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October's resale market was active, busy, and stable. In addition, locally there is still strong interest and demand in the Calabogie and Greater Madawaska Township areas covering a wide range of pricing, indicating that not everyone has similar tastes, needs, or budgets. With the exciting prospect of new developments coming to the area, Sellers can look forward to 2022 with optimism and if they have been considering a move, expectations are that consumer demand will still be strong and therefore, can plan accordingly... We are a growing community!



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THE MADAWASKA HIGHLANDER Winter 2021 EMBRACE THE PAST ~ ENCOURAGE THE FUTURE ~ ENJOY TODAY

The Madawaska Highlander

Winter 2021
FREE Vol.19 Issue 7
Next issue May 11, 2022

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



A beautiful view of the Madawaska River last winter. There is a good chance winter will be just as pretty, all over the Highlands again this year.

Welcome!

...To a magical winter in the Highlands and the final issue of a fabulous season of the Madawaska Highlander. Our talented volunteer writers continue to inform, convince, and cajole you with stories that celebrate cottage and country life in the Highlands, especially in winter.

Lesley invites us to Enjoy the Magic of Winter on skis, snowshoes, sled, and super-cool fat bikes in Happy Trails. Survivor Guy makes Cold Weather Camping and Outdoor Pursuits look easy. No need to shiver in the dark when you know how to stay warm and cozy in a hot tent.

Do you Believe in Magic? Colleen takes us on a trip through the possibilities of Magic Mushrooms and the dangers of harvesting them yourself. Too many killer lookalikes!

Magic and miracles are the theme of this edition as Antonia's story about Mary's Musings reveals. Imagine trying to convince your fiancé an angel came to you in a dream! Now, keep an open mind. Tim tells us Thunderbird created life from rock and he was the result of the Creator's dream. Learn about the mysterious and awesome Thunderbird, in Our Home on Native Land. In The View from Here, Ernie boasts about Clever Canuck Creations through the ages - Lacrosse, yes, but bowling too? We all know Terry Fox and the Terry Fox Run are Canuck creations. Catch up on this year's run along the river in Griffith in Out and About.

The Pine Crest Villa had a good run in the 60s and 70s when it was the largest marina on Mazinaw Lake, as we learn in Cloyne and District Historical. If you have had "a good run" "over-the-hill", check out Derek's Wellness article, Maintaining Health Over the Winter of our Lives — information about inflammation.

Check out the ads for local goods and services and find out what's happening near you in Griffith & Matawatchan News and Bogie Beat. Stuff that's good to know wherever you are! Last, but not least we present the winners in this year's Short Story Contest. Congratulations to all who entered! Enjoy!...



A Marten getting ready for winter, staying cozy in one of Ian Coulthart's boots on Ian and Reina's deck in Matawatchan. Pic by Ian Coulthart

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The Madawaska Highlander
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**Next advertising deadline:
April 29 for May 11 publication**
madawaskahighlander.ca for previous issues

Message from the editor:
Please make note of activities in *Bogie Beat*, *GM News*, and *DV News* and check the ads for updates.
Check advertiser messages right away for important information, hours of operation, specials and what is open. Tell them you saw it in the *Madawaska Highlander*!
We also maintain the *matawatchan.ca* website, which serves the Tri-County area around Matawatchan, Griffith, Denbigh and Vennachar. Also check out *www.greatermadawaska.com* and other township websites for information. Our community paper depends on the community, so if you have something to offer that our readers would enjoy, please contact us to discuss it. We keep our advertising rates low to keep it accessible for small businesses.

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CONTRIBUTORS THIS ISSUE

Thank you everyone!

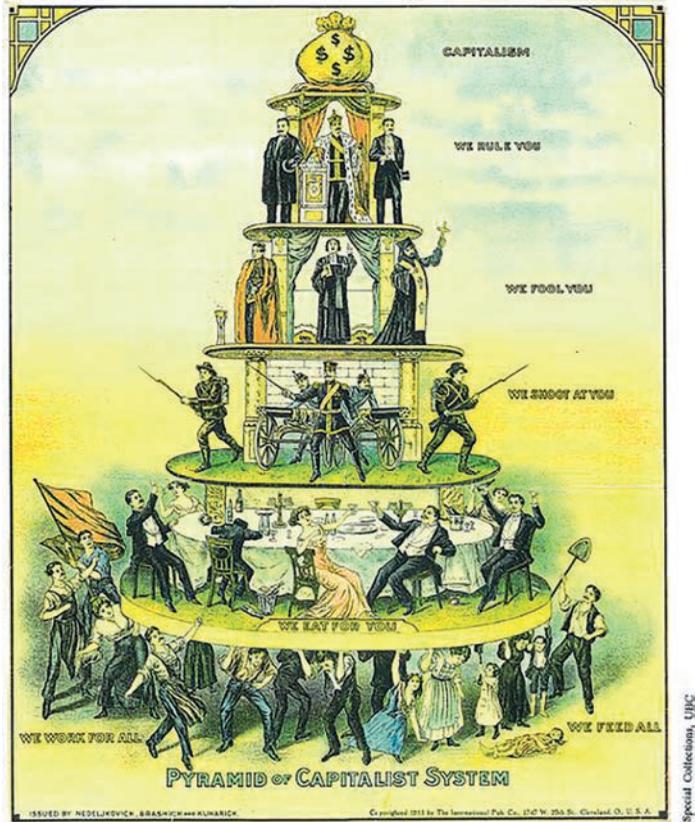
We couldn't do this without our volunteer contributors and our advertisers. Thank you to the Denbigh-Griffith Lions Club and the Eganville Leader for your support.

Ernie Jukes	David Arama	Lois Thomson	Geoffrey Cudmore
Skippy Hale	Lesley Cassidy	Ina Newman	Tim Yearington
Antonia Chatson	Colleen Hulett	Derek Roche	

In Capitalism, private owners control a country's trade and business sector for their personal profit. In Communism, property effectively belongs to the state. Canada has a "mixed" economy, positioned between these extremes.

Critics such as John Maynard Keynes have argued that capitalism fosters large boom-and-bust cycles. During their low periods, these cycles drive massive unemployment and human suffering. Most contemporary economists and policymakers share Keynes's view.

