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Good news! The major Canadian cities are reporting positive numbers which are still in line with the seasonality of the market. Analysts are reporting that inflation is still the big fight, but prices remain strong with just the right balance of serious and confident Buyers. The Ottawa Real Estate Board numbers "suggest at the current pace, we shall see solid year over year results in the second half" and Royal LePage says that the market is close to the point where it will have recovered fully from the price drop of a year ago. Rising interest rates are somewhat troublesome but for the most part still palatable for most conservative Buyers and are not yet enough on their own to start a serious downward trend. One recommendation is that we do not focus on any single emerging trend or action, but on strong data points within the larger context of "trends" in anticipation of a moderation and cooling of sales as we move into the fall season.



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

The Madawaska Highlander

Aug - Sept
2023
FREE Vol.21 Issue 4
Next issue September 27, 2023

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

Welcome!

...To the best part of summer, with warm days and only a hint of fall as nights become cooler and morning mists rise off warm waters before the seasons change. Change is the only true constant in life. Read about how the Mississippi-Madawaska Land Trust is making sure of that by protecting more wildlands, so the seasons can go by just as they have since mushrooms ruled the Earth - as they still do.

Mushrooms have been in everything (including our bodies) and found everywhere, benefitting life relatively unchanged for billions of years, as Colleen explains in Highlands Hiker. This century has seen a lot of change, with the old ways often leaving no trace except for a place name and a story, as Garry explains in Through Thick and Thin. "The Potishwerks?"

Garry, and other readers who attended the Denbigh Continuation School back in the day will enjoy the story about it in Cloyne Historical. I'm sure all the students could tell us stories of their own about those days and we hope they do. Stories like that should be written and shared and why not in the Highlander? There is still time to tell one of your own about anything you like and enter the Highlander's 2023 Short Story Contest. September 29 is the deadline, so git at 'er and git 'er done!

Antonia gits 'er done once again. Her Rural Vignettes yarn is a story within a story with a poem on the side (and a bit of a rant) featuring Sam McGee Cleaning up on Filthy Lucre. Where does money come from when you're too old to "moil" anymore?

If a lack of lucre is holding you back, then get a library card and start going places and doing things for free, as we see in Library Matters, Library on the Go! Even if you aren't on the go, Lesley tells us that Trail Culture Benefits Everyone - You can Plan on it!

Do plan to run, walk, roll, or pledge for Cancer research in the 2023 Terry Fox Run in Griffith again this year on September 17. And do plan to stress yourself - in a good way, Derek explains why in Wellness. Most of all... Enjoy!...



A doe and her fawn just beyond a patio in Calabogie. They seem to be curious about what's going on inside.
Pic by Sharon Adele White



What a find on the Madawaska River between Centennial Lake and Black Donald Lake! So, kids, what's more fun? Screen time or splash time? And thank you to whoever built this wild ladder over 30 feet of water!
Pic by Lesley Cassidy

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**Next advertising deadline:
Sept 15 for Sept 27 & 28 publication
madawaskahighlander.ca for previous issues**

Message from the editor:

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

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

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

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

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"Homelessness" was not used to describe a social problem in Canada until the early to mid-1980s. Some Canadians lived through periods of homelessness prior to that time, however, the experience was not as common as it is today, and there were different government policies and programs in place to address it. Most Canadians were housed, although sometimes in inadequate or temporary conditions, notably during the Great Depression and the Second World War.

According to the University of Toronto's Dr. David Hulchanski, the word "transient" was used more often than "homeless" in the past, usually to describe single men who lived in rooming houses and received help from charities such as the Salvation Army.

Approximately 35,000 Canadians experience homelessness on any given night, and at least 235,000 Canadians are homeless in any given year. The Government of Canada has committed \$2.2 billion over 10 years to tackle homelessness.



"I wish mother would let me live like that for six months so I could write a novel."

Cartoon: This is the work of Syd Hoff, who wrote for the New Yorker and did the cartoons under a pseudonym for Daily Worker titling them The Ruling Clawss. Below the cartoon it reads, "I wish mother would let me live like that for six months so I could write a novel." Information: The Canadian Encyclopedia

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By Betsy Sayers

OPENING THOUGHTS:

Late August already! In 10 days, the kids will be back in school and the cooler, less humid fall days will be upon us. Last month I mentioned that where we are above the Griffith bridge, the river was high this year – still is at least a foot high – sometimes two feet higher than normal summer levels. We find the river mesmerizing and often sit on our porch with a glass of wine wondering just how many gallons of water we have watched float past our door in the 30 years we've been here. Monitoring the OPG website for flowrates is a daily ritual for hubby.

One of the things we love most about being on the 'canoe country' portion of the 'Mighty Mad' is the ever-changing character of the river. I remember in the 1990's every weekend our kids would jump out of the car yelling "How high is the water this week? Do we have rocks? Is it too fast and deep to swim?" One of my dearest friends Linda who had a summer home on Centennial Lake used to stand on my shoreline for a bit every time she came to visit. After a few quiet moments she would look at me and say, "It's so tranquil here, I can't believe it's the same river."

However, while our little stretch of the river is tranquil, that's not how I would describe the recent long weekend in the area. What a wonderful sunny weekend opportunity to get out and about across the community at several events.

We started Saturday August 5th with the **Annual Yard Sale at the Hall in Matawatchan, then into the car and over to Snider's Campground for the**



Derek Roche performs with his daughters, Vanessa Doucet-Roche, and Hannah, Doucet-Roche during the Festival of Small Halls. Tickets sold out when they were here a few years ago.

Firefighter Appreciation Bar-B-Que. Incredibly well attended by what looked like hundreds of people, this event did not just impress our firefighters in turnout support, but also financial support thanks to the efforts of Gail and family. To quote Gail as of August 7, "Saturday's Fire Appreciation and Fundraiser was a great success!!!! To date we have \$7,808.60!!! There is still money coming in from the silent auction and the campsite draw so hopefully we surpass \$10,000." This is an amazing accomplishment! On behalf of the entire GM/DV community, thank you Gail & family for supporting our Firefighters in such an amazing way.

On Sunday August 6, the **Hill-top Church held a Kid's Fun Day at the Griffith Community Centre** complete with bouncy castle, ice-cream, great food and most of all, the ever-popular Dunk Tank. Very well attended with several people that had a good ball



The Devin Cuddy Band will be performing at the Matawatchan Hall on October 6, part of the Festival of Small Halls. Tickets sold out when they were here a few years ago.



The Lion's Club's Show & Shine (and book sale, plus Seniors Housing yard sale, bouncy castle, BBQ and more) will be on August 26 from 10am - 2pm at the Griffith Hall. It's huge, attracting an international group of car enthusiasts.

throwing arm resulting in quite a few dunks in the short period I was there.

MATAWATCHAN HALL

The **Annual Yard sale and Bar-B-Que** held August 5th was well attended and lots of fun. Summer is slipping by quickly with only 2 more **Saturday socials** that will have happened by the time this is printed. August 12 featuring the Pickled Chickens String band and August 19 will be serenaded by Derek Roche. He and his daughters also sang for us on August 5 at the Yard Sale.

AEROBICS IS BACK. After a few weeks hiatus for renovations at the Hall, Aerobics has returned on Tuesdays, Thursdays, and most Sundays from 9:30 to 10:30. The Hall has all the equipment you need, so wear comfortable stretchy clothing and bring gym shoes. Andrea Levy has led aerobics, Zumba, and Step aerobics, with extras like light weights, body bars, stability balls, and exercise bands in Ottawa and

now Matawatchan for many years. She pays attention to people's ability levels, comfort levels, and personal goals including keeping the mind sharp.

YOGA at the Matawatchan Hall. Colleen Collins is here from Nova Scotia, visiting her daughter until the end of September, and has generously offered to lead us in yoga classes, on **Sunday mornings at 11 am.** Please bring a yoga mat if you have one. Donations to the hall are always welcome. You can read more about Colleen and the classes she offers here ccollinsanybodyyog.wixsite.com/anybodyyoga or search for Any Body Yoga on Facebook. Thank you so much Colleen!

The following is a message from Colleen to describe her sessions:

"The style of yoga I teach is known as hatha yoga. The classes are slow paced with 30 - 60 second holds of poses and have a combination of stretching and strengthening. Classes are also dependent

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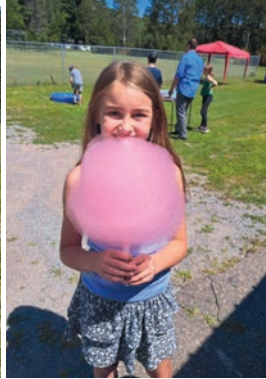
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...Continued from previous page.



The Hilltop Church held a Family Fun Day at the Griffith Hall on August 6. The dunk tank and bouncy castle were a hit with families. There were sno cones and candy floss, all at no charge and everyone was welcome.



Peter and Karen Lips work hard to meet the needs of the community at Glaeser's Country Store (pronounced Glay-zer's), our "Shop Local" feature in this issue. Did you know they have a thrift store in there? More in the article.



After firefighters successfully battled and doused a forest fire at Snider's Tent and Trailer Park that caused evacuations in June, the Holtzauer family hosted a Fire Appreciation Fundraiser that raised around \$10,000 for Greater Madawaska Firefighters. Did you know that although volunteer firefighters are paid when on duty, that money is meant to compensate them for time missed in their other work? When the call comes in, our volunteer firefighters drop everything to help, and we're glad they do. Thank you!

on age, ability & mobility with modifications for those who need them. Students are encouraged to work within their ability and take rests if needed. I usually ask students if anyone needs anything particular that day and that will be included in the class. An example would be if someone needed some therapeutic exercises for the shoulders, back, knees, etc.. Breathing exercises (pranayama) will also be included. If the group is young, the class might be a little faster pace. I have the experience to teach whatever demographic shows up for the classes."

Don't forget to buy your tickets for the **Devin Cuddy Band at the Matawatchan Hall on October 6**. It's going to be a great show. Tickets can be bought online at ontariosmallhalls.com/devin-cuddy-band/.

LION'S CLUB

The Denbigh-Griffith Lion's Club takes a bit of a break during July each year with the exception of their Bingo nights to focus their major efforts in preparation for their **HUGE Show & Shine car show and book sale coming this Saturday August 26 from 10 to 2pm** (August 27 rain date). **The Greater Madawaska Seniors Housing Corporation also hold a Yard Sale at the car show**, so don't miss checking out all the incredible cars and goodies.

Be sure to make it out to the Griffith Hall for **Bingo on September 5 and 19**.

