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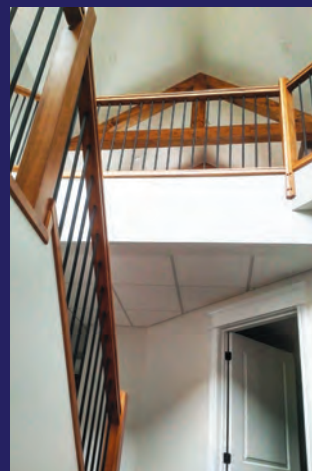


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THE MADAWASKA HIGHLANDER JUNE 2026 EMBRACE THE PAST ~ ENCOURAGE THE FUTURE ~ ENJOY TODAY

The Madawaska Highlander

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

**June
2026**
FREE Vol.25 Issue 2
Next issue July 2

Welcome!

...To a wet, dry, wild, calm, hot, cold, sunny, Spring/Summer, season of change in the Highlands! Whatever it was or is, it brought May flowers in abundance. What are those Flowering Trees along the Highway, you might ask? Colleen provides the answer in Highlands Hiker. Hint: It's a wild treat!

Trees are flowering all at once and even the birds and the bees have been affected by this Reluctant Spring, as Tony chronicles in Wild Things. We can talk all we want about the weather, but Survivor Guy tells us it's better to Prepare for Extreme Weather so we can have a worry-free summer. Also Prepare for Changes to Ontario Hunting, Fishing, Trails, and Conservation Regulations before you hit set out, as Lesley explains in Happy Trails.

Change is inevitable, but did you know that the LED Lighting Revolution is Polluting the Night Sky? Rick sheds light on the matter - for the sake of wildlife, and our own health and safety in part 2 of Let there be... Dark Skies. Artificial Intelligence is changing how we do all kinds of things, but I wondered if it will ever replace humans. So, in my Short Story Contest blurb, I asked AI why Humans Shouldn't use it to Write... I hope the answer inspires you to stay human and write a short story for the contest!

Stories of every day human suffering and joy connect us over distance and time as we see and feel in part 2 of Samantha Youman's Diary, written at a farm in Denbigh in 1899, and brought to us by Antonia Chatson in Rural Vignettes in 2026. We read in the Cloyne and District Historical Society that fifty years later and a ways down Hwy 41, the Gibson and Watson Stores were advancing commerce in Cloyne. Medicine has been advancing steadily since then and Dr. Max Buxton tells us about One of the Greatest Advancements in Modern Medicine in Wellness. Can you guess what it might be?

Don't try to guess what's going on in Griffith & Matawatchan & Denbigh & Vennachar or the Bogie. Charlotte and Morgana will fill you in on everything that matters. There's so much happening! And don't forget Library Matters! Did you know seasonal residents can also join their municipal library for free? So get a card and check it out, and whatever you do, be sure to... Enjoy...



Who's this little one? Jenna McEwan found a lost gosling with no family so she took it to the nearest golf course where it found a new family. Pic by Jenna



Aah... back on the Madawaska River near Griffith on a rare hot day in May. Don't worry, there'll be many more lazy days of summer to come. Pic by Lois Thomson

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Only \$6 for
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The Madawaska Highlander

The Madawaska Highlander
3784 Matawatchan Rd. Griffith ON
K0J 2R0

info@reelimpact.tv
613-333-9399

Business Manager: Mark Thomson
Editor and Advertising: Lois Thomson
madawaskahighlander.ca

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

**Next advertising deadline
June 19 for July 2 publication**

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David Arama
Tony Beck

Rick Scholes
Lois Thomson
Lynne Epps

Churchill was a fierce proponent of the traditional naval strategy of concentration of force, that to defeat a massive adversary like Imperial Germany, the British Empire needed one massive, cohesive fleet under unified, centralized Admiralty control in London. He criticized a 1909 Imperial Conference decision that allowed Dominions like Canada and Australia to build their own independent navies, fearing that fragmented, navies would be useless in a major fleet action in the North Sea.

When war broke out in 1914, the Royal Canadian Navy was 4 years old and essentially a navy on paper with just two aging, obsolete cruisers purchased second-hand from Britain.

The Admiralty's lack of confidence was compounded by Canada's internal political paralysis. In 1912, at Churchill's direct prompting, PM Robert Borden, introduced the Naval Aid Bill, proposing to scrap the concept of an independent Canadian navy and give \$35M directly to Britain to build battleships. The bill was defeated in the Senate in May 1913 and Canada spent the immediate run-up to WWI with no coherent naval policy or funding for new ships.

While the Canadian Army earned a legendary reputation on the Western Front, the Canadian Navy spent WWI fighting an uphill battle against British doubt—a reality that wouldn't truly change until the massive Royal Canadian Navy mobilization of World War II.

Information edited from lermuseum.org, thecanadianencyclopedia.ca, canada.ca, classicsofstrategy.com



First Lord of the Admiralty: "I don't see the bally thing toppling over."
—Moyer, in Toronto Star.

The British Admiralty applying pressure to Canadian Prime Minister Robert Borden to push Canada to send money to Britain to fund shipbuilding there, but to no avail. "First Lord of the Admiralty: I don't see the bally thing tapping over. - Harry Moyer, Toronto Star, 1913

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June 28th ~ 1pm

Stage Proudly Built By



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Tallow Products ~ Soaps ~ Woodworking ~ Candles ~ Baking
Sweets ~ Acrylic ~ Flowers ~ Crochet ~ Hooked Rugs
Beading ~ Pottery ~ Jewelry ~ Fry/Poutine Truck



NEWS & VIEWS - GRIFFITH & MATAWATCHAN & DENBIGH & VENNACHAR

Key addresses: **GRIFFITH:** Griffith & Matawathan Recreation Centre (Denbigh-Griffith Lions Club) 25991 Hwy 41. Ginza Rink Park and Pickleball Court, 15 Ginza Street. Adams Berry Farm & Market 25761 Hwy 41, Griffith Hilltop Church 25197, Hwy 41 **MATAWATCHAN:** Matawatchan Hall 1677 Frontenac Road. **DENBIGH:** Denbigh Hall 222 Hwy 28. Heritage Park, 48 Lane Street. St. Lukes Church – 188 Hwy 28. Addington Highlands Community Centre and Food Bank 31 Central Street. **VENNACHAR:** Vennachar Free Methodist Church 424 Matawathan Road.

By Charlotte Dafeo



The Griffith & Matawatchan Fish & Game Club shore cleanup was such a tremendous success this year that the Club has decided to run the event again in the fall. Thank you to the volunteers who help on shore - Gail Holtzhauer, Nicole McKinnon and Heather Sartori, Snider's Tent & Trailer Park for providing the food and Pine Valley Restaurant for donating bottled water for the event.



Lions present \$1500 to the Griffith Fire Department for a rescue toboggan.



Lions Daffodil Tea raised funds for the Canadian Cancer Society



Lions were all smiles on their toll road. No bugs yet this time!



Clarence was the Lucky Duck winner of \$664 at a recent Lions BINGO.



Adams Berry Farm & Country Market started the season off in style with Music@The Market. Thank you to everyone who came out!



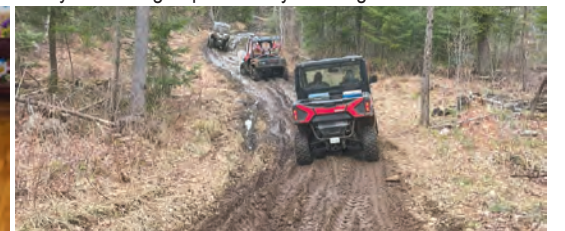
Cliff & Marianne Flynn thank everyone who helped after their cottage burned down. Even a gift of a new picnic table!



The Spring Market & Plant Sale at the Matawatchan Hall was well attended. A big thank you to everyone who came out and supported the event.



Denbigh Recreation's Mother's Day Tea was a sweet success! A lovely time celebrating moms



Denbigh Recreation's Spring ATV Poker Run was well attended again this year, despite the cool weather. This popular event is one of many that helps fund free community activities throughout the year — thank you to everyone who participated and supported it.

Township of Greater Madawaska Programming Recreation & GM55+ (SALC)

There are plenty of opportunities this summer for residents of all ages to get involved, learn something new, stay active, and connect with others in the community. Here's what's coming up:

Calling Local Musicians 55+

GM55+ is putting out a call to musicians across Greater Madawaska! We're looking to connect with residents aged 55+ interested in helping form a new community music group. Whether you currently play, are returning to music after time away, or would simply like to get involved, we'd love to hear from you.

Led by experienced trombonist Carole Mundy, the group will be shaped by the interests and talents of participants. Our first meeting was Monday, May 25 at 1 pm at Calabogie Community Hall, 574 Mill St., Calabogie, with more sessions planned.

To express your interest, email salc@greatermadawaska.com or cmundy@sympatico.ca and include the instrument(s) you play.

The Roadmap to Eldercare

Join Amy Friesen, Founder of Tea and Toast & Eldercare Planners of Canada, for an informative presentation on recognizing when care needs change, planning ahead, and avoiding crisis-driven decisions.

Wednesday, June 3, 11 am-noon. Calabogie Community Hall, 574 Mill St., Calabogie. Registration required by emailing salc@greatermadawaska.com, or call 613-752-1129

Breathwork for Wellness

Discover guided breathing techniques designed to reduce stress, improve emotional wellness, and promote relaxation and overall well-being. **Wednesday, June 17 at 1pm.** Calabogie Community Hall, 574 Mill St., Calabogie. (Additional Griffith session offered November 25) Pre-registration required through the

online registration form or at the Township Office. \$10 Members | \$30 Non-members

Stand Up Paddleboard & Kayak Experience

Enjoy a fun and relaxed paddle experience with Mad River Paddle Co. No experience is needed—just come ready to get out on the water and have fun. Sessions take place **Thursday, July 16 from 11am - 1pm at Centennial Lake Boat Launch, Griffith, and Friday, August 21 from 10am - 12pm at Mad River Paddle Co., Calabogie.** Registration required through the online registration form, in office, or call 613-752-1129. Cost: \$10 Members | \$40 Non-members.

Nourish Your Vitality: Thriving as We Age

Join Courtney Marie for a presentation focused on practical nutrition strategies to support healthy aging, improve well-being, and help participants feel energized and balanced. **Wednesday, July 22, 1 - 2:30pm at the Calabogie Community Hall, 574 Mill St., Calabogie**

(Additional Griffith session offered **September 16**) Registration required through the online registration form, email salc@greatermadawaska.com, or call 613-752-1129.

Dads and Dodgeball

Bring the family and enjoy a fun-filled dodgeball tournament featuring fathers and children of all ages. Friday, June 19, 6 - 8pm at the Griffith Recreation Centre, 25991B Highway 41. No registration required.

Garden Fairy Picnic – Griffith

Families are invited to enjoy an afternoon of creativity by painting fairy and bird houses and planting flowers. Saturday, July 11 noon - 4pm at the Griffith Recreation Centre, 25991B Highway 41. No registration required.

Services Available in Our Community

The Denbigh Community Food Bank, located inside the Addington Highlands Community Centre, is open on the **2nd and 4th Tuesday of each month from**

10 - 11am. For more information, call Gail at 613 333 2224.

Ongoing Events

Looking for friendly conversation over coffee or tea? Join the **Denbigh Wellness Group every Tuesday at 9am on the outside patio at Rosie's Café & General Store** (for the months of July and August). To learn more, contact Gail at 613-333-2224.

A reminder that the **Land O' Lakes Community Services Diners Club** takes a summer break in July and August.

You're invited to gather in fellowship at **St. Luke's United Church in Denbigh every Sunday at 10am.** All are welcome to attend.

JUNE

Join the Denbigh-Griffith Lions **corn-hole league every Thursday at 7pm.** Everyone is welcome, no experience is needed. Bring a friend, meet some new ones, and enjoy a great night out. Call Moe at 343-943-7676 to reserve a spot.



Hilltop Church

Connecting with God, Connecting with Others

11am SUNDAYS

Kids Church downstairs during the sermon for ages 3 - 12

Save the Date!

August 17 - 21

Vacation Bible School

Ages 4-12 years

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Live Music by



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JULY 4TH, 2026

FREE ENTRY

DONATIONS ACCEPTED FOR THE CALABOGIE FOOD BANK



Pickleball continues every Friday at 11am at the Ginza Park Rink in Griffith. All skill levels are welcome. Lessons are available, and beginners are especially encouraged to come out — just show up and play. For more information, contact Sandy at 613-333-1932.

Vennachar Free Methodist Church invites you to Family Worship on Sunday, June 7th at 10:30am. Guest speaker Coleman Boomhour will be sharing a message. A potluck lunch will follow the service, and Open Mic begins at 1pm. All are welcome to attend and participate.

Vennachar Free Methodist Church is hosting Men's Club on June 10th and 24th at 6:30pm. All men in the community are welcome to attend.

The Ladies Exercise Group will continue to meet every Thursday at 9am at the Griffith & Matawatchan Recreation Centre (Lions Hall) until June 11th, with sessions starting up again in September. Each week is just \$2, covering a fun mix of exercises using bands, weights, balls, and balance work. All proceeds help support the Lions Club's Show & Shine and Christmas Food Basket programs, and anything left

over goes toward a group lunch.

Don't miss Denbigh Recreation's 3rd Annual Horse Pull on June 6th! Enjoy light and heavy classes, food from the canteen, and a 50/50 draw. Admission is \$10, with free entry for kids under 12.

Mark your calendars for June 27th—Canada Day celebrations are happening at the Matawatchan Hall, 1677 Frontenac Road. More information is on the way, but we're excited to announce that the Ghost Town Cryers will be performing.

On June 28th, Adams Berry Farm & Country Market is holding their third annual Artisans@The Market from 10am–3pm. Browse the work of talented local crafters and creators and enjoy live music by John Allaire at 1pm.

JULY

Mark your calendars for Canada Day, July 1st! The Matawatchan Fun Run is on its way. More information will be shared soon.

Saturday Morning Socials are back at the Matawatchan Hall this July and August from 10am-noon. Join us on July 4th, 11th (featuring music by

Denise & David), August 18th, and 25th for good company, conversation, and a relaxed start to your weekend.

Save the date! The Kids Fishing Derby hosted by the Griffith & Matawatchan Fish & Game Club is happening at the Aird's Lake Boat Launch from 10 - noon on July 11th. More information will be shared as the event approaches.

BE SURE TO FOLLOW ON FACEBOOK

Stay connected with what's happening in our communities! Follow the Denbigh Griffith Lions Club, Denbigh Recreation, Griffith & Matawatchan Fish & Game Club, Matawatchan Hall, Villages of Griffith & Matawatchan, Greater Madawaska Seniors Housing Corporation, Township of Greater Madawaska and local businesses on Facebook for news, updates, and events.

