart phone, take the time to make at least one phone call a day to help you stay connected.

Photo by Allie Smith on Unsplash

Once again, we are offering a Free Digital Disaster Survival Book, \$20 Value, to anyone who reads the Madawaska Highlander Newspaper and/or resides in the area, eg Renfrew, Madawaska,



Frontenac etc.

When this Pandemic is over, please support local businesses and this newspaper, many of which have suffered great financial hardship.

Remember, be prepared, you are biodegradable.



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

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

LIBRARY MATTERS

Greater Madawaska Public Library Offers Online Services

By Sharon Shalla



I hope everyone is keeping well and staying safe. It was nice to hear from Lois again, and to learn that the Highlander would publish in May. Congratulations on weathering the storm!

As is the case with many other libraries, Greater Madawaska Public Library is temporarily closed until further notice due to COVID-19. I miss our patrons and visitors to the library. It seems like such a long time ago that we were carrying on business as usual. But, of course, we will get through this, and be stronger for it.

During our closure, the library drop box is not open for book return. Please be assured that there will be no fines incurred on any overdue items due to the temporary closure. Just hang on to whatever library items you currently have, and return them when you have a chance to do so after we open again.

Much to my delight, many vendors are providing free trial access to some great databases that libraries would otherwise have to pay for. It is the vendors' way of helping us all to get through these trying times, at least, virtually. If you haven't already checked our Facebook page, I encourage you take a look. You will find links there to databases such as children's stories, A to Z travel, and Mango Languages where you can learn a language for free.

One of my favourite online services is the OverDrive electronic books through the Ontario Library Service Download Centre. We pay an annual subscription fee so that our patrons can enjoy electronic books and audiobooks. I'm delighted to say that our patrons sure do love their books! So much so that since our temporary closing date of March 14th to the time of my writing this article, which is April 21st, our patrons have downloaded 375 electronic books. Congratulations and keep enjoying this wonderful service! And how many books do you have access to? Well, I'm glad you asked! The service offers access to 94,777 ebooks, 22,499 audiobooks,

and 171 videos. There are even some classic videos for viewing such as the black and white Oliver Hardy and Stan Laurel movie, which I personally viewed. These two characters will definitely put a smile on your face with their antics!

What's also inspiring is that residents and taxpayers who don't currently have a library membership have been messaging the library's email requesting to be registered so that they can access the electronic books. Good news! I am able to access the program, remotely, that allows me to create a new membership. If you'd like to register while we are temporarily closed, please message gmp@bellnet.ca and provide your Greater Madawaska Township address and phone number. I can sign up all the members of your household so that each individual has their own number. You don't need to be actually living in the township at the moment to get a free membership. If you are a property owner, but not living here currently, or a seasonal resident, no worries! As long as you are a resident or pay taxes to the Municipality, you qualify for a free membership.

I've provided a link here so that you can take a look at the electronic books website, and also a link to "Getting Started" which offers user-friendly links and instructions on getting set up with the service.

<https://odmc.overdrive.com/>

<https://help.overdrive.com/en-us/categories/getting-started.htm>

Recently added to their support services, is Frontline Tech support which is now available for free. You can deal directly with OverDrive support now instead of going through library staff. The link has been provided here for you.