Capitalism's links to environmental ruin is another focus of criticism. The United Nations' Intergovernmental Panel on Climate Change has attributed rising greenhouse gas emissions to "the spread of fossil fuel based material consumption and changing lifestyles." Some critics have argued more explicitly that unbound economic growth contributes to climate change. A prominent advocate of this view is Canadian journalist Naomi Klein. Klein makes this case in *This Changes Everything: Capitalism vs. The Climate* (2014). In recent years, challenges to capitalism have increasingly come from government monetary policies. Policy actions distort consumer and asset prices throughout the economy. This leads to wealth transfers that are difficult to quantify and thus not studied in great detail.



Top to bottom levels of the pyramid of the Capitalist System from 1923: Capitalism, We rule you, We fool you, We shoot at you, We eat for you, We feed all, We work for all.

My heart is in the Highlands. It's where my family comes from and where I like to be. I promise to do my best to ensure details are looked after and everyone is satisfied with the sale. You can trust me to list your home and help you find your dream property. New listings welcome!

- Vincent Johnston, Sales Representative

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287 Kennedy Rd -1 acre building lot Deeded shared access to Calabogie Lake close to the ski hill \$274,900 MLS1248206

NEW LISTING DUNN'S LAKE!

1718 Frontenac Rd. Matawatchan 6.17 acre building lot with a camp and bunky with frontage on Lower Dunn's Lake \$289,900 MLS1248988

BUILDING LOTS!

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MLS1258788

NEW LISTING WATER ACCESS!

000 Centennial Lake Rd 2.73 acre building lot that sits up high. An unopened road allowance gives you water access. \$199,900
MLS1210177

HOBBY FARM!

1035 Mt. St. Patrick Rd Hobby Farm with 63 acres \$699,900
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By Lois Thomson



The Greater Madawaska Griffith Station got a fully outfitted walk-in style Heavy Rescue Van in excellent condition, to replace their older model. As well as its purpose to attend to emergencies, it can be used as a mobile command center. Built in 2011 for \$450,000. Bought for \$145,000 with only 10,000 kms on it.



57 filled shoeboxes that came in on Sunday November 14 to the Hilltop Church in Griffith. The gifts didn't just come from members of Hilltop Church this year but came from many friends and neighbours from the surrounding community. Pastor Steven Green said it was a particularly good response this year. Five more arrived later for a total of 62 boxes. The Samaritan's Purse Project Operation Christmas Child collects shoebox gifts filled with fun toys, school supplies and hygiene items—and delivers them to children in need around the world to demonstrate God's love in a tangible way.



Mark Thomson proudly displays a giant puffball found in October. It made a lot of mushroom delights.



Masked volunteers and guests at the Matawatchan Hall's AGM on November 9, just a few of the many volunteers who help keep our community a vibrant society. All Board members have been acclaimed for a number of years. A lot of great ideas were tossed around about what we can do to keep activities happening as we work our way through the pandemic. Absent from the photo are Peter Chess, Brian Desloes, and Mark Thomson. Pic by Mark Thomson



Two of the Lions who helped put on a great lasagna drive through dinner in November.



If you spot Trumpeter Swans in the area, Search for "Ontario Trumpeter Swans Sighting Report" online and fill in the form. to register your sighting. See more next page. Pic of swans on Centennial Lake by Tiffany Drummond

Highway 41 Griffith Mile update: I noticed a traffic counter that was at Finn's Road before the exit onto Hwy 41 from waste transfer station. Hopefully it will determine that the intersection is busy enough to warrant a no-passing zone for safety.

The Griffith rink had all new boards installed and painted. Facilities is waiting on lighting fixtures, and the asphalt surface will be done in the spring. The process of hiring staff and identifying volunteers to operate the Griffith rink is underway. The rink will be operated with full capacity allowed following all Covid rules.

The Greater Madawaska Library and Learning Centre in Calabogie is now open to the public from 4pm-7pm Mondays and Tuesdays, 9am-2pm Saturdays. Curbside continues to be available on Thursdays and Fridays 10am-12pm. They are looking for volunteers to assist with programs and operations in various capacities in all parts of the township including the Matawatchan Hall. The Denbigh and Greater Madawaska Libraries are working on sharing resources

to bring more programming to the area. Stay tuned for more.

The Matawatchan Hall Board held their AGM on November 9 and were pleased to see some community members join them. Lois Thomson, Board President reported that they started the last fiscal with a balance of about \$5,270 and started this one with a balance of about \$6,270. Last year's president's report predicted a \$1200 deficit for the year, so all capital projects were put on hold. A marked increase in donations made the difference. Donations went from about \$950 in the previous fiscal to \$3,000 in this fiscal. Saturday Socials, Matawatchan Movie Matinées, Aerobics, and personal donations all did better than expected. They thank our wonderful community for their overwhelming support during these difficult times and all of the volunteers who make things happen. Hopefully they can replace the rest of the steel roof that is leaking in the summer and be able to have larger events again, not just for the income, but to bring the music and laughter back to the hall.

New programming will develop depending on the pandemic. Discussions included: Potluck and games nights with servers rather than buffet style. Greater Madawaska Public Library and Learning Centre facilitated activities

such as, Guest speakers, baby book bags and Storytime, book club, Algonquin cultural events, foraging walks with Colleen Hulett, as well as e-books and book delivery to Matawatchan at the Pine Valley Restaurant. Get a library

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Other ideas were Art lessons, Yoga, wellness clinics, Tai Chi, Euchre, and events that used to be associated with the United Church – Harvest Supper, Shrove Tuesday pancake brunch, etc. **Watch the G'Day board, www.matawatchan.ca, and Matawatchan Hall on Facebook for updates over the winter.**

The Hall will host their annual **Christmas Craft & Gift Sale on November 27 from 10 am – 2 pm**, with Saturday Social style baked goods, coffee and tea followed by a meaty or vegan chili lunch with a fresh roll. They have a full house of vendors, many of whom are new to the Hall, so it should be an interesting sale. Of course, they will also have the vendors you know and depend on for your creative Christmas and Winter decorations and gift ware. Members of the Library Board will also be there to let people know about the services the library provides and discuss possibilities for our area.

