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Summer brings thoughts of happy vacations, warm weather and relaxing times while enjoying a well-earned mid-summer break. We are witnessing a projected and necessary slowdown in the resale market as aggressive interest rates and inflation weigh in on everyday conversations, effectively impacting Buyers' decisions. As more properties are added to inventory, we are seeing a return to a balanced market which, along with average price increases gently easing from double digit to single digit increases, is good news. Sellers now need to be patient as even though interest rates are still quite reasonable from a historical point, consumers need time to adjust to make the best decisions for their own circumstances.



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THE MADAWASKA HIGHLANDER August-September 2022 EMBRACE THE PAST ~ ENCOURAGE THE FUTURE ~ ENJOY TODAY

The Madawaska Highlander

Aug-Sept
2022

FREE Vol.20 Issue 4
Next issue Sept. 21, 2022

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

Welcome!



"There's something freaky about you, Rabbit." Pic by Donnie McAlear

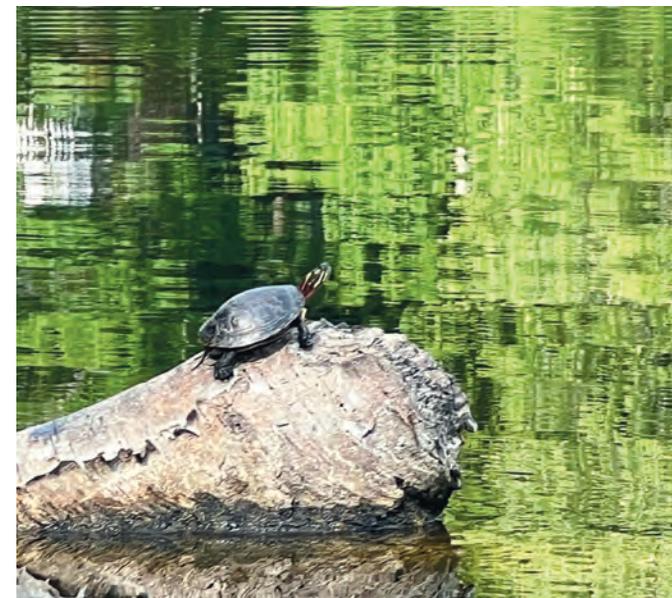
....To the end of summer in the Highlands. Summer might be slipping away, but good times continue, as Daniel and Skippy report in News and Views and Bogie Beat. There's a bounty of things to do and Leslie shows us the way with a Bounty of Trails in Happy Hiker.

Getting out in nature is good for you but getting close to hungry wildlife is not. Survivor Guy shows us how to wildlife-proof our homes and ourselves. But not all wildlife is dangerous. One species might even help us save ourselves from ourselves, as Colleen, our Highlands Hiker, explains in The Future of Fungi. Mushroom shoes anyone?

Speaking of saving ourselves, Derek tells us what to eat for a healthy gut biome and Tamatha tells us how to take care of those chompers - paid for by the government - if you qualify, in Wellness. Another way to avoid going to your grave prematurely is to avoid being shot at as described in the story, To War and Back, by the late Howard Popkie in Up the Line to the Front Line. Getting older is a privilege not everyone enjoys. Ernie exemplifies that concept in part two of Aged to Perfection in the View from Here.

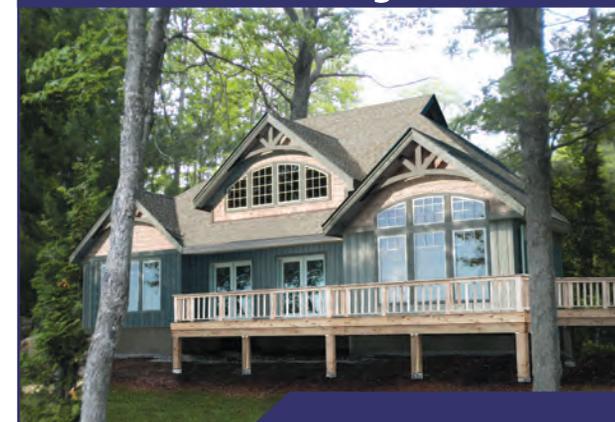
Looking for an ancestor's final resting place in the area? Well, thanks to the work of the Cloyne Historical Society in photographing area gravesites, you can now find them online, as set out in the society's column.

Human lifecycles aren't the only considerations, there are countless lifecycles happening right at your shoreline. In Librray Matters, Skippy talks about the importance of water and the work of Watershed Canada to promote natural shorelines for healthy aquatic ecosystems. Water is vital to all life, but Antonia asks if it has to rain cats and dogs all the time - or at least cats, in Rural Vignettes. We have all enjoyed Antonia's storytelling and we hope to enjoy your stories too. September 22 is the deadline to send in your stories for the Short Story contest, so give your muse a nudge and get writing. Enjoy!...



"What a great day to be out at the lake!" Pic by Ian Meredith

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The Madawaska Highlander

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info@reelimpact.tv
613-333-9399
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Thank you everyone!

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Thank you to the Denbigh-Griffith Lions Club and the Eganville Leader for your support.

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**Next advertising deadline:
Sept. 9 for Sept. 21 publication**
madawaskahighlander.ca for previous issues

Message from the editor:

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

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

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

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"Son of Eve" cartoon compares humanity's use of the atomic bomb to the Biblical story of the fall of Adam and Eve. Published two days after the bombing of Hiroshima on August 8, 1945, in Knoxville Tennessee, it makes it clear that humanity had reached a "point of no return" where important aspects of life would be forever altered after the use of nuclear weapons, and yet nuclear weapons are still being used as a threat. The Cold War is heating up again.

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By Danielle Jacques



More photos from the Fish & Game Club's Kids Fishing Derby on July 9. These are some of the photos you'll find on their Facebook Page, "Griffith & Matawatchan Fish & Game Club". Like them on Facebook to keep up with all the news.

All of the above and more happened on the August long weekend. In the morning the UCW held their Rummage and Bake Sale at the Matawatchan Hall along with the Matawatchan Hall's Yard Sale and BBQ. Then the TallBoyz played for the Fish & Game Club's annual Pork Roast in the afternoon at the Hall.

Summer is here and things are back to normal around the lake and surrounding areas. One thing is for certain, summer fun and activities are going on full swing in this neck of the woods.

Newcomers Glenn Barton and

his daughter Ruby got hooked (pardon the pun) on the annual Griffith and Matawatchan Fish and Game Club Kid's Fishing Tournament held July 9th, some of which I covered in the July issue. Worms, drinks and prizes were handed

out that day to young participants, 16 years of age and under. The fire department was on site to give demonstrations and show the kids how they use the pumper and hoses. Sophia Berthelette won 1st place, Rhett Begg took 2nd place

and Ruby Barton got 3rd place. Eleven-year-old Ruby said: "It was lots of fun and it was really nice to meet new kids and new people. I will definitely be back next year!"

It was indeed a busy month for

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The TallBoyz at the Lake Concert with boats enjoying the sound all down the lake and on the lawn on July 30.



Also on July 30, Senior's Housing held a giant Yard Sale with great success, proceed help seniors stay in their homes.



The New Pickled Chickens with special guest Ginger Miller on fiddle at the Saturday Social on July 6. They also entertained the crowds at the Lake Concert on July 30. The community is very lucky to have so many talented musicians.



the Griffith and Matawatchan Fish and Game Club because the fun continued on July 30th with their annual Pork Roast held at the Matawatchan Hall. The event was a big hit and attended by 140 people. They served 85lbs of pork, 50lbs of pulled pork and close to 18 dozen cobs of corn. The leftovers went to those who were sick or disabled at home and couldn't make it out. Always the crowd pleaser, The Tall Boyz provided the music and put everyone in party mode. Brian Desloges, to whom the Club extends a heartfelt thank you, organized a horseshoe tournament which saw twelve teams sign up. There were lots of kids and lots of games for them as well. The

event was so successful that the Club signed up the Band and the Hall for next year so save this date, Saturday, August 5th, 2023.

Brian Sutcliffe, Club President stated: "This event would not have happened without a partnership of some sort with Matawatchan Hall who were also holding their Rummage Sale that same day. It was a win-win partnership. People went to their rummage sale and stayed for the Pig Roast and vice versa. We also got 29 new members signed up." Brian wants to thank each and every volunteer for making this event the success it was and insists it could not have been done without them.

Continuing their fundraising efforts, the Greater Madawaska Seniors Housing Corporation held their 2nd yard sale this year also on July 30th. It was a busy day and they are happy with the funds raised. They are already preparing for their next yard sale so don't miss this one. The last yard sale of the year will be on Saturday, August 27th from 10am to 2pm at the Griffith Recreation Centre/Lions Hall on Hwy 41 (right next to the Denbigh Griffith Lions Club Show & Shine Car Show - rain date Sunday, August 28 for both)

The TallBoyz continued entertaining the masses this August long weekend at their annual gig over at Peter and Debbie Licari's place. Peter is one of the band members. This event is in its 4th year and is enjoyed by many who look forward to watching the band from land and water. I asked Tiffany, Peter's daughter, to tell me more about this event and here is what she said: "This wonderful lake concert is free and happens every year on the August long weekend. Although only invited guests can moor at their dock, people are welcome to watch and enjoy from their boats, kayaks, docks, or tubes. This is something many people look forward to. "Watercrafts of all kinds were seen approaching the shoreline to listen to this much-loved band. Resident Rebecca Belgrado shared some photos with me and added: "It is always a fun time, and the kids love anchoring the boat and swimming to some great tunes. We are so happy that the Licari's put this on every year! It is a great opportunity to meet people in the area and make new friendships!" Thank you, TallBoyz, until next year!

Ever heard of the little train that could? Well, this is the little church that could, that did, and will still do... worship that is, but at another location. It was a combination of dwindling membership, shortage of consistent funds, and Covid restrictions, that forced St. Andrew's United Church in Matawatchan to make the heart-breaking decision to close its doors permanently. On Sunday, July 17th, a Decommissioning Service was held at the church providing its members with one last opportunity to worship and sit one final time in its pews. However, when one door closes, another one opens and that is exactly what has happened. The congregation of St. Luke's United Church in

neighbouring Denbigh community has gladly welcomed these church members into their fold.

Early in July, Gerald Tracey of The Eganville Leader, interviewed locals Judy MacPherson and Carol Anne Kelly, descendants of some of the founding families of Matawatchan, about the closing of the Church. For a great read and photos, look up the following: eganvilleleader.ca/news/matawatchan-church-closure-marks-end-for-a-community.

Since 2020 and because of Covid concerns, the Hilltop Tabernacle has not been able to hold a Decoration Service at the local Matawatchan Community Cemetery and this year will be no different. This service usually doubles as a fundraiser to cover the cost of the upkeep of the graveyard. The cemetery maintenance fund has greatly diminished and needs to be replenished. The Cemetery Board members would like to remind the community that donations are needed and appreciated and can be made for the Matawatchan Cemetery Upkeep in care of Joe MacPherson. The cemetery isn't affiliated with any church, but the land was donated to the community and it is maintained by volunteers.

Save the date! The Denbigh Griffith Lions Club Show & Shine Car Show is back! Mark your calendars because on Saturday, August 27th from 10am to 2pm, classic cars and more will be rolling into the Griffith Recreation Centre/Lions Hall location on Hwy 41 (rain date Sunday, August 28th). This much appreciated and well attended event brings people from all over the county and beyond to showcase their prized possession on wheels. There will be dash plaques for the first 100 cars, People's Choice Awards, refreshments, Bacon on a Bun, BBQ, vendors, a yard sale and music on site, in other words, everything needed to make it a fun outing for you, the family and friends. Admission is by donation.

The second Open Mike Night was held on August 20 at the Matawatchan Hall, after the Madawaska Highlander was sent to press. If it was as successful as the first one, we have to assume that a toe-tapping time was had by all.

Live music and home baking seem to be a consistent draw for Ma-

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St. Andrews United Church is now for sale after the decommissioning ceremony. Look for information in Vincent Johnston's Century 21 ad on page 12. It's a sad day, but who knows what the next owner will have in mind for it?

tawatchan Hall events. The New Pickled Chickens drew the largest group of socialites to the Saturday Socials this year on August 6. Derek Roche sang and played guitar and mouth organ on August 13. They welcomed the New Pickled Chickens again on August 20, the day of the Open Mic Night. There won't be a social on Saturday August 27 because of the Show & Shine Antique Car Show in Griffith on that date and the final Saturday Social of the season takes place on September 3. Saturday Socials run from 10 am - noon.

There is no news as of the time of writing about who will be performing at the Matawatchan Hall in mid-October as part of the Ontario Festival of Small Halls. Watch matawatchan.ca, the Matawatchan Hall Facebook page, and of course, the Giddy message board in downtown Matawatchan for updates.

The Matawatchan Hall has about 1,000 best sellers and new releases, as well as some obscure book titles in the lower section "library", that has been seeing a lot more action since things are opening up as the pandemic wanes. Choose a book, sign it out, and return it when you can. Books are available any time the Hall is open.

Some exciting news for young readers and soon-to-be readers — Kerri Brady, an elementary school teacher who is soon to retire here, will be bringing her collection of books for young readers to the Matawatchan Hall. Lois Thomson has been working with the Greater Madawaska Library and Learning Centre to bring more library services to this end of the township and with Kerri's assistance we can now begin to plan things like story time, science and technology programs, Lego Builders,

and BIAK – Bonnechere Inòdewiziwin Abinòdjinjish Kikinàmàgan Early On Mobile Unit. EarlyON brings Indigenous programming by Indigenous teachings, Algonquin language, and themed activities and services.

Please, do take a bow! "Frankly, please take a bow!" is what I wanted to say to Lois and Mark Thomson, including "Bravo and Thank You" for your dedication to the Matawatchan Hall. Why am I saying this, you wonder? Well, Lois is stepping down from her 6-year run as President of the Matawatchan Hall Board, and Mark is stepping down as Secretary. Lois actually joined as a volunteer at the Hall a year prior so that makes 7 years of dedication in making the Matawatchan Hall what it is today.