<https://frontline.overdrive.com/?Lib=Ontario%20Library%20Service%20Consortium>

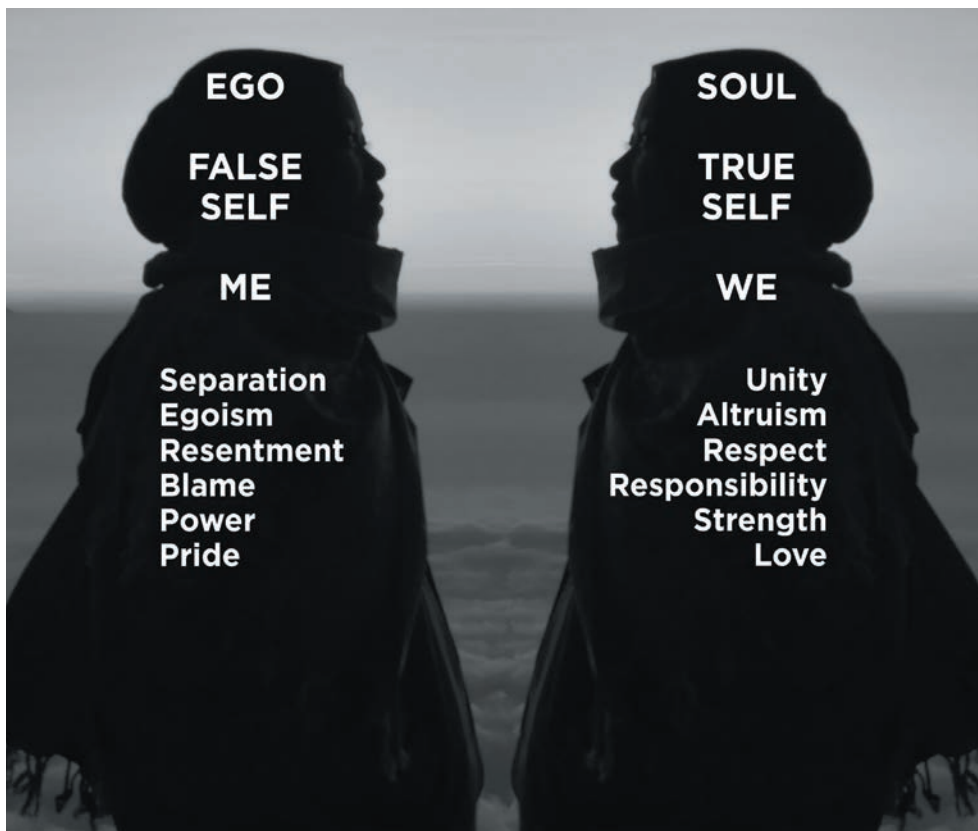
I look forward to when we can open again, but in the meantime, thank you for visiting us on Facebook and sending your messages to our email account. Take care, stay safe, and happy reading!

Time Out

By Derek Roche

Well my friends, it would seem that Mother Earth has given us all a time-out to think about things, and perhaps to discover a better way to live our lives. I am reminded of an old expression that I learned during my time in England. "The school of experience holds dear classes, but fools learn by no other". Our species, at least some of us, have known for over 50 years that the earth was in decline, and that human behavior was the primary contributor. It gives me great hope to see how many in this country and around the world are cooperating and socially isolating, because it is the kind of wisdom and cooperation that will be needed as we come out of the pandemic and face the much greater threats of poverty, pollution and climate collapse.

The majority of us are staying apart and helping to contain the virus, or at least slow its progress. On the other hand, there are those who believe this to be a hoax, or simply another seasonal flu. There is also a growing concern that, as Spring-time approaches, with its warm weather and sunny days, we will be tempted to relax a little. This is already happening in the U.S. where allowing people to once again congregate has caused a spike in the virus and the subsequent strain on the health-care system, hospital workers and staff. The greater concern regarding the "big picture" is that there are so many people living dangerously in ignorance. Many of those who deny that the virus is a serious threat also seem to deny climate change



and the threat to our very existence on this planet.

This is a turning point. The pandemic seems to be bringing out both the best and the worst in us. Inspiring us we have front line workers in hospitals, salesclerks and support staff in stores, truckers, the list goes on of those risking their health and well-being so that we can keep safe and fed. Millions more are cooperating by staying at home.

There are also those who hoard, ignore the science, or worry more about money and the economy than they do people's

health and safety.

To understand this, we can look to ancient wisdom. There are those whose consciousness has not yet "woken up". If this pandemic is teaching us anything, it is that we are all connected. To criticize or try to separate from others is like saying "there is a hole in your end of the boat". We must now unify as a species or face extinction. We must wake up and recognize our true selves.

There is a brilliant order to nature and our place in it. It has been scientifically shown that stress weakens the immune system. If we want our bodies to be able

to fight off this and other viruses, we must be able to relax, find joy and peace. In order to both remain strong and to find our true self, we need to find quiet time on a daily basis to be quiet and still, something that is easy to do these days of social isolation.