The Lions will be holding their fund-raising **Toll Road again on September 1st** (no matter what the weather is like), so please remember to bring cash with you when driving. Did you know that in addition to all the marvelous things they do right here, our Lion's Club has made very significant donations over the years towards helping our area continue to be able to access services such as Renfrew Hospice and Hospital, Fire Departments, and the Health Clinic in Denbigh just to mention a few?

If you have recently moved to our area and are looking for a worthwhile group to join, the Lion's Club is very short on volunteers these days and would appreciate hearing from you. Please get involved by emailing tcpierce84@gmail.com

PLEASE SHOP LOCAL

This month in support of our effort to promote shopping local, I had the opportunity to visit **Glaeser's Country Store in Denbigh** to find out more about the couple behind this popular country store.

Peter Lips grew up in Denbigh and after being away most of his adult life was pleased to move home with wife Karen, who grew up in Kingston, in 2001. When they first arrived, Karen and Peter operated the Swiss Inn which had been in Peter's family since the 1960s. When the Swiss Inn closed, they looked for other opportunities to

stay in the community they both loved. As Glaeser's Country Store had been closed for a few years they decided that the store needed to be revitalized and opened once again in the heart of Denbigh. They bought the property and began their long journey of restoring the 1800's house and the store that was originally opened in 1920.

As a child, Peter remembers the typical country general store with displays of everything from candy to household goods or fishing and hunting. That one-stop place in every small rural community where he could ensure you would find anything - 'even a spark plug' as Karen says. They have definitely recreated that warm, welcoming country store atmosphere now also including the Denbigh Post Office and a thrift shop!

A year ago, they decided to undergo the process of renovating and licensing the kitchen to provide baked goods since Karen enjoys baking and cooking and has missed it since the Swiss Inn closed. If you haven't been to Glaeser's Store in Denbigh yet, it's definitely worth a visit. Located at 156 Bridge Street you can't miss it. Saturday is bakery day, so get there early if you expect them to have any cinnamon rolls or apple fritters left. Karen's baking is also available at Adams Country Market while it lasts!

Check out their advertisement on page 7 of this issue of the Highlander.

I'm not sure if this counts as an event, shop local, or both, but you might have noticed the ad on page 3 for a **Soma Retreat "Awakening to your unique body's wisdom"** by Jivasu to be held from **September 29 to October 1st**, hosted by Audrey and Richard Copeland in Matawatchan. Audrey says, "Even though I've taken a number of yoga teacher trainings over the last 30+ years, I continue to learn new perspectives on life."

Audrey has been taking classes over Zoom from Jivasu for almost a year, having heard about him from another yoga acquaintance and was so impressed with the depth of his knowledge that he puts into very practical terms that she wanted to share it with others. Because Soma is a new concept for many, they will be offering the introductory session at no charge and no obligation to stay.

No prior yoga experience needed, "anyone with a body" will benefit. **On Friday September 29 from 7:30pm-9:00pm anyone can join them for "Introduction to Soma teachings, orientation, and practice"** at their off-grid country home near the Madawaska River in Matawatchan. Please let them know you're coming.

About Soma: Soma in Greek means body. Soma is awakening the body's wisdom to attain complete health and self-realization. Complete health means that despite physical or mental health problems that we may have, we have a sense of well-being and a high quality of life. Self-realization means realizing the unique potential, the innate nature that each of us is born with. It is fully discovering and expressing that which is uniquely you. In Soma teachings, body is the temple to be cared for meticulously. The feelings in the body are the guru, which along with reason, guide us to explore the outer world and world within to realize and express our full potential. The life energy which flows within the body connects us to all living and non-living beings.

Jivasu is an Indian pediatrician and founder of the Soma teachings. Along with his wife Karen, a Canadian doctor, he served in the remote villages of the Indian Himalayas for 11 years. Later he studied acupuncture in Sri Lanka and Canada and mind-body medicine at Harvard Medical School and is the author of many yoga training manuals and books. See the ad on page 3 for contact info to book space.

UPCOMING EVENTS

- August 26 - Lions Club Car Show and Book Sale - Griffith
- August 26 - Seniors Housing Annual Yard Sale - Griffith
- September 1 - Lions Toll Road Funding Drive - BRING CASH!
- September 5 - Lions Bingo - Griffith
- September 19 - Lions Bingo - Griffith
- September 29 - Oct. 1 - Soma Retreat
- October 6 - Small Halls Concert - Devin Cuddy Band - Matawatchan Hall

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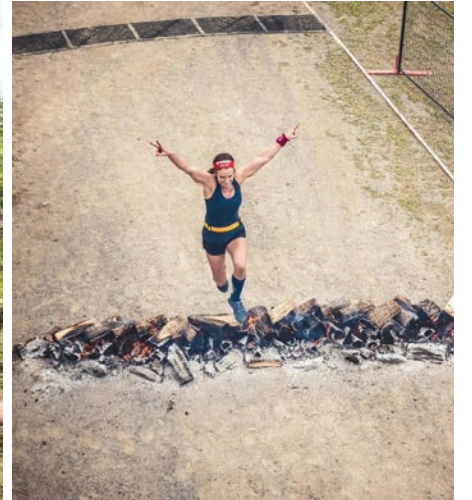
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Calabogie Folks & What they're Up To By Morgana Dill

Pic below by Sharon Adele White



Scenes of summer: I hope everyone has a chance to stop and smell the roses and appreciate the beauty in nature that is so abundant in the Calabogie area, whether we are visiting or live here full time. Take along the Seek App to help you identify which "roses" you are smelling. More info about that in this column.



Tests of strength and endurance: Did you notice an abundance of buff warriors in Calabogie on the August 12-13 weekend? The annual Spartan Race weekend drew these determined athletes from all over to race up and down, over and under obstacles on the mountain at Calabogie Peaks. While it was extremely challenging, it looked like a lot of fun at the same time.

Have you ever heard of the quirky holiday "Sneak a Zucchini onto Your Neighbors' Porch Day?" Yes, you read it right—zuchinis on porches! On August 8th, locals were abuzz about this amusing tradition that involves gifting neighbors with surplus zucchinis. With the growing trend of gardening, zucchinis seem to be sprouting everywhere, and this holiday might just become a local sensation. Originating as a humorous jest, it's a delightful way to foster neighborly connections and share the bounty of our gardens. I expect to see some kind of a squash on my step next year, and you should too!

On August 13th, picturesque Calabogie Peaks set the stage for a thrilling adventure as the Spartan Race graced our town. This full-day event tested the limits of participants' strength and determination. People

from both near and far gathered to conquer the course and embrace the challenge. A spirited camaraderie and a sense of accomplishment filled the air as participants pushed themselves beyond their comfort zones. As I watched the action unfold, I couldn't help but consider signing up for next year's event!

Did you catch the mesmerizing Perseid Meteor Shower lighting up the night sky? Watching this celestial spectacle is a magical experience that connects us with the universe. As stars streaked across the darkness, it was a perfect opportunity to reflect on the beauty of our cosmos. Memories of star-gazing with my grandpa surfaced, reminding me of the profound sense of wonder these celestial displays can evoke and the times we spent identifying constellations and counting the shooting stars. My top tips for star-

gazing are: Find a dark spot by choosing a location far from city lights for the best view, check when the me-

teor shower peaks for optimal visibility, and get comfortable! You'll need to stay patient and cozy with warm

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...continued from previous page.

clothes and snacks. Imagine if Calabogie had its very own dark sky conservatory—a place where our stars shine even brighter? If this interests you let me know! Even an astronomy club in the area would be a great start.

The roar of engines and the thrill of speed took center stage during the **Calabogie Summer Classic Race Weekend August 18-20th**. Hosted by the Ottawa Sports Car Club at the Calabogie Motorsports Park, it's the pinnacle of racing weekends in Calabogie. Enthusiasts and spectators alike reveled in the diverse range of vehicles that graced the track. From sleek sports cars to classic beauties, the event had something for everyone to enjoy. I've had the opportunity to go be the passenger for some laps around the track and boy is it fun! Whether you watch to watch the speed demons, or get behind the wheel the CMP has something for you.

Calling all young aspiring adventurers and change-makers! An exciting opportunity awaits you. **Girl Guides is coming to Calabogie**, opening its doors for girls seeking empowerment, friendship, and new experiences. A warm welcome is extended to all who are curious to explore the world, challenge themselves, and make lifelong memories. **There was an information night at 7pm on August 23rd at the United Church.** If you missed the meeting and are interested, contact Jo Ann Salo Riddle or Carly Riddle through Facebook.

Our community library remains a treasure trove of enriching experiences for all ages as the **TD Summer Reading Club** continues to nurture young minds, offering a range of programs that your kids won't want to miss! There is an upcoming **Bug Bingo on August 24th** that I think will be quite the buzz. Open to ages 5-12, the interactive event not only educates but also ignites a curiosity for the fascinating world of insects and critters.



A junior firefighter in training during Canada Day festivities in Calabogie. The Griffith Fire Station is recruiting. Maybe in a few years...
Pic by Attila Kalo.

Join us at the **Greater Madawaska Library (12629 Lanark Road) from 11 am - 12 pm**. If you'd like to support the Library you can donate to them directly, participate in one of their fundraisers, or volunteer some time.

Ahoy, matey! **On August 26th, the United Church on Madawaska Street will transform into a pirate's haven for an afternoon screening of "Pirates of the Caribbean."** With the promise of adventure and the chance to go all out and dress as swashbucklers and ship captains, families can gather for a fun-filled cinematic experience. The event begins at 3pm, refreshments are available for purchase and admission is by donation. All donations to the Church for this event will be put back into community initiatives.

A delectable aroma will fill the air as the **United Church (1044 Madawaska St) hosts a spectacular pancake breakfast on Sunday August 27**. Events like this are more than just a meal—it is an opportunity to connect with neighbors and make new friends. The spirit of community thrives as people gather, share stories, smiles, and hearty laughter. Such gatherings exemplify the heartwarming embrace that defines Calabogie. **Gluten free options available, free will donation entry. 9:30 am - 12:00 pm.**

Immerse yourself in the world of creativity at the **Tree House Art Studio and Gallery**. Nestled within

the Calabogie Lodge, it's a haven for those seeking artistic expression. Diverse classes, including drawing, painting, and sculpting, offer a chance to tap into your creative potential. This month, a nature painting class on August 17th, stirred imaginations and brought art lovers together to capture the beauty of our surroundings. **There is another class on the 31st. If you're interested in attending, check in with the Calabogie Lodge or the Tree House Art Studio and Gallery on Facebook.**

Mark your calendars for a delectable experience! **On September 9th, the Calabogie Community Centre (574 Mill St) will transform into a bustling marketplace during the Taste of the Valley event.** With over 50 vendors showcasing their finest offerings, it promises to be a delightful exploration of local flavors and creations. As we anticipate this exciting debut of the Calabogie location, I'm eager to discover new culinary delights and support our local talents. What is your favourite thing to find at markets? I always hope for something to snack on, and some gifts for friends. Check out @tasteofthevalleyrc on Instagram or their Facebook page for more information.