I remember when we first moved up here almost 10 years ago, the Hall was in rough shape and pretty much in a state of disrepair and it wasn't properly insulated. There was even talk of tearing it down. The Hall Board didn't have the funds to heat it in the winter, which was a requirement stipulated by an engineering report to shield the foundation from freeze-thaw damage, but something needed to be done to save the Hall and give the community this much appreciated gathering space. Enter Lois as President of the Hall Board and all bets were off. Lois put the Matawatchan Hall name out there and on the map. With the support of Greater Madawaska Township, The G&F Fish and Game Club, and a lot of fundraising, Lois successfully applied for and was granted a \$56,100 Ontario 150 OTF grant to winterize the Hall in 2016. The work was completed in 2017 and it was the game-changer the community

needed. This allowed the Hall to offer year-round programming including potluck dinners and games nights, movie matinées, aerobics classes, and to have concerts and dances throughout the year. The Hall now even has a book lending program, and many historical artifacts are showcased within, keeping them safe from mildew and other hazards, something that would not have been possible prior to those repairs. In 2018, Lois then applied for the Hall to be part of the Ontario Festival of Small Halls. I asked her to tell me a bit more about this. She recalled the following: "That year we hosted The Red Hill Valleys, who enjoyed themselves so much they offered to return at a discounted rate, just for the experience. Since then, the Hall has hosted Ryan Cook, Devin Cuddy, Vicki Brittle, and our local favourites, The Pickled Chickens, The TallBoyz, The AshDads, many more at Open Mic Nights, plus many other single performers. The list goes on."

The Matawatchan Hall has weathered many storms including the pandemic and this year saw the revival of many favorite activities and some new ones such as being the new site for the GM Fish and Game Annual Pork Roast, another happy customer who is returning next year. I asked Lois, "Why now, and what's next for you?" Lois noted that Hall activities could not take place without the great team of volunteers already in place and the community members behind it but for her, it's time. The fate of the Matawatchan Hall rests in the hands of the community. It is owned by the community and two positions (President and Secretary) on the Board

will be opening up at the end of the fiscal year (September 14). I urge people with experience on boards and people who wish to gain experience to come out to the Matawatchan Hall Board Annual General Meeting (AGM) and get involved. The AGM will be scheduled shortly after fiscal year end on September 14. The Hall has a great community of volunteers to help at events, which means board members are able to enjoy the job and meet people, as many people make light work. I feel that Mark, this great team of volunteers and community members, and I, have accomplished a tremendous amount over those years, but it's time for someone else to take the helm. I want to concentrate on my bid for councillor of Griffith & Matawatchan, which is part of the Township of Greater Madawaska. I want to continue my community-building ideas as a councillor and help guide the future of the township in a way that preserves all that we hold precious, including both the Matawatchan and Griffith Halls, at a time when we are seeing unprecedented growth."

One has to give credit where credit is due and under Lois' leadership, the Matawatchan Hall turned into quite the little haven of activities and accessible community space throughout the year. This community says "Thank You" and wishes Lois and Mark all the best.

Danielle Jacques and her husband Michel retired here in 2016 after falling in love with the Centennial Lake area. Danielle is fluently bilingual, a lover of nature and has developed an expertise in genetic genealogy. She is looking forward to capturing the essence of this community by meeting and talking to people, gathering their stories, news and events, and highlighting them in the Madawaska Highlander.

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This is your column. Contact me to report on anything you find interesting. 613-433-1131 maryjoanhale@gmail.com

By Skippy Hale



Top Left: Debra Giffin, Agneshka and her dad sold flowers from Debra's garden. Agneshka is saving for lessons, so she helped Debra cut and arrange them to earn the money. Top Right: Holli Cow the Drag Queen on Pride Day. Bottom Left: Sherry Cameron with info about Dementia Care. Center Left: Aurora getting painted by Abby. Right: "St. JosephQ the Worker" art in clay relief by Richard Gill. His 50th Anniversary Show continues at the Bittersweet Gallery in Burnstown until Aug. 28



Aaaah, the weather report! As the song says, 'Hot, hot, hot!' We have been experiencing higher than historical temperatures this past while. It is not as bad as in some parts of Canada where the extreme temperatures, drought and dry forest floors have precipitated fires covering hundreds of hectares on both coasts. In the Newfoundland and Labrador, this has not happened in many years, although it is now an annual occurrence in Alberta and BC. The fires in Europe are unusual and troubling too. Unless we transition off of fossil

fuels more quickly, the climate change will cause more droughts, floods and fires. Some parts of Africa have seen the starvation of millions due to being unable to grow a sustainable crop. All of the viruses which have become more prevalent will increase due to deforestation and removal of natural habitats. All of Earth's ecology is intertwined and we keep messing it up! We also experienced severe rainstorms with damage throughout the Township. So far, I have been lucky with the exception of a muddy basement since my house is built into the

hill and rain washes under it. More heat is to come and apparently, a birdie said that the Farmer's Almanac predicts a cold, snowy winter! Enjoy the heat now and fill your log shed! Don't take it from me, I'm just quoting a 'he said...'

ting with some placed boulders and some left with the melting glacier! The sunsets are exquisite!

Public Meeting at the Community Hall on August 24 from 6:00 – 7:00 pm concerning the private docks on public land on Madawaska Street.

Contact Debra and Billy through cottagesincanada/whipporwillvalley.

On August 13, Pride came to Calabogie! Stacie Ross, the Market Manager, organized the first Pride Event in Calabogie. There were rainbow flags everywhere and two doggies and a big bunny were divas in rainbow tutus! Holli Cow, a Drag Queen from Arnprior read several stories to the children to the delight of parents and kids alike. Then she and Stacie entertained us as well with lip-synching and dancing with much hooting and clapping from vendors and customers alike! The numbers of vendors and patrons were fewer than usual, but for those of us there, it was a fun time. There was Facepainting, two buskers and some new vendors. **Please continue to support our market!** It is an important addition to the village especially after being shut in by COVID for over two years.

The Sisters of St. Joseph built a Catholic School in Calabogie, which is still educating our children, now of all faiths since it is the only school. Next Door is the original convent where they lived. When there were fewer sisters teaching in the Valley, their home was sold to the Township (then Bagot & Blythfield with Brougham added). It was used as a Library and other offices. In 1999, it was sold to a family for group reunions.

A few years later the building was sold, remodeled as a rental with facilities for small business retreats as well. It was called The Library Guest House.

In 2020, it was sold to Josephine Slaa. It has been completely remodeled and decorated but is still called The Library Guest House. Josephine was educated as an MD in Tanzania where she practiced for 10 years before moving to the UK to practice for another 5 years. Since coming to Canada, where getting a license is difficult for doctors trained elsewhere, she became a Physiotherapist, earned an MSc in Health and Society and is presently working on her PhD in Policy. Her passion is Senior Care. She is a CEO of a Home in Mississauga; is a trained Massage Therapist and does Foot Care. She has a passion for Senior Care and worries about Seniors being alone and lonely and perhaps not eating properly. Josephine wishes to provide a meeting place for Seniors' recreation and hopes her new facility will be a gathering place.

It's wonderful to live in a tourist town and wonderful to visit! Here are some places to stay. **Whip Poor Will Valley Cottages on the Lake** is situated in a quiet Bay. It is owned by Billy Weiss and Debra Giffin. It is a quiet oasis for families. They offer six family affordable cottages on a 6 1/2 acre property with 350 feet of the best sand beach on the lake. The cottages are clean, bright and have all of what's needed for a restful stay. Check out the reviews on their website! There are plenty of water toys, paddle boards, paddle boats, kayaks, canoes and a spring-fed creek 'water-falling' down to the lake through the sandy beach for young minds to explore! Each cottage has their own colour-coded Madawaska Chairs for COVID protection and a private garden or deck. There is a 'shack' containing sanitizer for the water toys. Up top is a house divided into two apartments which are winterized. There is a drilled well and 2 WiFi stations. The landscaping blends into the natural set-

The Guest House has a hot tub, air-conditioning, and private parking available on site, and free WiFi. There are 9 bedrooms, a flat-screen TV and a fully equipped kitchen that provides guests with a dishwasher, microwave, washing machine, fridge, and oven.

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Karen & Elizabeth Hardy in Stillpoint kitchen. Missing is Jasmin Hardy



Sister Theresa Ryan



Sister Patricia Amyot in her organic garden. There is something peaceful about gardening, watching things grow, and enjoying fresh fruits, vegetables, and herbs.



Sister Maria Mousseau Founder of Stillpoint.



Sister Kathleen O'Keefe, Director of Stillpoint, welcoming people of all faiths. No retreats are offered, but one can request Spiritual Direction from either Sister Kathy or Sister Pat.

I have the honour of working two days a week at **Stillpoint House of Prayer in Springtown on the Madawaska**. I have never worked in such a stress-free environment. The Sisters provide a friendly, happy working environment and all of us work together in peace and harmony. The Mission Statement: Stillpoint House of Prayer is committed to enabling persons of all faiths to grow in relationship with self, God, the "dear neighbour" and the universe, offering a quiet space to "Come aside and rest awhile (Mark 6:31)." The contemplative atmosphere, availability of spiritual direction and the support of a praying community nurture life, growth, healing, prayer and the fostering of wholistic well-being.

Stillpoint was a dream of Sister Maria Mousseau, of The Sisters of St. Joseph, who was originally from Calabogie. She wanted a place of calm and respite for people to 'get away from the rat race'. She consulted with her Congregation and the Diocese of Pembroke. She prayed and searched for a place to make it happen. At first the former owner was asking too high a price and she continued to seek out the perfect place to meet the needs of the guests. One day, the owner contacted her with a suitable price and then the work began in earnest! The site held an old farmhouse and barn which had been the homestead of the McCrea Family who had settled in and established the hamlet of Springtown, named after their hometown in Ireland.

It had been a 'Stopping Place' and Inn in the 19th Century and a working farm. It had been unoccupied for a while and Sister Maria, her Community, family and volunteers set out to convert the old building into what it is today. There are five bedrooms with ensuites and two converted apartments in the old barn for overflows in the summer. It opened in 1989 with Prayers, Blessings and with Sister Maria as its first Director. After her retirement she lived in one of the apartments until she was not well and moved to the Motherhouse in Pembroke and is now in Peterborough.

Sister Betty Berrigan became the next Director in 1998 until her retirement in 2019. She moved to Pembroke with other retired Sisters to Supples Landing in Pembroke until her death in 2020. Sister Betty had been a friend of mine at Most Precious Blood Church in Calabogie. When the former Office Manager, Liz Loten became ill, Sister Betty asked if I would help out. Sadly, Liz succumbed to her illness, and I stayed on until a more qualified person was hired. I remain on Staff looking after the library. Sister Helen Russell was the next Director and then COVID hit!

When it was time to open up a bit, I was asked to come back by the present Director, Sister Kathy O'Keefe of the Sisters of St. Joseph. In residence is also Sister Patricia Amyot of the House of Providence Sisters, who assists and is an organic gardener extraordinaire! We have a mother and daughter cooking staff, Elizabeth Hardy with daughters

Karen and Jasmine, the cooks at Stillpoint, an Office Manager, Lori MacNabb and me in the library. The man who fixes everything and is a general Jack-of-all trades is Billy MacMillan. Right now, Sister Theresa Ryan is helping with the cooking as well.

Stillpoint is a place of quiet and peace. Guests eat in silence, and we maintain silence unless eating in the sister's apartment. Meals are all home-cooked and in summer, fresh herbs, vegetables, and berries are from Sister Pat's Garden. Due to her knowledge, skill and love, the flowers and plants of all kinds are beautiful, and the harvest is bountiful! No retreats are offered, but one can request Spiritual Direction from either Sister Kathy or Sister Pat. There is a Prayer Service in the evening which is optional and a drive to Sunday Mass in Calabogie is available if guests wish. People of all faiths are welcome. Some groups may book and plan their own retreats.

A guest who is a retired environmental educator and activist noticed the many things being done to protect the water, but she was concerned about the shoreline. She suggested they contact Watersheds Canada. They were able to get a grant and with the help of The Congregations of the Sisters of St. Joseph and of the House of Providence, Sister Pat's family, Jasmine and other volunteers they planted over 400 trees and shrubs and over 400 plants and flowers over two days in October 2015 in pouring rain! This would help keep the geese off of the

lawn, but I noticed that they have made a path and happily come up and leave their 'unwanted gifts'. T. S. Eliot was the inspiration for the name Stillpoint from a poem, *Burnt Norton First Quartet*, 'At the still point of the turning world'. There are plenty of places about the grounds for walks in good weather; places to sit quietly, read, watch the ducks and geese (or if you're lucky the Heron) or pray; a dock from which a refreshing swim may be had; one guest recently brought her kayak; in winter the grounds are suitable for snowshoeing or cross-country skiing.

Sister Kathy O'Keefe was an Early Childhood Educator with a Day Care in London. As a Lay person, she was involved in Pastoral Ministry with the Sisters of St. Joseph and in 2000, she entered the Congregation and became a Sister of St. Joseph. She received her MDiv from St. Peter's Seminary in London. Sister Kathy has a passion for Pastoral Ministry, practicing in Timmins and London and in several capacities including the Transplant Department at Mount St. Joseph in London. She arrived at Stillpoint in June of 2021 as Director in the heat of COVID!

Sister Pat Amyot was a Primary School teacher and, taught Special Ed. Her career also included work as a Vocation Director, Pastoral Counselor, Spiritual Director and Retreat Director and finally worked in a Group Home for women suffering from Chronic Mental Illness before coming to Stillpoint to help with Sister Betty. Her green thumb has been a blessing!