As I have written in numerous articles before this, one way to find calm and boost our immune defences is meditation.

We do not need to sit cross-legged, burn incense or listen to eastern music in foreign languages. We simply need to sit quietly in silence and calm the mind. Our brains are constantly chattering, drowning out the wisdom of our hearts.

Our hearts know that we are all connected, and that it is our true nature to be kind, compassionate generous and wise. In our wisdom we recognize that we need to care for the earth to enable the earth to care for us. It is time to wake up.



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

Your Oral Health While in Self Isolation

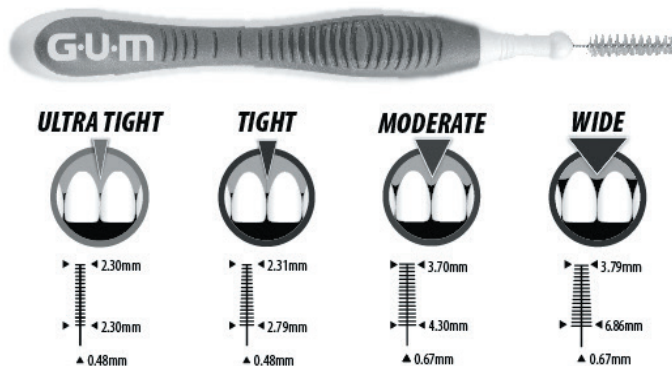
By Tamatha Strachan

While there are a lot of things we can't do at this time, we can still take care of our health. During a pandemic, the goal is to optimize your immune system. A healthy mouth frees the body's immune system to fight off other intruders. With dental offices across the country postponing non-emergency dental treatment, it's more important than ever to keep up with your dental homecare.

Here are a few tips:

- Wash your hands for at least 20 seconds before and after any personal dental care.
- Brush at least twice a day. Be sure to get those hard-to-reach spots. Power toothbrushes with oscillating or vibrating action can remove up to twice as much plaque as a manual toothbrush.
- Every time we flush the toilet, we generate an aerosol spray. Flush with the lid closed and store your toothbrush in a drawer or cabinet.
- Have your own personal tube of toothpaste.
- Floss at least once a day. This helps remove bacteria and plaque in places your brush can't reach. Be gentle. Pull the floss through horizontally instead of vertically.
- Brush your tongue. Waterpiks, rubber tip stimulators and proxabrushes

- are powerful tools.
- Remove dentures after eating. Rinse your mouth and the denture before replacing it. Brush dentures every day with a denture-care product and soak them in water or a denture-cleansing liquid at night. Don't sleep with them in to prevent swollen gums.
- Rinse after performing oral care with a mouth rinse or warm saltwater to help reduce plaque buildup leading to inflammation of the gums.
- Drink fluoridated water frequently. Check your medications to see if they cause dry mouth or xerostomia. A reduction of saliva in your mouth increases your risk of tooth decay and gingivitis.
- Mind your stress levels. Teeth grinding and jaw clenching is a common reaction to stress and can cause headaches, earaches, and jaw pain.



Use dental floss to clean between your teeth where toothbrush bristles cannot easily reach and use an interdental brush (proxabrush) to clean between teeth with wide gaps due to periodontal disease and where food gets stuck.

- Leave yourself reminders around your home to unclench your jaw and relax your facial muscles.
- Watch what you're snacking on. Starchy foods and acidic beverages like sports drinks and wine can dissolve tooth surfaces. Try to have these only at meal times, and drink through a straw.
- Don't brush your teeth for at least 30 minutes after eating or drinking. Rinse your mouth with water after eating, or chew a piece of sugar-free gum to reduce acid and remove food debris.
- Many people turn to Vitamin C to boost their immune system. However, it is destructive to tooth enamel if chewed or dissolved to make a fizzy drink. Instead, choose a capsule or tablet.
- Resist unhealthy habits to manage your stress. Overindulging in smok-

ing and drinking can be detrimental to oral health. Smoking inhibits the blood supply to your gums and increases your risk for gum infections. Alcohol can dry out the cells in your oral tissues and gums. Hard foods and chewing on ice or fingernails can cause the teeth to chip or break.