Hike and Seek. Imagine a game that encourages you to explore the great outdoors, identify plants, and embrace the wonders of nature.

This is the magic of the **Seek App**, a free and engaging tool that turns learning into an adventure. Equipped with this app, I ventured out to identify various species, allowing me to deepen my appreciation for the flora and fauna that grace our surroundings. This app was created with support from Nat Geo, Our Planet on Netflix, the WWF and more. With backers like that, you know it'll be a great app! There's no registration, and using your location is optional and only to help with identification (never stored or shared). It's a perfect family activity that is safe and fosters connection with the natural world while expanding our knowledge. I even got a book from our library that teaches you how to draw your forest finds. Now I draw what I discovered, leave the plants as I found them, write down memories attached to it and have so many fun facts to share with friends when we hit the trails. So get outside and get seeking! Let me know how it goes and if you love this app as much as I do.

As we conclude yet another snapshot of the lively Calabogie life, don't forget to grasp the moments that define the exceptional essence of our community. Stay on the lookout for upcoming events, engage with your fellow neighbors, and pause to appreciate the stunning nature that envelopes us. Until we meet again, cherished readers, let's continue nurturing the spirit of Calabogie!

If you have exciting suggestions, upcoming events, or captivating stories to share, reach out to me at thebogiebeat@gmail.com. Your input adds flavor to the tapestry of our Calabogie tales!



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

OUT AND ABOUT

Ryan Reynolds Inspires "Dear Terry" Theme for 2023 Terry Fox Run By Geoffrey Cudmore

As a run organizer, one of the highlights each year is the design of the t-shirt and the run theme. This year the annual February launch had star quality, as Canadian actor Ryan Reynolds stepped up and joined the Fox Family in the design of the "Dear Terry" themed shirt for this year's run.

Inspired by the thousands of messages of thanks and hope that Terry and the Fox family have received over the more than 40 years since Terry's Marathon of Hope the #DearTerry campaign continues to celebrate how Terry's story and his legacy of support for innovative cancer research continues to inspire people across Canada and beyond.

In the media release, Reynolds said "I've been taking part in the Terry Fox Run since second grade and can't think of a more enduring and lovely legacy for one person. Terry Fox inspired millions in life and death."



Terry Fox ran in every kind of weather and so does our Griffith Group. It's inspiring stuff that brings everyone together, including Ryan Reynolds who joined the Fox family in designing this year's "Dear Terry" shirts. See the ad on page 15 for details about this year's run and make sure you connect with a runner to make a pledge for the cause. Cancer touches everyone's lives. It's events like this that help us advance closer to a cure every day.

Reynolds spearheaded the social media (Facebook, Twitter, Instagram) launch of this year's shirts with the result that, since their release for sale on April 12th (the day in 1980 that Terry began his Marathon of Hope) an unprecedented \$1.2 million in t-shirt sales has kick started the 2023 fundraising. T-shirts in a variety of styles are

available at <https://shop.terryfox.org/>. A small number of adult shirts will also be available on run day at the Griffith Lions Hall.

Leading up to the run, you are invited to contribute your own "Dear Terry" message to the #DearTerry campaign on a variety of social media platforms.



The Griffith run will proceed (rain or shine) on Sunday, September 17th. To register, fundraise online or write your own "Dear Terry" message please go to <https://terryfox.org/>

In-person registration and check-in will take place at the Griffith Lions Hall starting at 09:00, with the run starting at 10:00. As in previous years, the course is a marked route of 5km and 10km distances, starting on Church St. and then "out and back" on Flying Club Road. You can run, walk, or cycle. In keeping with Terry's personal philosophy, the Run is an all-inclusive, non-competitive event... so everyone is welcome!

Through the generosity of run participants and donors across Canada, over the years, the Terry Fox Foundation has raised over \$850 million and has funded over 1,300 innovative cancer research projects. Of every dollar raised, 79 cents goes directly to cancer research.

For more information, please contact me at gcudmore@cogeco.ca

THROUGH THICK AND THIN

The Potash Works

By Garry Ferguson

On a corner of the Hutson farm where my mother was raised, there's a spot called the Potash Works. It had reverted to bush before I came along but "The Potash Works" was still used to refer to a point along the Settlement Road (now part of the Matawatchan Road) which ran nearby. For years it was just that - "The Potishwerks" to me - until I began to question the origin of the name.

"It's where they made potash in the old days," I was told. "From the ashes when settlers cut and burned "fallow" (fallow) every year." Water from the "crick" was used to leech potash from these ashes. The resulting brew was boiled in huge, cast iron kettles, called a potash kettle, until a solid cake was produced. These vessels weighed probably a ton and could be moved only by using a team of horses.

My grandfather, Walter Hutson on whose farm the site was located, was born in 1884 so remembered this local industry from his childhood. He told



me that only two of these huge cakes could fit on a sleigh for the long haul to Calabogie. From there, they would be shipped via the old "Kick and Push" (Kingston & Pembroke) railway. An 1871 census lists four potash works in the Griffith and Matawatchan area. Other than working the Shanties in winter, this was one of the few ways the settlers had of earning a dollar.

My grandmother, Maggie Hutson (Thompson) told me of making small batches of lye - she termed it lye - for use in their homemade soap. (By the time my mother was making soap, she could obtain her Gillett's Lye in a can from the general store) They packed straw in the bottom of a small wooden trough which was designed to leak through a slit in the bottom.

Ashes were placed on top of the straw and water was poured over them. The leechings were then boiled as in the large operation.

A few of the old potash kettles were still in use as sap storage tanks when I was growing up, but other than a smaller version that I noticed being used as a lawn ornament near Petawawa, I know of none in use today.

Some indication of the industry's importance can be gathered from its influence on the culture of the day. There existed a wild tale of a local man who was so strong he could stand in a potash kettle, grab it by the ears (protrusions by which it was suspended) and lift both himself and the kettle off the ground. A few kilometers south of the old workings, was a deep, round, sheltered valley where deer yarded in winter. It was aptly named The Potash Kettle. It's interesting to note that even this last hint of a pioneer industry has vanished since Ontario Hydro raised a headwater in 1967 to form Centennial Lake. It's now just another bay along the Madawaska River.

CLOYNE AND DISTRICT HISTORICAL SOCIETY

Denbigh Continuation School

From Flickr.com/Photos/CDHS

The Denbigh Continuation School was built in 1935 for \$10,000 to house students from the village Public School, all remaining S. S. township schools and the Grade nine to 12 classes. After it burned in 1959, high school students were bused to Cloyne for school, in portables or the Barrie Hall until the new High School was completed; some were also bused to Tweed with Flinton students.

Elementary students went to school in a local church or homes until the Denbigh Central School re-opened in 1961. Grades seven and eight moved to Cloyne in the 1980s and the school finally closed in 2015 with all remaining elementary students going to the North Addington Education Centre in Cloyne.

The following is an excerpt from a newspaper article written by Caretaker, Mrs. William Rosenplot, November 19, 1959 (unknown newspaper).

"Denbigh public and continuation school, a five-room cement block building, was completely destroyed by fire on Monday morning. Nothing was saved, and all children's books, furnishings and other equipment were a total loss. Over two hundred pupils who at-



Grades 1 & 2 at the Denbigh Continuation School in 1954. The Denbigh Continuation School was built in 1935 to house students from the Denbigh Public School and the last of the township's one and two-room schools. It also welcomed grade 8 graduates from other one and two-room schools from a wide area, who went there to continue their education through grades 9 to 12 in a better equipped facility.

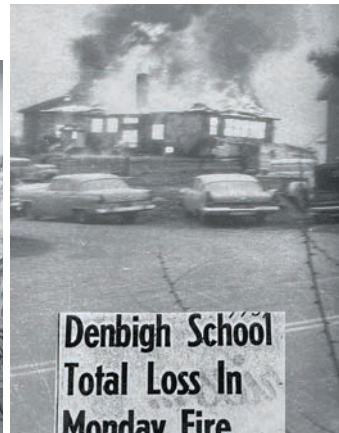
tended are now in temporary quarters, until the school board can make plans for the construction of a new building.

Mrs. William Rosenplot, the caretaker, lit the fire in the wood-burning furnace about six o'clock in the morning, and then went home for breakfast. She returned about 7:30 to find the building filled with smoke, and within minutes, there was a terrific explosion. Flames quickly enveloped the whole structure, and it was impossible to enter.

Photos and most information part of the Judy (Inwood) MacPherson Album.



VE Day - Denbigh School - June 1945. On May 8, 1945 - known as Victory in Europe Day or V-E Day - celebrations erupted around the world to mark the end of World War II in Europe. The war had been raging for almost five years when U.S. and Allied forces landed on the beaches of Normandy, France, on June 6, 1944.



The 1959 fire displaced an entire cohort of students to places as far as Tweed. Many of them changed schools almost every year until a new school could be built to house them.

A voluntary brigade was organized and Sawyer Stoll Ltd. at the Masanoga responded with their fire pumps. However, the blaze was too advanced, and little could be done to save it. Only the chimney and part of the walls remain standing.

Principal of the school is Ezra Ball, and staff members are: Mrs. Carl Plotz, Mr. W. Kaye, Mrs. Richard Thompson, and Mrs. Gilbert Inwood."

Since then, the school has become Addington Highlands Community Centre housing various community resources including the Lakeland Family Health Team offices, the local food bank and a branch of the Public Library.

**The Pioneer Museum on Hwy 41
in Cloyne is open 10am - 4pm
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Sixties Scoop survivors ask why Manitoba is sending long-lost brother's health card notices to home siblings were seized from in 1976. I know he's out there, sisters say.

Prince George BC renames O'Grady Rd, Dakelh Ti. Bishop O'Grady was a principal of Kamloops Indian Residential School, where graves of 215 children were found.

NA's first train powered by a hydrogen fuel cell connects Quebec City to Baie-Saint-Paul, Que., as part of an \$8M pilot project. It only emits water vapour as it runs.

New Cement Could Turn Roads and Homes Into Giant Batteries by adding carbon black. Store a day's worth of energy, use in your home, or charge your car on it.

Electric helicopters could replace rideshares. Embraer And Eve Announce evTOL vertical take off and landing helicopter Production Site In Brazil

Uber makes first operating profit after racking up \$31.5B of losses. Ride-hailing company reaches long-awaited landmark after years of heavy spending.