If you wish some rest or to finish your latest novel, or for any reason contact Stillpoint at (613) 432-2791, inquiries@stillpoint.ca .

I need to share a humorous anecdote. For several years now, I have been making my own butter. I like the flavour and it is a meditative act. I usually take the whipping cream out of the fridge to take the chill off before making the butter. Recently, I was having a very busy day and I didn't get around to making it until the evening. I beat it and beat it and was afraid it was never going to separate and it didn't but I had great whipping cream for my jello! At no point did it separate into butter and whey, so I popped it into the fridge with visions of tasty whipped cream the next day. When I took it out, those soft swirls of cream were firm! I had no idea what I had made, but it tasted great. I gave some to a neighbour who declared it was tasty cottage cheese! I will now make some lasagna to use it up! I have a question for all you cooks out there. What can I make with the whey? I have put it in smoothies and I suppose I could make lots of cakes, so I have a request if any of you have any recipes for whey, send them to me and they will go into the September issue!

This is your paper. I cannot be everywhere, so let me know about events before and if I miss being present, send a note and photos if you can, please!



Skippy Hale lives in the original K&P Calabogie train station with her antiques and spends her time in her art studio, her garden of benign neglect and writing. She loves being Nain (North Welsh for Grandma) to her four beautiful grandchildren. Life is good!

Search for Family Gravesites Online

Find us at cloynepioneermuseum.ca and on Facebook, Cloyne Pioneer Museum and Archives and [Flickr.com/photos/cdhs/](https://www.flickr.com/photos/cdhs/)

From the Spring 2022 Newsletter

Cemeteries on Flickr

The Cloyne and District Historical Society's (CDHS) new Flickr Cemetery site [flickr.com/photos/cdhs-cemeteries/](https://www.flickr.com/photos/cdhs-cemeteries/) contains over 1,105 photos with many more to be added this year. This site may prove useful for

anyone interested in local family history. All photos can be downloaded in the original size. Plus, the site has an excellent search engine for finding family names. To date, all the graves from Dempsey, Cloyne Pioneer,

Harlowe, Northbrook, Vennachar, and Denbigh have been photographed and indexed. Albums have been created so a viewer can search within a particular cemetery or all cemeteries currently indexed.



St. Luke's United Church and Cemetery is located in the hamlet of Denbigh, Ontario.



The Northbrook Cemetery is on the west side of Highway 41 in Northbrook, Ontario. The church on the left is the former United Church. There are 295 graves evident in this cemetery.



Harlowe Cemetery South on the south side of the Harlowe Road, west of the hamlet of Harlowe. There are 42 graves evident in this cemetery.



Plaque with names of those we are reasonably certain are buried here at the Cloyne Pioneer Cemetery. There should be many more names on the list but sadly the records for these have been lost.



The Denbigh Cemetery is located at 398 Buckshot Lake Road, Addington Highlands Township. It contains 4 graves.



Cenotaph at St. Luke's United Church - Denbigh World War I, 1914 - 1918, World War II, 1939 - 1945, Korean War, 1950 - 1953, Merchant Navy, Peace Keeping Forces. Let's We Forget.

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Erected and dedicated on August 9, 2009. The Dempsey Cemetery is located on the Marble Lake Road between Highway 41 and Marble Lake. There are 240 graves evident in this cemetery.



The Old Anglican Church Cemetery is located at 2181 Harlowe Road. Thirteen graves can be found in this cemetery.



The Vennachar Cemetery is located on the Buckshot Lake Road between the hamlet of Vennachar and Buckshot Lake.



St Paul's Lutheran Church Cemetery - Denbigh
This church and cemetery are located in the hamlet of Denbigh, Ontario, Township of Addington Highlands. This cemetery has 94 graves.

History on Flickr

Our main Flickr site [flickr.com/photos/cdhs](https://www.flickr.com/photos/cdhs) is going strong with over 1,700 photos, videos and documents online. Since we joined the Flickr Commons in 2013, we have received over 4.7 million views – an average of over 1,500 views per day! Our most viewed photo continues to be the Northbrook Girl Guides by Mary Lloyd Johnson with 47,168 views. Second, is the Clayton Moore Family on Loon Lake, 1925 with 21,091 views, in the Alfred Ross Osborne Album.

Do you have photos to contribute to our Flickr site? We carefully scan your photos and return them to you. Your photos are placed in a digital album with your name. Contact: kenhook@gmail.com 613-336-3211.



Annie (Thompson) and Basil Thomson Home - 1970s. Part of the Garry Ferguson Album. Old family photos might not seem significant to you, but they all help fill in details about the history of the area. This was one of the original log homes in Matawatchan. Contact Ken Hook kenhook@gmail.com 613-336-3211, if you have any photos you would like preserved and posted online, with attribution to the donor. There are likely relatives who are wondering where their great grandparents grew up.



Moving to another threshing. Walter (Wottie) Hutson (Garry Ferguson's Grandfather) driving front team. Man on the machine and the one standing beside it were from the Rose family. The second Matawatchan School in background. Matawatchan, Ontario, Unknown date. Part of the Garry Ferguson Album. This precious photo is now on Flickr, to be shared. The information Garry provided would have been lost forever if he hadn't connected with the museum.



The Pioneer Museum displays are changed frequently, so come back again.

About the Museum

The Museum is located in a log building at Benny's Lake Heritage Park on the east side of Highway 41 in the Hamlet of Cloyne. It is open seven days a week until it closes on Labour Day. The Museum is open from 10AM to 4PM. Free admission. Donations appreciated.

Come into the museum:

- Sit in an early schoolhouse that has been reconstructed within the building.
- Stay a while in the household area to see what an early pioneer kitchen looked like.
- Pause to see the museum's copy of Walt Whitman's Leaves of Grass. Flora Mac Donald Dennison commissioned an inscription from it to be chiseled into Mazinaw Rock.
- View images of the pictographs on Mazinaw Rock
- Touch the early tools and implements made by blacksmiths, coopers, and harness makers
- Browse in the library where many local families have researched their genealogy.
- Admire the twig furniture crafted by Atewonnarikhon (Johnnie Bay) local artisan and maker of birch bark canoes, baskets, carved bowls and axe handles
- Visit us often as new (old) material comes in and displays change.

Follow us on Flickr, YouTube, Facebook and Instagram. For updates, membership, and (excellent) newsletters visit our site: pioneer.mazinaw.on.ca

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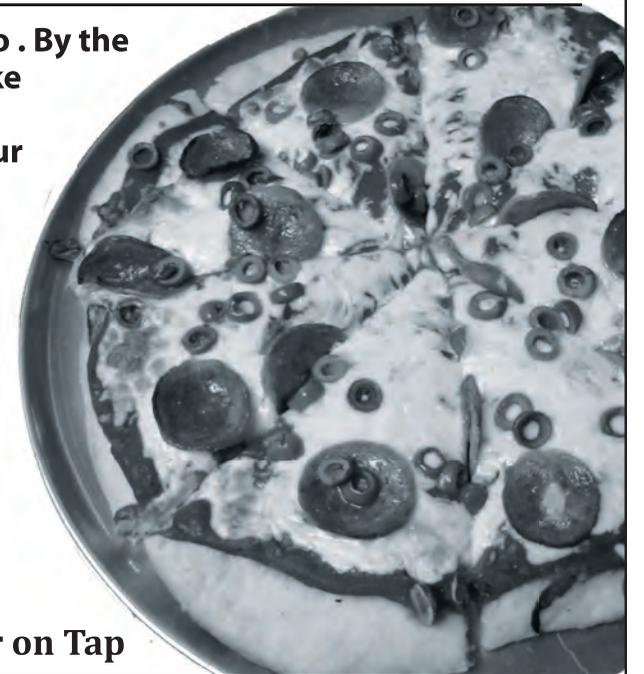
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Keys to Maintaining a Healthy Gut

By Derek Roche



Pic by Kim Daniels unsplash.com

We all tend to experience some form of tummy troubles now and then. With close to 50% of the population suffering from bloating, cramping, gas, acid reflux, excess belly fat and constipation or diarrhoea, it has become a serious problem. Many of these issues have been caused by antibiotics, particularly broad-spectrum antibiotics that kill bacteria indiscriminately, both good and bad. Other causes include stress and poor diet. When it comes to maintaining a healthy gut, most of us don't know where to begin. That's why I'd like to talk about both healthy gut bacteria and which superfood combos we could be pairing together for optimal health.

When we discuss a healthy gut, what we're really focusing on is the diversity of bacteria in our intestines. This bacteria is called the "gut microbiota".

Everyone's gut microbiota is different, like our unique fingerprints. Your gut health is closely tied to all kinds of different aspects of your bodily health too, not only affecting your digestion, but also immune system, metabolism, and even your mental health.

Most people have heard of probiotics, but 'prebiotics' are just as important. Probiotics are the actual healthy bacteria themselves, and the prebiotics act as food needed for the healthy bacteria to thrive. That fuel is necessary if you want to get benefits from the bacteria. You can get prebiotics in foods that are rich in fibre, like whole grains including whole wheat, oats and barley, as well as vegetables and fruit such as onions, garlic, bananas, apples, and asparagus. You can find probiotics in fermented food like kimchi and sauerkraut. You'll definitely want to get a variety of these foods in order to have a healthy gut flora.

Kale is often thought to be one of the best green vegetables for gut health. While it is good for your gut health, other leafy greens like broccoli, cabbage, and brussel sprouts are just as good. All of these activate receptors in your intestine that help to populate your system with good bacteria, which strengthens your immune system. It also helps prevent something called leaky gut. What happens is that your intestinal wall acts as a barrier to keep the good things in and the bad things out. By eating those leafy green vegetables, you're ensuring that that wall remains healthy and intact.

Regular exercise is fantastic for your overall health including gut health, but exercising every single day, especially

if it's really intense exercise, doesn't give your body a chance to recover and rest. So you want to make sure that you incorporate rest days along with your exercise days. If you put stress and inflammation on your body due to over-exercising, the amount of good bacteria in your gut might be reduced.

So, what are the superfoods we can be eating to help achieve optimal gut health? **Superfoods are foods that go beyond giving us energy, vitamins and minerals. They're also loaded with phytochemicals, compounds that help prevent and fight disease and slow down the aging process.** There are a number of "everyday superfoods" – things like blueberries, almonds, spinach, sweet potatoes and oats, which are foods that you can find easily and that are packed with incredible health benefits. They taste great and they don't blow your food budget. By eating certain food combinations, we can boost the benefits even more.

Sweet potato and avocado

Eating a sweet potato with avocado can help you absorb more of the beta-carotene in the sweet potato, an antioxidant that gives you beautiful skin. Sweet potatoes are high in fibre and are low on the glycemic index. That means they help regulate your blood sugar levels. Their bright orange colour is a clue they're an excellent source of beta-carotene, an antioxidant your body turns into vitamin A. From amazing eyesight to beautiful skin and anti-aging benefits, vitamin A has numerous health benefits. Avocados are an excellent source of monounsaturated fats, the same heart-healthy type found in olive oil. They also contain vitamin E, another antioxidant that works to keep your brain sharp and fight off the effects of free radical damage from aging, pollution or not-so-great eating habits.

Lentils with bell peppers

Lentils are a fantastic plant-based protein. They're rich in fibre to help you stay full longer and promote healthy digestion. They are also rich in iron, a nutrient that can be more challenging for vegetarians and vegans to get enough of. Plant-based foods like lentils contain a type of iron called non-heme iron that your body doesn't absorb as well as the type of iron found in meat and fish. Bell peppers can help increase your body's ability to absorb the plant-based iron in the lentils, and are an excellent source of vitamin C, a powerful antioxidant that can strengthen your immune system and helps create

collagen, keeping skin looking radiant.

I recommend that all of my vegetarian readers pair iron-rich foods like legumes with foods high in vitamin C to get this boosting effect. That iron is key to keeping your red blood cells loaded up with oxygen so you can fight fatigue and function at your best.

Bananas and almond butter

This is one of my favourites Bananas are an excellent source of potassium, an electrolyte that helps regulate your heart rate and blood pressure. It works against the effects of sodium so it's fantastic for heart health. Almonds are packed with fibre, protein and healthy fats to help round out a meal or snack. Combining bananas with almond butter makes for a fantastic post-workout snack. The banana helps replenish your potassium levels because you lose potassium in your sweat. Along with plenty of water, potassium is important for helping you rehydrate after exercise. The banana also contains carbohydrate to help you refuel. You don't want to go low carb after exercise, because having a healthy source of carbs spares the protein in the almonds so it can be used to repair and build your muscle rather than getting burned up for energy. That means a leaner body and more energy to get through your day.

Walnuts and grapes

Walnuts contain an amazing mix of protein, fibre and healthy fat. They're rich in vitamin E, an antioxidant that fights chronic disease and aging. Grapes are rich in fibre and high in antioxidants that help protect the heart. Put them in the freezer for a healthy snack when your sweet tooth kicks in.

Your gut health is, perhaps, the unsung hero of health and vitality when it is optimal, and a hidden cause of disease and discomfort when it is not!

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





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Government Funded Dental Programs

By Tamatha Strachan

In Canada, general oral health care is not included in the Canada Health Act. Most Canadians receive oral health care through privately operated dental clinics and pay for services through insurance or by paying for it themselves. However, some dental services are covered through government dental programs, and are integral to the health and well-being of Canadians.