- Daily oral hygiene goes a long way in preventing long-term issues that require costly restorative care. The more you do now, the less you will need to do later in terms of maintaining your beautiful smile.
- Don't forget to reschedule your next cleaning once it is deemed safe to do so. Your dental hygienist can advise you on how to keep your smile looking its best.

Should you require emergency dental care, call the Ottawa Dental Society Emergency Dental Line at (613) 523-4185



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

Ice Cream, Ice Cream, We all Scream for Ice Cream!

By Ernie Jukes - Artist, Writer, Rover

Now that we are all stuck at home, a lot of people are rediscovering how to cook and what would be better to "cook up" than ice cream? It's not so long ago that the only way to get ice cream was to make it yourself.

So often people are quite surprised to discover that ice cream and other frozen desserts go back to their origin in Europe and even beyond. It is believed that the history of ice creams probably began around 500 BC in the Achaemenid Empire of Iran (Persia) with ice combined with flavors to produce summertime treats. The Persians invented a special chilled food, made of rose water and vermicelli, which was served to royalty during summers. The ice was mixed with saffron, fruits, and various other flavours.

Marco Polo encountered flavoured water ices and sherberts in the Far East in the late thirteenth century. When he returned to Italy after his astounding travels, he brought with him a recipe for a frozen desert that was made from milk. The popularity of what became ice cream grew in Italy, reaching its peak during the sixteenth century.

We don't know who first churned homemade ice cream, but royalty were the first consumers. A queen, Catherine de Medici introduced this wonderful dessert in France at her Paris wedding to Henry 11 in 1533. The flavour was vanilla and the making involved 18 separate steps at that time. King Charles the First of England gave his ice cream maker a lifetime position provided he keep the

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recipe secret so only royalty could enjoy it.

Its great taste caught on and soon filtered down to commoners. It wasn't long before parlours for ice cream flourished. By the mid-1800s this unusual dessert had arrived complete with a hand-cranked freezer device for home use in Canada. Now they manufacture electric models for home use.

Again, the commercial uses grew

but that "home made flavour" had a special taste still preferred today. True, it is more awkward to produce, and it will not last as long as the store-bought variety, however why should it? But if you must know, it will keep in your fridge freezer for several weeks.

My father used to tell a story of a small, old German immigrant lady who in early days had just been introduced to ice cream in my father's hometown of Hanover, Ontario. When asked what she thought of this new dessert she replied "ja, it is sehr goot -but couldn't they make it just a little bit varmer?"

Cream, milk and sugar are the main ingredients for ice cream, no matter the flavour. To churn the sweet mixture, you turn a handle attached to a wooden paddle that rotates in a metal container. The container holds the ingredients and rests within a wooden bucket filled with crushed ice and coarse salt. Most people know that salt raises the boiling point of water, but many don't know it also lowers the freezing point to below zero. This method is accomplished by your old fashioned, traditional hand-cranked ice cream maker...plus a bit of human energy.

Ice cream has become a global treasure in more flavours than Mr. Baskin imagined and with textures as thick, thin

or soft. However, we still enjoy making it right at our cabin in the woods, for sheer pleasure in every respect. At camp J our summer friends and visitors...usually when we have a campfire gathering, get to crank the "old wooden churn" just the way our ancestors did.

Everyone happily takes their turn in the cranking. Probably in the fear that they may otherwise miss out on this delectable treat. It only takes about half an hour of churning, so no one gets worn out. Of course, as with making many desserts the kids are always delighted to clean up. It is guaranteed sheer fun for all ages from beginning to delicious end.



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

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**Maple Syrup,
Then and Now**

From the 2004 Spring Newsletter,
with updated information by
Noreen Kruzich

In Canadian forests, the maple is considered a valuable tree. It is harvested for its hard, resilient wood and, mainly in Ontario and Quebec, it is used for its sap to obtain the delicious syrup and sugar.

Long before European explorers came to Canada, the indigenous peoples had learned how to draw off maple sap and boil it to make sugar. In early spring, they would pierce the tree trunk with a tomahawk, placing a wood chip under the hole to channel the sap into a bark receptacle. First Nations people who were transient with the seasons did not produce maple syrup as they had no way to carry it from place to place, they rather boiled it down until they got sugar out of it, something that could be transported.