Hyundai, Kia recall 91,000 US vehicles over fire risks, urge owners to park outside.

FlixBus expanded with a new overnight line between Ottawa and Niagara Falls.

Big Oil and offshore wind energy developers getting ready for the first ever offshore wind auction by the U.S. government in the Gulf of Mexico to be held on August 29.

Ontario removed 4,000 acres from the Greenbelt last year. It was the last intact wild-life corridor between Lake Ontario and the Oak Ridges Moraine east of Toronto

Ontario undercutting Endangered Species Act, Environmental Assessment Act, limiting community engagement in N Ontario planning by repealing Far North Act

Doug Ford is facing a new integrity commissioner complaint over the use of his private cell phone for government business, which is against the rules.

A Californian pleaded guilty to altering shorelines in six separate areas without a permit in the Parry Sound area of Georgian Bay and has been fined \$45,000.

PortsToronto has brought in WasteShark aquadrones to add to its trash trapping program this summer. "It's essentially a Roomba that operates on the surface."

RBC says extreme weather a major reason for food inflation for the upcoming decade, because it will likely lead to "a lot more volatility and uncertainty."

Ontario proposing regulations to protect workers in the province from heat-related illnesses amid a rise in extreme heat events across Canada due to climate change.

A change to B.C.'s Building Code to require all new homes have a temperature-controlled room. Two years ago, a deadly heat wave killed 619 British Columbians.

'Vicious cycle': People cranking up their air conditioners during heat waves, are helping to set records for consumption of fuels contributing to climate change.

RBC: Tens of thousands of Canadians taking advantage of the new First Home Savings Account, with 26% contributing all or almost all of the \$8,000 cap.

Agreements are in place to enable regional Telcos to access networks of Canada's Rogers, Bell, and Telus, opening the door to competition and lower prices.

LCBO to phase out paper bags in all locations starting Sept. 5., the equivalent of 188,000 trees each year and 2,665 tonnes of waste diverted from landfills.

UN regulations have cut ships' sulfur pollution by more than 80%, but by almost eliminating their reflective sulphur cloud trails, the oceans are warming even faster.

More than 300 million litres of sewage water poured into Ottawa River during storm, overwhelming Ottawa's new sewage and stormwater storage tunnel.

New Toronto Uber-style B12Give (Be one to give) app distributes excess food from conference centres and restaurants to local shelters and charities.

British Airways Will Start Rationing Food on International Flights in an Attempt to Reduce Waste. By law, all unused food, even unused water bottles must be burned.

Almonte-based company hopes to show a good business case for fuel-grade ethanol made from the same milk byproducts used to make liquor and hand sanitizer.

Scientists Create New Material Five Times Lighter and Four Times Stronger Than Steel. the skeleton of the structure is assembled with DNA, then coated with glass.

Author Jane Friedman's work focuses on author education and publishing, discovers AI-generated books written under her name on Amazon and Goodreads.

The New York Times reports that about 50 companies that actually do use AI to create, package, edit, and market books have launched over the past year.

Microsoft pulled AI-generated travel article about Ottawa. The food bank was the No. 3 recommendation behind National War Memorial and Ottawa Senators game.

New research from BlackBerry suggests 75% of organizations worldwide are implementing or considering bans on generative AI applications on work devices.

Your iPhone Can Clone Your Voice, allowing people with worsening vocal cord problems to be able to keep their voices, rather than sound like a computer.

Pickering and Ontario sold 151 acres of provincial lands in the Innovation Corridor to FGF Brands (Wonderbread), for a high-tech food manufacturing campus.

Canopy Growth to sell Smiths Falls HQ back to Hershey Canada Inc. for \$53M

Canada asks grocery owners, governments and Canadians to weigh in on how it will implement changes to plastic food packaging that comes into contact with food.

Belleville joins Quinte West and Prince Edward County in allowing naturalized lawns creating habitats for pollinators and requiring less watering and fertilization.

Canada leads wealthy nations for COVID fatalities in care homes, despite more than 100 reports and inquiries over 50 years that foreshadowed a nursing home crisis.

"The Hospital Crisis" estimates that Ontario must improve staffing levels and bed capacity by 22% over the next four years to meet patient needs.

In a step toward prioritizing mental health support, Canada is launching its nationwide crisis hotline, 988, on Nov. 30, providing a free texting or calling service.

A drug, developed at Waterloo's school of pharmacy, in US trial stages, aims to treat patients with neovascular age-related macular degeneration and at-risk diabetics.

Health Canada has approved the first vaccine for respiratory syncytial virus (RSV) for adults aged 60 and over.

Toronto's RetiSpec, uses AI and a retinal scan to help detect early signs of Alzheimer's and is in the process of seeking regulatory approval in Canada and U.S.

The ESRB has proposed that the FTC greenlight facial recognition technology as a method to detect a user's age for age-restricted gaming and on-line gambling.

Hundreds sign up to ponder eye-scanning crypto orb despite data concerns. Who knew the processing of "sensitive data at a very large scale" might require a licence?

How you walk could shape the future of biometrics in the future, which would be really helpful for security reasons and in airports or for building entrances.

A WSJ analysis of dashcam footage and data from a Texas crash shows Tesla's Auto-pilot system failed to recognize stopped emergency vehicles.

10-car back-up of autonomous robotaxis blamed on wireless bandwidth issues during popular music festival in San Francisco – a warning to the world.

Back-to-office backfire with unemployment at record lows: Companies ending WFH perks lose out on top talent who view flexible work as equivalent to 8% raise.

Even Zoom is calling its workers back to the office — at least 2 days a week. Employees unhappy with new policy asked questions during Zoom meeting.

Canada announces "recognized employer" program aimed at speeding up the approval process for companies with a track record of using foreign labour.

ON's auto insurance regulator working to resolve violations of fair access rules. Industry avoiding people with prior claims, in risky locations, no insurance history.

B.C.'s Civil Resolution Tribunal has ordered WestJet to reimburse travellers after its reservation system changed upcoming flights while they were in the air.

Beware of the boarding pass selfie: Pics of your QR/barcode might invite hackers.

Canada's banks shedding jobs. Canada Labour Code requires federally regulated employers give 16wks notice for 50 layoffs within 4wks, fewer number require 2wks.

'Disaster': warning for democracy as experts condemn Meta over Canada news ban calling it epic miscalculation that will spread misinformation, analysts say.

X's (Twitter's) ban on links to Canadian news hampering communications between wildfire evacuees and emergency information.

Broadcasters and publishers ask Competition Bureau to probe Meta's news blocking

Invasive giant hogweed spreading in Ottawa, avoid contact say experts. When exposed to sunlight, any sap on your skin can cause 3rd degree burns.

Northeast Pacific Deep-sea Expedition reveal volcano thought extinct, is exuding hot fluid off the coast of Canada. Thousands of eggs look like ravioli on its summit.

Northeast Pacific Deep-sea Expedition meant to support conservation decisions for a proposed marine protected area to be overseen by Indigenous peoples and Canada

Winnipeg wood carver volunteers to whittle "woodies" for sex education after condom manufacturers cease distribution. "Way better than bananas"

Open third round at Royal Liverpool briefly delayed by ... a toad. Natterjacks are protected by British law. A qualified handler was brought in and play hopped along.

Important Wetlands Now Protected by the Mississippi Madawaska Land Trust

Media Release, July 17, 2023



An Ebony Jewelwing, with caterpillar below the leaf.

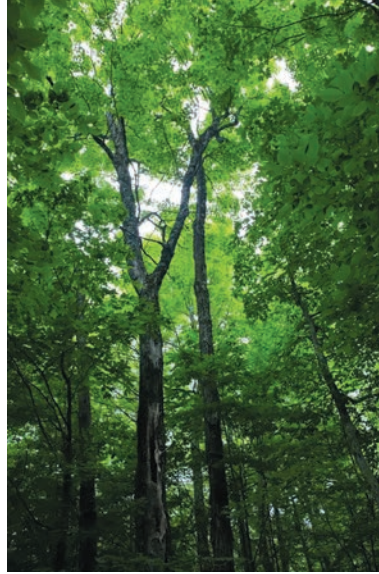


A Great Blue Heron at home on Cathy's Pond, now part of a protected area.

“Protecting habitat through land acquisitions is one of the most important tools MMLT has to help conserve biodiversity and help reduce climate change and environmental challenges,” emphasizes Kotze. “We are making a difference one property at a time.”



Cathy's Pond, named in honour of the late Cathy Keddy, a former MMLT director. It is just one part of Blue Heron Wetlands in Lanark County. Next step is to make it accessible to the public, while protecting it from intrusions.



As Lynn Jones explained in Watershed Ways last month, protecting wetlands must include the protection of surrounding woods. They provide habitat and retain and filter water that is essential to lives, including ours.

The Mississippi Madawaska Land Trust (MMLT) is pleased to announce it has protected a new property in Lanark County – a hidden gem of great ecological significance and home to a diverse range of plant, butterfly, bird, amphibian, reptile, and mammal species, including 16 species at risk. Spanning 106-acres, the nature sanctuary adjoins three other MMLT properties that have been under the protection of the land trust since 2014. This addition creates a 900-acre contiguous stretch of natural lands near Scotch Corners that will be protected for the benefit of the environment and future generations. The property, known as Blue Heron Wetlands, derives its name from multiple features, including the siting of its namesake on the property, the once known blue heron rookery, the Blue Heron Road that leads to the protected lands, and its wetland, which drains into the Innisville Wetland Complex and the Mississippi Lake National Wildlife Area.

“I cannot overstate the importance of this piece of property to MMLT and our conservation efforts,” notes Stephen Kotze, MMLT president. “Its ecological value and importance for biodiversity were recognized over 10 years ago, and MMLT has been working on acquiring this land ever since. We are thrilled to announce that the lands will now be protected by MMLT forever.”

The acquisition of Blue Heron Wetlands aligns with MMLT's key priority of acquiring and protecting natural wilderness areas for long-term preservation and community enjoyment. The property is also closely connected to the late Cathy Keddy, a former director who played a key role in MMLT's accomplishments until her sudden passing in October 2022. It was Cathy who showed a personal interest in this particular piece of land, mainly due to its potential in establishing an ecological corridor with the neighbouring protected properties. In honour of MMLT's dear friend and

colleague, the extensive wetland on this property will be named “Cathy's Pond”. Having Blue Heron in our protected property portfolio is a tremendous legacy to Cathy and her husband Paul, a prominent ecologist, conservationist, and published author on the ecological and natural history of Lanark and other regions.