The Christmas Tree Lighting and Caroling will take place on December 18 from 6 pm to 8 pm at the Matawatchan Hall. They will have a fire ring outside to keep you warm while caroling around the tree, followed by hot chocolate inside the hall with Christmas music and a crackling fire on the big screen.

The Denbigh Griffith Lions Club is having its annual Christmas Hamper program to serve individuals and families in the Denbigh, Griffith, Matawatchan and Vennachar area. If you feel you need a Christmas Hamper or know of someone or a family in need, please call Lion Gail at 613-333-2224. The deadline to apply is December 10, 2021. If you would like to make a donation to this program, please call Lion Jan at 613-333-1748, or Lion Gail at 613-333-2224. You can also make a donation via e-transfer DGLionsClub@hotmail.com Your contributions will help make Christmas this year a joy for someone or a family in need.

They will be hosting an Outdoor

Christmas Market on Saturday December 4th from 11:00 a.m. until 2:00 p.m. at the Lions Hall in Griffith. Santa and Mrs. Claus will arrive at noon, and they will be busy visiting and handing out Loot Bags. They are looking for Vendors and would love to have you join in the Christmas fun. Please call 613-333-1984 or 613-333-1094 for information. At this market, the Lions Club will also be celebrating the season by selling homemade Tourtieres for \$15 each. If possible, pre order them by calling 613-333-1984 or 613-333-1409

The Denbigh Recreation Committee is hosting a Christmas Lights Contest for Addington Highlands Ward 1. Get into the Christmas Spirit by decorating your home and you could win 1st-\$100, 2nd-\$50, 3rd-\$25. Please have your Christmas lights on, on the evenings of December 19 to 22 as that is when Santa's helpers will be driving around checking out all the wonderful decorations. Winners will be notified before Christmas. Good Luck!

They are also hosting a stationary Christmas Parade of Lights on Saturday December 11 from 6:00-7:30 p.m. at Heritage Park in Denbigh. The intent is keep all the activity outdoors, space the stationary floats out around the park, spread the volume of people out over a longer period of time, ensure the event is accessible to everyone, respect the health and safety of all, and meet all the Covid rules. Santa will visit and give out Loot bags. There will also be free treats for everyone. Help us celebrate the Christmas season by entering a float or joining in the fun. To enter call 613-333-2224. We hope to hear for you.

Greater Madawaska Seniors Housing Corporation has postponed the AGM until spring. Hopefully they can meet in person at that time. The NU 2 U shop is closed permanently but they will still host some events next year.

Margie McAlear will be opening her home to sell **handmade Christmas Décor** on a few dates in December. They are encouraging people to call ahead to book a time so there aren't too many people at once. **Décor Dates are Friday,**

Dec. 3 6 pm-9 pm, Saturday Dec. 4 10 am-6 pm, and Sunday Dec. 5 4 pm-7 pm. Like Little White Barn on Facebook to stay up to date on when the Little White Barn will open in the spring.

The Ontario Trumpeter Swan Restoration Group are looking for trumpeter swans in Ontario and they need your help as citizen scientists. As part of their research and restoration project they are building a database of trumpeter swan locations in the province. The goal is to understand their migratory movements over the year – where are they in the summer and where do they go in the winter? And what about the spring and the fall when they are in transit? These beautiful birds have been brought back from the edge of extinction and we now have about 1,200 trumpeter swans in the province. If you see or know where there are trumpeter swans, they would love to have you complete their sightings report. Search for **Ontario Trumpeter Swans Sighting Report** online and fill in the form. If you are lucky enough to come across a tagged swan, include the tag number and they will tell you the history that they have on the swan. They thank you in advance and look forward to hearing from many of you. Feel free to visit their Facebook page, Ontario Trumpeter Swans.

On Sunday, November 14th friends and members of **Hilltop Church, Griffith gathered over 50 Operation Christmas Child Shoeboxes** to be shipped to children around the world. Each shoebox is filled with age and gender-appropriate gift items. The mission of Operation Christmas Child is to demonstrate God's love in a tangible way to children in need around the world. Through this project, Samaritan's Purse partners with local churches worldwide to share the Good News of Jesus Christ and gifts for children. Additional information at www.samaritanspurse.ca

Pastor Steven Green sent in an amusing **"No Excuse Sunday" message...**

In order to make it possible for everyone to attend church service next week, we are planning a special "No Excuse Sun-

day".

- 1) Cots will be placed in the foyer for those who say; "Sunday is my only day for sleeping in".
 - 2) Eye drops will be available for those whose eyes are tired from watching TV too late on Saturday night.
 - 3) We will have hardhats for those who believe the roof would "cave in" if they showed up for church services.
 - 4) Blankets will be furnished for those who complain that the church building is "too cold". Fans will be on hand for those who say, the church building is "too hot".
 - 5) There will be a special section with lounge chairs for those who feel that our seats are too hard.
 - 6) We will have hearing aids for the members who say; the preacher doesn't talk loud enough. There will be cotton for those who say; the preacher talks too loud.
 - 7) For those who say the church is full of hypocrites, scorecards will be available to keep count.
 - 8) We guarantee that some relatives will be present for those who say Sunday is their only day to visit family.
 - 9) TV dinners will be available for those who claim they can't go to church and cook dinner, too.
 - 10) One section of the church will have some trees and grass for those who say they worship God in nature.
 - 11) The auditorium will be decorated with both Christmas poinsettias and Easter lilies for those who have never worshiped without them.
- Don't let any excuse keep you from joining us. See you at Hilltop Church this Sunday at 11:00 am.!

Sadly, our community saw the passing of **Linda Weise**. She was a wonderful person with a kind heart and fun sense of humour who will be missed. Condolences to her husband Dave Guest.

We also said farewell to **Vera Jukes** who passed away peacefully with family by her side on Saturday, October 16, 2021 at the age of 74. May they rest in peace.

2021 SHORT STORY CONTEST WINNERS

The judges tallies are in and the people have voted for their favourites for the People's Choice Awards. Before we congratulate the winners we would like to thank every person who took the time to pour their passion onto the page.