First Nations would heat rocks to a high temperature and toss them into a hollowed out log (where the sap was placed) to boil the sap down. They first recognized it as a source of energy and nutrition.

The collection of sap and its transformation into syrup by boiling, is a very old custom inherited from the indigenous people of our land. In the early days of colonization, the First Nations people showed the settlers how to tap the trunk of a tree at the outset of spring, harvest the sap and boil it to evaporate some of the water. In fact, maple sugar making was pointed out to potential immigrants as one of the attractions of Canada. This custom quickly became an integral part of colonial life, to the point where syrup was adopted as a major source of high-quality pure sugar.

First Nations people later used clay pots to boil maple sap over simple fires protected only by a roof of tree branches. This was the first version of the sugar shack. Through the process of evolution, the sugar shack is not only a place where maple syrup is produced but also a gathering place for a tasty meal of pancakes slathered in the rich product of "The Tree". For the majority of us, a visit to a sugar shack is a spring ritual, a kind of mecca.

Even if production methods have been streamlined since colonial days, they are basically the same. The sap must first be collected and distilled carefully so that you get the same totally natural, totally pure syrup without any chemical agents or preservatives.



Maple syrup gathering is often an extended family affair as it is in the Thomson household in Griffith (photos above and upper right). Buckets have to be cleaned, holes bored in the trees, spiles inserted into the holes and buckets hung before the real work of gathering begins. Earl Thomson, above, is tending the fire and watching the flat pans of sap evaporate slowly at first. Exactly when to take the syrup off can be a minute to minute decision. A minute too early and the syrup is too thin after it cools. A minute too late and it's too thick. Boiling down to sugar is even trickier. Usually one person makes the decision with many family members offering their own opinions.



"Sugar Making in Among the Indians in the North"
There are many stories about how maple syrup production started. One says it was discovered when a limb was broken off a tree and sap began to drip. Another says that people noticed animals licking the sap.



Darrell Hewitt, below, has been making syrup since he was a child, formerly at the farm his mom grew up on (owned by the family for 100+ years) on Mink Lake near Eganville. He and his wife Judy moved to Griffith after his retirement in 2010. He built a sugar shack and bought equipment so that he could pursue his dream. Hewitt Acres Maple Syrup is located at 25306 Highway 41, Griffith just past Finn's Road. Plastic tubing strung from tree to tree draws the sap toward the sugar shack, so crowds of "gatherers" aren't needed. They usually sell their syrup at markets, but for now you can call them at 613-312-9230 to order syrup for porch pickup.



Maple syrup bucket from about 1850

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

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

God Knows

By Antonia Chatson



What is a weed, but a plant growing where you don't want it to grow? What is a cultivated plant, but something that won't grow where you want it to grow?



There are a few items I wish to discuss with the Lord next time we are conversing together. There are some anomalies in nature that have me puzzled. For example, why do quack grass, timothy, and clover grow and spread profusely in my vegetable gardens, yet seem doomed to near extinction in a hay field? Why do wild sweet peas grow and bloom in healthy profusion along the sides of the road and in drainage ditches, yet when I plant Homesteader peas in my garden, they barely reach eight inches in height before I notice the powdery mildew leaving their white dusting on the leaves? They have to be of the same family.

Another source of contention my in logbook are strawberries. They grow, bloom and bear in absolute profusion and abandon in the wild. They encroach into all of my flower beds choking out other delicate or less intrusive flowers. They make a thick, matted carpet wherever they grow. They do not need tending and they are robust and healthy. But Lord, did you have to have them bear their fruit at the height of the black fly season? And my second complaint is about their not bearing at all. One year I ordered 75 strawberry plants, three different varieties. I took off the requisite straw covering late in the spring to allow them a quick spurt of growing. I observed them most carefully. They did not grow nor did they bloom. It was only when it was too late that I noticed the sparsely growing leaves were curling up. Aha, disease. I quickly brought my sprayer out of hibernation and loaded it with the strongest anti-fungal and anti-disease potion that the government in their wisdom has allowed the amateur to purchase.