MMLT now has 11 properties entrusted to its care, spanning 3,300 acres in the region of the Mississippi River basin, extending north to the Madawaska River. Many of these properties are open to the public to enjoy nature hikes and MMLT events, such as High Lonesome Nature Reserve and Blueberry Mountain at cliffLAND. While Blue Heron Wetlands is not accessible to the public at present, we will soon be working on developing a trail, installing signs and fencing, and constructing a parking lot. Once this work is completed, MMLT will gladly welcome individuals interested in visiting the property to reach out to us and arrange a guided tour.

The acquisition of Blue Heron Wetlands was made possible through generous donations, grants, and support from various sources, including:

The Nature Smart Climate Solutions Fund Initiative, with federal funds from Environment and Climate Change Canada, and in partnership with Conservation Ontario and the Mississippi Valley Conservation Authority; The Greenlands Conservation Partnership Program, with provincial funds from the Ministry of Environment, Conservation and Parks, and in partnership with the Ontario Land Trust Alliance; and from private funders including MapleCross, Richard and Louise Schnarr, and many other kind community donations, such as the funds raised by the Backyard Beauties Auction. MMLT extends our heartfelt gratitude to our generous supporters who share our vision and help us achieve our conservation goals.

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HAPPY TRAILS

Trail Culture Benefits Everyone - Plan on it! By Lesley Cassidy

Trails are for everyone. The Framework for Recreation in Canada states, "Recreation remains a fundamental human need in all ages and stages of life". Recreation provides enjoyment, laughter, good feelings, fitness, health, social aspects, and a chance to connect with nature, among other things.

Many studies detail how trails benefit the economy, tourism, and people's physical and mental health. In 2010, recreational fishing generated \$8.3 billion in Canada; in 2012, \$14.5 billion was spent on nature-based recreational activities. And the savings longer term in health care are significant.

Property values near trails increase, and if your home is near a non-motorized trail, the values increase upwards of 5-13% in Canada. The health benefits are numerous, including a decrease in cholesterol levels and protection from chronic diseases like obesity, diabetes, and heart diseases, to name a few.

Big numbers and important stuff. But with so many other needs in rural areas, this question always arises - why invest in recreation? And how do councils and municipal staff ensure trails connect people and places, that the trail experience is fun for everyone with minimal user conflicts, and provides a positive experience for users? You need a plan.

Plans always exist for arenas, roads, bridges, rural economic development... but how do trails tie into them? Where's the transportation master plan that includes trails and active transportation?

Investing in a trail plan organiz-



Barnet Park in Calabogie offers a beach, picnic area, boat launch, benches, an indoor venue, restrooms, and parking. It's a community hub enjoyed by many.



Manitou Trail Network in Calabogie. Greater Madawaska built a large parking lot to accommodate hikers, snowshoers, and climbers. They also installed a permanent restroom, trailhead map, sign explaining the area's indigenous history and parking information.



Snowmobile Trails bring significant economic benefits to rural areas during the quieter winter months. The Ottawa Valley Rail Trail passes through numerous towns, including Almonte.

es all elements in writing. It focuses trail efforts and spending on specific priorities and needs. It helps to start building the thinking and a community (council, staff, and residents) that sees trails are as essential as other municipal government services like roads, bridges, and waste management.

The benefits of investing in trails have a solid financial component. The amount of money locals and visitors spend along the route on food, accommodation, and the equipment needed to get out on the trail contributes significantly to rural and small-town economies. Check the Best Western in Pembroke on a Saturday night in February. You won't see too many cars, but you will see plenty of snowmobiles.

Many groups have built trail communities in the Valley and host workdays and events such as the Renfrew County ATV Club with their upcoming Logger's Loop Poker Ride in late August, Calabogie Boogie - a two-day dirt bike festival, the Water and Dirt Fes-

tival along the Ottawa River bringing together watersports, cycling and running, and a group developing a backcountry ski trail between Dacre and Calabogie for starters. Some townships in the Valley encourage people to sponsor a community bench in honour of an event or loved one and have organized outdoor recreation equipment lending hubs (Kilaloe and Eganville) and walking clubs. Small recreation-based businesses host cycling and paddling events. These all build and contribute to a strong trail culture - people who care about the trails.

"Hundreds of thousands and millions of people use trails in Ontario; how do you manage that without a plan?" Patrick Connor, the Executive Director of the Ontario Trails Council, remarked. "Trails by their very nature are 24/7 access, free to use, and some controls are needed." Connor shared that these controls should include adequate parking, signage, guidelines, and etiquette on what's expected by users posted at trailheads (i.e., stay on the trail), all backed

with by-law enforcement.

Master Plans for parks and recreation activities are standard in urban municipalities and many rural towns. Diane English, a Senior Project Manager with the Canadian Parks and Recreation Association, shared that master plans aren't just about parks, recreation, and facilities; many include trails now so they can fully understand all the types of recreation occurring across their communities. For example, the Township of Laurentian Valley, Towns of Petawawa, Renfrew, and Almonte have Master Plans for parks, recreation, and/or active transportation. Renfrew County developed a Trails Strategy in 2007, and the three partnering counties have a Master Plan for the length of the Ottawa Valley Rail Trail.

"Trail Master Plans help rural municipalities manage all uses and trail experiences", highlighted Connor. Rural areas have differences compared to urban regions that needs to be acknowledged. Connor emphasized that horses

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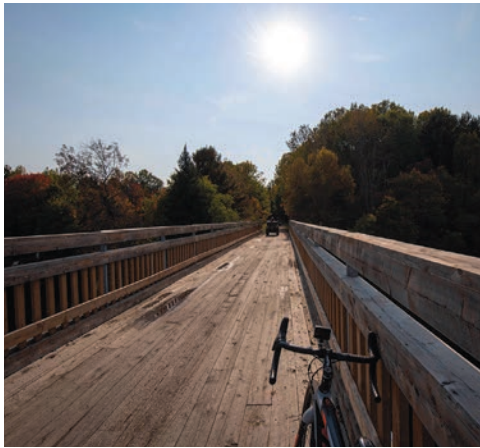


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The Ottawa Valley Rail Trail (Algonquin Trail in Renfrew County), where you will meet all sorts of people enjoying the trail.



Haliburton Rail Trail not far from the Ottawa Valley on a sunny day in September.

may use trails in rural areas, farmers access their land by tractor, high-volume peak All-Terrain Vehicles (ATV) and snowmobile use. Hunters access camps, anglers access lakes, and the trails provide access for maple syrup production. Municipalities may only be aware of these uses once they start a planning process and look at how recreation trails connect.

In rural communities, beaches, trailheads, and space to walk along a waterfront park provide meaningful spaces for people to be active. These spaces also serve as rural community hubs. People congregate for celebrations, picnics, and events and to connect with friends. For some, it's to exercise, sit on a bench, enjoy the view, or fish if there's a boat launch. For example, Barnet Park in Calabogie has scenic spots with benches, a beach, restrooms, parking, an indoor venue for celebrations and space to picnic and walk. Numerous lakes around the Valley have a public beach and boat launch space.

A boat launch may not be just a boat launch. You won't only find boats and trailers at the Centennial Lake boat launch near Griffith. Motorcyclists and car drivers stop at the launch for a break to stretch their legs, eat lunch, fish from shore, swim on occasion and enjoy the scenery. These other activities aren't always anticipated but should be considered when planning, to understand how the space is fully utilized. These activities help define what an area may need to meet the users' needs. The planning process would help capture that information.

There's no perfect master plan for trails, recreation, and active transportation. It's essential that a plan hears from residents, what they feel is important, and be designed to meet the needs of the region and its visitors.

A basic planning document typically covers these subjects:

- Vision (population growth, needs of the residents and visitors etc.)

- List of current trails, parks, boat launches etc. and an assessment of their features (i.e., signage, garbage, parking, washrooms, rest areas, benches etc.)
- Connectivity with other trails and recreation (sports fields, benches, lakes etc.)
- Issues, challenges, opportunities
- Funding opportunities

Trail and recreation-type master plans may be nine pages long, and others may be over 100 pages long. Some municipalities include detailed maps, maintenance cycles, volunteer efforts, ways to increase community involvement and cost recovery options such as parking fees, user fees, and donations. Some plans include sections on trail sustainability, environmental impacts and wildlife habitat and corridors.

The ecological component is also becoming more critical - extreme weather, loss of greenspace to development, and declining fish and wildlife populations impact recreational spaces. The derecho last summer closed numerous ATV, dirt bike and snowmobile trails until volunteers could access these routes with chainsaws and, in some cases, heavy equipment. Plans help deal with these threats as well.

English shared that the Canadian Parks and Recreation Association created a Sport, Recreation and Infrastructure database. Municipalities can access a national database of parks, recreation areas, facilities, and trails to understand how other areas with similar populations or demographics manage issues such as ageing populations, size of recreation space/facilities, locations, and future plans. It was released this year to help with management of recreational spaces.

Ontario's a big province, with plenty of bush, farmland and greenspace between urban areas and the Valley is no exception. Trails cover great distances, so it's not just about the destination but also what trail users experience along the way. Picnic tables? Restrooms? Signs directing users to local businesses for coffee or lunch? Maps?

Trails are a vital component of tourism as well. Connor suggested another element to consider when looking at trail plans: "How are you welcoming people not from here?" he asked. "The trailhead is the first thing they see." Tourism is uniquely tied to recreation plans. These plans allow municipalities and residents to understand the bigger picture and identify what's missing in amenities and connections.

The Valley has an active and caring trail community. Want a trail culture in the area that prioritizes trails and recreation at the municipal level? A plan helps! It's not just paper on a shelf.

See you out there on the trail!



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



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Cleaning up on Filthy Lucre By Antonia Chatson

(With apologies to Sam and his creator, Robert W. Service, who wrote "The Cremation of Sam McGee.")

"Sam" has been rattling around in my head these past few weeks.

"There are strange things done in the midnight sun by the men who moil for gold." I love the word 'moil', meaning to work really hard.

"He was always cold, but the land of gold, seemed to hold him like a spell."

Guess you could refer to gold as 'frozen assets.' And it's not the gold that is filthy, it is the attitude towards it that brings out the worst in those that chase after it. We all need money, but the chasing of it for greed, that is what taints a person's attitude. Rockefeller was once asked what would make him happy, and he replied, "Just one more dollar."

We live in a society of debt. The average debt for those under 35 years of age, is \$19 000, those between the ages of 35-44 it is \$35 200, and for those 45-54, the average debt is \$55,000. Of \$1 earned, \$1.89 goes towards debt. Or 14.0 % of income goes towards debt payment, and of that 7.3 % goes to interest.