Thank you to everyone in no particular order: (Drumroll please)

Chris MacDonald for "From a Secret Location

Stacie Ross for "If I had Listened"

Jerry Papousek for "Cold River"

Mary Ruth for "Lily"

Jenny Solar for "I've Fallen and I Can't get Up"

Lesley Cassidy for "The Misery Sticks"

William McNaught for "A Covenanter in Canada"

James Gemmell for "The Snoring Cure"

Derek Roche for "It's the Irish in Me"

Mike Defalco for "The Bird Feeder"

John Reid for "10 Dumb things I did Growing Up

The scores were very close, both by our panel of judges and People's Choice, so everyone should be proud of their accomplishments!

CONGRATULATIONS TO THE 2021 MADAWASKA HIGHLANDER SHORT STORY CONTEST WINNERS!

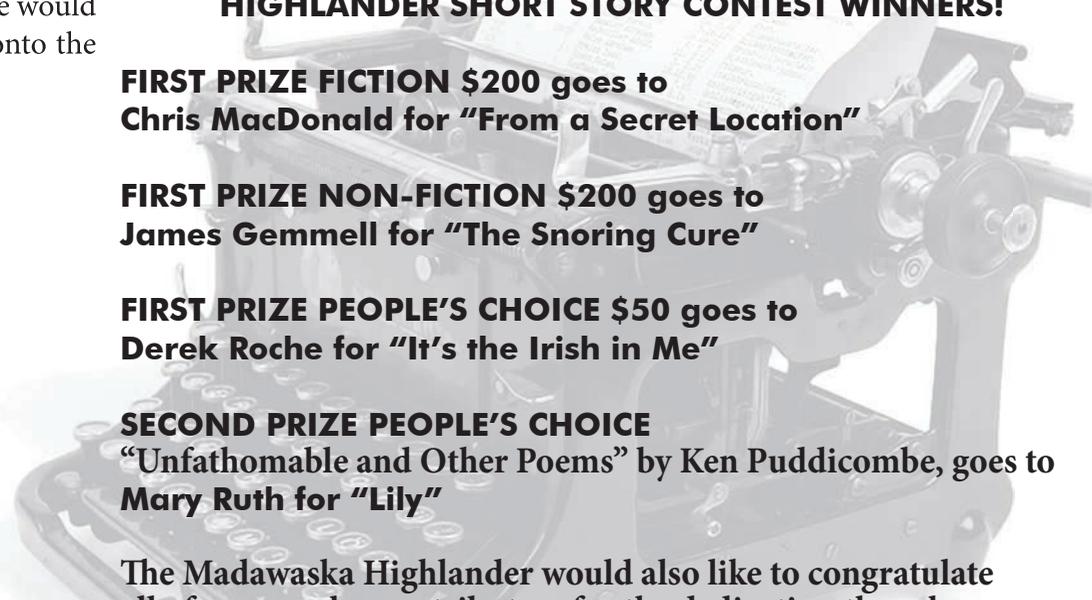
FIRST PRIZE FICTION \$200 goes to Chris MacDonald for "From a Secret Location"

FIRST PRIZE NON-FICTION \$200 goes to James Gemmell for "The Snoring Cure"

FIRST PRIZE PEOPLE'S CHOICE \$50 goes to Derek Roche for "It's the Irish in Me"

SECOND PRIZE PEOPLE'S CHOICE "Unfathomable and Other Poems" by Ken Puddicombe, goes to Mary Ruth for "Lily"

The Madawaska Highlander would also like to congratulate all of our regular contributors for the dedication they show to our readers on a regular basis to share stories and articles that celebrate cottage and country life in the Madawaska and Addington Highlands so together we can... **Embrace the Past ~ Encourage the Future ~ and Enjoy Today.**



Bogie is a Happenin' Place! By Skippy Hale

First the weather report as usual! Well October ended as a rainy, windy November and then, November came in as October. While there were some frosty nights, it has been very pleasant with beautiful warm weather and looking at the lake from the Lodge, it was if there were dancing faeries in the sun skipping over the lake! However, I hear that some snow is coming our way soon! Do you have your snow tires on yet?

As I was leaving my art class, I spied the door of the Red Roof Elf's home at the bottom of a tree. It is so wonderful to see how the magic wee people have made the village home. The Enchanted Forest is the home of many gnomes, faeries, and elves. They even have set up residence in many businesses to look out for the premises after closing. It is bad luck to upset the wee folk, so their presence is a great protection for the mortal owners' properties!

Speaking of my art class, I have been studying with Marlene Schaly at Treehouse Art Studio for several years. I went as a real neophyte in my late 60s who could not even draw a decent stick figure. I always put it down to not having kindergarten at my school as a youngster. We look, but Marlene shows us how to see. Her first classes were started at the Neat in 2012, then in her home studio. For the past four years, she has held classes at the Treehouse Studio and Gallery upstairs at Calabogie Lodge. Of course, there was a hiatus during the lockdowns, but classes have resumed under COVID restrictions and protocols. Everyone entering the Lodge must show proof of vaccination. I find this very comforting.

Marlene studied at the Art School of Michigan and the Toronto School of Art. She is a multi-disciplinary artist, working in oils, water-colour, clay, fibre, sculpture, and acrylic. At present her classes are full, due to COVID number restrictions, but she takes appointments for groups, (minimum four students) families, children, and adults. She will offer workshops in any media requested. The fees will be for studio time plus materials used. I have progressed so much since I started and have even sold several paintings, many greeting cards (with paintings or sketches) and she has given me the confidence to create in several media including polymer clay and punch needling taught by a classmate.