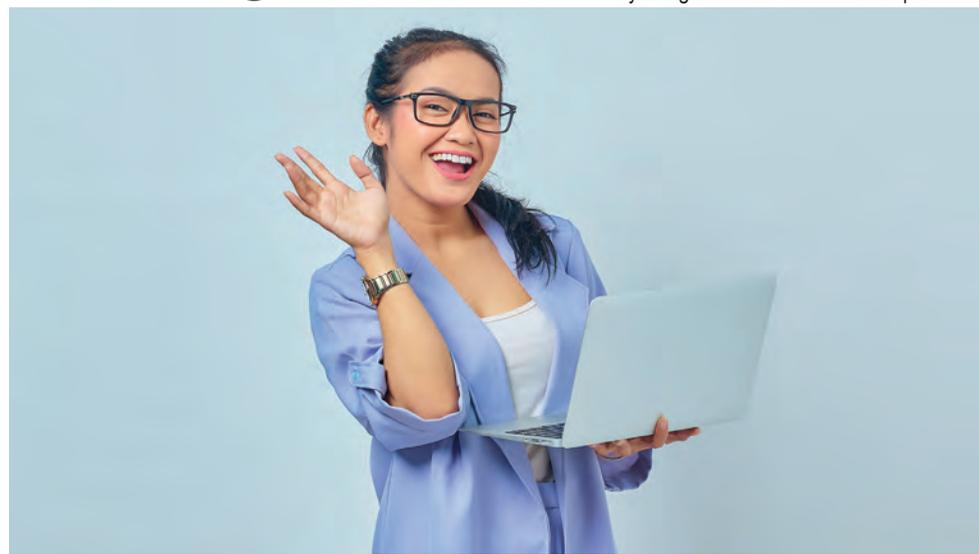
The Ontario Health Insurance Plan (OHIP) coverage for dental care is limited, with the notable exception of some in-hospital dental surgeries (e.g., fracture repairs, tumor removal, reconstructive surgery). Medically necessary tooth removal is also sometimes covered, provided it has prior approval by OHIP. It does not cover emergency or routine dental services.

In addition to OHIP, there are seven government-funded dental care programs available to Ontarians. The four Ontario government-funded dental care programs are: **Ontario Seniors Dental Care Program** (Search for “free dental care for seniors” to find the website.), **Healthy Smiles Ontario** (free dental care for kids), **Ontario Disability Support Program** (free dental care for adults who are disabled), and **Ontario Works** (free dental care for low-income adults).

There are three dental care programs funded by the Government of Canada which are available to Ontario residents as well: **Interim Federal Health Program** (free dental care for refugees), **Non-Insured Health Benefits** (free dental care for eligible First Nations people), **Veterans Affairs Canada** (free dental care for Canadian veterans). Unlike OHIP dental coverage which you access automatically using your OHIP card, to qualify for the above free dental programs you need to apply first.

Let's have a closer look at these programs:

Recently, the Ontario government officially launched the **Ontario Seniors Dental Care Program** (OSDCP) which aims to deliver regular dental services for low-income seniors. To qualify you must be at least 65 years old, be an Ontario resident, have an annual income of \$22,200 or less as a single person, or have



Pic by Bangun Stock Production unsplash.com

a combined annual income of \$37,100 or less for a couple. In both cases, you must not have other dental benefits.

Healthy Smiles Ontario (HSO) provides free dental care for children. This program covers exams, x-rays, fillings, tooth removal and cleanings. Limitations include braces, dental implants, cosmetic services such as veneers and teeth whitening. To apply for this program your child must be 17 years old or younger, live in Ontario, and live in a low-income household.

The Ontario Disability Support Program (ODSP) is free dental care for adults that have a substantial physical or mental disability. Services include exams, cleanings, fillings, root canals, and tooth removal. Children of parents receiving ODSP will be automatically enrolled in Healthy Smiles Ontario.

Ontario Works (OW) provides income and employment support to people in temporary financial need. To be eligible for Ontario Works, you must live in Ontario, need money right away to help pay for food and shelter, and be willing to take part in activities that will help you find a job. Ontario Works dental coverage includes exams, x-rays, fillings, root canals, tooth removal, dentures, and cleanings. Children of parents receiving OW will be automatically enrolled in Healthy Smiles Ontario.

The Interim Federal Health Program (IFPH) covers emergency dental care for refugees. “Emergency” is defined as procedures to reduce pain and active infec-

tion, hemorrhage and the result of oral trauma. Routine dental care is not covered. IFPH is meant for short-term use (a period of eligibility up to 12 months) to help a refugee who is not eligible for provincial health insurance.

The Non-Insured Health Benefits (NIHB) Program is a national health-benefit program for eligible First Nations people and Inuit. This program provides coverage for a range of health benefits that are not covered through other social programs, private insurance plans or provincial or territorial health insurance. Most dental treatments are covered.

Veterans Affairs Canada (VAC) provides free dental care for Canadian veterans. People who served in the Canadian military may be eligible for free dental care

if they are receiving a disability benefit, enrolled in the Long-Term Care program for veterans, enrolled in the Veterans Independence Program, or receiving the War Veterans Allowance. VAC provides 100% coverage for basic dental care up to \$1500 annually for exams, x-rays, fillings, tooth removal, dentures and cleanings. Private insurance is sometimes available through your employer or can be purchased through a private insurance company like Manulife or Great West Life. Monthly fees are reflective of the annual deductible, percentage of coverage and annual maximum.

For those searching for dental care options, you may wish to contact your **local public health unit** or view their websites to enquire about services available in your local community. If you are on a limited income but you do not qualify for any of the above programs, then as a next step you could consider low-cost programs at select dental clinics, such as the dental hygiene schools in the Ottawa area.

Please visit the Calabogie Smiles website at calabogiesmiles.com to find links for each of these programs.

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.



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A Bounty of Trails

By Lesley Cassidy

Welcome to the dog days of summer when the sun shines almost every day, and an occasional thunderstorm passes by. When the pavement radiates heat waves and a thick haze hangs in the air by mid-afternoon. It's time to wander under the cool leafy canopy. A book and lounging deck chair call for many, but if you prefer to be out and about, check out these options for hiking, cycling, dirt biking, and a water trail in the Valley.



The beautiful view from Bear Mountain. Pic by Evelyn Turcotte



Along the Round Lake, Wilno Hills Way of the Crosses cycling tour, you will spot many shrines. Please respect these spaces and private property. Pic by L. Cassidy



Pic by Stephen Andrews unsplash.com

Hiking

Over 50 kilometres of hiking (and cycling) trails on Crown land? Where, you ask? Spectacle Lakes and Bear and Burnett Mountains offer hiking, cycling and winter options, including snowshoeing and backcountry cross-country skiing. This little known non-motorized gem, tucked between Barry's Bay and Madawaska Valley, launched as a millennial project, and numerous volunteers continued to build the trails over the next decade. Five trailheads provide parking, or you can park along the side of the road, and the network is well marked and colour coded. "I love the Spectacle Lakes area; it's not overpopulated", shared Evelyn Turcotte, a long-time avid hiker from Cobden who spends hours exploring Ottawa Valley trails. "My favourite trail so far is the Loon-Beaver, and it is accessed by Highway 60." Turcotte recommends carrying a map and wearing hiking boots from her experience. "I like to hike this loop clockwise... The trail loops around Loon Lake and Beaver Pond. The last section of the trail has not one but five beautiful lookouts. That's why I prefer to hike

this trail clockwise, as you are rewarded with the great views towards the end of the hike." She encourages hikers to add in the 700-meter steep jaunt up to Bear Mountain, which is worth it when you see the panoramic view from the top. She usually ends her hike with a coffee and a treat at the Spectacle Lake Lodge. Check out the website for this trail network (slbmtails.org/trails.html); it's loaded with important information (avoid the area during hunting season) and maps to download.

Paddling/Motorboating

It's not a secret, but do you prefer to launch your kayak, motorboat, or paddleboard off the beaten path? Check out the boat launch along the Madawaska River near Wabun Lake. Between the Barrett Chute Dam near Calabogie Ski Peaks and Mountain Chute Dam at Black Donald Lake, a quiet and relatively uninhabited swath of the Madawaska exists. Putting in at this location offers not only a beautiful river, there is a bonus option - the eight-kilometre long Norcan Lake, also referred to as Mud Lake by old-timers.

A parking space for a few vehicles can be accessed by taking a right turn just before Wabun Lake. Paddling up the river, observe blue herons, loons and the occasional deer scampering near shore. A few original camps nestled among the trees and on the numerous islands make for the only signs of human beings. Paddling along, you will feel the pull of the slight current as you round the corner to the entrance of Norcan Lake. Norcan Lake was created during the damming of the Madawaska River in the early 1940s and averages about 15 feet deep, rocky in places with numerous coves and bays to explore. The left side of the Lake offers many lunch stop options on Crown land with private property predominantly on the right side of the Lake. Toss your fishing line and reel in a large mouth bass or perhaps a toothy northern pike. On the way back, travel upriver to the Mountain Chute Dam and admire the massive structure holding back Black Donald Lake and the Mighty Mad River. It measures 400 meters (1312 feet) across

and 5 meters (180 feet) high. Come back another day and paddle or boat downriver from the launch towards the Barrett Chute dam. Discover the rocky, hilly, and towering eastern white pine landscape... a tranquil escape not far from Calabogie.

Two Wheels and a Motor

Love dirt and a two or four-stroke engine? A secret no longer, Calabogie is a must-visit playground for dirt biking with hundreds of kilometres of trails. Two established trailheads with parking for trailers - Bompas off Tatty Hill Road and a sandpit off Highway 508, less than a kilometre past the Eagle's Nest Parking lot - lead to forest access roads, two-track and beginner to expert single track.

Joining the Bytown Motorcycle Club means you have a fun group of like-minded enthusiasts to explore these incredible trails. Another significant benefit is access to an application that will help you navigate this Crown land network that offers something for everyone. Andrew Jayne, President of the Club, shared, "Calabogie and the surrounding

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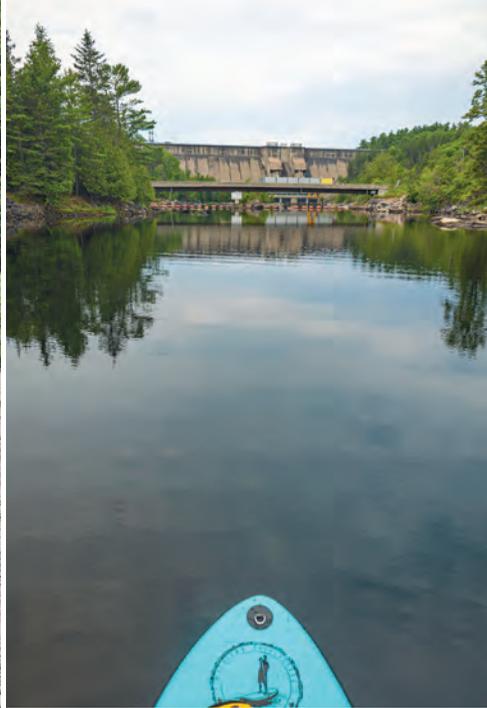
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<p>NEW LISTING WATERFRONT!</p> <p>207A High Lane Waterfront lot on Hurds Lake \$349,900 MLS1245638</p>	<p>COUNTRY LIVING!</p> <p style="text-align: center; font-size: 2em; color: red; font-weight: bold;">SOLD</p> <p>560 Blind Line, Haley Station Well updated high ranch home on 1.5 acres with 3 bedrooms and a fully finished basement with a 4th bedroom and full bath. MLS1301162 \$489,900</p>	<p>HURD'S LAKE ACCESS!</p> <p>18 Lauraine Crescent Log home in Hurds Lake Hamlet with lake access MLS1306509 \$449,900</p>	<p>BUILDING LOTS!</p> <p>01 BARRYVALE Rd MLS1245735 7.74 acres \$299,900</p> <p>02 BARRYVALE Rd SOLD 227 1.16 acres \$</p> <p>12 BARRYVALE Rd SOLD 96 2.26 acres \$</p>	<p>NEW LISTING!</p> <p>2855A Highway 132 2 storey with a huge high ceiling attached garage, smaller attached garage, lower unit - 1 bedrm living area with full bath. 2nd floor unit - 3 bedrm with full bath, ensuite MLS \$359,000</p>	<p>CALABOGIE COMMERCIAL!</p> <p>5057 Calabogie Rd. Over 5 acres of pristine commercial land with a Highway Commercial Zoning \$599,900 MLS1257456</p>	<p>PRICE REDUCED! WATERFRONT BUILDING LOT!</p> <p>155 Frost Lane on Virgin (Dempseys) Lake \$359,900</p>	<p>PRICE REDUCED!</p> <p>505 Gladstone St. Calabogie MLS1290383 \$479,900</p>
<p>BUILDING LOTS!</p> <p>Kennedy Road Building Lot \$128,000</p> <p>Pheasant Run Building Lot \$129,900</p> <p>Stones Lake Building Lots 2.5 acres MLS424900</p>	<p style="text-align: center; font-size: 2em; color: red; font-weight: bold;">SOLD</p> <p>Gorgeous 3 Season cottage on Calabogie Lake 889,900 MLS 1299983</p>	<p>NEW LISTING IN GRIFFITH!</p> <p>7 Eastern Ave Neat and tidy bungalow MLS1296259 \$334,900</p>	<p>NEW LISTING!</p> <p>1812 Frontenac Rd. 10 acres in Matawatchan \$325,000 MLS1305447</p>				



Cycling the gravel hills of Wilno, exploring a route from the Ottawa Valley Cycling and Active Transportation Alliance website. Pic by L. Cassidy



Paddling towards the colossal Mountain Chute Dam on the Madawaska River.

Pic by L. Cassidy

trails is a spectacular area to ride and a great example of riding in Ontario." The Club has approximately 1200 members this year and focuses on promoting responsible riding, avoiding private land, and completing trail maintenance to keep the trails open and accessible.

Have you tried the Calabogie Boogie? It's not a dance move; every year for the past 30 years, the Boogie brings riders from Ontario, Quebec, and the United States to sample two days of dirt biking or dual-sport riding in Renfrew, North Frontenac, and Lanark Counties. With limited spots, and full support

along the route, including a sweep at the end and a banquet, it's the holy grail of riding. "All bikes are sound tested", shared Heather Seeler, the board member responsible for this event. "It's really important to remain good neighbours with adjacent landowners, and we keep the event limited to preserve the trails".