EVENTS AT A GLANCE

June 6th - Denbigh Recreation's 3rd Annual Horse Pull
June 7th - Vennachar Free Methodist Church Family Worship
June 10th & 24th - Vennachar Free Methodist Church Men's Club
June 27th - Canada Day Celebrations at the Matawatchan Hall
June 28th - Adams Berry Farm & Country Market Artisans@The Market
July 4th First Saturday Social at the Matawatchan Hall - continues all summer
July 1st - Matawatchan Fun Run
July 11th - Griffith & Matawatchan Fish & Game Club Kids Fishing Derby
July 18th - Denbigh Recreation Kid's Dance - Fun in the Sun
August 1st - Matawatchan Hall Community Yard Sale
August 8th, 15th, 22nd - Saturday Morning Socials at the Matawatchan Hall
August 8th - Griffith & Matawatchan Fish & Game Club Annual Pork Roast

BOGIE BEAT

Calabogie Folks & What they're Up To

By Morgana Dillingham



Ontario's official flower is in bloom in our beautiful wooded areas and at Barnett Park. Pic captured by The Lotus Calabogie.

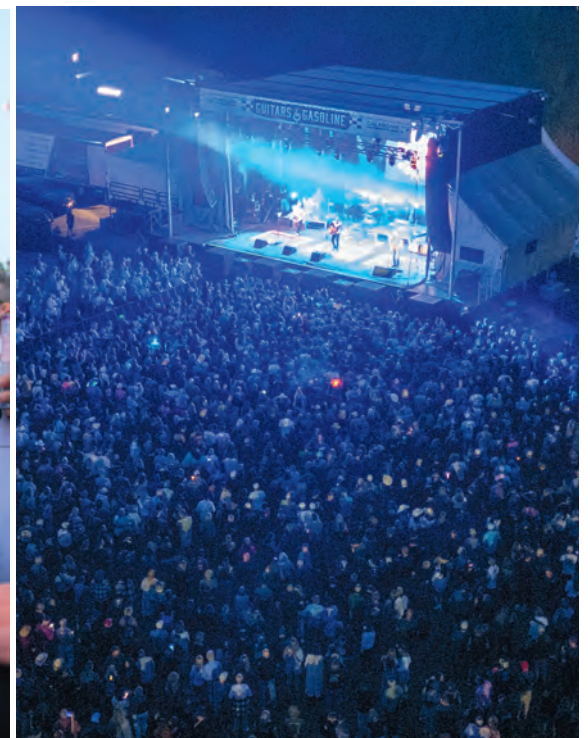


No, your eyes aren't deceiving you. There really are many Mrs. Ropers playing BINGO at the Calabogie Hall in May. If you are too young to know, Mrs. Roper was a character in the long running show, "Three's Company."

After a long winter and cool spring, it seems like everything is flowering at once to celebrate warmer days to come. Apple blossoms in front of the Mad Shak on Madawaska Street is a feast for the bees. Pics by Morgana



As summer weather welcomes a flood of visitors and snowbirds back to Calabogie, "food on the go" gets back in action. Calabogie boasts an abundance of food trucks, like the newest one, Dos Diablos on the left, and the seasonally open snack and paddle shop, the Mad Shak, on the right. Pics by Morgana



After the wild success of the first ever Guitars & Gasoline music experience at Calabogie Motorsports Park in 2025, thousands of fans will be happy to know the fun continues again this year on June 5 and 6. Read all about it in this article.

There's a noticeable shift in the air right now; Calabogie is fully stepping into that early summer energy. The trees and flowers are starting to blossom, filling the village with that fresh, earthy smell that only lasts for a short window each year. It's the kind of season that makes you slow down for a second and notice

what's changing around you, even if the black flies, mosquitoes, and ticks are also very much back in full force.

One of the surest signs that summer is settling in is the return of the local market. This year, it's taking on a new rhythm, running once a month from June through Sep-

tember at the Calabogie Community Centre arena. The dates are June 6, July 4, August 1, and September 5, from 10 a.m. to 2 p.m., bringing together a mix of craft vendors and homesteading and farm-based offerings under the theme "where creativity meets community." See the add on the previous page for

their special Car Show on July 4th.

It's a simple shift, but one that marks the start of the season; longer days, busier weekends, and that familiar feeling of Calabogie coming back to life. It's amazing all that there is to offer to keep us involved considering we are a small community.

What's Been Happening Around Town

It's time for the return of the food trucks all around the village. So far we have visited The Bogie Grill & Chill for their popular poutine and we checked out the brand new food truck at Trails Edge, Dos Diablos, which is offering up Mexican cuisine like tacos and burritos. We were really impressed with our meal and they've added more to the menu. Next up we will head over to the Calabogie Campground to visit our friends at J&J's Crazy Asian Eats! I can't wait to see what they're bringing to the table this year.

MAD River Paddle Co is open again for the season. Over the past few years this business has become quite the summer staple for tourists and residents. Whether you know them from their ice cream Shak and boutique, or from their weekly paddle club, I'm sure they hold a place in your heart the way they do ours.

Starting June 25th MAD River Paddle Co will be hosting their weekly Thursday Night Paddle Club which is open to anyone whether you want to bring your own or rent from their supply. Another really exciting event is their annual **Sound Healing Paddle with Heather Robyn** which is taking place this year on **June 29th** and there are still spots available.

On Saturday May 23rd the St. Andrews United Church on Madawaska Street hosted their Spring Tea and Luncheon. The theme this year was Pirates! It was so fun to walk into the hall and see the venue transformed into a shipwreck! There was a big display with pirate decor, the tables were wonderfully decorated and all of the volunteers were fully dressed up. As always, the food and drink offerings were amazing. There was an assortment of soups, sandwiches and desserts all made by the volunteers. My favourite part is looking over the collection of teacups and choosing my favourite to sip from.

The Church recently started up a Facebook page to keep people engaged and aware of all of their upcoming events from weekly offerings to special pop ups, make sure you're following along!

What's Coming Up

The Township's GM55+ is putting out a call to musicians across Greater Madawaska. Led by experienced trombonist Carole Mundy, the group will be shaped by the interests and talents of participants. They're looking to connect with residents aged 55+ interested in helping form a new community music group. The first meeting was hosted on May 25th and they have more sessions planned. So, whether you currently play, are returning to music after time away, or would simply like to get involved, they would love to hear from you and have you join this new local group. **To express your interest, email salc@greatermadawaska.com or cmundy@sympatico.ca and include the instrument(s) you play.**

Regular Events

On Monday evenings we have the Lions Euchre at the Calabogie Community Centre.

Tuesdays bring Yoga at the Calabogie Community Centre, Mahjong at the Greater Madawaska Library, and Pickle Ball at the Calabogie Rink.

On Wednesdays I host a mamas and littles coffee club through my brand

Babyccino Buddies. We meet in Calabogie the last Wednesday of the month and the other weeks it's a rotating schedule where I also organize pop up playdates! You can find out more on Facebook and Instagram.

Thursdays there is Play & Learn for ages 0-4 at the Library, Pickleball at the Calabogie Rink, Archery at St. Andrews United Church on Madawaska Street, and lastly the Paddle Club hosted by MAD River Paddle Co.

Fridays there is Walking at the Hall and Chair Yoga at St. Andrews United Church.

If you know of any more weekly activities we can add to the list and invite more friends into, please get in touch, share on Calabogie Folks, or add to the Township of Greater Madawaska's Community Calendar greatermadawaska.com.

Don't Miss What's Coming Up in June

On the first weekend of June, Calabogie United Church is hosting a breakfast. The menu is scrambled eggs, sausage, ham, pancakes, backed beans, hashbrowns, juice and tea/coffee. Gluten Free options are available. The cost is \$15 per person, and the event is taking place both Saturday June 6th and Sunday June 7th from 6am until 12pm. Make sure to check out their FB page for more details.

The Guitars & Gasoline Festival is back on June 5 and 6 for its second year at Calabogie Motorsports Park, and it's already generating a lot of excitement locally. After a successful debut year, many community members are returning again, not just as attendees, but as volunteers. Several locals who helped out last year have signed on again, sharing that they had such a positive experience being part of the event behind the scenes. This year's lineup includes The Glorious Sons, Default, The Northern Pike, Dallas Smith, Brett Kissel, Finger Eleven, and Hailey Benedict, drawing attention from across the region. Tickets are still circulating, and while some are being resold within community groups like Calabogie Folks, residents are reminded to be cautious when purchasing second-hand tickets and to ensure transactions are verified to avoid scams.

St. Joseph's Calabogie Kindergarten Open House — Wednesday June 10th from 11 am - 12:30 pm at the school, 12629 Lanark Road. This event is open to all new registrants to learn more about what the school has to offer in their kindergarten program. Your family will experience a tour of the school and classroom, the littles will ride the school bus and learn all about their new beginnings with Kindergarten!

Garden Fairy Picnic in Calabogie — Spend an afternoon creating fairy houses, planting flowers, and helping add a little magic to the community. Cookies and treats will be available for purchase. This event takes place on **Friday, July 10 from 4 – 8pm at the Calabogie Community Hall, 574 Mill St., Calabogie.** No registration is required for this event, just show up and be ready for the magical experience!

The Flower Factory will be back again for their floral arrangement workshop at Somewhere Inn on Saturday June 11th. If you'd like more information on this event, reach out to Somewhere Inn for all of the details.

Game Night June 13th from 6-9pm at St. Andrew's United Church, 1044 Madawaska Street.

Come and join in playing all types of games, the Church group supplies many games, or you can even bring your own! Open to all ages and free of charge. They also supply drinks and snacks.

Breathwork for Wellness in Calabogie — Discover guided breathing techniques designed to reduce stress, improve emotional wellness, and promote relaxation and overall well-being. This event is hosted by Courtney Marie Wellness in Collaboration with the GM 55+ (SALC). **Wednesday, June 17 at 1pm at the Calabogie Community Hall.** Pre-registration required through the online registration form or at the Township Office, the cost is \$10 for Members and \$30 for non-members. Membership in SALC is free to residents aged 55 and up.

Jam Night at the Library with Joe Sornberger 6-7:30pm on June 3rd and June 17th. This is a follow-up to Joe's 'Learn to Play Guitar' workshop. New players and new instruments are welcome. Please bring a music stand if you have one. St Joe's School gym, 12629 Lanark Road.

Calabogie Lions Club Bingo Night — Held at the Community Centre, 574 Mill Street, starting at 7pm on Wednesday June 17th. The Lions Bar will be open and they will have snacks available for purchase. Make sure you show up when the doors open at 6:30 to get your cards and secure your spot!

Calabogie & Area Home Support Father's Day Basket — Don't miss out on a chance to win this fabulous Father's Day prize package! Over \$1000 in value, all items donated locally. Make a donation and receive a ballot. Drop by the Calabogie and Area Home Support office in the medical building between 9am and noon Monday through Friday or watch for our volunteers at Charbonneau's, the Calabogie market on June 6th, and the Greater Madawaska Local Social on June 20th.

The GM Local Social - Bites, Brews & Business — The Township of Greater Madawaska invites you to join in on the fun on Saturday June 20th from 12-4pm at the Calabogie Community Centre. This free community event brings together local businesses, food, entertainment, and more for an afternoon of connection and fun. You'll find local businesses and vendors, food trucks serving up great eats, craft breweries, live music and entertainment, tons of amazing raffle prizes, and the food bank will be on site accepting donations. This event is free to attend and free for businesses to participate. I will be attending with Calabogie Smiles and representing Calabogie Folks and the Bogie Beat. To register your local business contact jmcewan@greatermadawaska.com.

Local and Legendary

For this month's resident spotlight I am featuring **Roxy Loyer, who operates Shadow Ridge Daycare** on Madawaska Street. Roxy and her partner moved to Calabogie a few summers ago and absolutely love their place overlooking Calabogie Lake. Since settling into the community, Roxy has joined the Calabogie Lions Club and volunteers regularly within the village. Whenever you see Roxy out and about, she always has the biggest smile, greeting everyone she meets and bringing a little sunshine wherever she goes.

Shadow Ridge Daycare is home-

based with both English and French learning. She currently has two full-time spots available for children between 12 months and 4 years old. If you're looking for a welcoming childcare option for your little one, you can contact Roxy at Shadow Ridge Daycare on Facebook to learn more about what she offers.

With more young families moving to the area each year, the demand for childcare spaces continues to outweigh the availability currently offered within the community. Many parents are commuting to surrounding towns for care or adjusting their work schedules to accommodate limited local options. Recently, community conversations around childcare have become more active as Calabogie Childcare, currently operating out of the Lions Club building, begins searching for a new location.

Several parents have brought the need for expanded childcare options to the Township's attention, advocating for long-term solutions that support working families in Greater Madawaska.

A Note to the Legendary Parents Doing It All: With Mother's Day just behind us and Father's Day around the corner, it felt fitting to acknowledge another group of local legends in our community; the parents who are doing it all. The ones balancing work schedules with daycare drop offs and hockey practices. The stay-at-home parents making magic out of ordinary days. The volunteers coaching soccer, organizing fundraisers, helping with school events, and making recreation possible for local kids. The parents work long days only to come home and still build pillow forts, pack lunches, and read bedtime stories. Communities like Calabogie don't run without people willing to show up for one another, and so much of that begins with families. Whether you're raising little ones, supporting grown children, navigating sleepless nights, muddy boots, busy schedules, or the emotional work of parenting in general, your efforts matter. The care people pour into their families is part of what gives this community its warmth.

To the moms, dads, grandparents, guardians, and caregivers helping shape the next generation of Calabogie — this is your reminder that what you're doing is important, even on the days it doesn't feel glamorous.

Seasonal Spotlight: Playing Tour Guide in Calabogie This Summer

It's summer, which means visitors are coming. Friends, family, weekend guests, cottagers, and Airbnb renters all making their way here to experience the place many of us are lucky enough to call home.

And honestly? There's something really special about becoming the local tour guide for the people you love. Watching someone try their first Kawartha Dairy cone at the Mad Shak, taking them to Eagles Nest for the view, or ending a long lake day together around a patio table with drinks and good food. Tourists are wonderful for our community, but seeing local residents out supporting businesses, attending events, and sharing these experiences with others always feels warmer somehow. It reminds us not to take this place for granted.

So, if you've got visitors this summer, here is my unofficial "Calabogie Folks Approved" summer itinerary:



On Saturday May 23rd the St Andrews United Church on Madawaska Street hosted their Spring Tea and Luncheon and invited all pirates to share a hearty meal and a good time. One wouldn't think that fine china and swashbucklers would be a good match, but no swordplay occurred while tea was being served. Yo ho ho and a cup of tea!