<http://www.treehouseartstudio.ca>
calabogietreehouse@gmail.com or text 613-433-3274

Calabogie continues to have a feral cat problem. Several of us have volunteered for years capturing, homing, and neutering these cats, many are left by short-stay visitors, then the cats seek out a colony for protection and comfort. These poor wee darlings are accosted by the many wandering Toms and the population grows exponentially. The sooner one colony is cleaned up, others spring up elsewhere. The largest colony (29 adults and kittens) is on Kennedy Road in Calabogie. Needless-to-say it is a great annoyance to the property owners around. These cats are reproducing and reaching large numbers; are out there in all types of weather and facing many hazards. We are a group of concerned volunteers who are willing to take on the job of catching and taking these cats to be neutered. They will not be returned to the colony. With a lot of help from fosters and others they



L-R: Veterans John Watts facing the Cenotaph, Marcel Benoit Reciting The Act of Remembrance. Above and right: The Cenotaph lined with poppy wreaths of remembrance.

can and will be socialized and adopted by caring individuals. This is a huge undertaking and will require a lot of devotion to the cause. Valley Animal Rescue is also onboard to help and support us with this project. With the help of the community, in various ways we will raise the funds required to rescue these feral cats and help them and at the same time help the community. This is a problem existing all over Calabogie, but the Kennedy Road colony is most crucial. We need everyone to be onboard to help fix this crisis. The cost to help this particular colony is calculated at around \$6000. We have been raising funds through collecting empties and have some fundraisers lined up for future dates. These will be announced shortly and will be under the name of 'Calabogie Feral Cat Project'. We are separate from CARE which has a different mission than this project. This is specifically for Calabogie. Please support us as a community in this attempt to help the feral cat population in Calabogie. We are Calabogie Strong and have come together before when needed. We can do this! Funds from our can collection box at the Rustic Farm Store and other fund-raising efforts will deal with this large colony first. Please consider helping when we put our requests out there. It is with kindness and humanity in our hearts, and it will not be an easy journey for us or the cats but we believe in the value of this project. Susan Gumbley, Sharon White, Allison Graham, Ellen Moss, Alanna Laplante and I thank you.

(Note from the reporter): I think it's time to attract a local vet to our community and I plan to raise it to the candidates in June. No one thought we could have our own Pharmacy or Dental Hygienist here or a Cannabis Dispensary, but we do. We have plenty of pets in most households as well as hunting dogs. We have more family farms around the village. I realise that the vets may specialise in large or small animals. The population of the village is growing and with people come pets! Think about it!

Hear Ye! Hear Ye! the **Township has put forth a survey about our future and has partnered with Whitewater Region to update development standards.** If you have not heard about it, here is the link: greatermadawaska.com/en/news/resources/General/Madawaska-Growth-Readiness_Final-Survey_printable.pdf Be quick, because the **Due Date is November 26!** We grouse and complain and here is our chance to let them know where we want the Township to go and where we think some things should stay

the same. We have a bit of Paradise here and we don't want all of it spoiled by out-of-control development. We do need an influx of residents, but mostly, we need to keep our young people here to raise their families, to keep our school, churches and library. We need affordable housing for them. We need to keep our library here, our lake clean and protected and decrease the speed through our neighbourhoods.

As I write this, it's **Remembrance Day**, a day when we show gratitude for those who have sacrificed so that we may enjoy this great country and our freedom. Today, we had a trimmed-down event compared to other years due to COVID restrictions. It was a beautiful ceremony organized by John Watts with the music and sound system organized by Rev. Kim, Adele and Al Simmons. There were no pipers or march past with a retired officer taking the salute; no mortar shots to signal the beginning and end of the moment of silence, yet it was as touching as ever. The music and the Last Post were recorded and the sounds flowed over the lake. Reverend Kim from St Andrews gave the address, The Act of Remembrance was recited by Marcel Benoit and before the singing of the Royal Anthem, Adele Simmons led us in the singing of 'In Flanders Fields' to the tune of Greensleeves which she had arranged. Our Cenotaph is beautifully situated on our lake shore. Due to COVID, wreaths were placed before the ceremony. I love that no matter where in Canada the service is held, there are certain traditions which remain the same. Finally, we were invited to place our poppies at the Cenotaph. The walk up was silent and orderly, as folks paused to reflect and then place the wee red flower which symbolizes so much. We all owe a debt of gratitude to John Watts who has arranged these services for 30 years as well as his service as a member of the CAF. Thank you, John!

St. Jo's is growing! They added another classroom this year. Ruth McNulty is the new principal and is a dynamic leader! She and Ruth Jones, the new CEO/Librarian have a wonderful working relationship, and this helps the children develop their creative writing skills and a love of literature. Book bundles and in-house visits to the library are part of this collaboration. This was the dream of those of us on the Library Board when the library moved to the school.

Ruth did her undergraduate degree at Carleton in Law/Psychology followed by her BEd and MEd at the Uni-

versity of Ottawa. Ruth is in her 27th year of teaching for the RCCDSB. She had also been seconded to the Ministry of Education for three years and served as acting Principal for maternity and other leaves even here in Calabogie when Rory Donohue was in the Dominican Republic with students. After three years as VP in Arnprior, she is now in her first permanent Principal position at St. Jo's. She is also the Special Education Teacher. Ruth is a faith-filled Christian and wants to instil that in her students.

When asked what her aims and foci are for St. Jo's, she replied that they are from her favourite parts of the Board's Mission Statement: to "Nurture the giftedness, self-worth and potential of each individual. Sustain safe school environments characterized by warmth, hospitality, good humour and joy". Can you think of a better place to entrust your children? This philosophy is extended to families, the community and volunteers. Ruth believes in "educating every student: heart, body, soul and mind - being and feeling safe while learning and having fun along the way!" Because of the 18 months of the Pandemic, there are gaps in the children's learning and the teachers are identifying them and trying to fill in those gaps while striving to increase competence and confidence. The Volunteer Reading Program and support from the Board personnel help all students with their literacy and numeracy as well as the inter-relationship with the library. The Fire Fighters, the parishioner who decorates in front of the newly painted statue of St. Joseph and Jesus; the Tupperware lady who donated water bottles paid for by donations from businesses and residents make her position here so gratifying. She is grateful for the delicious lunch options from Charbonneau's, Calabogie Pizzeria, Sue Slattery's Hotdog Day, and the Food Bank. She says she feels very blessed indeed! Her quote from the late Stuart McLean's Vinyl Café 'We may not be big, but we're small'. A big 'Bogie welcome to Ruth!

Downstairs in the school is one of the Township's oldest gems! The library is 43 years and counting. It has weathered many storms including a flood, poverty, multiple displacements and moves and finally this pandemic. In spite of it all, it has continued to serve the Township as it grew from a tiny room in the old Town Hall to its present location at St. Jo's. Throughout the closures and uncertainty of the past the Board and staff have been working to upgrade services. It is now open at times that maintain the protection of the students.