Trails can also be found at the top of Mountain Chute Dam leading to the North Frontenac Parklands. Much of the dirt bike network surrounding Calabogie wanders through thick bush, dotted with lakes surrounded by rock cuts, challenging terrain, and hydro lines. It

is remote with little cell coverage, so a good working bike is a must and letting someone know your planned route also helps. With so many options, there are not enough hours of sunlight to ride this paradise!

Two Wheels Sans Motor

Love two wheels without a motor? Check out the Lennox and Addington website (naturallyla.ca/explore/cycling/bike-routes/) and the Ottawa Valley Cycling and Active Transportation Alliance website (ovcata.ca/routes/); both list a variety of mapped routes for road and gravel riders.

If you prefer a milder version of gravel with at least half of the route paved, check out the Eganville Gravel Grinder, a 50-kilometre ride west of Eganville that offers excellent views of rolling fields, cemeteries and local farms, all while pedalling your way around Silver Lake. Corrigan Road is sure to pump up your heart rate. Prefer a longer distance? Try the Wilno Hills Way of the Crosses, a 70-kilometre mix of paved and gravel roads that winds its way around Round Lake (flatter section, paved) and eventually takes you through Gunns Road (a forest access road). It then skirts along the edge of Algonquin Park and heads south along Paugh Lake Road and Wilno Road North. Both of these gravel roads test your quads with every turn of the pedal. Spot old stone piled fences, random abandoned farmhouses, coniferous bush and few people or vehicles. Large and small shrines and crosses dot the landscape, built by Polish community members. You may notice many of the road names are the same names that ap-

pear on mailboxes throughout the area – there are generations of families who live here! If you prefer an organized ride, check out the 58-kilometre road ride in Lennox and Addington at the end of September (naturallyla.ca/explore/cycling/discover-la-ride) and the Tour de Bonnechere (tourdebonnechere.blogspot.com). Another fantastic cycling resource for the Ottawa Valley is the ridegravel.ca website. Remember to keep the rubber side down!

Mosquitos and deer flies flutter away at this time of year, and it's the best time to get out and explore your favourite trail or Lake. Visit one of these and soak up these last few weeks of warm summer breezes, lingering days, and swimming weather before the leaves change colour and the days' temperatures begin to drop.



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

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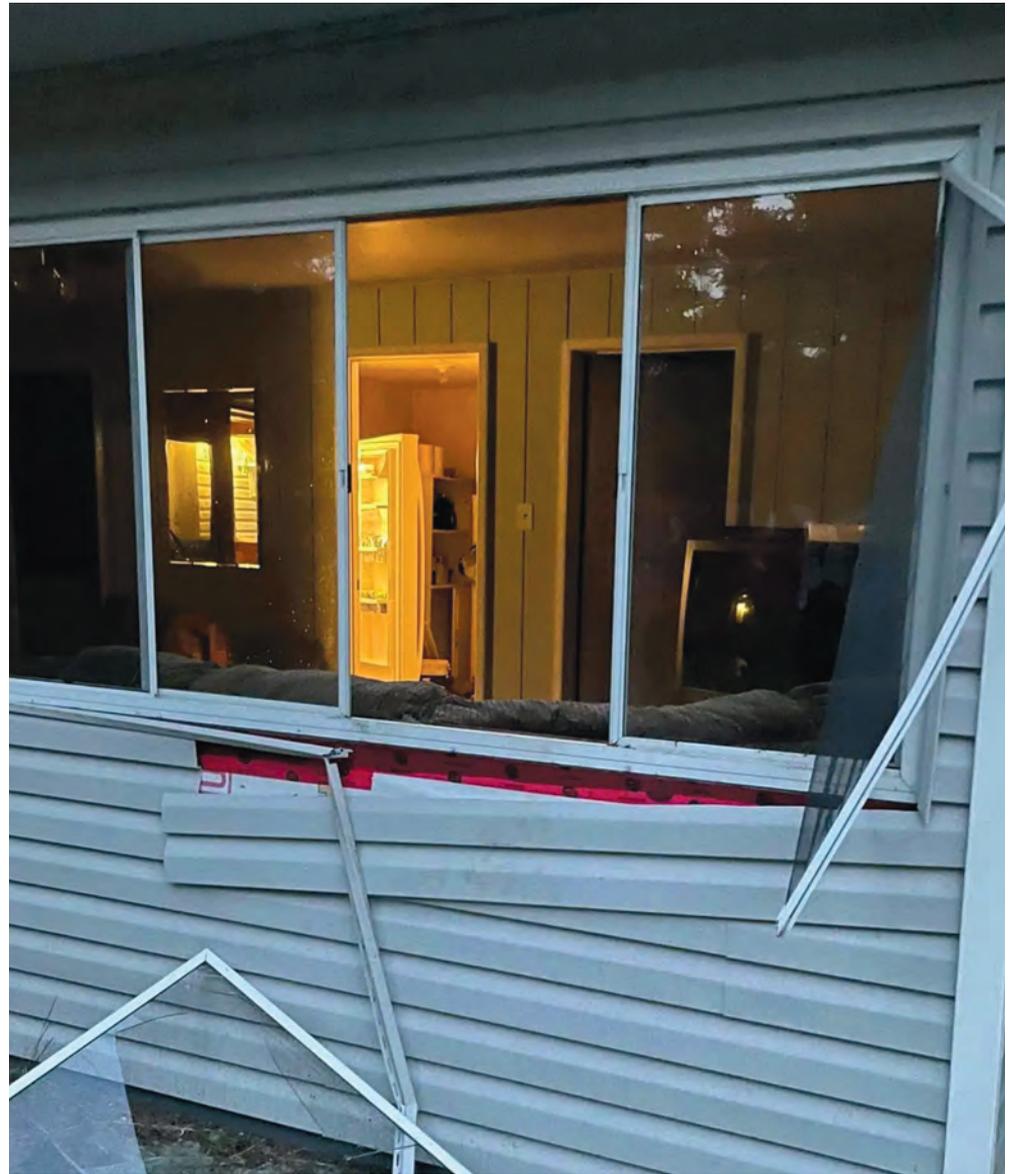
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Wildlife-Proofing: Preventative Tips!

By David Arama



Norway Kills Freya, a 1,300-Pound Walrus Who Delighted Onlookers. Officials said the walrus had become a threat to human safety because people ignored warnings and did not keep their distance from her in the water. Scenes like this never end well for humans or animals. In this case, it was the animal who lost its life, but it could have ended much differently. If you love wild animals, keep your distance. They aren't pets.



Winnipeg Free Press story from Monday, Jul. 18, 2022, "Bear bashes way into Manitoba cottage, eats cake" This is why you have to keep food away from windows, keep the kitchen counter sanitized, and food locked in cupboards if you are in bear country. With more people entering the bears' domain during the pandemic, they now associate humans with food.

Now that the dog days of summer have arrived, hordes of outdoor nature pursuers have arrived too, enjoy hiking, camping, cottaging, and RV'ing. We love to interact with nature and see wildlife, but we also need to be respectful of wildlife and the inherent dangers. Even what we consider to be gentle deer can kill you to protect their young.

Habitualization refers to wild animals that have become used to people. Due to frequent interactions with humans, they have lost their natural fear of humans. Bears in provincial parks have little fear of you or your pet dog and know that humans

are a source of food. Coyotes are now common in cities, so we have to be "wildlife aware" even in urban neighbourhoods. A pet dog looks as good a prey as a rabbit to a hungry coyote.

Which is safer, Crown lands or Parks? On much of the Ontario Crown lands, there are lots of hunters. Animals are very intelligent, and in most cases, where there's hunting, wildlife such as bears are afraid of humans. They don't know if you're a hunter or a tree hugger. So, instinct is to fear us and run. But in many nature parks, bears have lost their fear of humans. Algonquin Park and Frontenac Park are good examples

where frequent bear interactions with campers have habituated generations of bears. Algonquin Park has a history of the most bear attacks and fatalities in Canada.

Here are some tips and advice, to avoid negative outcomes:

Cottages and RV's have their own peculiar set of animal-proofing issues. Barbeques are a big problem. Bears, raccoons, and red squirrels pay attention to this. Keep the BBQ clean, scrub the grills after use. Also, keep the kitchen counter neat and tidy, sanitized, and keep food in locked-

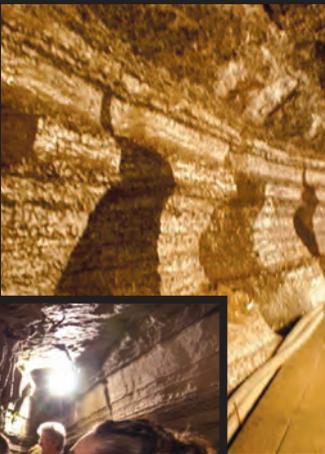
up pantry cupboards. This will also reduce the mouse population. And don't burn leftover food in the fire pit. Burning food in the Campfire results in food odors that attracts animals and can last for years without you smelling it.

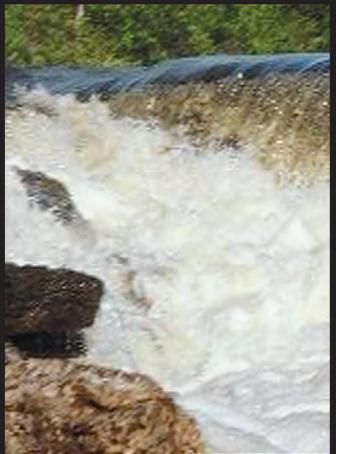
Campsites: When car camping, leave all food supplies and coolers in your vehicle's trunk. That includes anything that might smell like food to a raccoon, e.g. toothpaste, chewing gum etc. No food in the tent, ever. For backcountry camping, hang all food up in a tree, preferably 5 meters above ground, 2 meters from the tree

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Raccoons adapted to city life a long time ago, but as cities encroach on wildlife habitat, others are creeping in.



Top pic by Philip Pilz unsplash.com

Bottom pic by Quentin Bounias unsplash.com

trunk and 1 meter down from the branch that the food pack is hanging from. I prefer a cheap food bag instead of using an expensive backpack or canoe pack for hanging food. Also, most camping stores sell pulley systems and thick rope throw bags that make hanging food easy.

Tips:

- Set up tents as far away from cooking and campfire areas as possible.
- Wash pots and dishes well away from the tent area.
- Only use phosphate-free dish soaps. When phosphorus levels are too high, they can lead to degraded water quality, algal blooms, and zones of low oxygen, which harm aquatic life.
- If you have been fishing, and fileting fish, change your clothes before going into a tent.
- Don't do the fileting near your campsite.

Canoeing and Kayaking lend themselves to sudden encounters with moose and bears as you quietly move over the water. Years ago, I had a close call when rounding a bend in a river. I came face to face with a large bear sow with her cubs. Thankfully, the cubs scattered up a bank and the sow followed. Many unsuspecting folks have come too close to a moose with a calf or an angry bull.

Hikers can easily have encounters with wildlife. Sudden encounters are the most common. Blow a whistle and make some noise so animals know you are coming. Be very careful with animals that are with their young, e.g., sow with cubs, doe with fawn. I know of a case in Frontenac Provincial Park where a Doe attacked a backpacker to protect her fawn. Most attacks on hikers are on soloists, so where possible, hike in pairs or groups.



Pic by Lasse Nystedt unsplash.com

Feeding animals is never a good idea. This further habituates them and increases the chances for negative interactions with humans.

Take down bird Feeders from when spring approaches until the late fall. Otherwise, you will attract unwanted hungry animals, such as squirrels, raccoons, and even bears.

Highway wildlife accidents are the most common human-wildlife dangers and likely potential for serious injury or death. Hitting a deer

or moose or even swerving to miss a raccoon or turtle results in increasing carnage on our highways. Especially for motorcycles and ATVs.

Tips: Slow down at dusk and at night. Speeding and hitting a deer or moose usually results in totaling your vehicle, and serious injury to you and the animal. Also, swerving to avoid even a small animal can result in a head-on crash, or could put you in a ditch or rock cut. Having said that, that's a natural human reaction to an impending collision that many of us have had. It's hard not to swerve.

Your overall attitude and actions can prevent disastrous interactions with wildlife for yourself and other unsuspecting souls. You may also wish to invest in a loud whistle and air horn, bear bangers, and bear mace spray.

On a lighter note, remember that you can't outrun a bear, so bring someone who is a slower runner than you are and stay safe.

Remember, be prepared, you are biodegradable.

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



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

YTV, Bad Trips Abroad T + E, and offers a variety of training courses and camps.
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To War and Back

By Howard Popkie

When I got out of the army in 1954 I was sick of wearing army clothes, so I left them all behind, but when you get old it's so nice when the things you left behind show up again. I walked into an antique shop in Arnprior about a week ago and there was the same uniform I wore when I was just 16 years old. It was really like mine. It had PPCLI flashes on the shoulders and a size 10 and that was my size. I even wonder if it really was my uniform. I bought it for \$57, a nice battle dress, tunic and pants. I took it to the drycleaners and when I get it from there it will always hang in my living room with my medals on it.

A short time ago I was in Ottawa at the War Museum and a group of grade 4 students came along with their teacher. I was admiring the Vickers Machine Gun at the time and the teacher stopped to tell the kids about it. That was the gun I used for 3 years from 1951 to 1954, including the full year I spent on the front line in Korea. When the teacher was finished with her lecture on the gun I said, "You didn't tell them something about the gun." I pointed out to them a little notch in the metal where a spring is hooked on and I said, "Did you know the name of that little tiny notch is the recess or indentation of the prolong action of the left inside plate?"