- Ice cream and paddle rentals at Mad River Paddle Co. "Mad Shak"
- Beers and pizza at Calabogie Brewing Company
- Food truck lunch stops at Dos Diablos, J&J's Crazy Eats, The Bogie Grill and Chill, or Fry Dayz
- Adventure tours with Tom Irwin Adventure Tours or book some laps at Calabogie Motorsports Park if your guests have a need for speed
- Coffee and brunch at Oh-El-La Café or a classic breakfast spread on the weekend at The Highlands Social House
- Hit the trails: Eagles Nest, the K&P Trail, the Causeway, Manitou Mountain, or the Madawaska Nordic Trails; or simply wander through the village itself
- Build the perfect picnic with goodies from Charbonneau's Grocery or Calabogie Pizzeria and spend the afternoon at Barnet Park or Heritage Point
- Relax with a sauna, cold plunge, wine flight, and bonfire evening at Somewhere Inn Calabogie or join their Saturday morning community yoga starting in July
- Spicy Caesars and jalapeño poppers at Redneck Bistro or sunset truffle parmesan fries with an aperol spritz lakeside at On The Rocks
- Enjoy a beach day at Calabogie Peaks Resort enjoy the resort beach with volleyball, rentals, fishing, and food & drinks from the Boathouse Bar & Grill.
- Play 9 or 18 holes of golf at Calabogie Highlands Golf Resort, then finish it off with a visit to the Highlands Social House for their 3-5pm happy hour, or wing night on Thursdays! We recently tried their wings and I have to agree with the local feedback that they're the best in town.

The best part? Most of us locals still haven't checked everything off this list ourselves. So this summer, consider this your reminder to romanticize your hometown a little. Be a tourist in your own community, and revisit the places you often recommend to others.

If you're hosting guests this season and want help build the perfect Calabogie itinerary for friends, family, cottage renters, or Airbnb visitors, feel free to reach out to me through Calabogie

Folks at calabogiefolks@gmail.com — I could honestly talk about this place all day.

And of course, I know there are probably a few hidden gems I've missed. If there's something you think deserves a spot on the ultimate Calabogie summer bucket list, send it my way. I'm always looking for more ways to experience and share this beautiful community.

New and Noteworthy Business Buzz

Now Booking New Clients **Pampered on Pheasant — Haircare & Aesthetics by Carly Riddle**. I had the chance to connect with Carly Riddle, the owner of Pampered on Pheasant, a new local aesthetics and haircare space now welcoming clients in Calabogie. Carly and her family moved to the area in 2020 to be closer to family and build a quieter, more grounded life. Since then, she's fully embraced the community lifestyle; outdoors, lake days, hiking, and everything Greater Madawaska has to offer.

With over 10 years of experience in the beauty and aesthetics industry, Carly shared that starting her own business came from both passion and purpose. Pampered on Pheasant allows her to continue doing work she loves with the flexibility to be present for her two daughters and family life. Her services include manicures, pedicures, waxing, brow and lash tinting, lash lifts, and haircuts; all offered in a space she describes as calm, welcoming, and focused on helping clients feel relaxed and confident.

More than anything, Carly says she values the connections she's building here in the community. For her, this business represents years of dedication and growth, and a space where people can come in, slow down, and leave feeling their best. Pampered on Pheasant is now accepting new clients, and appointments can be booked by phone, text, or Facebook message.

There's a quiet but exciting reset happening at Calabogie Rustic Farm this season. After a few years of big transitions, including closing their storefront, moving, and settling into a new space on the property, the farm is finding its rhythm again. With everything now grounded, the focus is shifting back to what it's always been about:

growing. This summer, they'll be expanding their greenhouse and garden beds, with plans to bring back fresh fruit, honey, and seasonal produce as things come into harvest. Fruit trees are already showing strong signs of growth, marking the start of what feels like a fresh chapter for the farm. They'll also be popping up at local markets throughout the season, and are inviting community members to reach out if they'd like to be notified when items come into season. It's a simple but meaningful return, back to the land, back to growing food, and back to sharing it with the community. Congratulations to Mike and Allison Graham!

— **A Fond Farewell & New Chapter at FryDayz** A longtime Calabogie favourite, FryDayz Chip Stand is officially entering a new chapter. After many years of serving both locals and visitors, Nancy Greer has announced her retirement and the sale of the business. Nancy has been a familiar and appreciated presence in the community for a long time, and her work behind FryDayz has made it a seasonal staple for so many of us. The good news for fans is that FryDayz isn't going anywhere. The name, menu, and spirit of the chip stand will continue on under new ownership, keeping the familiar spot alive for another season of roadside favourites and summer memories. We want to extend a sincere thank you to Nancy for her years of dedication and wish her all the best in her retirement as she steps into this next chapter.

What The Folks Are Saying

Community Update — There is an ongoing police investigation in Greater Madawaska area involving a death that has been confirmed as a homicide. Local authorities have stated there is no known broader threat to public safety, and the matter is being treated as a targeted incident. This news has deeply affected members of our community, and heartfelt condolences are extended to all family, friends, and anyone impacted during this difficult time. Community members are encouraged to continue relying on official updates as the investigation remains ongoing and stay off social media out of respect for the family.

Woody's Tree Service & Safe Wings Ottawa to the Rescue — A post shared in the Calabogie Folks group by Ryan Smallegange led to an incredible community effort after an osprey was found entangled in fishing line near Minnow Lake. Owen from Woody's Tree Service stepped in to safely access the tree and help free the bird, while Safe Wings Ottawa coordinated transport to ensure it could receive care and recover before being released back into the wild. A great reminder of how quickly community members come together when help is needed.

— **A Note on Seasonal Yard Care** — With warmer weather here, many residents are also thinking about ways to enjoy their outdoor spaces more comfortably during bug season. While there are a variety of lawn and yard treatments available, some community members are choosing more pollinator-friendly approaches to reduce mosquitos while protecting bees, butterflies, and other beneficial insects. Simple alternatives like removing standing water, using natural deterrents, maintaining grass height, and creating airflow around seating areas can all help reduce mosquitoes and ticks while keeping your yard safer for the wider ecosystem we share.

— **Unlike last year, shuttle service will not be available at Guitars & Gasoline event**, so attendees are encouraged to arrange transportation ahead of time, whether that means coordinating rides, booking taxis in advance, securing parking passes, or choosing the camping option on-site. What stands out most is how this event continues to bridge both tourism and local life; it brings visitors into the area, supports local businesses, and at the same time has become something many residents genuinely look forward to attending. I'll be covering the festival again this year, and I'm especially looking forward to the live music, the atmosphere, and the food vendors, which were a highlight last time. It's also worth noting that this is a family-friendly event, and children are welcome to attend, making it something the whole community can experience together. If you see me around the festival stop to say hi, get your photo taken and let me know what your favourite part about this event has been! Hope to see you there!

Closing Connections

It's the people who make this place feel full. From volunteers to small business owners to families simply showing up for each other, this is what keeps Calabogie moving through every season.

If there's one thing this month makes clear, it's that Calabogie doesn't really have an "off" season. It just shifts energy. And right now, it's shifting into something busy, bright, and very community-driven.

Thank you for joining me for another month of the Bogie Beat. Seen something worth sharing? Building something new? I'd love to hear about it and share your story. Contact Morgana at thebogiebeat@gmail.com



Morgana Dillingham 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.

Greater Madawaska Public Library & Learning Centre

By Ruth Jones

YOUR LIBRARY MEMBERSHIP GIVES YOU ACCESS TO MUCH MORE THAN BOOKS!

Radon Detectors (2) Radon gas is the leading cause of lung cancer in non-smokers. It is present in houses across the country and in Greater Madawaska as well. Detectors are free to borrow from the library. Check your home!

Passes to Museums & Provincial Parks

- Canadian Museum of History / Canadian War Museum
- Ingenium
- Canadian Aviation & Space Museum
- Canadian Agriculture & Food Museum
- Canada Science & Technology Museum
- Canadian Museum of Nature
- National Gallery of Canada
- Ontario Parks

Each pass typically admits two adults and three children (check the pass). One pass per family.

Small Town Short Film Festival Moves to the Fall

The festival planned for this spring will be pushed back to the fall of 2026 to allow more residents to participate over the summer. Any completed films (5 min. or less) should be submitted to a participating library (Renfrew, Arnprior, Greater Madawaska.) If interested in making a joint submission with other Greater Madawaska Library patrons for September, send us a short clip of a favourite summer activity or experience in Greater Madawaska and the library will string them together for a GM montage. Most phone videos output Mp4 files, which will work. **You can submit to gmpl@bellnet.ca. Include with your submission your name, location, and description of the clip.**

CURBSIDE PRINTING - is now available with pickup during library operating hours. Submit your print specifications using our online form: <https://bit.ly/GM-PLLC-printing>

RECYCLE FOR SIGHT - We are collecting eyeglasses for Lions Club International. Please consider donating your old eyeglasses to give someone the gift of sight. Add your glasses directly to the donation box in the library hallway, or hand them in at the circulation desk.

RECYCLE used writing instruments - Drop off your used pens, mechanical pencils, and markers at the library. We'll submit them to Staples' Recycling Program.

Memberships need to be renewed annually. This is a check-in to help keep our patron database up to date. If we have your email address on file, you will receive a system cue to renew your membership. If you haven't received a system cue and can no longer access Libby/OverDrive, please visit or call the library to update your contact information. **Seasonal memberships are available to non-residents for \$20 and annual memberships are available for \$40.** Included with your membership is free access to Canada's seven National Museums (2 adults, 3 children), Ontario Parks (vehicle day pass), Water Rangers water test kits, radon detectors, e-resources, and library materials (books, games, DVDs, educational kits).

Book Donations

We always appreciate receiving books in good condition, published in the past 5 years that we can add to the library collection for community members to enjoy or sell in our book sale. We cannot accept magazines, videotapes, textbooks, or books that are soiled, damaged, or have been a decade (or longer) in storage.

Special Programs

Wednesday, May 27, 6pm - 7pm Elizabeth Fournier will give a **workshop on 'Invasive Plant Species'**: what to avoid planting, how to identify, strategies for removal, alternative plants.

Tuesday June 9 - 20, the Greater Madawaska Public Library will be joining with Local Immigration Partnership to deliver the **2026 Summer Edition of Culture Connect**. We will have various activities and take-aways on offer, including the following:

Spill the Tea - Experience teas from around the world. Pick up your tea kit at the library circulation desk. Kits are available while supplies last.

Welcome Rocks - Greet visitors to your home with a friendly message or artistic design on a stone placed at the door, in the garden, or on the porch. Pick up a take-and-make kit at the library circulation desk while supplies last. Rocks are not included; you will need to find [and clean] a clean rock to paint.

Wednesday, June 10, 2pm - 3:30pm. **Culture Connect Movie** - Join us to **view a variety of NFB short films; stories from around the world.**

Friday, June 12, 11am - 12pm. **Language Learning Lab - Oh, the places you'll go!** Travelling is always better when you are speaking the same language as the locals in the area you are visiting. **In this session, we'll show you how to use MANGO languages app.** If you bring along your phone, tablet, or laptop, we'll get you set up to take your language-learning on the road.

Saturday, June 13 at 11am - 12pm. **Origami (Paper Folding) Activity** - Learn to make an origami butterfly and take some paper projects to try at home.

Tuesday, June 16: Registration opens for our Summer Reading Club (SRC). To register your child, contact the library with their library card number. Not sure if your child's card is valid? Just ask us! In Greater Madawaska, each SRC participant receives a welcome package with an SRC passport and a few

goodies. From July 2 to August 29, SRC participants can collect a stamp on their passport and a Banana Buck each time they visit the library and take out 5 books. Banana Bucks can be spent on coupons for local businesses and items from the library store. A completed passport (8 stamps) can be submitted for an end-of-summer prize draw. SRC activities will be held weekly at the library on Wednesdays 1:30pm - 2:30pm beginning July 8 until August 26. Participation in these activities is optional.

Wednesday, June 17, 1pm - 2pm. **The last library Book Club meeting before summer will be off-site.** Contact the library for details. This group meets every third Wednesday of the month and will resume on Wednesday, September 16. We will post a list of 'summer reads' following their last meeting. If you have a title that you'd like to see on the 'summer reads' list, send it to: gmpl@bellnet.ca.

Saturday, June 20, 12pm - 4pm. We'll be at the **Greater Madawaska Business Showcase**. Please come by for a visit!

Wednesday, June 24, 3:45pm - 4:45pm. **Chess Club meets for the last time before the summer.**

Wednesday, July 1, 8:30am - 11am. Please join us for our **Canada Day pancake breakfast and activities at the Calabogie Community Hall**. This is a fundraiser for the library. We had 200+ people come through last year and hope to accommodate as many in 2026. We would like to include a **silent auction**; if you have new and/or locally made items or a voucher that you are

willing to contribute to this effort, we'd appreciate it. **Want to volunteer for this fun morning? Let us know! :)**

Saturday, July 11, 10am - 1pm. We'll be joining the **Griffith & Matawatchan Fish & Game Club at the Aird's Lake boat landing for their 2026 Annual Kids Fish Derby**. We'll hope to see you there! Contact the Club if you would like to become a member and join fun activities like this. gmfgclub@yahoo.com

July 7 - July 25. Our **'New-to-You' Fundraiser & Book Sale** begins the first week of July. If you're getting ready for summer and find that you have a collection of clean, gently used clothing to pass on, please consider donating. This is a popular library fundraiser and a great way to restock your closet!

Regular Programs

Tuesday, 2pm - 3pm. **Learn to play Mahjong**. This group will continue to meet through the summer.

Thursday, 9:30am - 10:15am. **Preschool Play-&Learn is for children aged 0-4** to attend with their caregivers.

Hours:

Sun, Mon: CLOSED

Tues, Wed 9am - 6pm

Thurs, Fri 9am - 1pm

Sat 9am - 2pm

**12629 Lanark Rd, Calabogie
Inside St. Joseph's School**

Welcome to our Team

Lakelands Family Health Team is thrilled to announce the upcoming addition of Dr. Mas'us Adewusi to our dedicated team of healthcare professionals.

Dr. Adweusi, whose expertise and compassionate approach to patient care are highly regarded, is expected to begin **seeing patients in September 2026**, pending any unforeseen circumstances.

We are confident that his contributions will greatly enhance the quality of care we provide to our community.

We eagerly anticipate the positive impact he will bring to our team and look forward to welcoming him to our practice.



Lakelands 
Family Health Team

Dr. Adewusi is now accepting new patients who reside in our area!

If you're interested in joining us, we invite you to stop by the Northbrook Clinic or Denbigh Clinic in person to register. Please have your Drivers Licence and Health Card available. Please do not email the clinic.

Even if you are registered with Health Care Connect, please drop in and fill out the registration forms at either Northbrook or Denbigh Clinics.

We look forward to welcoming you to our clinic and providing you with quality care and support.

Prepare for Extreme Weather

By David Arama

My experiences leading wilderness adventures and camps for 40+ years, and as an Environmental Scientist/ Climatologist point to the need for campers to pay attention to weather conditions. Climate change happened over millions of years in the past but is happening over decades now, so we have to be ready for extreme weather, especially outdoors. Pleasant weather can turn deadly, quickly.