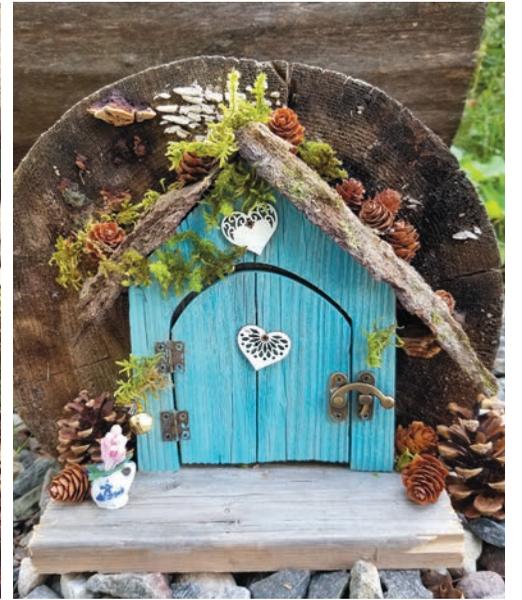
...Continued from previous page



L-R seated Cathy Jordan, Marlene Schaly (teacher) standing Jennifer Campbell absent from photo Christine Johnson, Skippy Hale learning to paint at the Treehouse Art Studio and Gallery, also seen below.



Red Roof Elf's door at Calabogie Lodge sprung up overnight last month. No one was home at the time.



Another Faerie Door at Barnett Park appeared some time in October. No one was home here either.

GMPLLC Library hours:

Sunday/Monday: Closed
Tuesday/Wednesday: 4pm – 7pm
Thursday/Friday: Curbside by appointment
Saturday: 9am – 2pm

Curbside service is for when the library is not open for patrons. Call or email to request books, A-V media, and Inter-Library Loan Materials. Visit to learn how to search the System to view, order and renew materials on loan. It's simple and under the present circumstances, it's a way to peruse the collection from home. Interlibrary Loan Services are back again. Wards 2 and 3 are being served by delivery of materials on prescribed dates throughout the year. I am sure the Board and Staff would love some volunteer drivers to help with this service. Pine Valley Restaurant and Griffith General Store are the designated depots. When you call or email to order materials, please specify which place is closest to you.

Call or email the library for information about joining a library book club near you. The book club meets monthly to chat about what you are currently reading and what others are reading too. The club decides to choose their own book or read from a selected author. This program is a great way to discover new books and friends. If interested in joining the book club, please call the library 613 752-2317 or email us at gmpl@bellnet.ca for details. Currently, the number of participants is limited to 10. The Matawatchan Hall has offered to host library book clubs and other library-led programming in the Ward 3 area of the Township of Greater Madawaska if they can get a group together. Book clubs can meet where it's convenient for their members with assistance from the library.

Last edition I wrote about the goodie bags, journals and weekend packages provided to the students. Now, following Public Health Protocols, students are visiting to choose books and be read to by 'Library Ruth'.

By the time you read this, the new babies will have received their Nancy Gorra Book Bags; the Bead Bracelet Workshop will have passed; the November Library Exchange to Wards 2 & 3 will be happening and the Winter Night Market will be over. **On November 27, come in to prepare the Advent Book Bundles and submit books for the Festival Swap.** Advent Book Bundles is a holiday literacy program for young families. There will be a collection of 24 assorted and wrapped books, numbered 1 – 24. Each family reads the books in order. The fi-

nal book, #24 is a seasonal story for the whole family to enjoy together! This will be available for 6 families on a first-come-first-served basis since this is a trial. Ruth would welcome wrappers and donations of paper and ribbons.

Christmas Book Exchange: Pre-register to participate in a festive book swap. This is intended to be a way to connect with other readers in the area through books. Select a favourite book, wrap it, write a greeting, and submit it to the program. The staff will coordinate the swap in early December.

Volunteers are wanted to shelf-read, do inventory, recording, (community members reading children's books for social media); anonymous book reviews; small group programs on Tuesday, Wednesday evenings (knitting, scrapbooking, language classes, painting, discussions, outdoor ed, painting or any activity which can be done while social distancing). Contact the Library if you can offer a skill or idea. You must be double-vaccinated and provide proof of vulnerability screening. A letter from the Ruth will be provided for introduction to the OPP. Two forms of ID, but not the Health Card, must be provided with your application (Driver's Licence, Passport, Birth Certificate).

As we always say, 'Libraries are a place for life-long learning'. It is a community hub which cannot be met from another municipality. There is an emphasis on Economic Development by the Council and Township so if we want to attract businesses and families, a library is one service folks will expect, here in our township, not in another municipality.

There are two other stories which I had plans for, but they will have to wait until May. One is about our resident taxidermist, Don McArthur, but during 'the hunt' is not the time to pursue him for an interview. The other is about Gunnar Guckes' new restaurant at the Lodge. I intend to pop in for a meal in the next while. All reports on social media have been excellent. I have tasted his meals in the past, so I look forward to enjoying them soon On The Rocks!

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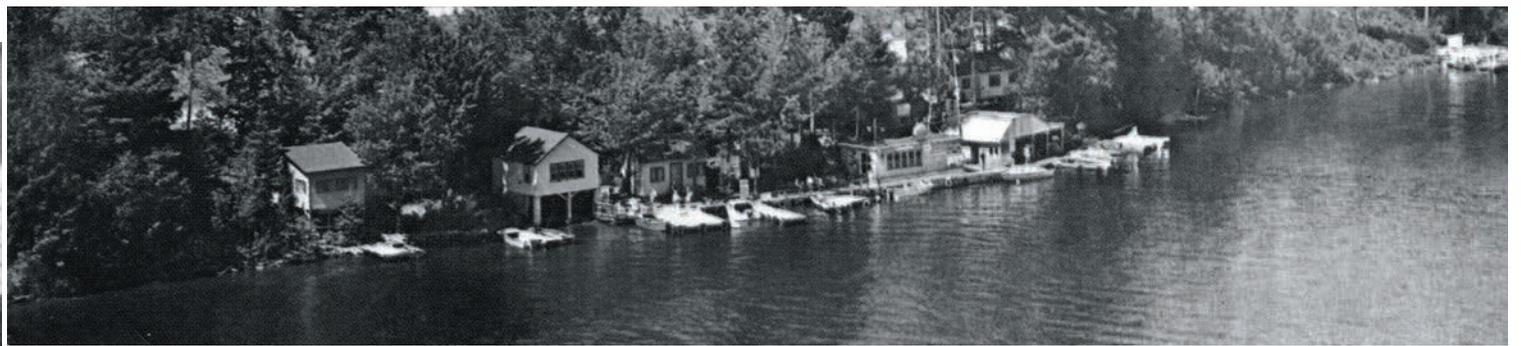
Skippy Hale lives in the original K&P Calabogie train station with her antiques and spends her time in her art studio, her garden of benign neglect and writing. She loves being Nain (North Welsh for Grandma) to her four beautiful grandchildren. Life is good!