Later that day I was invited by some of the Arnprior Veterans to come to the high school to speak to the girls and boys about our time in the military. On Remembrance Day, 2013, I sat with



seven 84 to 94 year old veterans in a room full of kids, about 100 in all. One by one the vets spoke of their time spent in action and many of the boys and girls cried openly at the horror stories. When it came to be my turn to speak I said, "If you think you're having a bad day, you are not. You are having a good day if no one is shooting at you." I went on to say, "This Sergeant here beside me tells a re-

ally good story, but I am not so good at speaking to a crowd, so let's listen to what he has to say." To my surprise he put his hand on mine as he spoke to the kids and said, "Just because he doesn't want to speak doesn't mean he has nothing to say. Some men can't talk about what happened. He is a real hero. He joined the PPCLI when he was just 16 years old, the age many of you are now and spent a year on the front line in Korea. They had 12 Vickers Machine Guns and he was on one of them, right in the thick of it all. He saw 26 of his buddies die and he could have easily been one of them. So don't think that just because he doesn't speak that he has nothing to say. He has lots to say and he is a true hero."

I joined the kids, with facial tissues on their eyes and said, "I can tell you I saw more than my share of life and death by the time I was 17. I know families where four brothers went off to war and only one came home to mother. Now I am an old veteran with medals, speaking to high school kids who are older than I was when I was to war. May the weapons of war rust in peace."

Every year the veterans from the World Wars line up to take a photo for the newspaper and each year there are fewer veterans for the photo. The old vets

that are missing are singing their regimental songs in the wet canteen up in heaven. It's an adventure I'll never forget no matter how hard I try.

I didn't always feel that way about war. When I was a kid growing up at Black Donald Mines in the 1940s, the Second World War was on and word around town was if you were a farmer you would not be called up for compulsory military service. To avoid being conscripted my Dad made sure he was a farmer and we became farmers, too. He ran fence posts around the field and got an electric fence running on a single barbed wire strand that would shock you if you touched it. We got more cows and pigs and more hens. To make sure he looked more like a farmer, we cleared more land to make the fields bigger. We made fires from the limbs of trees on the tree stumps. Some of the pine stumps had smoke coming from them all summer as the roots burned underground.

We all worked clearing land to save Dad from the army. I wasn't like Dad. I didn't want to be a farmer or a logger or a miner. I wanted to be a war hero like my Uncle Charlie who was fighting for our freedom overseas. I was just a little boy when he left to go to war in 1939 and in 1944 I was 10 years old and the

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war was still on. That summer my brothers and I would sleep in the hayloft in our old cedar log stable at Black Donald. We had a blanket over the new mown hay. I can still remember the sweet smell and the soft bed it made. We had a lot of comic books up there and they were all superheroes. We had Super-man, Flash Gordon, Batman, Wonder Woman, and even Captain Marvel who punched Hitler right in the face!

That Christmas I got a wooden cannon that shot glass marbles at the enemy soldiers that were cut out of heavy cardboard. They had wooden bases so the soldiers could stand until they were shot down by heavy artillery. Many times the enemy soldiers were saved when our old tomcat got the marble before it could make the kill. I was ten years old and on my way to being a child soldier. I went on to buy army surplus supplies from the Family Herald newspaper ads that sold WWI web belts and bayonets. I had them all.

The shows in the hall in town in the war years were war pictures that began with The World News. They showed the World War raging in Europe where my Uncle Charlie was a soldier in the

artillery. In my Dad's wallet were paper bills of the day with a picture of a battleship. All anyone ever talked about was the war and I could hardly wait to get there.

I started school in 1941 and in 1945 Charlie came back from Holland and we had a new log cabin at the Madawaska just built in 1945 where the Mountain Chute Dam is today. Mother was at the river scrubbing clothes on the washboard and Charlie came along the shore. He made signs for me to be quiet then he sneaked up behind Mom. When she turned around she got a big kiss. Uncle Charlie was dressed in an army uniform with a big army packsack. It was good to have him back home safe from the war.

In his packsack was a P38 revolver and a British commando knife. At the bottom of Charlie's packsack was a handful of coins from Holland. Charlie gave them all to me. They had The Netherlands engraved on them.

When Canada gave him medals, he left them in our cupboard drawer and never picked them up. The war was over for Charlie Murphy, my Dad's half-brother. He came back to us in 1945,

healthy and tired and a little deaf and never talked about his life in the army. Uncle Charlie never hated anyone except Hitler.

When I was 15 years old in grade 7 at the Black Donald School, my Dad, who spent three years in grade 1 before he quit school forever, was not much on education. He told me it was time to stop school and get out in the world and make my own way. By the time I was 16 Uncle Charlie was back home, the world was recovering from WWII, and the Korean War was in full swing. I was still three years too young to join the army, but in spite of my Mother's efforts to stop me I made it all the way into the thick of things in Korean battles. I no longer used my toy cannon as I had just 7 years earlier. I got a big boy toy that fired 450 rounds of 303 ammo a minute, bullets that went so fast toward the enemy soldiers no tomcat could save them.

Time passed and I was 18 years old and home from Korea. When I woke up at my old log home it was like a dream and hard to believe. After having my first breakfast at home I went outside to visit the old log cedar stable where I spent my childhood and I heard my Uncle Frank

cutting logs between our farm and his. I climbed through the fence we built and I tore my battle dress pants on the barbwire. As soon as I met him he said we have to go see Jessie. We went to his place to see Aunt Jessie. She gave me a pair of Frank's pants and sewed the big tear from the barbwire. She always took good care of me. I went into her living room, wound up the old gramophone and put on my favourite record, "Riding Down the Canyon to Watch the Sun go Down", by Gene Autry. It was good to be back home.

I had a long leave from the PPCLI after Korea. They had a homecoming party for me at the Black Donald School then I spent the winter at my Dad's trapping camp near Fox Lake. It was a good place to get back to normal life, alone in the wilderness where you can hear the silence.

I was asked by Member of Parliament Cheryl Gallant if I would like to go back to Korea with the Veterans Affairs on their Revisit Korea Program and I said, "If you were in Hell and you got out, would you want to go back to visit the Devil?"

LIBRARY MATTERS

The Greater Madawaska Library is a Learning Centre for the Entire Township

By Skippy Hale What's happening at the Library?



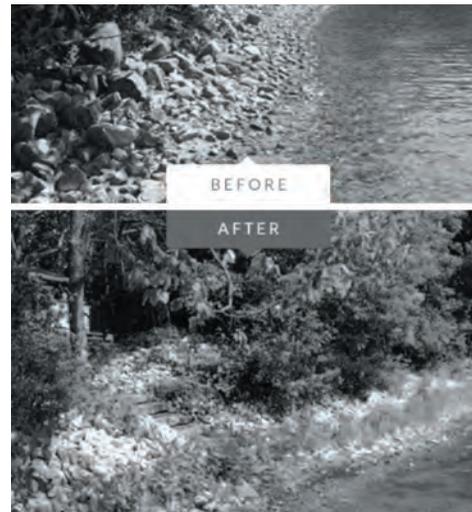
Pic by Josh Mills unsplash.com

TD Summer Reading Club Report: 31 kids registered read 166 books in July. Registration is ongoing with a valid Library Card. in-house meetings are Fridays 10-11 for ages 4-12. Programs: Aug. 19: Rock Monsters. Aug. 26: Finale.

- GMPLLC receives a new **Large Print and DVD selection** on a semi-annual basis called a pool. This resource is shared with other libraries across Ontario and is an inexpensive way for our library to provide fresh material to patrons.
- An **Ontario Park Pass** saves you \$18 each time you visit a provincial park.
- The **Canada Science and Technology Museum** reopened in 2017 after an extensive renovation. If you haven't yet been to see it, you should! Ask for the Ingenium museum pass at the circulation desk. Passes for all national museums are available on a 'first come, first served' basis. Museum policy does not allow reserves on passes.
- We are working to build a collection of **decodable books for dyslexic readers**. Dyslexia is the most common learning disability affecting between 5 and 20% of the population. It also runs in families.
- If you cannot get to the library to return borrowed items during operating hours, you can leave them in the grey **Dropbox** outside the door.
- We continue to support access to **Covid vaccine certificates** (now with QR codes) and can print, copy, and/or laminate these certificates.
- Red Cross supplies the library with **Covid test kits** on a bi-monthly basis; please help yourself to these as needed.
- Call or drop in to **update your card** since cards are about to expire.
- August 24, 6-7pm, Joanne Mc Manus from the Ottawa Valley Food Co-op will be speaking about their **marketing network for food producers and artisans**. Location to be determined. Call the Library to Pre-register.

Want to share a skill, interest, give a talk? Send and outline to gmpl@bellnet.ca. There is always a need for volunteers. Ruth and staff are friendly and welcoming. You will feel so happy when you share knowledge, skills or interests with others.

Learning about Shorelines



Throughout history, water has dominated the life of civilizations. For the Egyptians it is and was the Nile. For the Ancient Celts, there were wells at their sacred places (entrances to the underworld). In Wales and Ireland, we visited many of these Holy Wells which had been adopted by the Christians and are still revered. Many travel to Lourdes to receive cures from the water there. In the 19th and early 20th Century, rich Victorians travelled to St. Catharines to the Welland House Hotel to 'Take the Waters'. There was a Bath House building with mineral waters. The well was capped in 1941.

Occupation sites were settled beside rivers and other bodies of water. Recently, Pope Francis blessed Lac Ste. Anne in Manitoba which has been sacred to First Nations from time immemorial. Water is a purifier. Water is life.

Recently, the GMPLLC sponsored a presentation at the Community Hall by Melissa Dakers from **Watersheds Canada**. She highlighted their work as a federally incorporated non-profit organization and registered Canadian charity

working across Canada to help shoreline owners to enhance and protect lakes and rivers. She talked about planting to prevent erosion and to provide protection and habitat for bees, birds, and waterfowl. She discussed the effects of Climate change on Flora and Fauna. Migrations are affected since temperatures trigger when to relocate; insecticides kill bees; some farming fertilizers enter the groundwater and eventually flow to lakes, rivers and oceans, killing or causing mutations of the fish and other water creatures. They offer instructions to shoreline owners about the protection of waterfowl and fish; native plants and vegetation; proper docks and anything to protect our water and environment. She provided brochures on invasive and poisonous plants such as Hogweed; the Ontario Reptile and Amphibian Atlas Project; Spiny and Fishhook Waterflea Watch; How Healthy Is Your Shoreline? How to Build a turtle protector to keep predators away from the buried eggs, Pollinators, and other topics of interest. They are partnering with our library and donated **two backpacks for folks to borrow full of info and items** like pop-up insect houses, water test kits; binoculars; magnifiers; butterfly nets and stuff to enhance just being outside to see, enjoy and explore.

We were provided with a workbook which is a **Self-assessment Tool for Shoreline Owners**. These can be purchased at the library for \$4 per copy. Melissa is in Perth, but some information may be available at our library. Ask Ruth about borrowing a backpack or donating to sponsor to add to the Backpack Collection for borrowing. **Watersheds Canada (613) 264-1244. naturaledge@watersheds.ca**



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Final Notice. Period!**

“With educated people, I suppose, punctuation is a matter of rule; with me it is a matter of feeling. But I must say I have a great respect for the semi-colon; it’s a useful little chap.”

- Abraham Lincoln

“Here is a lesson in creative writing. First rule: Do not use semicolons... All they do is show you’ve been to college.”

- Kurt Vonnegut Jr.

“Cut out all these exclamation points. An exclamation point is like laughing at your own joke.”

- F. Scott Fitzgerald

(The exclamation mark) *“...was a punctuational effect kept on a high shelf, and used sparingly by good writers, who knew that the noise it made would carry like a gunshot.”*

- Julian Barnes

It’s a wonderful feeling when you put that last period at the end of your final draft of a story. Periods are easy to understand. They mean the end of a thought. Period. But there is a good chance that before you typed that final dot, you added commas, removed them, added exclamation marks, removed them, and possibly

even replaced an em dash with a colon or a semicolon only to replace that with an elipse...

Don’t worry, even writers, editors, and teachers have differing views of what constitutes correct punctuation, but the one thing they agree on is that it is all about the reader.

Have you seen this before?

“Let’s eat Grandma!

Let’s eat, Grandma!

Punctuation saves lives.

We all know that a period signals the end of a thought, but most sentences are a combination of thoughts, so we need ways to separate the sections, so they don’t become muddled; we need forms of punctuation that aren’t as final as a period.

The purpose of punctuation is to add pauses and emphasis, as you would when you speak, to help the flow, add cadence, and help your readers understand the story. It’s more of a literary device than a mathematical equation, so develop a style that works for you. If you are an em dash person, be an em dash person. But the true test is to have someone else read your finished story to see if they are understanding it the way you intended. If they have to go back to read a sentence again in order to understand it, you are almost done. Period.

Good writing and good luck!

Categories and Prizes:

Adult Fiction – one prize of \$200

Adult Non-Fiction – one prize of \$200

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

People’s Choice: “Gabrielle” A novel by Michael Joll

Judges:

Michael Joll, author, and President of the Brampton Writers’ Guild

Kenneth Puddicombe, author

Garry Ferguson, writer, editor, former Madawaska Highlander contributor

Diane Bickers, writer, and enthusiastic reader

Dr. Max Buxton, physician, writer

Entries:

No charge to enter. One entry per person. Open to Highlander readers including volunteer (unpaid) Madawaska Highlander contributors. Youth entries must state the age on their entry email and must be under 15 years on September 22, 2022. Youth 15 and under are eligible to enter either as youth, stating their age, or as an adult, without stating their age, but not both.

Stories must be:

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

Sending Stories:

Enter any time before September 22, 2022.

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

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

Go to tomadawaskahighlander.ca for complete rules and to enter. If for any reason the Madawaska Highlander ceases publication, the contest will be cancelled.