The Derecho Storm that went through our region and at Marble Lake Lodge on the May long-weekend in 2022, and the one last year at Mattawa and Samuel De Champlain Provincial Park, caused immeasurable suffering and destruction. That storm caused incredible damage at campgrounds, and at Bon Echo Provincial Park. The recent storm on May 19th in Algonquin Park and Lake of Two Rivers flattened campgrounds. The tragic and deadly flood catastrophe at Camp Mystic in Texas, killed nearly a hundred souls, including 25 campers and RVers who were camping along the river. My personal experiences and close calls include almost being killed by lightning strikes and saving kids from death during the Derecho and more, are behind me wanting to write this article with some weather safety tips!

Safe Campsite Selection

Most campers never think about weather safety when selecting a campground or backcountry campsite. Is there a nearby building to escape to like brick washroom/shower house, a vehicle to get to, is your tent/camp next to dead



“widowmaker” trees, tall lightning trees that attract lightning that will extend to the root systems? Is your campsite out in the open, prone to windstorms and hail, or next to flood-prone and flood plain areas?

Dead trees snap fast in storms, and white pines, white birch, and poplars tend to snap easily. I prefer to set tents up in an area with smaller trees and saplings.

Open Areas like fields and shorelines are generally not good. A few years back, a dad and son were killed by lightning at an open beach scenic site in Killarney Provincial Park. Lightning generally hits the highest point. Don't make your campsite a target. Streams and Creeks are notorious for flash-flooding during torrential storms. Camp on higher ground.

Car-camping campsites are flood prone, due to ground compaction, which doesn't absorb rainwater. Select tents that have high water lines and entrances, and have a footprint or ground sheet. Utilize storm lines and toothed pegs.

Aluminum Tent Poles, Metal Chairs

It mightn't seem like much, but all

metal conducts lightning. I remember a campground in a field where several tents were hit by lightning, with fatalities, and at a car camping site in Algonquin Park, where some campers sitting in metal lawn chairs under a tarp were killed by lightning.

Tents are generally not safe when trees start falling, and during tornadoes. Get under something sturdy like under an ABS Plastic Canoe, in the bathtub in your cottage or house, or your vehicle.

Forest and Grass Fires

Many are caused by lightning, and campfires getting away. Be extra careful during high wind events and dry, high fire danger periods. It's a good idea to have a fire blanket (wool) and fire extinguisher when car camping.

RV Camper Trailers

Camper trailers are one of the worst places to be during a tornado or microburst downdraft. They are constructed of flimsy materials. You're safer to head for your car that is made to withstand impacts. During intense lightning, both the RV and car are fairly safe and grounded from lightning.

Water taps and Landlines

During thunderstorms, avoid using water taps and showers, even when you are at home, as water conducts lighting. Landline phones have the same issue, as lightning will follow the line. Going for a Hike?

Be extra aware of any potential for encountering severe weather. Carry a lightweight tarp, so you can hunker down in a storm. Wear woolens and Gore-Tex rain gear.

Metal Boats

Have a plan to get off the water if there is a potential for severe storms. Don't get caught in a severe storm out on the open water. Both the water and your metal boat conduct electricity – very dangerous! Have extra paddles and wear lifejackets. Carry whistles and airhorns to call for help.

Truth in Old Forecast Sayings

Have you heard, red sky at night, sailor's delight, red sky in morning, sailor take

warning? How about, wind out of the east, weather will be a beast, rain before seven (pm), clear by eleven (am), wind from all directions, no time for reflection. Another one is, if the sky has several colours, you are in trouble. Animal and insect activity ramps up before a storm hits. If you smell ozone, lightning is about to hit.

Remember the interval between flash of lightning and sound of thunder so you can gauge the distance. 350 meters per second = distance from storm. Thus, the 30/30 rule. You are safe when there is a 30 second interval, or 30 minutes from last sound of thunder. The higher the number of frequent flashes, the more potent the storm is. Towering mountainous clouds = thunderheads. Mackerel fish clouds = storm approaching. Barometer dropping on GPS unit = storm approaching.

Weather Warnings

I pay attention to the Environment Canada app, radar and satellite screens, and colour coded warning system, red = severe, yellow = bad etc. Especially warnings for Tornado, Severe Wind and Hail etc.

Also use Accuweather and other free apps. Environment Canada issues weather alerts 24/7 on weather.gc.ca. Track lightning and hurricanes using their online maps. Their VHF radio forecasts were discontinued this March. WIFI and Communications?

I carry a Satellite GPS Tracking Device e.g. Spot-X, In-Reach, and also have a 5g Cellphone I use with a Starlink receiver. These allow me to track real-time weather info and warnings, and emergency communications. There are also portable Starlink units available for camping.

Stay safe, stay alert and informed, and learn as much as you can about weather forecasting to enjoy the benefits and wellness of camping!

We are offering a Free Digital Disaster Survival Book, \$20 Value, to Madawaska Highlander readers. Download at madawaskahighlander.ca



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. marblelakeridge.com wscsurvivalschool.com

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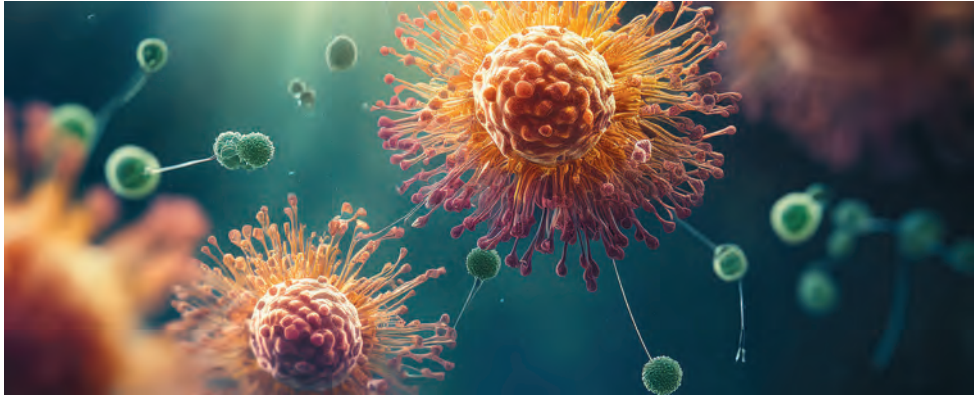


Fresh Baking Saturdays

156 Bridge Street, Denbigh 613-333-1313

One of the Greatest Advancements in Modern Medicine

By Dr. Max Buxton



Your immune system is working all the time, learning about cells that don't belong in your body to develop antibodies against them. Vaccines are like a small lesson for your immune system to prepare it for the big test.

April 26 to May 2 was National Immunization Awareness week in Canada, and although there were no parades or stat holidays, there are many reasons to celebrate. **Development and widespread use of vaccines is one of the greatest advances of modern medicine.**

Public immunization programs have been responsible for the near complete eradication of smallpox, diphtheria, tetanus, polio, measles, mumps, rubella, and have radically reduced the incidence and severity of chickenpox, meningitis, hepatitis and a variety of other viral and bacterial infections. For anyone old enough to have had a relative or friend affected by any of these nightmarish conditions, vaccines have been a godsend. Smallpox was declared extinct in the wild by the World Health Organization in 1980, but in the millennia prior to that wrought untold death and misery. Historians estimate that the mortality for indigenous North Americans infected by European arrivals ranged between 30 and 90 % during different waves of exposure in diverse populations.

The word "vaccine" comes from the Latin word for cow and was first used by an English doctor named Edward Jenner in the late 18th century. He noticed that milkmaids who were exposed to cowpox developed immunity to the much more serious smallpox prevalent in the community. He exposed other patients to material from cowpox lesions and was able to show that it prevented the rampant and often fatal disease.

There are a variety of mechanisms by which vaccination prepares the immune system for exposure to diseases. In general, the body is exposed, usually by injection or orally, to an attenuated or altered version of the bacteria or virus being targeted. The active element in the vaccine looks to the immune system like something bad, so it studies it, creates a very specific defence mechanism, and then goes about mass producing the cells and proteins that are required to overcome the infection. When the immune system is exposed to the real thing, it already has an army mobilized to defend, and we can carry on unaffected and unaware of the battles being won by our immune systems every day.

In Ontario, we have an extensive publicly funded immunization program that kicks in at two months of age and continues lifelong.

For the youngsters...

- At 2 and 4 months of age, infants receive the "5 in 1" DTPPHib- diphtheria, pertussis (whooping cough) tetanus, polio

and Hemophilus B- along with pneumococcal conjugate and rotavirus. At 6 months, another DTPPHib

- At 12 months, another pneumococcal conjugate, meningococcal conjugate and MMR - measles mumps and rubella.
- At 15 months, varicella, or chickenpox.
- At 18 months, another DTPPHib
- At 4-6 years, another DTP, MMR and varicella
- In grade 7, another meningococcal conjugate, Hepatitis B and HPV - Human Papilloma Virus.
- At age 14-16, another DTP, and one every ten years thereafter. It is also recommended that it be given to women during every pregnancy.

For the mature crowd...

- Pneumococcal vaccine once at age 65
- Two shingles shots between the ages of 65 and 70
- Respiratory Syncytial Virus at age 75, or at 60 if immunocompromised, on dialysis, in long term care or otherwise at high risk.
- Flu shots and covid shots are recommended and paid for annually for everyone from 6 months of age on.

For travellers and people at risk, there are many other immunizations available including typhoid, cholera, yellow fever, rabies, and BCG as prevention for TB.

In general, immunizations for multiple diseases can be performed at the same time. This is especially important in early childhood. At 2 and 4 months of age, vaccination against 7 diseases is routinely carried out concurrently.

Though immunizations have saved millions of lives and prevented immeasurable suffering, they are powerful biologic tools that can result in adverse outcomes. Local redness, swelling and pain at the injection site are common. Patients often experience transient fever, fatigue and muscle aches, as their immune system is activated. In children, immunization related fevers can result in febrile seizures.

Guillan-Barre is a neurologic disease in which the affected individual's immune system attacks their own nerves and results in varying degrees of paralysis, breathing difficulty, and sensory changes. It usually occurs in the days or weeks following an infection such as influenza, COVID, or gastroenteritis. Some studies have identified a link to certain vaccines, though the risk is extremely low. The most conclusive association was with an early COVID

vaccine. Among 12.8 million recipients of the vaccine, there were 100 cases of Guillan-Barre reported. That is an incidence of 1/10,000%, occurring at a time when mortality from COVID infection was about 2%. It is important to note that the vaccine in question is not one of the currently available mRNA vaccines.

A paper published in 1998 reported a link between MMR vaccine and autism in children. It was subsequently retracted by the publishing journal, citing multiple ethical and methodological concerns, and many large studies since then have shown no association.

Strangely, certain vaccines confer benefit beyond prevention of the diseases they were specifically designed to prevent. There is mounting evidence that shingles vaccine may reduce the risk of dementia. HPV vaccine was initially introduced to prevent cervical cancer in women, and if uptake remains adequate, it is on track to eliminate this horrible cancer over the next 15 years. It has the added benefit of reducing the risk of cancers of the mouth and throat in both men and women.

The HPV vaccine is the first widely used anticancer vaccine, and hopefully it is a harbinger of things to come.

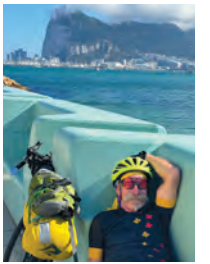
Despite impressive results, some people are hesitant to vaccinate, and health care practitioners and agencies have for the most part respected individual choices. Unfortunately, "Opting out" of an MMR vaccine for

example, places the whole community at risk, much like starting a bush fire on your own property without regard for surrounding forests and neighbours. Outbreaks of measles are occurring with greater frequency and severity in North America. This results from immunization rates which are too low to achieve "herd immunity"- the state in which enough people are immune that the isolated cases of the disease can't spread - much like starting a fire in a wet forest, to extend the above analogy.

Part of vaccine hesitancy results from the propagation of misinformation by self-proclaimed "experts" with online appeal, but no valid credentials. The dismissal of science and scientists now being institutionalized in the US is another threat to our communal wellbeing.

There are, and will continue to be challenges, but our lives have been immeasurably improved by vaccines, and the best may be yet to come. Maybe a parade for next year's National Immunization Awareness week?

Max Buxton was a Calabogie GP for 37 years providing primary care, inpatient services, obstetrics, surgical assistance, and ER work at the Renfrew Victoria Hospital. He was the doctor on numerous mountain, arctic, cycling and ocean expeditions, including the Polar Bridge Expedition in 1988. He has a BSc in Psychology from Carleton, MD from Queens, and postgraduate training at Dalhousie and U of Ottawa. Goals include ongoing provision of emergency care, further geographic and mental explorations, and catching a halibut.



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Prepare for Changes to Ontario Hunting, Fishing, Trails, and Conservation Regulations

By Lesley Cassidy

Ontario boasts almost a fifth of the world's freshwater and over two billion acres of public land, offering many opportunities for outdoor recreation.

Over the past year, the provincial government made changes that affect outdoor enthusiasts.

A little background first: all residents of Ontario have the right to comment on certain changes the government's proposing that could impact our air, water, soil, and wildlife. The Environmental Registry is where the province requests public input on acts, regulations, policies and other initiatives through a three-phase consultation process with a minimum 30-day comment period. It's worth visiting the website to stay up to date and have a say: ero.ontario.ca.

Whether you are a hunter, enjoy camping and visiting provincial parks, hiking in Conservation Authority areas, or using motorized trails, it's important to know that change is happening!

Hunting and Wildlife Populations

Later this year, the provincial government's launching a new digital licensing system for hunters and anglers. It will include a free mobile application that lets you purchase your outdoor card online, store all your licensing information and digital tags, access important dates (hunter reporting, draw deadlines, etc.), and more. The paper-based option will continue as well. In practical terms, deer hunters will no



Hundreds of changes to fishing regulations were made in Ontario this year. Many of these are zone-specific, affect certain species, and address catch limits.



MNR is now being more responsive to regional bear populations rather than total numbers for the province.

longer need to notch a piece of paper at the deer kill site out in the bush; they can use a digital confirmation code instead. Wildlife is important to human and planetary health. From pollination to spreading tree and plant seeds that regenerate forests and soils to balancing the prey-predator relationship and the flow of nutrients throughout the ecosystem, small and large mammals, birds, and insects all play a significant interconnected role.

The Ministry of Natural Resources (MNR) is responsible for monitoring and assessing the health of waterfowl, mammals and wildlife health,

including tracking diseases such as rabies and chronic wasting disease. They assess the sustainability of the population and balance that with hunting, tourism, and indigenous activities.

A recent study of black bears across the province found that several areas have experienced declines, particularly north of Sudbury and Thunder Bay. The declines ranged from 20 to 40 percent, whereas around Algonquin Park, bear numbers increased by 70 percent. The research team at the MNR linked the declines to human-caused mortality, including conflicts with nuisance bears, hunting,

fragmented habitat, and loss of food sources.