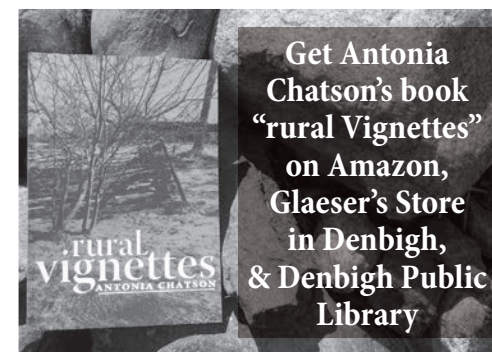
And believe me the word "strong" doesn't even enter into the scenario. Even my homemade concoctions were insufficient to arrest whatever it was. The leaves slowly shriveled up, died and went to meet their maker. Perhaps using aged cow manure might have harbored some disease that affected the plants. So maybe in the future a foray into sterilized manure and chemical fertilizer might turn the tables on whatever was affecting the plants adversely.

Why is it, Lord, that when I spotted a spindly deep pink wild geranium cowering in the shadow of the snake rail fence and kindly dug it up and transplanted it into one of my flower beds, did it promptly keel over and die? I spent the next three years scouring the cow pasture thinking that one must have seeded itself down somewhere. And it did. This time I took greater care in digging way down under the thick tap root so that I would have all its parts to transplant. This one spittered and sputtered for two years, then finally decided it liked it better here than in the cow pasture. Numerous benefits - better soil, being watered if there was a drought and definitely less chance of being trodden on by a half ton cow. The pelergonium has to use a civilized name now since it was growing in a garden, and did it grow! It seeded itself down in the garden and for two feet of the lawn surrounding the stone edge of flower bed. I originally did not feel too comfortable in uprooting them after their show of appreciation for their new habitat. BUT... the flower bed itself was soon taken over by them and the two feet of geraniums at the periphery of the stones led to four feet. I realized if any other flower

was to sport half a chance of survival, something had to be done. It was bad enough trying to pull up the yearling plants whose tap root, although not thick, was very long. But when I took a pull at the mamas and dadas in the beds that was something else. The tap roots would have gone down two feet and at the surface would have been an inch in diameter. Pull and tug didn't cut I, but the shovel did. It proved to be of more effort than originally planned.

And it was one of your fine bishops, Lord, that initiated the Blue weed (alias Bishop's curse) into the colonial gardens of Canada. Such a beautiful blue spiked flower that provided a lovely background to any flower bed! And I thought the wild geranium was prolific. I read that one blue weed plant can produce up to 2 000 seeds, and I know that most of them do! I read that they only grow in secluded shelters of, once again snake rail fences, and eschew the open areas of cow pastures and hay fields. Wrong. They grow and flourish absolutely anywhere. And we are talking tap roots that will twist and wind over top of flat rocks for several feet until they find a bit of soil from which they can obtain some nourishment. The only method of killing them is to chop off the plant with a shovel making sure that you cut it under the crown of the stalk. If you do not it will just send out new shoots. Rather like the Hydra of Greek mythology. But when I returned to a patch that I had beheaded three weeks ago, I found that they had all gone to seed. So now I had to add stage two to my endeavors, by putting the cut-off stalks in a garbage bag and bringing them back to the house to be burned.

I am just wondering Lord, why the bold, and albeit beautiful curses of nature must be so prolific and why we must contend so hard to obtain any crop at all from anything useful and edible? Can it all be attributed to Adam and Eve and their willful decision to go vegan? Come to think of it, maybe I am talking to the wrong person. Perhaps these comments should have been addressed to the guy with the last name of Murphy.



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



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

Front Yard Forager

By Colleen Hulett

If you go outside and walk around your lawn you could forage fresh ingredients for a raw salad or even steamed greens. It's true and the months of May and June are the best times to forage for wild green foods. Front yard foraging sounds odd, I know, but it's a practice I believe could be beneficial to everyone. It's beneficial right now as we are experiencing pandemic confinement but also because of the bleak plight of our pollinators and the growing food insecurity in Canada. I know it sounds dramatic, but do you think the practice of front yard foraging is part of the solution for all three of the major issues just mentioned?