Pine Crest Villa 1964 to 1974

By Ina Newman



Pine Crest Villa - 1975 Louise Hogg's mother snapped this photo of the new owners of Pine Crest Villa on Mazinaw Lake. Pictured are Henry and Louise Hogg and daughter Sharon. The Hogg's purchased the operation from Fred Dorney who about a year earlier, purchased the Villa from Ina and Bob Newman. Part of the Henry and Louise Hogg Album



Part of a Pine Crest Villa Postcard - Mazinaw Lake. Unknown date - likely 1960s to early 1970s. Back of postcard: Pine Crest Villa on Beautiful Mazinaw Lake. Fully Equipped Housekeeping Cottages, Groceries, Lunches, Boat and Motor Rentals, Shell Gasoline & Oils, Snowmobile and Outboard Motor repairs. Excellent Lake Trout, Walleye, Bass & Pike Fishing. Bear & Duck Hunting. Ice Fishing. Phone Bob & Ina Newman at 613-336-2514 or Write R. R. #1, Cloyne, Ontario, Canada. Part of the Ina (Grant) Newman Album



This photo of Pine Crest Villa was taken in 1974 during the ownership of Ina and Bob Newman. The Newman's purchased the business from Jim Boales in 1964. During the ownership of the Newman's the business grew to be the largest marina on the lake. Part of the Ina (Grant) Newman Album



This photo of Pine Crest Villa was taken in 1974 during the ownership of Ina and Bob Newman. Part of the Ina (Grant) Newman Album

In 1964 Robert, Ina and children, Bobby, Debra, Sharon and Chris purchased the small marine business from Jim and Marge Boals who were moving to Renfrew. The business was originally built and operated by the Hamels. It was located on Mazinaw Lake just north of the hamlet of Cloyne, between Popi Camp (later Bon Echo Villa) on Mazinaw Heights Rd. and MacKenzie Restaurant (owned by Stan Fields at the time). There was a gas pump up on the hill between Highway 41 and the main house, 6 housekeeping cottages, 4 wooden boats and a small shed to house oil etc. The Newmans had to replace the boats by the same, purchased from Adolph Warlich of Denbigh. Robert moved the gas pump from the roadside to the shore to save having to carry gas down the hill to the boats. As well as gasoline they sold propane, provided water taxi, barge for transporting goods across the lake, sold boats on consignment, rented cottages, and sold groceries, ice cream and sundries. They managed all this with the help of their children. Ina rented and cleaned the cottages as well as running the store and restaurant. Bob quickly built a marine shop with sales space, and 2 boat slips. He repaired and sold boats and motors. The snack bar was the next to go. It was torn down and larger one built with a kitchen and restaurant with 4 tables or booths and a Juke Box. Cot-

tagers used to pay one kid not to play the same song over and over.

Bob was also an agent for Superior Propane on the lake, boat and motor sales, taxi service. Also sold properties across the lake on commission. He built a large barge to ferry building & supplies (propane tanks etc.) across the lake. Chris was 8 or 9 at this time. He drove the barge even though he had to stand on a milk box to reach the controls. O.P.P. stopped him on lake everything o.k. but no bailing can. He told O.P.P. to show him how one uses a bailing can on a barge and his Dad would get him one. When Bobby was 16, he was collecting empty propane tanks with the barge. While on the Mazinaw a vicious wind blew up, the barge shifted, and the four tanks slid into the lake. He was in Campbell's Bay and determined to rescue them. He somehow managed to pull them out of the water one by one while still in control of the barge.

Also around this time Bob purchased an ice boat, on water, then it went up on the ice. This was costly to run. He sold it to Arnold Flieler. It was an airplane motor. Bobby ran mostly anything that was needed. Debra worked in the store and restaurant part time since she was 11. Sharon was mostly on cleaning detail. There were always garbage. Chris at 7 had to take a pail and pick up wrappers plus he got tired & and told one

American to put it in the garbage can. Bob also demolished the main house. He said he would do it before the termites did. As it was being built, the guy that was back filling backed too close to basement part. West wall caved in also same time killed his dog ran over it. After this Bob decided he had enough so was sold in Spring 1974.

N.B. They had one cottager whose husband worked for NASA. Said she wanted to show her three kids how primitive people lived!! When her cot-

tage was cleaned all the floors were swept under rugs & furniture, refuse everywhere. Now who was the primitive one!

After they sold Pine Crest Villa in 1974 there were a few owners and several changes over the following years. Adam Snider and his wife Kelly (Ina's granddaughter) later bought the business and eventually moved it a little farther north to the west side of the highway and operate it as Pine Crest Marine. In a way it is again in the family.

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Clever Canuck Creations

By Ernie Jukes - Artist, Writer, Rover

Well, say now... Before we get too far carried away with facts or figures I would like my readers to realize these are not yarn spins. The happenings outlined here are based on actual records and history. They are meant to inform and remind us of real Canuck creativity of which we and our children may be proud. I hope too that our many new Canadians will, in time, get familiar with our prideful heritage.