A major study conducted using DNA and wire traps provided data on the black bear population. Researchers set up hundreds of bait stations across Ontario from 2017 to 2022, testing tens of thousands of DNA samples from bear hairs collected at the stations. Until recently, the province managed black bears from a more static perspective, keeping the population between 85,000 and 105,000. Now, the MNR is transitioning to a system focused on being more responsive to each region's bear population, taking into account the

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Pic by Joseph Corl unsplash.com



Loved by some, nuisance for others, Sandhill Cranes have come back from the brink of extinction, so various agencies are working on a plan for hunting them in northern and central Ontario.



Later this year, the provincial government's launching a new digital licensing system for hunters and anglers. It will include a free mobile application that lets you purchase your outdoor card online, store all your licensing information and digital tags, access important dates (hunter reporting, draw deadlines, etc.), and more. Deer hunters can use digital tags instead of paper ones.

latest studies and local social, cultural, and economic factors.

Ontario has two bear hunting seasons: one in spring and one in fall. The spring hunt has been controversial because mother bears have young cubs in their care, and those cubs are too young to survive if their mothers are killed. It's also very difficult to tell a female bear from a male at a distance. The spring bear hunt was cancelled in 1999, reinstated as a pilot in 2015, and made permanent in 2021. In spring, you cannot shoot a female bear with cubs, and now they've proposed that same rule for the fall hunt.

Another species, the Sandhill Crane, was nearly extinct in this province due to overhunting and habitat loss. After a concerted effort to restore the population, the birds flourished. However, the farming community has experienced damaged crops, particularly in Northern Ontario. The Canadian Wildlife Service and the federal government (Environment and Climate Change Canada) are working to establish a Sandhill Crane hunting season in northern and central Ontario later this fall to better manage the growing population.

It's controversial. Many groups feel that a sustainable hunt can be managed with one bird per day, with hunting restricted to certain areas, including Hudson/James Bay, Algoma, Nipissing, Timiskaming, and Manitoulin Island.

Others, including bird watchers and conservationists, are pleased that work was done to bring Sandhill Cranes back from the brink of extinction, and prefer to see them valued for nature tourism and wildlife photography. There are also concerns that Whooping Cranes, an endangered species, could be mistaken for the Sandhill Cranes, leading to accidental shooting of a protected species.

Similar to black bear populations, moose populations in several specific regions of Ontario are in serious decline, with a pilot study underway in the Thunder Bay area. Decisions will be made about changes to population management as data is collected. As well, changes to the tag system are coming later this year and in 2027, as many hunters feel the current draw system is onerous and frustrating.

Trails, Provincial Parks and Permits

At many provincial parks, staff spent the spring hanging signs, cleaning up debris, and setting up campsites and fire pits. For the first time in 50 years, a \$60 million dollar investment has been made to build 300 new campsites and electrify almost 800 existing sites over the next year.

In the past, provincial parks did not allow motorized recreational vehicles within their boundaries. Many provincial parks are classed as "natural environment", the same designation used for parks such as Algonquin. The creation of a new "adventure class" category allows for motorized activities, and others such as mountain biking, treetop trekking and rock climbing. Charleston Lake is the first provincial park to expand its boundaries (by 920 hectares) and allow ATVs in that new area.

With advocates on both sides, ATVers are excited about the change. Others who preferred the original mandate, which focused more on passive recreation and the protection of natural landscapes, are concerned about negative impacts and noise.

Currently, the province and the Ontario Federation of ATV Clubs are working to transition to a single permit trail system to simplify riding across municipal and provincial trails. The province is also reviewing feedback this month regarding off-road motorcycle use on certain Crown lands.

Water Quality and Flood Risk

Ontario has 36 independent Conservation Authorities (CAs) across the province whose main role is to be the guardians of water. They manage and monitor water quality, produce maps, reduce flood and drought risk, assess fish species and protect drinking water. CAs implement education programs, revitalize natural areas around waterways, and work with municipalities, farmers, anglers and environmental groups.

A significant priority for CAs is reducing flood risk. One effective way to contribute to this goal is by being involved in planning decisions and development applications, so that human landscapes are not built on areas with high flood risk.

Last year, the provincial government announced the amalgamation of the 36 CAs into 7 larger authorities to bring consistency to policies, standards, decision-making, and the sharing of technical knowledge across a smaller network, which is seen as a welcome change by some. Others believe that the local knowledge of their watersheds may be lost, which could be detrimental to flood mitigation and water quality. A bureaucracy far away making development decisions may not be responsive to local concerns of municipalities, farmers, conservationists, and developers.

Endangered Species

The provincial government has made significant changes to the protection of endangered species. The Endangered Species Act was eliminated to allow for faster approvals for mining, housing and other developments. Originally passed in 2007, the original Act set goals for species recovery and stewardship and prohibited killing or harming endangered or threatened plants and animals. The new act, the Species Conservation Act, removes many protections, leaving threatened fish, caribou, migratory birds, polar bears and over 100 species with few or no protections, shifting more responsibility to the federal government. The federal government recently announced funding for 31 habitat projects in Ontario. It also plans to create

a task force to integrate the value of nature into economic decision-making.

Fishing

Hundreds of changes to fishing regulations were made in Ontario this year. Many of these are zone-specific, affect certain species, and address catch limits. Several significant changes are impacting Lake Trout, including eliminating winter ice fishing on smaller lakes (under 500 hectares), shortening the winter fishing season on larger lakes (over 500 hectares), and allowing one line per person through the ice in certain areas. The MNR reduced catch limits for lake trout, lake whitefish, and brook trout, and made changes to walleye slot sizes in certain zones.

Be aware of the changes and enjoy the outdoors this season!



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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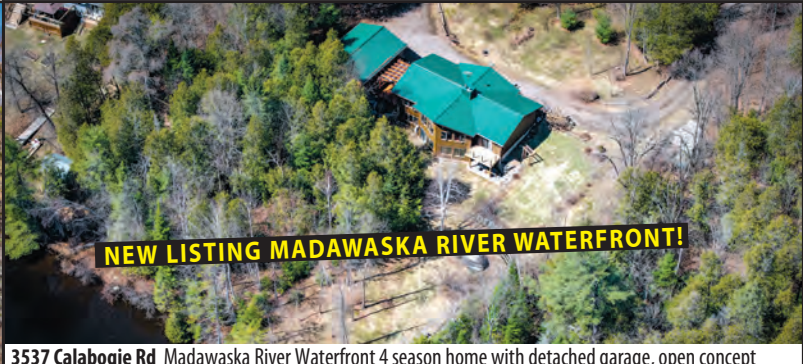
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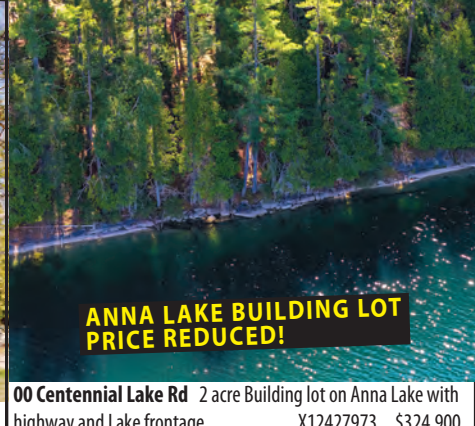
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Adult Fiction – 1st prize \$200

- 2nd prize *The First Crow* by Garry Ferguson

Adult Non-Fiction – 1st prize \$200

- 2nd prize *On a Dusty Old Road somewhere between Tweed and Flinton* by Shelley Holloway

Youth Fiction or Non-Fiction

(specify subcategory) – one prize of \$50

People's Choice (Adults Fiction or Non-fiction) – One prize \$50

Judges:

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

Kenneth Puddicombe, author

Garry Ferguson, author, 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 their age on their entry email and must be under 15 years on October 5, 2025. 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. 1400 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 Midnight on September 25, 2026. 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. We will print as many stories as we can fit in the order we receive them, so send them in as early as you can. Any excess stories will be posted on madawaskahighlander.ca for People's Choice judging. So far, we have managed to fit them all. Every story is sent to the judges. Winners will be revealed in the Winter edition of the Madawaska Highlander



2026 CALL FOR ENTRIES!



By Lois Thomson (and Gemini AI)

I asked AI why Humans Shouldn't use it to Write...

...and it came up with something very profound...

1. Writing is How We Figure Out What We Think. Writing is like shaping clay. Tearing a draft down and rebuilding it is where your brain grows, processes trauma, and forms deep insights. If a machine gives you a finished vase, you skipped the entire therapeutic and intellectual experience of getting your hands dirty.

2. Artificial Intelligence Has No "Skin in the Game" AI doesn't know what it's like to have a stomach turn with anxiety, to lose a loved one, or to feel the exact weight of a humid summer afternoon. It doesn't have a childhood, a body, or a mortal clock ticking down. A human writer brings authentic vulnerability. Readers can sense when an author has bled onto the page a little bit. It's that invisible current of shared human suffering and joy that makes a story resonate.

3. The Power of "Getting It Wrong in the Right Way" AI writes like the "average" internet user—polished,

safe, and highly predictable. Human genius, on the other hand, often lives in the flaws, the eccentricities, and the rule-breaking. AI excels at clichés and tropes because those are mathematically common. Human writers are the ones who look at a trope and decide to smash it to pieces.

4. The Human-to-Human Bridge. There is a deep, almost sacred intimacy in knowing that a person sitting in a room somewhere felt exactly what you are feeling right now, centuries or miles away.

5. Why Give Away the Fun Stuff? If writing is a passion, letting a machine do it for you is like hiring someone to play a video game for you or eat a gourmet meal on your behalf. The struggle is the reward.

...which is why I'll never ask it to write for me again!

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A Reluctant Spring By Tony Beck



Male Alder Flycatcher – Insect-eating migrants typically arrive later in spring. While some species are easy to recognize, others, like this Alder Flycatcher, look similar to several other types of birds. Fortunately, while breeding, they reveal themselves with a simple, yet distinctive song.



Adult male Black-and-white Warbler – Eastern Ontario including the highlands, provides perfect environments for insect-eating songbirds like our North American Wood Warblers. The Black-and-white Warbler is regular throughout our various woodlands.



Adult male Scarlet Tanager - Cheryl Beillard is very lucky to have Baltimore Orioles and a Scarlet Tanager coming to her feeders near Douglas. These birds don't visit feeders too often. But they will occasionally sip from Hummingbird feeders or nibble on suet. Photo courtesy of Cheryl Beillard



Adult male Rose-breasted Grosbeak – A common and handsome woodland bird breeding in our local forests, the male Rose-breasted Grosbeak sings one of the sweetest melodies anywhere.



Adult male American Kestrel - Lois Thomson reports a pair of American Kestrels bonding on her hilltop property near Camel Chute. This tiny, colourful falcon, about the size of a Blue Jay, nests in cavities of dead trees near open fields. Look for them perched on roadside power lines.

Spring's taking its time up here in the highlands. Although our migrating birds mostly returned on schedule, weather conditions delayed the season's warmth.

Flocks of Juncos and Chipping Sparrows arrived here in early May. Shortly after they were joined by White-crowned and White-throated Sparrows. We experienced an influx of migrating finches and blackbirds around May 10.

The first warblers to show up include mostly local breeders. We heard our male Pine Warbler singing in late April. Other warblers slowly arrived during May. Local songbirds making appearances included Wood Thrush, Veery, Ovenbird, Northern Parula, Rose-breasted Grosbeak, Great-crested Flycatcher, and Red-eyed Vireo. At the same time, Yellow Warblers, Catbirds and Eastern Kingbirds arrived at local scrublands, field borders, and hedgerows.

The first reports of hummingbirds came in late April. However, my local nesting pair didn't show up until mid-May. Meanwhile, our property greets the dawn with a symphony of bird melodies including, grosbeaks, finches, robins, and orioles. Having been here all winter, Evening Grosbeaks have now formed bonded pairs throughout the region's coniferous forests.

Cheryl Beillard is very lucky to have Baltimore Orioles and a Scarlet Tanager coming to her feeders near Douglas. These birds don't visit feeders too often. But they will occasionally sip from Hummingbird feeders or nibble on suet.

Lois Thomson reports a pair of American Kestrels bonding on her hilltop property near Camel Chute. This colourful and tiny falcon, about the size of a Blue Jay, nests in cavities of dead trees near open fields. Also keep your eyes out for Merlin. They're another small falcon nesting here in summer, mainly in coniferous forest.

A common raptor in the highlands, Broad-winged Hawks nest in thick forests. You sometimes see them perched along roadside power lines. Our local Red-tailed Hawks prefer open country. Regardless, they will sometimes occupy small openings in local woodlands.

Our Sharp-shinned Hawk pair frequently patrol the neighbourhood, occasionally catching prey as big as Mourning Doves. When predators are nearby, other birds become cautious and alert. They'll notify all nearby animals of the danger by emitting alarm calls. Lookout for the larger Cooper's Hawk, especially in open urban areas. Almost identical in plumage to Sharp-shinned

Hawk, They're slightly bigger with several subtle shape differences.

Osprey numbers continue increasing, in part thanks to nesting platforms being erected locally. Bald Eagle populations are also increasing significantly marking a major wildlife comeback. After being nearly wiped out in southern Ontario by the 1970s due to DDT pesticide use, they have rebounded from only 10 breeding pairs to over 1,400 breeding pairs as of 2024.

Tiny, furtive, energetic, and often colourful, some birds are notoriously difficult to spot. Most breeding males sing on territory in their preferred habitats. However, they're typically shy and cautious. The last evidence of spring migration happens in early June. By early July, we often find the first birds leaving for the tropics.

Sadly, with countless obstacles encountered during their long journeys, small migratory songbird numbers continue to decline. The forests seem much quieter than I remember. Prairie species like Bobolink and Eastern Meadowlark are also in decline. However, several nest locally where there's grassy habitats. Look for them in meadows, scrublands, and fallow fields.

Flycatchers are among the last migrants to arrive. These plain songbirds of various sizes feed almost entirely on bugs. Some different species look almost identical making positive identification difficult. Separating them often takes practice and study. The common Eastern Phoebe comes earlier than other flycatchers. Our local pair arrived on our property in April.

Some migrating birds only appear briefly as they refuel for the flight to their breeding grounds further north.

We had a Field Sparrow only show up for a few minutes before vanishing.

With our delayed spring, forest flowers were extremely slow to bloom. We noticed the first in early May. In their place, we found several mushrooms. Insects too seemed slow to emerge. I worry that I'm not seeing many butterflies so far this season. Nocturnal moths also seemed slow to appear. Mosquitoes are way behind schedule compared to last year. However, Black-legged Ticks are more ferocious and tenacious this spring. It's the worst I've ever experienced anywhere. Lyme disease continues being reported in the area. Please take all necessary precautions. There's important information readily available on the internet, or through the Government of Canada.