If you have an urban front grassed lawn you probably also have at least 5 edible plants hiding in there right now. If your lawn is in the countryside or wooded area, you probably have triple the amount of edible plants to forage. This is especially true if your lawn borders on a creek, a wild field or thicket. In this article I will discuss only one of these common lawn plants because I know the majority of you will have access to forage for it. This gorgeous bright golden flower not only disturbs fanatic lawn groomers but also happens to be the nemesis of farmers and golf course owners alike. Uh huh, that's right, the Dandelion.

Why does it seem that we are the only continent trying to obliterate this beautiful flowering and defiant Dandelion that even powerful lawn chemicals can't seem to eradicate? What is Dandelion's role in

life? Why the heck is on my lawn? Why should I eat them?

There are many species but for the purpose of this article when I say 'Dandelion' it refers to either the Common Dandelion (*Taraxacum officinale*) or the Red-Seeded Dandelion (*Taraxacum erythrospermum*). The Common Dandelion and the Red-Seeded Dandelion are slightly different but look the same at first glance. The Red-seeded Dandelion has reddish-brown seeds and uniformly deeply cut triangular lobed leaves. The Common Dandelion has blackish-brown seeds and leaves with rounded edges that are deeply cut or not cut at all. The leaves can be up to 12" long and plant height can reach 18'. The big dudes are almost always around the compost pile. Dandelion seed heads are big fluffy balls of seeds. Each individual seed is attached to a mini cotton-like parachute that can travel to a lawn 5 miles away! The entire Dandelion plant (leaves, buds, stems, flowers and roots) are edible, nutritious, and non-toxic (unless you are allergic).

Foraging Dandelions on your lawn can only be achieved safely if you don't chemically treat your lawn and your pet is not allowed to do his business in the foraging area. Dandelions are very easy to identify if you heed their unique features. They do have several look-alikes, but these imposters have different looking roots, hairy leaves or branched flower stems. Dandelion leaves are shiny, smooth and not hairy. Dandelions also

have a single golden yellow flower head on each smooth long and wide hollow stem. The stem grows out of the center of a basal rosette of leaves. The inner flower bracts holding the flowerhead point upward and the outer bracts always remain pointed downward. The look-alikes flowers have all their bracts pointing up. The flower opens and closes due to darkness or shade. The damaged plant will ooze a milky white latex liquid.

Dandelions are so nutritious that they have been foraged for centuries. They are part of the Wild Lettuce family of plants and much more nutritious than commercial lettuces and spinach. Dandelions are a good source of vitamins A, C, K, folate and the minerals calcium and potassium. A cup of Dandelion greens (leaves, buds and stems) has 25 calories and 1.5g of protein.

Dandelions can grow in a host of poor soil conditions and even withstand colder temperatures. It's the longest blooming flower in our region and feeds over 93 beneficial insects, including pollinators. Europeans brought dandelions to all their colonies because they were certain it would adapt anywhere. In a short 200 year history of traveling with Europeans dandelions covered the globe.

Did you know Dandelions show up on your lawn to fix it? That's right, all this time you have been blaming your weedy lawn on the dandelions and they actually came to help you condition and

aerate your lawn. Their strong tapered roots drill holes in compacted soil to aerate and trap rain. The root design also pumps up necessary minerals to recondition the soil. If the plant is cut back by the lawn mower it mulches calcium into the soil. If your soil is too acid, Dandelions will arrive on the scene to make it more alkaline and balanced. Dandelions give great advice...if you see them then it's time to remineralize your soil.

A beautiful healthy lawn will never be taken over by dandelions. Weedy lawns are the result of too much shade (grasses need 8 hours of sunlight), not enough rain or mineral deficient soil. Healthy soil according to Tasmania scientists sustains biological productivity, maintains environmental health, and promotes plant, animal, and human health. That's a tall order! We humans and our Earth can't survive without healthy soil and for goodness sakes, soil allows us to build our homes on it too. Ironically, one's attempt to eradicate lawn dandelions with chemicals actually leads to poorer soil conditions and then even more dandelions will show up to help!