If you watch TV, you have likely seen ads for Billfixer.com. They are advertising their services an obscene number of times a night. Their most positive piece of advice is to tell people to shave off a little here and a little there. Debt Help Now is another company that is advertising their wares at an alarming number of occurrences. I am wondering if they would give the same advice to our leaders. Sorry, I forgot, politicians are exempt from these lowly pieces of advice. Consolidated Credit Counselling offers to help those with exorbitant amounts on their credit cards by reducing the interest payable on these to 1 and a half per cent. (I still can't figure out how credit cards would miss out on the other 20% or so.) This is followed by a lady doing a happy dance.

It's like all of us seniors who received the \$234, or was it \$233?, the one-time payment to help with the high cost of groceries. I suppose ev-



Here's a picture of Sam McGee. He's thawing out his frozen assets after moiling for gold in the Yukon. Moiling for gold isn't everything it's cracked up to be, but sometimes it gets you on a stamp.

ery little bit does help, but were they expecting us to dance a jig with that pronouncement?

I also have a laugh at insurance companies who offer life insurance for, say \$9.87 per month for the first year. I am afraid to inquire what the rates would be in the subsequent years. And the icing on the cake is that you only start paying the second month that you get the insurance. Seems that many folks are trying to earn an extra buck by getting life insurance on their loved ones... I won't go any farther on that one.

There seems to be a parallel between debt dragging one down and the friend of Sam's who was carting around the corpse of Sam McGee.

"There wasn't a breath in that land of death, and I hurried, horror-driven, With a corpse half hid that I couldn't get rid, because of a promise given; It was lashed to the sleigh, and it seemed to say: "You may tax your brawn and brains, But you promised true, and it's up to you to cremate those last remains."

Getting back to government quick fixes, maybe if those who are at the receiving end of the largesse that the government decides is consistent with the cost of living, there might be a turnaround of the numbers.

As of January 1, 2016, members of parliament may retire after 6 years of service and may claim their pension at 55 with a slight reduction but full pension at 65. As of April 2021, an MP's salary is \$185,000, and they are entitled to receive more if they hold other portfolios. The PM receives a measly \$357,800, a senator, \$169,600, MPs also receive an allowance of \$363,600, to run their offices and there is a book of 277 pages of perks they are allowed to claim. MPs get a three month break over the summer and six weeks break from Dec 14 to the end of January. Oh, I forgot, that is when they do their cabinet shuffle and have tete a tete with their constituents. Need I rattle on?

I used to get annoyed at such discrepancies between the rich and the poor. But then I thought to be thankful that the rich are paying for our pensions. It is all in the perspective. I now feel deep pangs of pity for those who do not enjoy the benefits of life over 65 on a basic Old Age Security pension. It is a joyous time of life when appliances do not fail, the lawn does not need mowing and the septic tank never needs to be pumped out. And no matter how many feet of snow a blizzard brings to others, a slight dusting is all that the seniors receive. Not even worth shovelling. At age 65, one's hearing improves, and by age 70, one's vision improves to 20/20. One's teeth also begin to grow back and ailments like arthritis and joint disorders vanish within a few years of their 65th birthday. The car that has been needing repairs for years, suddenly corrects itself so that the brakes work perfectly, and the tires never wear out. Just imagine, never having to be able to experience such benefits of their senior years.

Suck it up, buttercup, for things ain't about to change.

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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.

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

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Good Stress?

By Derek Roche



A relaxing sauna stresses your body - in a good way.
Pic by Crystalweed Canabis, Unsplash.com

In our fast-paced world, we are constantly subjected to, and influenced by emotional experiences referred to as "stress." The word stress was originally used in the field of engineering, among other purposes, to calculate the strength of a bridge or building foundation. Now, the word is used to describe pressures in our lives. There is bad stress all around us, such as situations that create chronic fear and anxiety. If you research the word stress, all that you will find are descriptions of detrimental, or "bad" stress, and the various relaxation techniques and therapies that help us cope better. This article is not about that. This article is about the amazing health benefits of good stress!

While it seems natural to want to avoid stressing our bodies and minds, sometimes a little pressure on our systems can be remarkably beneficial. Let's look at a few good stresses. While we tend to avoid excess physical strain, cold or heat, and no one likes to go hungry, these tendencies to be comfortable and well fed may be weakening our bodies and immune systems.

Exercise

I don't have to go into detail on the benefits of exercise. But it is important to note that this is simply one of many ways to positively stress the body. We either stress our muscles and bones by lifting heavy objects, or we stress our aerobic capacity by increasing our respiratory and heart rate. By doing this sometimes difficult or painful activity, we enjoy multiple benefits including strength, flexibility, better blood circulation and aerobic capacity, not to mention an increase in metabolism, fat loss and even better sleep. But there are other ways to positively impact our health by challenging the body.

Cold

Frequent exposure to cold is linked to a number of different health benefits. For example, exposure to cold speeds up metabolism and reduces inflammation, swelling, and sore muscles. Therefore, many athletes use ice baths and other types of exposure to cold as a means to speed up recovery after physical exercise. Furthermore, cold body therapy is also linked to improved quality of sleep, better mental focus, higher energy levels, and even an improved immune response! Swimming in cold water or taking cold showers can also provide relief from symptoms caused by autoimmune diseases.

For those of us in Canada, exposure to cold can help us to adapt to winter. In our household, we wait as long as possible in the autumn to turn on the furnace. The house becomes progressively cooler and we slowly adapt. While we naturally want to wrap ourselves in blankets and sit by a warm fire, the colder temperatures are fortifying us and preparing our immune systems for the winter months ahead. Paradoxically, heat is not a bad thing, and it can also be a good stress.

Heat

Not surprisingly, sauna bathers most frequently cite stress reduction as the number one benefit of sauna use. Saunas provide many profound health benefits. In the high temperatures of a traditional or infrared sauna, skin heats up and core body temperature rises. In response to these increased heat levels, the blood vessels near the skin dilate and 'cardiac output/circulation' increases. A sauna not only feels good, it's good for your body. Regular sauna usage has been shown to reduce the risk of fatal cardiac incidents along with reduced risk of stroke and hypertension. Saunas also relax muscles and soothe aches/pains in both muscles and joints. Under the high-heat provided by a sauna, the body releases endorphins which can minimize pain.

After physical activity, the heat and steam of a sauna promote muscle relaxation by helping to reduce muscle tension and eliminate lactic acid and other toxins that may be present. Deep sweating in a sauna can also help reduce levels of lead, copper, zinc, nickel, mercury and chemicals - which are all toxins commonly absorbed just from interacting with our daily environments.

Research shows that saunas were able to significantly reduce the incidences of colds and influenza among study participants. As the body is exposed to the heat of a sauna, it produces

white blood cells more rapidly, which in turn helps to fight illnesses and helps to kill viruses. In addition, saunas can relieve the uncomfortable symptoms of sinus congestion from colds or allergies.

Sauna heat can also help burn calories and promote weight loss. A person can easily sweat off 500 grams in a sauna in a single session, consuming nearly 300 calories in the process. The body consumes these calories due to the acceleration of heart activity. As heart activity increases and as these processes demand more oxygen, the body begins to convert more calories into usable energy.

Heat bathing is also one of the oldest beauty strategies in terms of cleansing one's skin. When the body begins to produce sweat via deep sweating, the skin is then cleansed and dead skin cells are replaced - keeping your skin in good working condition. Sweating rinses bacteria out of the epidermal layer and sweat ducts. Cleansing of the pores has been shown to improve the capillary circulation, while giving the skin a softer-looking quality. (People with heart conditions, like angina or congestive heart failure, should speak to a doctor before going to a sauna. Pregnant women should also consult their physician. And if you're already at the risk of getting dehydrated - for example, if you're intoxicated - you should also steer clear of the saunas and jacuzzis)

Fasting

Finally, there is the good stress of going hungry now and then. In previous articles, I have described in detail the benefits of fasting, including a gentler form of 'starving the body' called intermittent fasting (IF). Intermittent fasting, one of the most talked about health regimens in the last few years, is a way of eating that designates periods of time for eating and for fasting. There are a few approaches, but the most popular are fasting for 12 to 16 hours, which calls for squeezing all the day's meals into an eight to twelve-hour window and fasting for the remaining hours, or 5:2, in which five days of the week are spent eating normally and two are spent fasting (usually defined as eating only 500 to 600 calories per day).

Why would someone opt for this way of eating versus a standard diet, such as going low carb or low fat? Fasting has more health benefits. The research so far proves the benefits of IF to the extent that it is worthwhile as a method to lose weight, lower blood pressure, manage your blood sugar, lower cholesterol, boost brain function,

reduce inflammation and slow down the aging process. There are also studies that show an increase in cancer protection by detoxifying the body and cleaning out damaged cells. Intermittent fasting may help stabilize blood sugar levels in people with diabetes because it resets insulin.

(I advise people with diabetes to approach intermittent fasting with caution. People on certain medications for type 2 diabetes or those on insulin (whether to manage blood sugar for type 2 or type 1 diabetes) may be at a greater risk for low blood sugar, which can be life-threatening. Check with your doctor before trying intermittent fasting if you have any type of diabetes.)

Finally, everyone enjoys a good night's sleep. If you've ever felt like you slipped into a food coma after a big meal, you know that diet can have an impact on wakefulness and sleepiness. Some IF followers report being able to sleep better as a result of following this way of eating. Why? One theory is that IF regulates circadian rhythm, which determines sleep patterns. A regulated circadian rhythm means you'll fall asleep easily and wake up feeling refreshed. The other theory centres on the fact that having your last meal earlier in the evening means you'll have digested the food by the time you hit the pillow. Going to sleep with a full stomach (especially if that last meal involved heavy or spicy foods) can interfere with digestion or give you heartburn, which can make it hard to fall asleep.

Our ancestors, and many people around the globe, are subjected to physical stresses regularly. In the west, we live in controlled environments and have all the food and snacks we want. In order to maintain optimum health and weight, we must choose to make ourselves uncomfortable now and then. Try taking the plunge, a cold plunge to be more precise. If you don't have a body of cold water nearby, a cold shower works! Find a sauna or build your own! Exercise regularly with all the extra energy you get from eating less. The human body has extraordinary self-healing mechanisms which can be triggered by a little good stress.



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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September 29 Approaches - Time to Git 'er Done!

"Almost all good writing begins with terrible first efforts. You need to start somewhere."

- Anne Lamott

The September 29 short story contest deadline is getting closer, but there is still plenty of time for you to begin. Just leave the real world behind and enter a world of your own creation (fiction), or your memory-world of things that happened (non-fiction) and write it down.