We're getting warnings about a major El Nino event developing over the Pacific this summer. Current forecasts predict most of the planet will be hotter and drier while our region should be cooler with more rain. Perhaps the highlands will be the place to be this summer. We will see.

We keep discovering verdant public trail networks around the region, with new ones opening in the future. Do you have a favourite hiking spot around here? We'd love to hear about it. In fact, we'd enjoy hearing about any of your recent wildlife observations. Are you finding any birds, butterflies or other animals that I'm not reporting? We'd also love seeing your recent nature photos taken here in the highlands.

Feel free to share your observations and photos with us by sending them to TonyFMBeck@gmail.com.

There's a chance we'll mention your sightings and possibly publish your image.



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Enthusiastic Naturalist/ Tour-Guide, Tony has taken groups across North and Tropical America, Tropical Pacific, Africa, and Polar Regions. His work appears in many books, websites, magazines & calendars. As a professional photographer, he teaches Birdwatching and Nature Photography through many institutions and is currently a Nikon and Vortex Ambassador. Tony and his wife Nina Stavlund run Always an Adventure: alwaysanadventure.ca



Music to the Eganville Foodbank's Ears Celebrated Artists, Community Spirit, and Local Pies!

News Release by Lynne Epps

Off The Grid Productions, a vibrant fixture in Eganville's arts scene for nearly ten years, is proud to announce a series of fundraising concerts to support the Eganville District Food Bank and celebrate Bonnechere Valley's 25th year of amalgamation. These musical events aim to strengthen local food security while uniting audiences around music, community, and generosity.

Music lovers are invited to Grace Evangelical Lutheran Church for two highly anticipated concerts: Canadian folk legend Valdy, who will perform on August 8 at 7 pm, followed by renowned singer-songwriter Connie Kaldor on November 22 at 7 pm.

An intimate home concert at 30 Elsie Street in Eganville, will take place Sunday, September 13 at 2 pm featuring The Ottawa Guitar Trio, classical guitarists who arrange and perform both classical and popular music.

About the Fundraiser

Each event will feature a rich blend of musical talent reflective of the cultural tapestry Off The Grid Productions continues to offer to patrons in the Ottawa Valley. Adding to the festivities, delicious desserts served at intermission are included with the ticket price, and will offer guests a sweet treat to enjoy during the break.

Following each church concert, pies baked by community members will be available for purchase with all proceeds going to the Eganville District Food Bank. "I think we can make a real difference to many who are hungry



in our village...one pie at a time", says Lynne Epps of Off the Grid. **If you bake pies, contact Lynne to be part of the baking team.**

About the Music

A cultural emissary, Valdy is one of Canada's trusted spokespersons, and a seasoned performer. A double Juno Award winner with 16 albums, four of them gold status, Valdy continues to perform throughout Canada, doing as many as 200 shows per year.

His music is a little bit folk, a tad country, a smidgen of rock 'n roll, and a slice of blues. His distinctive voice, effortless guitar work, and meaningful lyrics have captivated audiences around the world for almost 40 years. He can be

heard on classic, country and campus radio; songs reflecting the joys, struggles and accomplishments in all our lives, spiced with a wry wit.

Connie Kaldor, singer-songwriter, entertainer, TV personality, and women's music pioneer is celebrating 45 years in show business this year with her 18th recording, titled Keep Going! She began her career in folk music as part of the Canadian wave alongside artists like Stan Rogers and Valdy. Armed with her enormous stage presence, her unforgettable melodies, and her emotional depth as a songwriter, Connie became a headline act on the festival circuit.

Her extensive touring has earned her a loyal fanbase that extends far beyond the traditional boundaries of

folk, and the Boston Globe has described her as, "a masterful performer, wildly funny one moment, deeply personal the next." A three-time Juno Award winner, Connie is a member of the Order of Canada, a Queen's Golden Jubilee Medal recipient, holds an honorary doctorate from the University of Regina, and is the first songwriter to receive a Western Literature Association Award of Merit.

The Ottawa Guitar Trio, Nathan Bredeson, Alex Bougie and Francois Lacelle, has made it their mission to highlight the accessibility and reliability of instrumental music to modern audiences. Each of them prolific arrangers, the trio thrives in challenging themselves to authentically adapt a wide array of repertoire from movie soundtracks and video game compilations as well as the classical music canon.

They have released over a hundred video game arrangements on their YouTube channel, three video game EPs on streaming platforms, and in 2024, their first LP of film soundtrack arrangements, Blockbusters. Making their debut in the summer of 2018, the trio has taken part in concert series for Ottawa Chamberfest, the Ottawa Guitar Society, the Guitar Society of Toronto, the Guitar Alla Grande festival, and have performed in venues such as Rideau Hall, the Ontario Art Gallery, and Dominion Chalmers United, among others.

Tickets for these fundraising concerts are available online at offthegridproductions.ca or by contacting Lynne Epps at 613-633-7244 or epsoffthegrid@gmail.com

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LET THERE BE... DARK SKIES

LED Lighting Revolution is Polluting the Night Sky

Part 2 in a series about Light Pollution and the Damage it Causes, by Rick Scholes

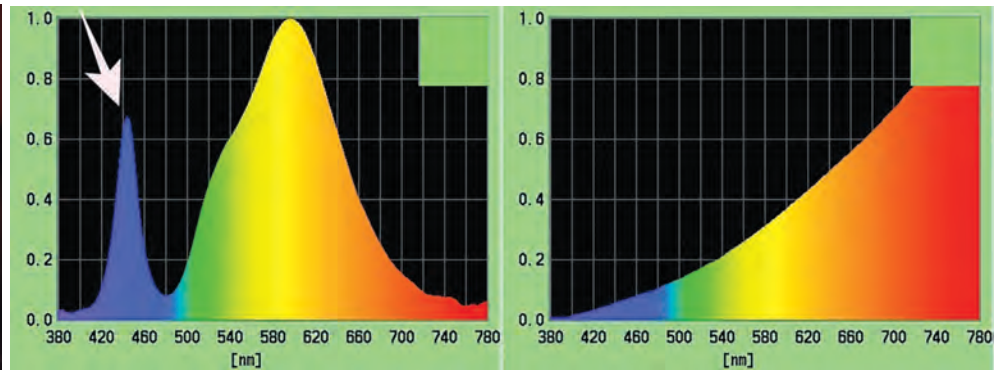


Colour difference between LED (left) and HPS (right) lights shows the colour and glare differences between new and old streetlights in this photo. The LED a blue-white hue is a newer light replaced by the Township for energy efficiency. The older style high pressure sodium (HPS) light is less efficient, but is a warm orange-white. (This particular HPS light wasn't replaced because it's on school property, not Township-owned property.) Photo: R. Scholes (CC-BY-NC 4.0)

You may have noticed that artificial lights are often annoyingly bright. Glaring, one might say. Think of new vehicle headlights, street and parking lot lights, or even residential lights. If you look directly at any of these (and it's hard not to) your ability to see anything else is impaired, and you may even

be momentarily blinded. **This is the definition of glare**, and it's obviously not a good thing. Light should help us to see, not impair us. Glare is a safety problem, and annoying if it happens to shine into your bedroom window.

Glare is one type of light pollution. It has become more of a



Colour spectra of white LED light (left) compared to incandescent light (right)
Image credit: R. Scholes (data gathered with a Sekonic C-800 spectrometer) (CC-BY-NC 4.0)
Note the spectra of the LED light shows a large blue peak, which isn't in the incandescent light.

problem due to the introduction of LED lights. LED lights now dominate all major lighting markets – home, street, automotive, and industrial. Glare is a result of both the brightness and the colour content, or spectrum, of “white” LED lights. **LEDs contain an unnatural amount of blue light. It is this blue that increases glare.**

LED lights may or may not be brighter than what they replaced, but they absolutely do have more blue content. At night, our eyes use the rod receptors (scotopic vision), which are most sensitive to blue-green. A bluer light easily saturates them. That's glare.

Over the past ten years many cities and towns retrofitted their streetlights with the new LED technology in order to save energy. Even towns with dark sky lighting bylaws have become more light-polluted because the bylaws usually only govern the light intensity and don't take into account the glare factor.

LED lights also add to light pollution by increasing skyglow. Physics fact: blue light scatters more than any other colour. This is why our daytime sky is blue. At night any blue light scatters readily off of everything it encounters – pavement, grass, structures, humidity, even air. So even if the LED light is not pointed up, a lot of its blue light goes upward, increasing the light dome we see over urban areas. It is estimated that LED streetlights cause twice as much skyglow as what they replaced.

Proliferation is an entirely different problem related to LED lights. Their energy efficiency has caused us as a society to use more light. We now light up many things that do not need to be lit because it's cheap to do so. The use of decorative lighting has skyrocketed. Soffit lights on houses, patio light strings, and shoreline lights on lakes are spreading like a contagion. The efficiency gain realized by changing

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Even light domes over a small town pollute the night sky, confuse wildlife, and create unhealthy environments for humans. From a high vantage point in Eastern Ontario's Highlands you can figure out where the cities are by their light domes. If you think they are getting bigger, it's not necessarily because the towns have grown. It is likely because of the switch to energy efficient LED lighting that causes more bounce and glare into the night sky.

to LEDs has been offset by overuse. Late at night most of this light is unnecessary. We never need to light up the sky.

Glare, light pollution, and overuse are all unintended consequences of the LED revolution.

Remedies involve choosing LED lights with the least amount of blue content, demanding more thoughtful lighting choices and fixture design, and reducing or eliminating unnecessary artificial light.

A Brief History of the LED

Never did I imagine that light emitting diodes (LEDs) would evolve into a significant light pollution threat when, early in my career, I worked for a company that manufactured LED displays. LEDs are semiconductor materials that produce light very efficiently.

LEDs were invented in 1962. In the early days LEDs were good for making indicator lights and small displays that mostly came in one colour: red. Red LEDs were one of the technologies that made the first digital watches and calculators possible. Green and amber LEDs soon followed. None of them were bright enough to light up a room.

In 1993 a breakthrough led to the creation of blue LEDs. This was a game changer since by combining blue, green, and red, any other colour can be made. White light LED sources followed in 1996, though it took another 20 years of development for them to become affordable for widespread use. Through the 2010s prices dropped dramatically.

LEDs have intrinsically long lifetimes and are very energy-efficient because they operate on low DC currents and voltages. Efficient, long lived, and tunable colours – no wonder they dominate the market.

Differences with older technologies

Incandescent light bulbs were the standard residential lighting technology for a hundred years. They are inefficient because they emit more energy as heat

than light. They typically burned out after 1000-2000 hours. LED light bulbs typically require only 15% as much electricity and will last ten to fifty times as long.

High pressure sodium (HPS) gas discharge lamps were the predominant technology used for streetlights in North America from the 1960s until LEDs took over. The new LED streetlights typically need only 25-30% of the electricity and their lifetime is predicted to be 12 years or more (based on an 11-hour operating day).

The glass lens that contained the sodium vapour in an HPS streetlight protruded down so that the fixture resembled the head of a cobra. "Cobra" lights contributed to light pollution because the lens emitted light sideways and upward as well as downward. An advantage touted for LED streetlights is their "full cut off" housings, which prevent any light from going directly upward. But as mentioned above, scattering of the blue component of these lights negates some of this benefit.

Colour Temperature and Spectrum

Surprising as this may sound, there is actually no such thing as a white LED! "White" LED light (apart from monitors and phone screens) is actually produced by a blue LED coated with a phosphor material. The phosphor lets some blue light through, and converts the rest to yellow, green and red. Our eyes perceive the combination as white. But it is a very different white from incandescent or HPS. This is shown in the figure on the previous page which compares LED and incandescent light. LED light has a characteristic blue peak (arrowed) which is never present in incandescent or HPS lights.

Colour temperature is a parameter used to describe the shade or hue of visible light. Most light products include the colour temperature value. Higher colour temperature means bluer, lower means yellower. (Just as a hotter flame is bluer, while a cooler flame is yellow.)

The higher the LED colour temperature, the larger the blue peak. White LED lights always have far more blue content than an incandescent or an HPS light even if the colour temperature is the same. Thus, replacing 3000K non-LED lights with 3000K LED lights on roads, buildings, and residences has increased light pollution.

Solutions

LED lights are here to stay. Their contribution to light pollution can be reduced by choosing lower colour temperature LEDs. The relatively recent appearance of 2700K LED lights has been driven in part by consumer demand for warmer lights. That's good news. The technology continues to evolve. LED lights around as low as 1800-2100K are available. Yellow LED bug lights are great options for outdoor lights because they aren't as attractive to bugs as white ones.

Office building lights, store lights, porch and garage lights, and the multitude of decorative lights are often left illuminated because they're perceived as costing only pennies to operate. People simply don't give it much thought. **In most cases they could be dimmed or switched off for much of the night.** Groceries rarely get cheaper, nor do electricity rates. But we have the option to turn off any light when we go to bed and save some money that can be put towards more important things... like groceries. Think of it like using a loyalty points card: it adds up.

We need a counter-revolution in order to reduce the amount of light we use and to move towards those with less blue. Reducing light pollution will benefit us and all our planet Earth companions as well.

This article has been condensed from the original version published in the MillStone News online. Part 3 of this series, "The Night Sky: The Birds and the Bees", will review some of the effects of light pollution on our ecology.

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Over a century after Squamish Nation families were displaced, the first residents are moving home to the Senakw rental complex on land returned to them in Vancouver.

Squamish Nation warns of fake letter ordering homeowners to vacate property. Letter comes after B.C. Supreme Court's Cowichan ruling on Aboriginal title in Richmond.

ON investing \$1,049,500 in primary care through a partnership with the Algonquins of Pikwakanagan Indigenous Primary Care Healthcare Organization.

Federal Government has proposed spending about \$164M to protect whales and their habitat off BC and working with BC Ferries to reduce underwater vessel noise by half.

Canada signed over 20 economic and security agreements in last 12 months.

New Sovereign Wealth Fund will Distance Economy From US, for investments in major infrastructure projects like pipelines and ports. Canadians can invest in the fund.

Canada spending millions to attract people to the skilled trades to "Build Canada Strong," a measure which will help improve affordability and opportunity.

Ontario Unveils Framework for Defence Industrial Strategy aiming to create 43,000 good jobs and position Ontario as a key partner for allied defence and security.

Ontario investing over \$6.5M to strengthen Ontario Corps. to provide members with the tools and training needed to respond to emergencies and natural disasters.

ON expanding Ontario Corps by welcoming its latest partner Uber Canada to provide safe and reliable transportation for supplies and people during emergencies.

Canada to buy Saab GlobalEye airborne early warning aircraft, manufactured in Toronto, to detect and deter threats across the Arctic, sidelining 2 US options.

Ontario Invests in Next Generation of Canadian Mines, announces \$10 million investment to help junior exploration companies unlock new mining development.