Dandelions leaves are best collected young in the Spring before the flower opens. One should collect the leaves in the center of the rosette. The leaves are tender and not bitter at this stage. Please know that Dandelion greens can be foraged from Spring to Fall but are considered choicest in Spring. Although the leaves can come in all shapes and sizes,

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Green bracts at the base of the dandelion point downward.



Yellow Goat's Beard looks like a dandelion, but its puffball has white seeds not brown and its bud has no bracts pointing downward. It's also twice as tall. 3ft.



Why not blur the lines between flower garden and vegetable garden by planting beautiful edible plants like rainbow swiss chard?



Dandelion roots grow to 1/2 thick in the second year and often times have a second root, or two plants attached to the root.



Common Dandelion, left, and a thistle 'look-alike' rosette, right, with deeply cut lobes, but with hair and spikes. Be careful not to grab this leaf or walk barefoot when front yard foraging. Pick the tender leaves from the center of the dandelion.



All parts of the dandelion are edible and nutritious. Doesn't that look delicious?



Common Dandelions open and closed, edible bud with downward bracts, whole mature plant. Each single flower head has 172 florets (small flowers) that produce one seed. Just one Dandelion plant over the course of a summer can produce 5000 seeds.

the jagged edges always point down to the center of the rosette. In fact, most of the features present in the plant encourage rainwater to flow to and get stored at the center of the rosette. This is why when your lawn is looking like the Mojave Desert, the Dandelions are still green and thriving (and ready to eat when everything else is dormant). They weren't born yesterday. In fact, the earliest reference to them was by the Persians ten centuries ago.

The roasted roots are sold commercially as a caffeine-free coffee substitute and very satisfying and easy to make. Simply forage five or more roots from the yard. Brush off as much dirt as you can before bringing them inside. Set the oven to 200C / 390F. Wash and dry roots. Split the larger roots lengthwise first and then chop roots into small similar pieces for an even roast. Spread on a dry cookie sheet and bake for 10-15 min until they are very dark brown, and you get a scent of coffee coming from them. Don't burn them. Cool and store in a mason jar. Grind before use. Make and serve as you would coffee. Dandelion greens can also be used to make a hot pot or steamed vegetable, raw salad leaf, leaf tea, and root beverages and tinctures. The flowers can be eaten raw as a garnish or make wine, vinegar, jelly or excellent fritters. The plant can be dried, frozen or picked for the winter months. The internet is loaded with great recipes for you to try. This recipe is one of the oldest: cover dish in raw tender dandelion leaves, add

freshly fried chopped bacon, top with an easy-over runny egg. Sprinkle 2 tbsp of bacon fat and one tbsp vinegar over it. Enjoy.

On a final note, please consider the economic consequences in our quest to eradicate dandelions and other edible weeds. We spend billions of dollars on chemical and natural herbicides that don't even work and can harm our children, pets and the soil our health depends on. We should instead be incorporating wild foods into weekly diets and mowing down our foraged lawns weekly to respect the atmosphere of the neighbourhood. Understand and take charge of your lawn's mini ecosystem. Just a smidgen of the billions wasted on herbicides can better be redirected to chemical free edible landscapes and community gardens that can serve inner city poor neighborhoods and improve the air quality of congested urban centers. It's something to seriously think about this year when you go to the garden center. Try to choose edible flowers and dramatic edible centerpiece plants like beautiful Rainbow Swiss Chard. And please leave the blooming dandelions on your lawn for the whole month of May to feed, support and encourage bees and butterflies to return to our gardens and pollinate our flowering food. Never forget Dandelions withstand the late frosts in May and early frosts in the Autumn and can be the only food available to a host of pollinators and others. Share.

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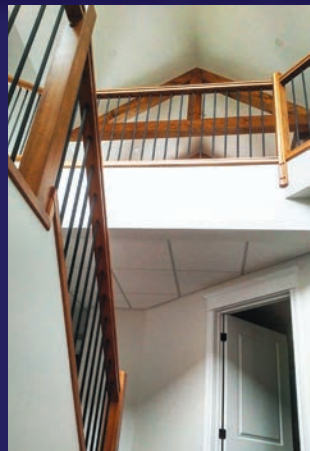
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