If this is your first attempt to write a story for publication, try to forget about what other people will think of it. Write the story you would like to read, the story that comes from your gut.

This contest is geared toward people who haven't written stories since their high school English teacher followed curricular requirements to teach them all about the rules with little advice about how to free their minds. It's time to get your foot in the short story writing door. Get started and see where you go from there.

Creating any kind of art is like dreaming - entering a state of Zen where the outside world disappears along with its rules and its judges. It's the way you feel when you are so engrossed with a movie or a book that you lose all track of time. It's a very

satisfying feeling that leaves you calm and refreshed.

The purpose of this contest to encourage people to enjoy the process of storytelling and share that joy with others. That's the real prize. Winning is a bonus.

And judging isn't an exact science. Professional film critics base their critiques on the same set of rules for plot, characterization, direction, etc., but while there is usually agreement, there are times when their judgements are far apart. Even when they do agree, some of the movies the critics panned have gone on to be box office hits or cult classics, while movies that won awards have gone bust.

The same is true of everything in the art world. That's why contests like this always have a panel of judges. It's also why we have a People's Choice component because the reader doesn't use a point system. Their likes or dislikes come from the same place your writing should come from.

So, if you haven't already started, shut off your judgy-judgy brain and write the story you would like to read - and write it from the gut.

"It's the job that's never started takes longest to finish."

- J RR Tolkien

Categories and Prizes:

Adult Fiction - one prize of \$200

Adult Non-Fiction - one prize of \$200

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

People's Choice: - one prize of \$50

2nd prize "Down Independence Boulevard and Other Stories" by Ken Puddicombe

Judges:

- Michael Joll, author and President of the Brampton Writers' Guild
- Kenneth Puddicombe, author
- Garry Ferguson, writer, editor, 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 29, 2023. 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 29, 2023.

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.

If for any reason the Madawaska Highlander ceases publication, the contest will be cancelled.



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LIBRARY MATTERS

Library on the Go!

By Ruth Jones, Lois Thomson

Examples on this page are only a few of the great things your library card makes available to you and your family. Membership is free for all rate payers in Greater Madawaska and only \$20/year for non-residents. The library is supported by an annual grant from the Township of Greater Madawaska and through donations and fundraising events.

The next fundraiser is a FAMILY MOVIE TIME showing of the Pirates of the Caribbean o Saturday, August 26 at 3 pm hosted at the Calabogie United Church Hall at 1044 Madawaska Street in Calabogie. Come dressed for the occasion in your nicest pirate attire. Admission is by donation.

There is an ongoing BOOK SALE and New-to-You Sale at the library that wraps up on August 26. Many thanks go out to those who have supported this fundraiser!

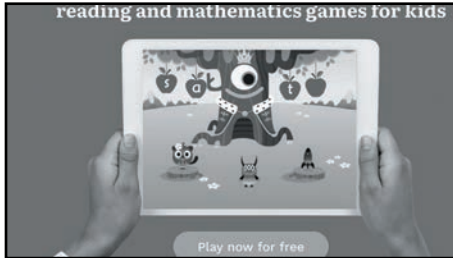
Thank you also, to Bill Maxwell (and friends) who has been collecting donations on behalf of the library at the Calabogie Market. Bill plays, sings, and coordinates music for this community market.

Some of the Many FREE PROGRAMS:

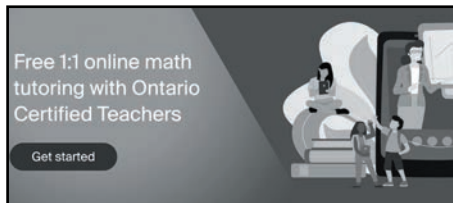
The end-of-summer store is open for participants in the TD Summer Reading Club. It's time for young readers to cash in the Banana Bucks they earned after every 5 books they checked out.

Watersheds Canada outdoor learning session dates will be confirmed soon for September. Check the library website and Facebook for updates.

FREE KIDS LEARNING GAMES



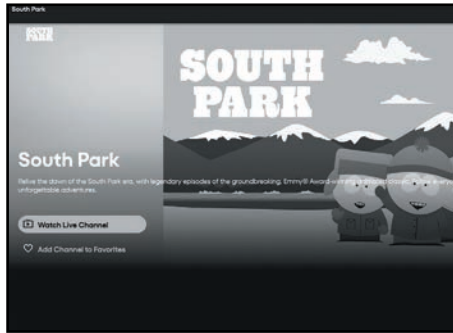
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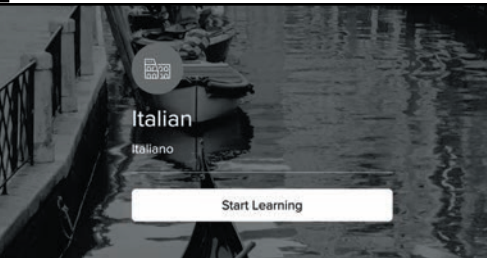
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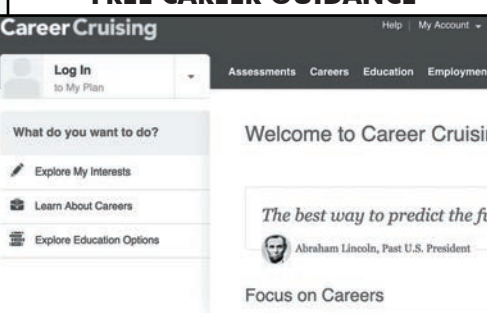
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Photo of Terry Fox by Gail Harvey

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Tip of the Fungal Iceberg By Colleen Hulett



I found this rock under an outcrop.... It doesn't rub off. Could it be fossilized mycelium?



Amanita sp. ...some can heal you, but most can kill you.



Honey Mushrooms (Armillaria sp.) are the largest species on Earth.



Mushrooms can also be very, very tiny.

As the Fungi Kingdom gains popularity among us, the web has become flooded with current periodicals about their early role in life as we know it. With over 3.8 million species to examine, scientists have only looked at less than 3% of them. The Fungi Kingdom is incredibly captivating and as we learn more, I realise what we know is just the tip of the iceberg!

Fungi are one of the first living networks on Earth and have persisted relatively unchanged for more than half of life's history. Earth is about 4 billion years old and with the aid of fossils we suspect life began 3.8 billion years ago. The oldest indication of the presence of fungi is 2.5 billion years ago. We need to look more at these creatures. After all they are here to save the world, as Paul Stamets postulates, and to ultimately keep our Earth functioning for life.

Fungi break down all sorts of debris and dead things. They cycle nutrients and water throughout the environment allowing our world to function. That's right, we would cease to exist

without them. Fungi mycelial networks also allow trees and other plants to 'talk' to each other via chemical signals in the hyphal tips. Through this 'wood wide web' social network, trees can warn nearby plants about important matters like attacking insects, disease, and droughts!

Fungi live as ecological connective tissue called hyphae. These hyphae individuals (hyphal tips) merge together as mycelium and form a mycelia network. Mycorrhizal fungi are hooked up to most plants on Earth. One teaspoon of soil, end to end, has 100 metres to 10 kilometres of mycelium inside it. There are millions of hyphal tips in a teaspoon of soil. They form fruit bodies we call mushrooms that pop up above ground after rain in order to release their seed-like spores to procreate more hyphae. The hollow tube-like hyphae rapidly inflate with water to form a mushroom. Last week while hiking, oyster mushrooms (*Pleurotus* sp) covered a log within hours after passing it on the trail. I was amazed.

They are strong. For example, Stinkhorns (*Phallus* sp.) have an explosive force that can merge through asphalt equivalent to lifting a 130 kg object! Fungi networks can be found anywhere and everywhere... in the arctic, in the ocean, on land and in the air. They live on us. They are inside us. They heal us and some can kill us. They are all shapes and sizes. Fungi can live on a speck of dust. According to the BBC Earth periodical, our human feet contain more than 200 types of fungi, although they live all over our bodies inside and out, their favourite spots to colonize and grow are on the heel (80 types) between the toes (40) and beneath the toenails (60). The largest species on Earth is a honey mushroom fungus (*Armillaria osteosarcoma*). Its mycelium network covers 2,384 acres in the Blue Mountains of Oregon, USA and is over 2,400 years old.

Fungi can be quite animalistic and like us they breathe in oxygen and give out carbon dioxide. They move through the soil and forage for food.

Some even eat flesh. Their cell walls contain chitin, like that found in the exoskeletons of insects and the shells of crustaceans. Cooked mushrooms even feel like meat and taste meaty. Some fungi, for example the Bleeding Fairy Helmet (*Mycena haematopus*) can glow in the dark due to a substance called luciferins and this substance may be used in the future to genetically engineer glowing trees as a bio alternative to electric streetlights. Wow! Other fungi, like cordyceps (*Ophiocordyceps unilateralis*) can grow inside ants, turn them into zombies and then take over their brains, directing them to climb to the top of a plant and grow stalks full of spores out of the ant's head. Some fungi, like LSD and psilocybin, alter the human experience.

Lynn Bodie is a microbial ecology scientist at Cardiff University who studies the foraging behaviour of mycelium and their directional memory. She has proven fungi solve mazes and geometrical problems and states it is what they have evolved to do. When she puts

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Bleeding Fairy Helmets (*Mycena haematopus*) can glow in the dark



Oyster Mushrooms emerge very quickly!



Stinkhorns (*Phallus* sp.) are strong and strong smelling. They can push open through asphalt in less than an hour and smell enticing to flies that spread their spores for them.



that? Are they the controls of our ship? They are everywhere and in everything. They are an important puzzle to early life and our present troubled planet, yet we know so little about them. We don't give them the importance they deserve in our universities. We need to encourage study of these amazing creatures. You can start by taking a stroll outside and search for them. Roll over a log to see the mycelium and please don't kick mushrooms over if you don't plan on eating them, instead photograph the creature and search up their identification. They have names... at least 100,000 do. Hopefully you'll find new ones to give up to scientific study because citizen science is extremely important work for the handful of mycologists on Earth.

a hyphae section in a petri dish its hyphal tip grows out in all directions in a pattern similar to a wagon wheel creating multiple searching hyphal tips. Mycologist Merlin Sheldrake explains, 'If we are in a desert looking for water, we choose one route and go look for it, while fungi can choose all routes at once. Then when they find food or water, they restructure themselves emerging to one thickening tip, reinforcing the link connected to food and pruning back the ones that don't lead anywhere. As mycelium sprawls it seems to keep in touch with itself.'