OUT AND ABOUT

Test Your Terry Fox Run Knowledge

By Katie and Geoff Cudmore

Your Name: _____

1) Terry’s Marathon of Hope was in 1980. This year’s run is number

- a. 40
- b. 41
- c. 42
- d. 43

- c. 11 years
- d. 12 years

2) The Terry Fox Foundation raises funds through Terry Fox Runs that supports

- a. Hospital equipment
- b. Innovative Cancer Research
- c. Camps for kids
- d. Trips to Disneyworld

5) Starting at the Griffith Lions Hall, the Griffith run is an “out and back” course along

- a. Airds Lake Road
- b. Frontenac Road
- c. Flying Club Road
- d. Centennial Lake Road

8) How much has our Griffith Run Raised since 2011?

- a. More than \$10,000
- b. More than \$25,000
- c. More than \$40,000
- d. Almost \$50,000

3) When you participate in a Terry Fox Run you have to pay an entry fee of \$100.

- a. Hospital equipment
- b. Innovative Cancer Research
- c. Camps for kids
- d. Trips to Disneyworld

6) This year’s Terry Fox Run is on

- a. September 18th, 2022
- b. December 25th, 2022
- c. October 1st, 2022
- d. September 1st, 2022

9) How can you participate in the Griffith Terry Fox Run?

- a. You can Run
- b. You can ride a bike
- c. You can walk
- d. All of the above

4) How old is the Griffith Terry Fox Run?

- a. 42 years
- b. 10 years

7) Since 1980, Terry Fox Runs in Canada have raised

- a. \$100 million
- b. Over \$850 million
- c. \$200 million
- d. \$500 million

10) The winner of the Griffith Terry Fox Run gets

- a. A new car!
- b. \$1 million
- c. A fishing boat
- d. Nothing... there is no winner! Terry Fox Runs are non-competitive events that focus on participation and raising funds for innovative cancer research to work toward Terry’s goal of finding a cure for cancer.

Bring your completed Quiz to the Griffith Terry Fox Run on September 18th for a draw to win a 2022 Terry Fox Run T-shirt.

- 1. C – 42 years
- 2. B – Innovative Cancer Research
- 3. B – False (There is no entry fee or minimum donation required)
- 4. D – 11 years
- 5. C – Flying Club Road (The “run” at the Lions Hall opens at 9:00 am and the “run” starts at 10:00 am)
- 6. A – September 18th. (Registration offers 5km and 10km marked distances with water at the 2.5km, 5km and 7.5km distances.)
- 7. B – Over \$850 Million
- 8. D – almost \$50,000 (Thanks!!!)
- 9. D – All of the Above
- 10. D – Nothing... Terry Terry Fox Runs are non-competitive events that focus on participation and raising funds for innovative cancer research to work toward Terry’s goal of finding a cure for cancer.

Aged to Perfection - Part 2

By Ernie Jukes of Old Camp J

As I said in Part One, we continue to talk about *you* as a valued elder in our Highlands... not about a special afternoon drink of scotch that some old folks seem to enjoy as well. So, listen here, old friend, let's talk more about all of us getting older.

This summer we could be involved in a BBQ and then followed up by an old-fashioned campfire. Let's try to lead an old sing song. Remember that we did so many times in our wonderful early years with our kids? Don't forget the marsh mallows and the know-how of shutting down properly at bedtime to save our forests. These are the kinds of activities that old guys are still pretty good at... so they say!

At some time, we may try throwing "shoos" again at old Camp J. This may be a mind over matter physical activity that just won't work for us anymore, but half the fun is in the planning of any social event. The main point here is at least to be involved. It's good for the mind and good to have some alternative physical plan aside of an exercise bike.

Our competitive days are all but over for many seniors, physically. We are no doubt waning or slowing down mentally, but exercise helps keep you sharp. We can still solve most political problems... Just ask us! The main consideration is that we have the interest and enthusiasm to do so. This may be helped by simple activities such as reading, TV, internet, cards (perhaps online), or checkers or chess. The list goes on because the opportunities of interest are endless. I truly have a lot of trouble understanding why anyone, (at any age) anywhere, can say "I'm bored" and mean it!

Now how about doing more with your garden? Some folks do the planning and others do the planting. Of course, so many more of us seniors simply enjoy the flowers or flavourful produce that grows during a relatively short period of time in our highlands. You get my drift. There are simply so many activities that we can be involved with to brighten our days, and you know best what will work for you. Remember old age is not so bad considering the alternative!

Hunting and fishing have always been admirable back country pursuits until too many years of it, simply in themselves, take the fun out of it. The deer slayer in later years has trouble tramping the bush and getting the valuable meat out to hang



and butcher. He or she may still have the will but lack the strength and energy. It is tough to substitute an annual event passed down to us from our dad or grandfathers. The aging fisherman may have similar problems with things as simple as getting in and out of the boat or canoe safely and comfortably. Then there is the added burden of moving batteries or gas for their motors to their favourite waterway. We now become the guide or teacher for our younger followers. We can pass down the encouragement and know-how and even some good equipment to support these sports. A couple of senior pastimes may also include reloading ammo or making flies and lures to catch another big one.

Of course, not all activities require us to use a cane due to that lack of agility in our later years. And even though many of us can still drive ourselves around, many of us can also use some help. Look for volunteer organizations in your area if you need help getting to medical appointments, getting groceries, or getting assistance with the things you need to have done so you can stay in your home. Some assistance is free for low-income seniors and other services come with a small charge to cover costs. A wonderful resource is the Ontario Ministry for Seniors and Accessibility, whose mandate is: *"Helping seniors and people with disabilities stay independent, active, and socially connected. We are also helping seniors stay safe and making Ontario more accessible for everyone and promoting the benefits of age-diverse, accessible workplaces and communities where everyone is able to participate."* You can contact them Toll-free at 1-888-910-1999 if you have any questions about seniors, either as a senior, or how to volunteer.

We also know that Music can be an important element for "living longer graciously" whether it be listening or playing. You can select your

type from "Country to Classical" on TV, radio, or internet. Enjoy the days as time goes by but keep moving too! Some say that age is an issue of mind over matter. If you don't mind, it doesn't matter. But in fact, you owe it to yourself to be as comfortable as possible. It's all part of that peace of mind that all we oldies are entitled to. We are what we are and no one else's approval is required.

So there you have it for now my friends. Please drop by my studio at 1748 Frontenac Road in Matawatchan (between the Church and the Hall) and see my new collection of watercolours. Many are highland scenes done right in your backyard. It might just be the spark for you to start drawing or painting as a hobby. Who knows? But we do know that the more fun we have the healthier we seem to be.

So please join me in my personal slogan... He who laughs... lasts!



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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It's Raining Cats!

By Antonia Chatson

What a years it has been! Yes, years! That is right, years. 2020 and 2021 spring donned cold, wet, and late. Of the cold and wet I was NOT sure, but of the last I was certain. You see, I have a secret weapon at my disposal which I keep downstairs in my basement. I store Calla, Canna, and Dahlia bulbs over the winter. The indiscriminate and not too intelligent Calla and Canna bulbs put forth shoots at any time, usually early. But the wise Dahlia bulbs only send out shoots five weeks before planning time, which helps predict the seasons we are supposed to be getting. I have had them send out shoots at the beginning of March which heralds an early Spring, but this year 2022, NO shoots appeared until the beginning of May. And we know what kind of Spring we had this year. Environment Canada is always anxious to predict in advance what type of season we will be having, especially winter, but I would have to agree with my former neighbour Morgan's assessment of the winter. He would say, "Ask me in the spring and I will tell you what kind of winter we have had." Perhaps I am a little selfish in hoarding this secret weapon to myself, but I might yet send a box of Dahlia bulbs to Environment Canada to show them how easy it can be. In 2020 and 2021 the monsoons came early and never left. In 2022, to add insult to injury, we were blessed with a derecho which completely "derenchoed" the land.

In 2021 I decided to painstakingly claw the cement-like earth and take out as many weed roots as I could. Then I added copious quantities of peat moss to loosen the soil. Peat and I are good friends. We go back a long way; I can always count on him doing the right thing, but this year he pulled a bit of a fast one on me. Yes, it was easier to pull the weeds out, but because of the loosened soil, the roots were able to penetrate more easily to gain nutrition; hence there were more of them. I had a "dwarf" Foxglove that was one foot



high shadowed by a five-foot-tall wild Aster that was beside it. Asters in the wild are about eighteen inches high, but not in my nutritious garden. The outside perimeter of the flower beds has Brome grass seven feet tall and the ubiquitous Goldenrod is four feet tall.

Why is it that grass and some edible weeds in the ditches alongside the road always surpass the height of hay in the fields? Someone else must have noticed this as well. One time we were coming home from Renfrew and turning around a curve in the road around Dacre and we noticed eleven head of cattle in the deep ditch right beside the road. Being farmers and used to escapees we drove into the driveway of the house by the ditch to inform the occupant of his straying cattle. The farmer threw back his head and laughed and said there is an electric fence by the road keeping them in. My husband had often thought of doing the same thing.

With two lengthy seasons of monsoons, and a follow up of Derecho, which completely derenchoed the land, the scene was set for

the extensive growth of 2022. Never mind Jack and the Beanstalk, try Jack and whatever other kind of weed you want to name. I am not sure whether it is connected or not but seeing these two incidents happened concurrently there must be one.

We lost two of our plump senior cats because of the tall grass. Because it was so high everywhere, the kitties could only frolic in the flower garden or the driveway, hence I am assuming that a coyote came up to the house during the day and made off with them. That is unusual because they hunt at night and we keep our friends in at night because coyotes are nocturnal hunters.

Both kitties were lovely, but one was a particular friend. Her name was Lacey, we called her that because she had a curved black band under her chin that looked like a necklace. She was fond of people but not of other felines, so for years she spent her summers out in the barn, never even coming up for food. We had to take it down to her. When we worked in the garden at the barn, she would waddle out and check that we were doing things correctly, so her nick-name was THE BOSS! Why is it that it is always the nice ones that get eaten? NOT that I wish harm to any of them but there are a few that I am guessing

that even the coyotes would consider indigestible.

About this time, I was working in the flower garden opposite the house in the morning when I heard a dog barking behind the barn. I checked and then remembered that Laddie was in the house. The dog barked again and yipped. "Oh-oh, I better get the kitties inside. As I made my way to the front door, I noticed a dark mound in front of it. Upon closer inspection I could see it was a mound of cats. They had known sooner than I had that the barking heralded a coyote in the vicinity.

Back to our Lacey. When my daughter would bring me buttermilk out on the table beside the chair I liked to sit in, Lacey would dip her paw into the buttermilk and put it to her mouth and lick it off. Of course, some drops would fall on the arm of my chair. I never had the heart to wipe them off.

Five days after the disappearance of our second senior I noticed two smaller munchkins wandering amongst our residents looking very lost, very frightened, and very hungry. My daughter immediately said God had provided two replacements for the ones we had lost. I was hoping the outcome would NOT be this! But who could argue with God or my daughter? Our local residents seemed to sense their distress. And welcomed them in. That was good as far as it went. When one of them decided to sleep next to my current pillow pal at night, my pillow pal was not amused, "Tell me again, why I am supposed to be kind to this little upstart."

I guess we will have to make an adjustment to one of our signs, NOT the one that says, "Perennials for Sale", but the one that says, "The Cat House!" We should add to it, "All drop-offs must be healthy, well fed, have all their needles, and be spayed or neutered, and arrive with a fifteen-year supply of cat food, or thereabouts!" Some people are just so inconsiderate.

Now I am wondering what our secret weapon will predict for next Spring. Hopefully NOT more weeds and NOT more kitties!

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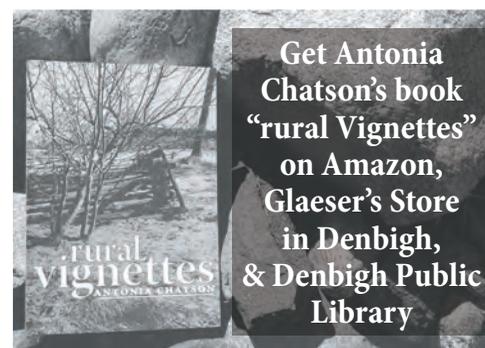
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Antonia studied at The Royal Conservatory of Music and at York University. She taught in all levels in the public school system as well as giving private lessons in music. Her passion is the land. She loved her experiences growing up on the farm in 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.



Canada says it will support First Nations fighting Quebec's new language law with \$1.1B over 5 years to allow communities full responsibility over FN education.

Feds take new approach to Indigenous tax policy to bring an end to the era of First Nations community members having to trade their exemption from non-Indigenous government taxation in order to advance self-determination.

Successful Mohawk College program for Indigenous students focuses on Indigenous culture, identity, and leadership to prepare students for post-secondary education.

Fisheries report brings hope to Indigenous communities, sparks anger in industry. Senate report calls for the full implementation of Indigenous fishing rights in NS.

Crisis line (1-866-925-4419) gets double the number of calls for help after Pope's apology. The Pope's visit and apology may be healing and it may be triggering.

Protesters urge Pope to rescind Doctrine of Discovery that justified the colonization, conversion and enslavement, and the seizure of their lands – basis of the Indian Act.

Pope said United Nations Declaration on the Rights of Indigenous Peoples would inspire a commitment from Catholic communities to promote Indigenous cultures.

Amazon invested in hydrogen fuel-cell forklifts. A BC company invested in a 1,500-kilogram-per-day hydrogen liquefier. Hydrogen is the future of industrial power.

EV batteries: Recycling startup extracts cobalt, nickel 100 times faster. Japan's Emulsion Flow Technologies aims to begin commercial operations next year

Tesla to take advantage of state and federal money aimed at expanding the US's network of electric vehicle chargers. Tesla to open supercharging to competitors.

The City of Vancouver unveils Phase 1 of the Sea2City design project in False Creek, which develops infrastructures and strategies in response to rising sea levels.

London ON woman returned from vacation to see the city had mowed her 20-year-old pollinator garden around the time scientists listed monarchs as endangered.