Canada commits \$270M to Ukraine as Carney addressed European summit in Armenia. Funding will go toward items from NATO list of much-needed military assets

Federal government announces new \$1B loan program for steel, aluminum businesses hit by Trump tariffs.

Doug Ford received an honorary Doctor of Humane Letters from a Michigan university. He worked to extend his business in the US, lauds previous CA-US co-operation

It's not just Canadian tourists snubbing U.S. cities. Business leaders are cancelling more trips. Social media reaction applauds the loss, assuming "tourists" are "aliens".

Agnico Eagle, Canada's largest mining company and world's second-largest gold producer, is planning to invest approximately \$12 billion in Ontario by the end of 2030.

Ontario Welcomes \$306M Steel Manufacturing Investment by Tenaris in Sault Ste. Marie with 200 new jobs to help build a stronger, more resilient Ontario economy

A Canadian is fighting back in U.S. federal court to seek "vast swaths of information" about his personal life following social media posts critical of Trump administration.

US quits CA-US advisory board on defence, stating Canada 'failed to make credible progress' on spending, but World Forum Davos speech seems to be the real factor.

Ontario is bringing in new restrictions on government use and purchase of Chinese-made drones, replacing them with Canadian and approved jurisdictions.

Canadian poultry producer is planning a new processing facility in Woodstock, Ont., as part of a more than \$100M supported with \$4M by Support Ontario

Israeli org threatens lawsuit against Canadian Human Rights Museum if it opens 'one-sided' exhibit of 1948 expulsion of 750,000 Palestinians from what is now Israel.

LNG deal a rare triple win for Germany, Canada and national unity. Shipments from Alberta, through Asia, to Germany will start in the early 2030s and last 20 years.

As the U.S. starves it of oil, Cuba is pulling off one of the fastest solar revolutions on the planet — with China's products.

China Built a Working Battery That Stores Electricity and Hydrogen in the Same Device. The U.S. Just Cancelled \$7.5 Billion in the Research That Could Compete.

After leaving Canada 8 years ago, US café chain Dunkin' returning with new Canadian owners and menu adapted to Canadian tastes - healthier & beverage focused.

Trial Begins for US Citizen Accused of Running Secret Police Outpost for China to target dissidents. A co-defendant has pleaded guilty.

Human rights advocates sound alarm as court documents reveal extent Chinese police harassed Canadian residents - real criminals or anti-China regime dissidents?

Spain-based NGO Safeguard Defenders found China's Ministry of Public Security operated 102 illegal police stations in 53 countries worldwide.

Labour arbitrator rules new security protocol "unreasonable". It was adopted after Hydro One hired alleged ISIS recruiter. Spy agencies warn infrastructure is vulnerable

RCMP findings dispute media reports of foreign interference in Alberta independence

Renfrew County hosted a "groundbreaking" ceremony to recognize the beginning of construction on a new paramedic base in the Township of Whitewater Region.

North Frontenac receiving \$1.022M from ON for rehabilitation, repair and expansion of the stormwater system in Plevna, enhancing resilience, protecting 35 homes.

Hike for Hospice raises nearly \$96K for Hospice Renfrew and Heroes Run raises over \$56K for Pembroke Regional Hospital in May.

US convicted 25 people for running hacking scheme that defrauded over 1,000 out of US\$215M from dozens of U.S. states and 19 countries, including Canada.

Shouting "everything is free," masked robbers made off with close to \$1,000 of baked goods from a Montreal boulangerie. Store owner, "Robbery is not anti-capitalism."

Sudbury couple says they lost more than \$90,000 due to fraudulent activity on their Scotiabank accounts. Fraudsters are able to show false caller ID on your phone.

AI 'accent masking' at overseas call centres sparks union backlash in Canada.

Montreal grandparent scammer spent victims' money on cocaine, cars and parties: court documents. Stefano Zanetti was sentenced to 15 and a half years in US prison.

Scam: Fake QR codes on parking meters redirect users to payment websites that appear legitimate but are intended to steal personal and financial information.

Scam: Scammers tamper with prepaid gift cards, place them back onto display racks then receive the money customers think they are loading onto the cards.

AI medical transcription errors found by Ontario Auditor, recommends IT adds controls to enforce an attestation from doctors that they reviewed and corrected mistakes

Canada rolls out \$66M for projects from \$300M AI fund, supporting companies that use AI to detect wildfires earlier, improve public transit and accelerate drug discovery

Ontario to give transit constables power to arrest as part of crackdown on drug use.

Supreme Court recognizes intimate partner violence, coercion, manipulation, humiliation, isolation, in civil cases to allow monetary compensation - escape money.

Standardized municipal code of conduct becoming law, gives power for municipalities to remove and disqualify members who are found to be in serious violation.

Ontario is increasing adult correctional capacity by adding more than 2,500 permanent jail beds within 10 years, investing \$3 billion in corrections.

Health Canada approved Lilly's Kisunla™ (donanemab) as a once-monthly treatment for people living with early symptomatic Alzheimer's disease.

In July, pharmacists in Ontario will be able to administer six additional publicly funded vaccines: Tetanus Pertussis Diphtheria Pneumococcal RSV Shingles vaccines.

Ontario Lowering Eligibility Age for Colon Cancer Screening making 45 years of age and older eligible to access publicly funded colorectal cancer screening as of July 1.

W5 investigation found that even though the condition is very rare, there appears to be a growing number of Canadians who have vision problems related to their tattoos.

Dog walker bitten on the job can't sue because she 'owned' the pet at the time, Ontario's highest court rules. Be very careful' with other people's dogs: lawyer.

RC Health Unit's Yellow Ribbon Campaign, aimed at reducing bites, encourages pet owners to tie a yellow ribbon to a pet's leash or collar if the animal "needs space".

Cleaning out the shed? Hantavirus can spread to humans when particles from dried rodent droppings are inhaled. Canadian strain doesn't spread between humans.

JohnathansJunctions.ca Ontario map highlights highway oddities, from submerged roads to abandoned bridges. Anyone can add missing places, historical background.

Frank McKenna donated \$20M to St. Francis Xavier U for the McKenna Scholars Program, the most valuable undergraduate scholarships in Canada.

U of Guelph Receives Historic \$51M Gift to Advance Business Education and Economics in Canada at a moment that calls for a new kind of business leadership.

As food banks face record demand, billions of dollars worth of perfectly edible food is being thrown away over confusion tied to "best before" labels, a new report says.

Samantha Youman's Diary - Feb 14 - Mar 23, 1899 By Antonia Chatson

Samantha Maybe (1877-1951) married Dave Youmans (1834-1912). Dave Youmans was granted land by the government, Lot 21 Conc 7, 62 acres, and Lot 22 Conc 7, 32 acres. When they married, they lived on the former piece of land, which is just north of the junction of Chatson Drive and Pumpkin Street in Denbigh. In 1896, their daughter Samantha, married Oscar Chatson. Oscar had purchased Lots 13 and 14, Concession 6 from George Sweetnam, and they moved into the house that was on Lot 14 and lived there until 1911 and farmed the land. Four children were born to them, a daughter in 1899, who died the same day, Roy (1901-1930), Clarence (1905-1975) and Herbert (1908-1992). In 1911, the family moved out to live with Oscar's aging parents on Lot 20, Concession 6 to help them out. Samantha's diary provides an insight into the daily lives of folks back then.

February 14 (1899)
I was lonesome today. I wrote to Maryan. Dave was here for a few minutes.

February 15
Gertie went to a quilting today. Mack went to Denbigh. Rhinalt Petsalt was married today. They had a big wedding.

February 16
We got the quilt done today. Maggie came down and helped us today. Maud Reddy was here. I heard that Mack Fadden's house was burned down. Fire is a good servant but a hard master.

February 17
I was to Maggie's today and had a good visit. Mrs. James Lane was here today and had a good visit. I was sorry I was not home. Dave was home today. I have no Gertie now. she was married to Mr. Phillip Plots. They were married a half past 8 o'clock. The Rev Snider the German minister married them.

February 18
I am poorly to day. Aunt Kate is here. Little Jenny is here tonight. She is a good little girl I will go to bed now and try to sleep

February 1.9
Dave and Jo was here today. Aunt Kate is here yet. I am not well today I have got a pain in my hip. It hurts me to walk. O god our help in ages past our hope for years to come. Our shelter from the stormy blast and our eternal home.

February 20
I am some better today. I went to Denbigh and bought some wall paper and I heard Rev. Mr. White preach. His text was bear ye one another burden. It was Grandpa and Mack went to Denbigh to church tonight.

February 21
It is thawing today and the roads are bad. Gertie washed today. Mack went into Elles. I sewed some. Bear ye one another burdens.

February 22
Dave was here to dinner and Mr. Sherden from Lanark. He is selling stoves. Philip bought a stove. Mack went to Dave's tonight. Yet man is born unto trouble as the sparks fly upward.

February 23
Mack Jackson is here for hay. Addan Youmans is here to day and I baked bread and churned. Gertie went to Denbigh. Add went with her.

February 24
I am feeling better. Josephene and Elle was home for a visit. I was glad to see them. Pa and Elle went to Denbigh.

February 25
Little Dave is here. Aunt Kate was here for dinner. Dave was here. I cleaned the floor.

February 26
I went in to Elles today and had a good visit. Dave and Maggie was here. I am writing to poor girl Kate today.

February 27
I was to Mini Youmans today. Anny Youmans was here today.

February 28
I sewed some to day. Ed Velmere was here. Little Jenny is here tonight. It is blowing a regular blizzard out to night. O good by old February.

March 1
I got a letter from Maryan. I guess I was glad Maggie is here and Adda Youmans was here for dinner. I had soup for dinner.

March 2
Went to Elle's today and helped her quilt. Aunt Kate is here and stayed all night. Phil and Gertie went to Denbigh. I got a letter from Maryan and was glad to hear her Kate and her is thinking about coming home next July. Take your pen and paper and write a line to me.

March 3
it has been a warm day. Aunt Kate was there yet. Bibly Maevy is here. Cleaned the floor and churned. Pa went to Denbigh

March 4
Had visitors. Mrs. McGowen was here. Joe was here. Pa went to Denbigh to Lodge.

March 5
It has been a storming. Dave was here. Siras Kenyon was here. He wanted to buy butter. Mack went to church.

March 6
This is my birthday and I never got a thing. Dave and Joe was here for supper. Mack went to work for Dave. I am 60 years old to day.

March 7
Dave is here tonight. Gertie washed and ironed today. She is going a way to morrow for good. It is bad.

March 8
Gertie moved to day and Pa and I are left alone. We feel lonesome I tell you. Mr. Barnet was here today. I hired Adda Youmans to day. She is a going to work for me. Pa is reading a sermon out of the newspaper.

March 9
Little Dave is here to night. Phil was here today. Dave was here. Macfagen is here. He stayed all night. Mrs. pet-salt was here.

March 10
Elle and Maggie was here for dinner. Pa and Adda went to Denbigh

March 11
Mr. Flake is very sick. He has to get the doctor. Dave is here tonight. He just finished his job of pork.

March 12
It has been a raining hard to day and it thundered and lightened. It was a bad storm. I got a letter from Jim. Mack is going to church. Adda made a Johnny cake for supper. Mack had dinner with Gertie today.

March 13
I commenced to whiten the stairs today. We had visitors to day. Mr. Wat-

tam the preacher and Mr. Thompson and Dave was here for dinner. I am tired to-night. Adda went home for a few minutes. Adda is a good girl to work

March 14
I was to see the old Flake today and I went to Denbigh and I called on Gertie. Everyone is good to her and she got a nice lot of presents. I got Adda a pair of boots. She likes them. I got a set of lace curtains. Mack went to Denbigh for the mail.

March 15
it has been a raining hard all day and I washed today. I baked bread to day. Adda scrubbed upstairs. Little Jenny is here to night.

March 16
Dave was here today and Mr. Miskey was here. Got a letter from Thomas. Pa went to Denbigh. Adda went home this afternoon. Mack went for the mail.

March 17
Went to Gerties this afternoon and I had a grand visit. Adda cleans the floors to day. Dave was in this morning. Willy Youmans was here.

March 18
Baked bread and pies and cookies. It has been storming to day. Philip and Dave were here. Little Dave was here and brought us a bag of potatoes. He is good boy. I expect a letter to night. I hope I will get some. It is Saturday night and the mail has just gone to Denbigh.

March 19
It has been storming all day and it fell a foot of snow. It is a bad storm. Pa went to Denbigh for the mail and Gertie and Phil came home with him and stayed for supper and Mack took them home. Remember the sabbath day and keep it holy may we bear this in mind.

March 20
Well Addie and I are tired tonight. We cleaned the setting room to day and got it nice and clean. I guess well it has been a drifting and blowing and the snow banks are something terrible. Be ye also ready for in such an hour as ye

think not the son of man cometh.

March 21
The roads were so bad the men had to turn out and shovel down the snow banks. Adda went home to night. Mack went to help Dave cut wood this afternoon. Help us to help each other on each others burdens to bear.

March 22
I went to Denbigh and got some wall paper. I got the kitchen cleaned. I went in to see Gertie.

March 23
I am tired to night. I am glad I am getting through with the hardest of my work. I got a letter from Maryan. They are all well. That is good news. I like to get letters from them Loved ones. Honor thy father and thy mother that thy days may be long in the land. Pa and Adda is singing and playing god save the queen. Oh happy day that firmed my choice on thee my saviour and my god well may my glowing heart rejoice and spread its raptures all abroad o happy day when Jesus washed my sins a way.

To be continued...



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



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

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Gibson & Watson Stores in Cloyne - New Additions to flickr.com/photos/CDHS

Photos and information part of the Chris (nee Watson) Descarie Album

**The Gibson and Watson General Store - 1949**

This store was purchased by Gibson and Watson (Howard) from Harvey and Rachel Spencer in 1949.

Notice the gas pumps to the north of the store, which over the years has been used as a bait store (John Grand) and fireplace - wood energy sales in 2026. Also, notice how low the store sits in comparison to the highway. When the pavement of Highway 41 was installed, the roadway was considerably lowered.

The sign nearest the gas pump reads 'Gibson and Watson'. The sign under the eaves reads 'Murphy Paints and Narvo', which was likely an unmistakable yellow sign. Notice that Highway 41 is a gravel road.

The B-A signwriting is unclear; however, with a bit of research, we know it stands for British-American Gas, the gasoline sold at this store. The words

above B-A on the sign are "Service" and "Products". The store is currently owned by Stephanie Regent.

If you do not remember Murphy Paints and Narvo, here is some history from a Facebook post at the Wilton Mill, in Wilton, Ontario, that proudly displays a Murphy Paint and Narvo sign:

The Story of Murphy Paints & Narvo

Long before the shelves of modern hardware stores were lined with endless colour options, paint was a craft—measured, mixed, and trusted. Names mattered. Reputation mattered. And among those names, Murphy Paints stood tall.