Stephan Olson who studies how fungi connect with themselves. Postulates fungi have no central control (no head or brain); their coordination happens everywhere at once, and nowhere in particular. A smidgen of a broken hyphal fragment can make a whole mycelial network, appearing to be immortal. Fungi have a developmental determinism growth pattern, which is why they come in all different sizes in different places. Fungi use penetrative

pressure and when a mycelial mass is as wide as a hand it could lift an eight-ton school. Lastly, Olsen explains how hyphae tips are quite busy with 600 rapid activities happening every second inside the tip. Hyphal tips lead mycelial masses through debris and move in a worm-like in fashion.

Recent discoveries about fungi have prompted us to reconsider our timeline of the evolution of organisms on earth. The oldest fossilised microscopic mushroom is proudly Canadian and discovered in 2019 in a shale deposit in the Northwest Territories – the tip of the iceberg so to speak. Scientists have dated this fossilized Canadian to one billion years old.

In the book *Entangled Life*, Merlin Sheldrake reports that while scientists believe fungi probably branched off from the animal kingdom a billion years ago, it actually happened 2.5 billion years ago according to a fossilized mycelial-like network (not the fruit-body) found embedded in lava as reported by the Swedish Royal Museum

of Natural History. Mycelial networks have been here for more than half of our Earth's life... maybe longer.

Researchers also found a 715-million-year-old mycelium-like network in dolomite shale in the Democratic Republic of Congo that formed in a lagoon environment and scientist believe the presence of these fungi found in a transition zone between water and land may suggest that fungi were important partners to the first plants that colonized the earth's surface 470-500 million years ago. We know today that at least 90% of all plants are hooked up to mycorrhizal fungi and I find this very cool. What about the other 10% of plants, you ask? I couldn't find any reference to it and I'm assuming that percentage may possibly include plant monocultures, house plants and captive plants that are carefully kept alive through human intervention.

Nature is an event that never stops growing and evolving but somehow fungi have remained relatively unchanged for a long, long time. Why is

Volunteerism is a virtue.
Please share this article with someone.

Sources: *Entangled Life. How Fungi Make Our Worlds, Change Our Minds & Shape Our Future* by Merlin Sheldrake Published May 12, 2020. bbcnews.com. sci.news, cosmomagazine.com



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

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Wild Food Foraging - for Survival By David Arama

If you spend time in nature, you know by now to bring what you need for the stay, including emergency supplies. You might have practiced starting fires and making shelters, but how do you prepare yourself for an unexpected extended stay in the wild? Sooner or later your food will run out, so a little practice with safe foraging could save your life and even satisfy your appetite.

Got-tos, Want-tos, Not-tos and Edible versus Palatable

There's a huge difference between edible and palatable. A lot depends on your taste buds, and how hungry you are! After a week or two without food, everything starts to taste pretty good.

Foraging for Fun versus Survival are very different. When I forage for fun and wellness, I'm looking for tasty species to supplement my food sources. For survival, it's all about the calories. You must gather more calories than you expend, which is why it's crucial to find sources of fat and oils. And it's why gathering acorns, walnuts, and chestnuts, were important historically.

Foraging Historically

Early Settlers and Native Peoples in the Americas utilized a combination of foraging and gathering to supplement hunting, trapping, fishing, growing crops and fruit trees, tapping trees for syrup, beekeeping, and raising livestock. Foraging wasn't the main survival food source, however, it helped to stabilize the peaks and valleys of feast and famine and much of it could be preserved for times when supplies of food are limited.

That tradition continues for a

lot of people in the country, having been passed down through the generations, but for many city dwellers, foraging is a skill that has to be learned.

The Benefits of Foraging

The benefits of foraging are many that go well beyond basic survival. Eating wild edibles is a healthy food choice, all-organic, with features including Anti-Oxidants and Anti-Carcinogenics, plus it's a source of vitamins and nutrients. Benefits include physical and mental wellness. Research points to this activity being one of the best ways to avoid Nature Deficit Disorder by reconnecting with the earth, and the physical exertion through hiking and exercise is also a form of forest bathing. It costs nothing, just your time and energy.

Where and When to Forage

Summertime is primetime for foraging for wild edibles, but not all foraging locations are safe. Be careful where you harvest wild edibles. Keep an eye out for other competing creatures such as hungry bears and watch for hornets nests etc. Avoid gathering near roads, highways, trails, hydro corridors, railroad tracks, golf courses, and industrial areas, unless you want contaminants, or extra toppings from dogs, geese, etc.

Crown lands comprise 75% of Ontario. Personal foraging is allowed on Crown lands, but foraging for commercial purposes might require a permit. Foraging is generally not allowed in Provincial Parks, National Parks, Conservation Areas, Private Property (your own is OK), or Indigenous Reserve Lands. Since tourism is important to many parks, they may choose to allow



Rock Tripe



Cedar

some light foraging e.g. raspberry picking likely won't get you arrested in Bon Echo. To be sure though, ask their staff first.

Foraging Safely

Foraging Safety is often overlooked. Some YouTube experts claim that if you're unsure if it's edible versus poisonous, simply rub the plant on your palm, wait a couple of days to see if there's a reaction, and if no reaction, rub the plant on your lips, and again wait and see. We teach the 100% Rule. If you're not 100% sure, don't touch it and don't eat it!!!!

Field Guides and Apps are useful, however, there are many issues with some cell phone apps. A lot depends on the photo and the part of the plant you take. I cross reference with field guides, to determine what part of the plant is edible, and in what season.

We are careful with medicinal species and never prescribe anything. Legally, only a licensed doctor and

pharmacist can prescribe. Seek medical advice before you experiment with medicinals. There can be side-effects, dosage requirements, allergic reactions, etc.

Mushrooms are very different from foraging plants, flowers, trees, shrubs, and lichens. It takes much more in-depth training to avoid deadly disaster. We stick to Morels, Puffballs, Reindeer Moss, Turkey Tails, Black Tripe, and Oysters, the easy ones, and the fabulous Chaga Mushroom.

As is the case with all survival education, it's always best to learn from an expert or just go with what you know, like blueberries, raspberries, and other recognizable fruits.

Sustainable and Ethical Foraging

Some plants, like mints and cattails, grow back quickly if foraged. Others, like wild leeks, have complex life cycles and if over-picked can take years to come back to harvestable levels. Leave some for others and for regeneration.

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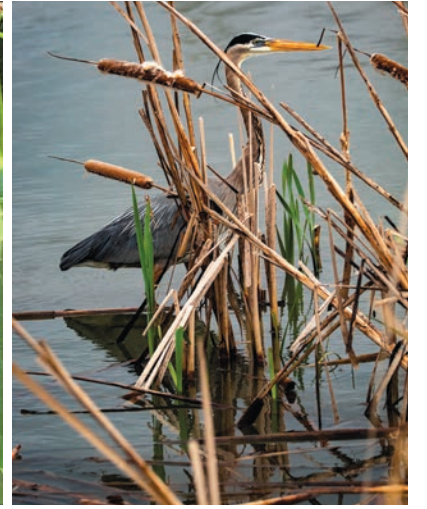
Blueberries



Serviceberries



Basswood leaves



Heron among the cattails

Some of my Favorite Wild Edibles:

- Cattails are the best survival plant of earth, known as the "supermarket of the wilderness". The entire plant is edible, loaded in starch and carbs. My favorite part is the lower stock, once peeled to the tender core, tastes like asparagus. The yellow pollen makes great bannock and muffins. The green pod can be steamed. The roots can be steeped to separate the starch from the fibers, and the starch is dried to make flour. The leaves can be woven into a matt. The white fluffy material from the dead pods makes excellent tinder for fire-starting. Raspberries make great jams, with no sugar or pectin needed. Just cook, crush, and stir, and then freeze in mason jars. Blueberries are loaded in antioxidants. Again, great for jams and pies.
 - Maple Syrup Sap is the world's greatest anti-carcinogenic food. Medical authorities say that we should indulge in maple sap. I like drinking the sap directly from the trees (Sugar Maples).

Other tree species can also be tapped, like Birch, Sycamore. Without proper collection and handling, drinking this raw could make you sick. Maple "water" sold commercially must be pasteurized for safety.

- The only apple tree native to the Americas is what we call Crab Apples. Settlers brought apple seeds from Europe and grew many tasty species not found in store shelves today. Apple Trees left by the settlers and planted along Indigenous trade routes are abundant everywhere in rural Eastern Ontario.

- Service Berries are one of my favorites. They are super-sweet and found across Canada.

- Mulberry bushes produce a ton of delicious Berries and make tasty jams. The young leaves of Basswood make a surprisingly nice simple salad.

- Wild Mints, such as Peppermint and Spearmint, are found near water. They are easy to identify, by their square stems. They are great as a tea, or as an

addition to meals and salads.

- Cedar trees provide high vitamin C, and the foliage has insect repellent qualities.

- Chaga Mushrooms are found typically on white birch trees. They look like large black growths. The brown part inside makes a nice tea and additive and has anti-carcinogenic properties. It's also called tinder fungus and can smolder a coal for several hours. Beware of side effects. Chaga can be a blood thinner,

and the oxalates can lead to kidney stones.

- Japanese Knotweed was planted by Japanese settlers. It's totally edible and grows up to a foot a day. Can't beat that as a survival prepper food!

- Rock Tripe is black corn, flakey lichens that grow throughout the Canadian Shield on rock outcrops. They are high in protein, and good in soups.

Happy and safe foraging!

Remember, be prepared, you are biodegradable.

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

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



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

Trips Abroad T + E, and offers a variety of training courses and camps. marblelakelodge.com wscsurvivalschool.com

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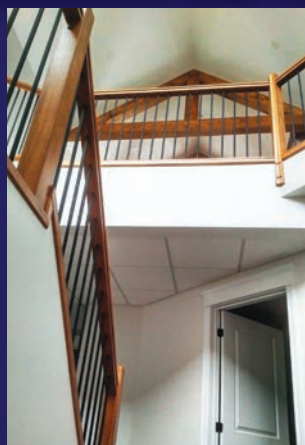
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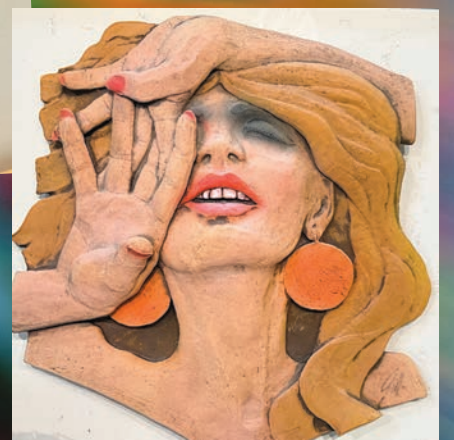
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