B.C. breaks or ties 14 temperature records in July, including one from the late 1800s

'Zoe' Becomes the World's First Named Heat Wave ranked as a Category 3—the most severe tier—in Seville, Spain's new heat wave system.

Popular splash pad in Eganville, Ont. causing concerns for the town's water pressure and water supply. Pad to be shut down during peak water demand times.

Levette Lake in BC has been closed indefinitely because of a food-conditioned bear that has been entering tents looking for food in the Squamish camping area.

Forget birdies and eagles... Canadian golfers had to deal with bears on Whistler course as one surprised them, climbing right into their carts to look for food!

Bear bashes way into Manitoba cottage, eats cake and granola bars and leaves.

Porch Pirate groundhog caught on camera stealing package near Winchester. "Apparently, he needed the volt converter more than me for his burrow."

Endangered red panda cub born at Toronto Zoo. The zoo says the male cub is only the third red panda born at the zoo in more than 25 years.

B.C. speculation tax brings 20,000 units back to rental market. Owners must declare how their home was used every year. Empty homes get taxed, rented homes do not.

Ontario offers free education and paid training to lure people to the auto industry. Must be aged 15-29, non-caucasian person, an Indigenous person, or a woman.

Where have all the workers gone? Don't blame COVID. Boomers are exiting the workforce in droves, leaving more job vacancies than there are people to fill them.

Shopify cut 10% of staff. The pandemic created a surge in demand for Shopify's software, but people aren't continuing to shop only online, as they expected.

Man charged after 'shocking' video shows excavator tearing into marina in Muskoka. He was a disgruntled employee who had been recently fired.

When iPhone 8 or later phones are squeezed into cupholders both side buttons can be pushed at the same time, triggering a nuisance automatic 911 call, so don't do it.

QuadFi uses AI to make it easier for Canadian newcomers to obtain financing online in minutes without a traditional credit score, using income, education, etc. as guide.

U.S. Senate passes bill to boost chip manufacturing, compete with China, to alleviate a persistent shortage for cars, weapons, washing machines and video games.

An internationally known transportation, logistics, and warehousing company is building \$135M facility on 110 acres, bringing hundreds of jobs to Belleville.

Pascan Aviation to start regular flights from Kingston to Montreal, allowing passengers to connect with international airlines.

Russian (sanctioned) steel and mining company Evraz PLC plans to sell its North American assets, which include a steel plant in Regina that employs 1,200 people.

Workers in hazmat suits haul 8 tonnes of spoiled meat from North Bay butcher shop. Owners locked doors in October 2021, left meat to spoil amid swarms of flies.

Ontario police are reminding drivers to renew their licence plates. Ontario scrapped the renewal fee back in March, but the actual renewal process is still required.

OPP issues 127 speeding tickets during one-day blitz on Hwy. 17 between Ottawa and North Bay in July.

Two ex-Minneapolis police officers sentenced to prison over George Floyd 2020 death, which sparked worldwide protests.

Scammers are trying a new credit card scheme promising 0% interest if you supply your credit card information.

OPP warns of scammers using intimidating, threatening text messages to target people. Report scams to the Canadian Anti-Fraud Centre online or 1-888-495-8501.

Ottawa woman charged in 'grandparent scam' targeting Sudbury senior. Officers never contact people re. posting bail or a bond for friends or family members.

Ticketmaster's "dynamic pricing" model pushed average seats at a Bruce Springsteen concert to \$4,000 - \$5,000. Ticketmaster has become like its own scalper.

Royal Bank ordered to reveal who's behind 97 offshore accounts. CRA won't say why it's taken 6 years to pursue companies named in 2016 leak.

Exorcisms, violent discipline and other abuse alleged by former students of private Sask. Christian school were "scriptural discipline" routinely practiced at the school.

Some students from Saskatoon's Christian Centre Academy say church coerced them into campaigning for socially conservative candidates during and outside of class.

Dozens of Newfoundland churches will be sold to compensate survivors of sexual abuse at Mount Cashel. Catholics trying to buy buildings they thought they owned.

Hockey Canada paid out \$8.9 million in sexual abuse settlements since 1989.

Supreme Court says sex with a condom is a different act than sex without one, and that the use of a condom can be a condition of consent under sexual assault law.

Not your average side hustle: women making thousands from 'pay pigs', men who enjoy being financially and verbally dominated online.

Instagram news source for 29% of teens in 2022 - with TikTok and YouTube close behind. But print, TV and radio news outlets still dominate in older age groups.

Woman questions 911 dispatcher training, to "wake intruder" sleeping in her Winnipeg home. 20 minutes later it took 4 cops to remove the confrontational man.

Charge withdrawn against spouse of NS mass killer. Nova Scotia's restorative justice program brings the accused and victims together to come to resolutions.

28 people charged after major auto-theft organizations bust. Police allege Service Ontario employees assisted with "illegitimate registration of stolen vehicles."

'We're not your sick day police': Ottawa family doctors express frustration with employers requiring COVID sick notes for people not requiring medical assistance.

A study by the Centre for Addiction and Mental Health in Toronto to harness the antidepressant power of psilocybin "magic" mushrooms without psychedelics.

Alena Analeigh accepted to medical school at the University of Alabama only a year after graduating high school at age 12.

Ontario mom wants new 'safe arrival' policy at daycares to prevent hot car deaths. They want parents to be notified if their child doesn't show up, same as schools do.

Kingston youth cast to represent a child with Down syndrome in a Disney film. Her mother's Happy Soul Project works to increase Down representation in the media.

Russia to quit International Space Station after 2024 and focus on building its own orbiter, amid soaring tensions between Russia and the West over Ukraine invasion.

Canadian Association of Chiefs of Police ask for Canada wide tracing of guns used in crime. 70% - 73% of all traced guns used in crimes in Ontario came from the US.

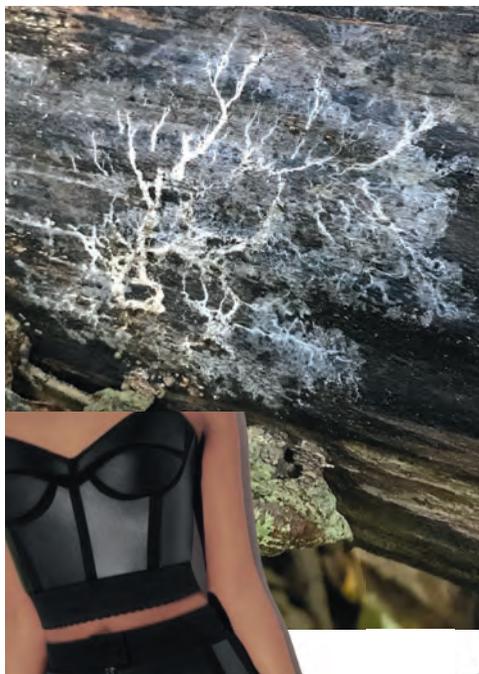
Canada proposing \$1,337 in compensation for turning in an AR-15 rifle under a mandatory buyback program. Forfeiting a Swiss Arms SG550 could get \$6,209

David Milgaard, wrongfully imprisoned for 23 years, dies at 69. Milgaard was a champion for the wrongfully convicted. Inside prison he started the Justice Group.

Ontario new "By name" list of people with homeless instability is proving successful to track needs and to offer a continuum of care. Homeless shouldn't be nameless.

A Future in Fungi

By Colleen Hulett



Mycelium is a sustainable, renewable resource and is ecologically friendly to our planet. It can be regrown and recycled over and over again. Among many other things, Mycelia can be used for making materials that are vegan, stronger, lighter, and fire-resistant. It can be made into a material that mimics leather, a bonding material to make things like strong bricks or light packaging. Fungi provide endless possibilities of material mimicry.

In the breakout movie, *Fantastic Fungi*, one gets introduced to mycologist Paul Stamets. Stamets is a pioneer inventor and myco-entrepreneur extraordi-

naire who wants to save the world from contaminants. He has outlined the technological future of fungi in his book 'Mycelium Running: How Mushrooms Can Save The World.' It is a real eye-opener and a fascinating read. Stamets and his work has brought the genius-level workings of the Funga Kingdom, particularly with mycelium, to the mainstream.

The Funga Kingdom is amazing. Humankind has known this for a long time. They predate humans by millions of years. Specimens were found in 90-million-year-old amber resin. Mushroom fossils that have been unearthed are dated 420 million years old. Myceli-

um, are the traveling vegetative-like part of fungi living just below the surface. The visible part of the 'mushroom' or what pops up above the surface is the fruit body carrying the spores for 'seeding' hyphae into the soil. Hyphae is the network of web-like threads called mycelium, from which mushrooms grow.

Mycelia are commonly found in fields, forests, and heavily wooded areas. Mycelia secrete enzymes to break down food sources to then be reabsorbed as dinner. Mycelia can be microscopic or span thousands of acres. In fact, the mycelia of an *Armillaria ostoyae* presently living in Oregon is 965 hectares (2384

acres, 10 square kilometers). It beat out the 200 ton, 110ft long blue whale! In fact, one cubic inch of soil contains 8 miles of mycelia.

The underground hyphae threads, we call mycelium, are multifunctional. They play a critical part in their ecosystems by aiding in the decomposition and regeneration in the soil-making process.

Mycelia have complex symbiotic and mycorrhizal relationships with over 90% of the earth's vegetation. They travel to their food and wrap themselves around the roots of the forest and fields and exchange minerals and water for

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Fomes Fomentarius - source of Amadou and Mylo



LOOKALIKES INCLUDE: Fomitopsis species, Phellinus ignarius, Ganoderma applanatum, and Phellinus nigricans. They are nice, but they won't save us from ourselves like Fomes Fomentarius might.



sugary carbs the plants made through photosynthesis. The mycelia are coated with chitin material and this hard shell aids in its travel through soil. Fungi do not photosynthesize and therefore find this relationship to be mutualistic as the trees and plants up their survival and longevity several notches. Mycelia travel at a speed of 7mm per day, but the speed becomes exponential after only a week. The mushroom fruit body releases spores onto the ground and into the air. In the ground the spores germinate to hyphae within 24 hours when the conditions are right.

We are only beginning to explore the world for Mycelia and there is the potential to discover a lot of new forms. What we know is that the unique funga world is critical to decay and renewal processes on Earth. Their unique decay process is used in myco-remediation to eliminate contaminants that are otherwise not biodegradable, like plastics and unrefined oil.

Surfing Paul Stamets' fungi.com website, I was delighted by some of the first commercial technological uses for mycelium. Mylo material and Mycocomposite are mycelium products used specifically in the tapestry and shipping industries as a vegan leather substitute and packaging substitute to Styrofoam. Exciting new materials that offer alternatives to the cattle and petroleum industries.

Mylo material, made from mycelium, is the creation of Bolt Threads. An exciting fungi startup company preach-

ing a future in creating the next generation of new innovative materials. Adidas touts Mylo material as taking less than two weeks to grow and that this process takes advantage of cutting-edge vertical agricultural technique allowing it to be in a controlled environment that increases the yield per square foot. A great step forward in ending plastics and it's powered by 100% renewable energy. Leather alternatives are usually made from petroleum products Polyurethane, PVC, and other plastics.

Mushroom leather suede is not new; it's been around for centuries in Corund Transylvania. Artisans in Corund still to this very day carry the tradition of harvesting the inner material of the conk Fomes Fomentarius. This inner material, called Amadou, is felted into a tough leather-like material used to make hats and purses. Our local forests of birch trees are filled with this easy to spot mushroom conk. Have you seen it? It has similar look-alikes but once you get to know these conks, they are easy to distinguish from one another.

Big companies like LuluLemon, Hermès, Adidas and Stella McCartney have recently taken part in selling mushroom products! Lululemon is selling duffle bags and handbags made from Mylo, a mycelium product. Stella McCartney is also using Mylo materials and sewing mushroom patterned dresses. I recently read an article in Vogue about McCartney, and she has never designed anything made from animal products. Being veg-

an, McCartney is against using animals. She also doesn't use Faux leather because it is derived from the petroleum extraction business. Stella McCartney immediately saw the benefits of using vegan mushrooms in 'leather-like' fashions and jumped on the bandwagon with the others. Unfortunately, being a new industry, the prices are high at the moment but will come down when more purchases in Mushroom materials are made. Lululemon's Mylo duffle bag starts at a whopping \$328 USD. Adidas Stan Smith Mylo runners are reputed to be priced the same as any other similar Stan Smith shoe in the line. They start at \$120 CAD. An

Amadou felt hat starts around \$300.

Mycocomposite is a new and exciting mushroom packaging material from Ecovative. Did you know IKEA announced in 2020 that they had completely ditched their Styrofoam packaging materials for Ecovative's mycelium packaging composite? Myco-composite's mycelium is grown in a medium of husks, hemp Hurd or other agricultural byproducts and can be formed in any shape of protective packaging. So cool! Did you know Styrofoam is reputed to take thousands of years to degrade? Mycocomposite takes just weeks. What's next? It's reputed that Apple Watch and Fitbit are working on a mycelium monitoring system bio-fueled by mycelia. Is there nothing this creature cannot do? Nope. It is predicted that 2.6 billion dollars will be circulated in the near future, a fungi economic system. Wow. There is a great future ahead for mycologists, myco-engineers, myco-foragers, myco-design, myco-remediation, ad infinitum.

Colleen has a B.A. in Geography from Carleton University, with a concentration in Cartography and Satellite Imagery. She has completed many courses in photography and drawing at Algonquin College and studied the Art and Science of Herbolgy with Herbalist Rosemary Gladstar.



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

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New Build!

430 Dominion St, Renfrew Welcome to this well maintained home, centrally located in Renfrew. Large, bright living room with 2 good sized bedrooms on the main level and lots of space downstairs. Detached single garage. MLS # 1298478 304,900.

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