Founded in the early 20th century, Murphy Paints built its reputation on reliability. In a time when homes, barns, and storefronts depended

**Gibson and Watson 1952**

on coatings that could withstand harsh Canadian seasons, Murphy became synonymous with durability. Their paints weren't just about colour they were about protection, pride, and permanence.

The bold, unmistakable yellow signage—like the one now resting here at The Wilton Mill was designed to catch the eye from a distance. It wasn't subtle, and it wasn't meant to be. It told farmers, builders, and homeowners alike: this is where quality lives.

As the decades passed, Murphy Paints expanded its reach and evolved alongside the industry. One of its most notable associations was with Narvo, a brand that became known for innovation in coatings and finishes. Together, the names represented a bridge between traditional craftsmanship and modern chemical advancements in paint

technology.

These were the years when enamel finishes became more refined, when industrial coatings began to change manufacturing, and when companies like Murphy and Narvo helped shape how North America protected everything from wooden farmhouses to metal machinery.

But like many legacy brands, time brought change. Larger corporations emerged, markets shifted, and smaller regional names were gradually absorbed or faded into history. What remains today isn't found in big-box aisles—it's found in pieces like this sign.

Part of the Chris (nee Watson) Descarie Album

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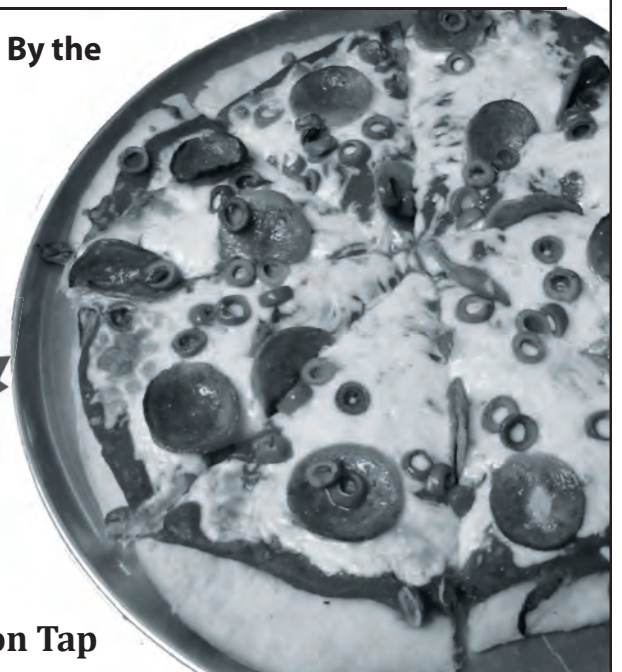
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Howard Watson - 1957

Howard Watson, co-owner of the Gibson and Watson General Store in Cloyne, poses in front of the Pyrofax propane delivery truck on Highway 41.

Pyrofax most commonly refers to a historic brand of liquefied petroleum (LP) gas, originally introduced by Union Carbide in the 1920s. It brought "city gas" convenience to rural and suburban homes that lacked underground pipelines, supplying propane in steel cylinders for cooking, heating, and water heaters.



Inside Gibson & Watson Store, Cloyne 1950s



Watson's Mini Market - July 1, 1971

Watson's Mini Market opened on July 1st, 1971, under the ownership of Howard and Eileen Watson and Glenn and Jean Watson. Howard and Glenn were brothers. Howard Watson's Pyrofax business was moved to this location.

This is the site of the Ultramar Gas Station in Cloyne in 2026, on Highway 41.



Eileen Watson in the Gibson & Watson Store, 1950s

Eileen and Howard Watson co-owned the general store with the Gibsons.

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What are those Flowering Trees along the Highway? By Colleen Hulett



Next May look to the forest edges for white blooming trees and go investigate... they are most likely plums, cherries or serviceberries. What could go wrong? Far away, Serviceberry shrubs at the forest edge have irregular crazy tops, while plums and cherry shrubs are more tidy and shapely.



The historical Moore Farm has dozens of Amelanchiers spp. lining its driveway. These ones are fully grown shrubs that are multi-stemmed at the base. One can view ornamental single stemmed Amelanchier spp. in people's front yards and lining several urban streets.



Most Amelanchier spp. flowers are loosely attached to a raceme. The petals are thin and up to 1" long. They are one of the first trees to bloom in the spring along with some wild plums and cherries. They are quickly distinguished by their bloom shape and size and bark.

What if I told you there is a wild fruit tree in the region that's been used in a multitude of ways since the glaciers retreated and they are flowering in abundance along our fields and roadways this spring? What if I told you there is still no consensus on how the berries taste compared to other berries? Some say it tastes like a cross between a blueberry and a cherry; a blueberry and a watermelon; or a blueberry and a strawberry! Almost all say the berry is the sweetest one they have ever tasted. **If you guessed Serviceberry, you are already familiar with this wild wonder and if you didn't, you are in for a wild treat!**

This delicious berry is the Serviceberry from the Amelanchier spp. (amee-lan-kee-er) genus of small trees and shrubs. Since this berry has been

gathered all over North America, it comes with a slew of indigenous and other common names. Notable names are Serviceberry (common name for northeast Ontario), Juneberries (revealing harvest month), Shadberries (Shad fish run when this bush flowers) or Saskatoonberry (anglicized from the Cree name misask-wa-toomina). All of these berries are from the genus Amelanchier.

It is similar in size and appearance to a blueberry. The seeds within the berries add a lovely hint of almond flavour. The flowers are also edible and taste slightly sweet like marzipan. The Lakota traditionally make a flower and twig tea from Amelanchier spp. The young spring leaves are edible too and also used to make tea. In fact, the Serviceberry is one of the original berries used in mak-

ing the ancient buffalo meat-based energy trail food called Pemmican. Amelanchier spp. have sturdy dense wood which was and is still used for making tool handles, arrows, bows and spoons. The wood is also valued in making fire and producing long-burning coals.

According to the University of Guelph's Arboretum department, Canada has a mix of 24 distinct and naturally hybridized Amelanchier spp. and that most are indigenous to North America, with only 5 species in Europe and just 2 in Asia. It is not surprising that ecologically diverse Ontario has 14 Amelanchier spp. In our Carolinian forest regions of the valley and highlands we have two very common wild species, Amelanchier canadensis (Canadian Serviceberry or Eastern Shadbush) and Amelanchier laevis (Smooth Serviceberry or Petit Poire).

Other well-known Amelanchier spp. in Ontario and across Canada are the Saskatoonberry, A. alnifolia, the Mountain Juneberry, A. bartramiana. Downy Serviceberry A. arborea, Sweet Serviceberry A. amabilis, and the Round-leaved Serviceberry A. sanguinea. All produce the same sweet nutritious berries that are an important food source that helps to combat the growing food insecurity in Canada.

Going forward in this article I will use the term Amelanchier spp. to encompass all of the species in this genus because they are all used in the same way. I will also call the berries Serviceberries because it is the common name for the north-east region of Canada. The term Juneberries is fairly common in southern Ontario especially along the

Canada-US border.

The Amelanchier spp. can be a multi-stemmed small shrub or single stemmed tree with heights between 6-25ft (1-8m). The size and species type depend on the ecological niche they grow in. Some cultivars and captives have grown to 40ft. Two different Amelanchier spp. (ie. A. alnifolia and A. canadensis, for example) can cross-pollinate and produce a new variety. This makes it very hard to distinguish which bush you have in front of you. Some texts will say there are 50 species and others group them all into 6 key species with many sub-species. They all have very similar flowers, bark and berries but leaves can vary a lot.

The colours range from green to red to crimson to purple and finally black. The berry is considered fully ripe when it is black. However, the crimson and purple are also picked because they are delicious too and last longer in the fridge. Serviceberries freeze very well and are easy to separate and measure when frozen. As the green berry ripens from reds to purple to black, its sweetness concentrates. This genius array of colours and sweetness attracts many different species to ensure their seeds are dispersed throughout the forest. The berry is so sweet some prefer the less sweet red ones before they turn purple. Others insist on equally mixing the reds with the blacks to temper down the sweetness.

Identifying an Amelanchier spp. is easiest with its blooming flower in May. This is also the best time to map out your berry picking route in June. That's right, the berries are ready to pick

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Here, the flower petals have dropped, and berries are starting to form on the racemes. Look for these flowerless raceme stalks with larger green berries causing it to droop downwards. Notice the leaves toothed all around except smooth near the stem, a feature is in leaves of all shapes.



Amelanchier trees are identified by their smooth grey bark. Older trees having faint vertical black lines.



Wild plum and cherry trees bloom at the same time as Amelanchier spp. Fortunately the petals of Prunus spp. are roundish and much smaller than Amelanchier spp. These plum blossoms grow in a tight bunch and almost appear furry with their multiple protruding anthers.



Serviceberries hang off drooping racemes and are ready to eat when they turn crimson, purple or black

this month! Always remember that every flower you pick leaves you one less berry to consume. Choose your battle. Depending on the growing conditions, some trees may have their berries ready in early July instead of the final half of June. You will want to check your route regularly as timing is super important if you want to harvest these berries. They are loved by birds who can strip the shrubs down in less than 24 hours, especially Grosbeaks and Waxwings who fly in large hungry flocks in the spring.

The Amelanchier spp. belong to the Rose family of plants. Apple (Malus spp.), Plum (Prunus spp.) and Cherry (Prunus spp.) trees are also from the Rose family and have similar confusing traits to Amelanchier spp. The good news is that the serviceberry's white flowers bloom the week before Apple (Malus sp.) trees. In some environments they can overlap but their flowers and bark are easy to tell apart. Serviceberry flowers are white, thin and long as one inch, whereas apple flower petals are shorter, roundish and fat. Amelanchier spp. mainly have smooth grey bark, whereas Apple bark is peeling, brownish and not smooth. Amelanchier spp. bloom at the same time as plums and cherries, so it is important to be able to distinguish these trees apart. Serviceberry blooms are white, so you can quickly rule out any Prunus spp. with pink petals. However, there are white blooming Prunus spp. at the same time as the Amelanchier spp. The wild Prunus spp. petals are much smaller and fatter with a whole lot of anthers coming out of the center of the flowers giving them a fuzzy appearance. Another important feature

is to compare the bark of Prunus spp. to the bark of Amelanchier spp. The bark of Amelanchier spp. is smooth and grey while the Prunus spp. bark feels bumpy due to multiple horizontal lenticels all over it. Amelanchier spp. lenticels blend into the bark and are hard to see. There are young trees out there that have smooth gray bark and purple black berries too, like elderberry and Hackberry, but not only does their bark become furrowed with age, their berries do not ripen at the same time as the Serviceberry. Got that?

The early bright white five-petaled blooms of Amelanchier spp. are grouped on upright or drooping racemes and appear in May, after the Star Magnolia and Forsythia flowers begin to drop. The berries are also one of the first to ripen in the year between June 15 and July 15. They are first on the scene for migrating birds who need this nutritious fuel to carry them onward. The racemes of flowers turn into drooping racemes of multicoloured berries ripening at different stages.

In the last 10 years, arborists in the Ottawa/ Gatineau region have planted hundreds of Serviceberry trees. Lansdowne Park in Ottawa has an outdoor basketball court surrounded by a dozen Amelanchier spp. single stemmed trees. They look amazing.

After searching the Internet for the best recipe for me to try, it was hands-down to choose a simple double crusted serviceberry fruit pie. Researching further, I was redirected to the double-crust serviceberry-rhubarb pie! They are both perfect ideas as they cover everyone's taste buds. Article after arti-

cle taught me how serviceberries are extremely sweet albeit satisfying. Adding the tart taste of rhubarb calms down the sweetness and adds a zing to the pie that is a perfect marriage for rhubarb lovers. Every recipe stressed how convenient the use of rhubarb is because it is ripe at the same time as Serviceberries. I will definitely try both recipes as I've never had either pie before.

I must say, considering their outstanding nutritional profile, it's about time I forage this berry. According to Google Gemini AI, a ½ cup of Serviceberries has 85 cal, 19g carbs, 8g dietary fibre, 1g protein and 1g fat. Serviceberries are rich in vitamins C, E, and B-complex and a good source of vitamin A. The berries are a great source of the minerals manganese, magnesium, and iron. Serviceberries have twice the vitamin C and seven times the calcium than blueberries! According to Beverly Gray in The Boreal Herbal Serviceberries have more usable energy and potassium than blueberries, strawberries and raspberries and they have three times as much iron and copper than the same weight of dried raisins.

Over eighty percent of Canadians are multi-mineral deficient due to insufficient dietary habits and/or because of food insecurity. This wild berry can be very helpful to combat these issues. The best part about Serviceberries is how they are rich in polyphenols and anthocyanins that are medicinally great for their anti-inflammatory properties. Inflammation in the body is responsible for a host of issues.

Amelanchier spp. are common and considered secure in Ontario.

Certain regions of Quebec show some areas being sensitive to overharvesting. Pennsylvania has listed some of their species as critically imperiled. Take care when harvesting berries. Take only what you need and never strip a branch or a tree clear of berries. Do not break the branches that can let disease take over and kill the bush. Always leave 75% of the berries to share with birds and other animals so that they can drop the seeds in the forest to keep this wonderful cycle going. Free nutritional food and food security are immeasurable in today's climate. Avoid urban areas if they are using spray pesticides. In Ottawa there are many pesticide-free areas but please do your research to confirm if you wish to pick in any urban center.

I hope many of you will get out this month and harvest Serviceberries to make the traditional Canadian pie or try an upgraded recipe with Rhubarb in your Serviceberry pie. I will also make a lot of serviceberry smoothies for their anti-inflammatory actions. If you have a physical job like I do, I can tell you they really help soothe aches and pains. There's so much more to know about this important indigenous plant. Please do further research and get to know it better. Keep an eye out for these berries. They disappear fast!

SOURCES:

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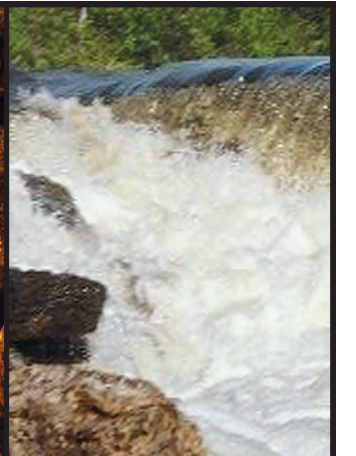
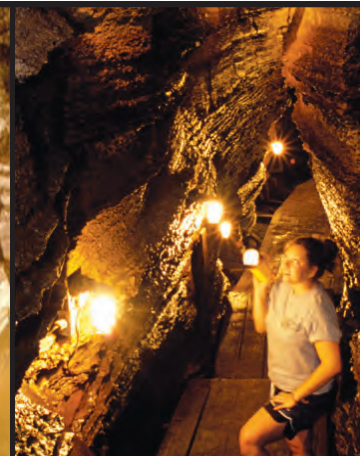


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