Lacrosse is our official national sport and one of the oldest organized sports in North America. While for centuries it was a field game or ritual played by First Nations, it became popular among non-Indigenous peoples in the mid-1800s. We have always enjoyed sports and that's why we have designed most of them. Did you know that the first Baseball game was played in Beachville Ontario on June 4, 1838, about 40 kilometres east of London? The closest our Cooperstown Yankee cousins can come is October 1845. Hockey is still debated between Kingston Ontario, and Windsor Nova Scotia around 1875. But of course, there is also Basketball created right here in Almonte by Dr. James Naismith in 1888. The first game was in Brantford in 1889. Later he moved to Boston and started the Celtics.

Did you know that the comic



Lacrosse Champions from Kanien'kehé:ka (Mohawk Nation) at Kahnawà:ke who were the Canadian lacrosse champions in 1869. Image: Library and Archives Canada/C-001959. en.



Hockey game at the Victoria Rink, Montreal in 1893. Photo from thecanadianencyclopedia.ca

strip character "Superman" was created in Toronto? The first game of both 5 and 10 pin Bowling was designed by Thomas Ryan also in Toronto in 1905 and 1909 respectively and Babe Ruth hit his first home run into Hamilton Bay about the same time. Do you recall the great native marathoner Tom Longboat who never lost a race? Both

Snowshoe racing and Dog Sled racing have also been popular sports right up there with Golfing and Curling.

Sports continue to be a Canuck thing as we excel at the Olympics and Winter Games. However, The Group of Seven brought Ontario's impressionist forest and lakeland art to the eyes of the world, and it is our backcountry that continues to attract visitors. Our mountains and waterways bring visitors from around the world. Photographers, canoeists, hikers, hunters, fishers, and artists all enjoy our vast wilderness. And as a rover, you will enjoy historical sites such as the ancient Viking village at L'Anse aux Meadows on the northern tip of Newfoundland, or visit the stunning recreation of a 17th-century Longhouse just a short road trip from Toronto in the First Nations community of Six Nations.

On the grand scale of Country, or the "woild stage", we have the biggest Moose up in the Klondike along with Robert Service poetry and the biggest Gold Rush. Canada is the largest country next to Russia. We have the most lakes, 20% of the world's fresh water and the most shoreline. Our abundance of trees also provides the most oxygen to the world. We have so many inventions that I simply can't list them all here. but just a few include Pablum, Insulin, Garbage Bags, Plexiglass, Paint Rollers, Peanut Butter, The Telephone, Snowmobile, Wonderbra, Ginger Ale, Ice Wine, and the Zipper in St. Catharines, Ontario. The huge list goes on. I can give you more later if you like. Let me know.

Today when the world thinks of Peacekeepers they think of our Canadian military. They have brought us many honours in World Wars and developed the first 007 style spy school in Oshawa, Ontario. The first com-



Entrance to a longhouse at L'Anse aux Meadows, Newfoundland.



This Indigenous longhouse near Toronto will help teach you about First Nations culture. Discover the Six Nations Longhouse and more incredible attractions in Six Nations, Ontario. Image and text from ultimateontario.com/six-nations-longhouse

mandos and the first Green Berets were also Canadian, and we were 25 miles inland at the invasion of Normandy when the rest were still on the beaches. Tough Canucks that do better on our own.

We have been blessed with wonderful musicians such as Glenn Gould and Oscar Peterson, Shania Twain, Celine Dion and among my current favourites are Diana Krall or Michael Bublé. Our world class actors have been many, including John Candy, William Shatner, especially Christopher Plummer and we will get to know Johnny Harris and Yannick Biffon of Murdoch Mysteries.

While today we are world leaders in hi-technology and produce the finest products such as steel and aluminum, it is probably our technicians, however, our doctors and nurses too, that are still our greatest exports. Our universities and hospitals are top notch. Many people come here for the training for a livelihood to carry them forward. Soon we must find a way to keep them here. We are capable to be sure, but finally we must buy only Canadian made foods and goods. It will be healthier, safer, and more affordable. The more any goods are moved about... the more another disease can be moved with them.

Stay safe and live with the scene until the lights come on again.



R. Ernest Jukes Artist, Writer, Rover. For over 75 years he has won national awards for his art and design. An ardent storyteller, he has a

rucksack of yarns to share. His poetry and articles have been published in premier magazines and books across North America including "We Came Like Monarchs", "My Road to Matawatchan", "This Cabin" and Pull up a Chair". Audrey and Ernie's travels by RV and canoe have taken them across Europe, Canada, the USA and Mexico, painting and writing about those ancient cultures. Today they create quilts and paintings at their old log cabin on Frontenac Road in Matawatchan. Visitors Welcome.

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Thunderbird Nests

By Tim Yearington

Grey Thunderbird Man

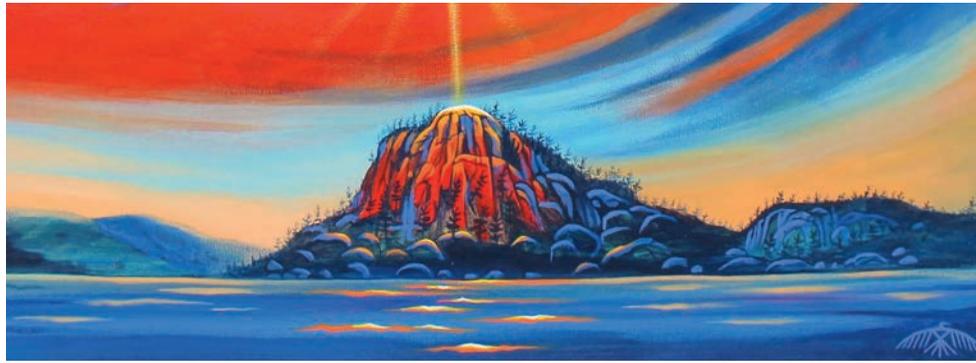
In traditional Algonquin worldview, it's important to give attention, respect, and remembrance to the mysterious thunderbirds. We know when the thunderbirds arrive because we hear their thunder, see their lightning, and feel their rejuvenating rains. Often to help us remember our humble place as humans, we visit their sacred, stone "thunderbird nests" up in the highlands. These spiritual journeys often help us to renew our vision and our sense of purpose in life.

A long time ago the Earth was just rock. No life forms yet existed. But one night the Great Spirit of the Creator had a dream. In this vision he saw a way to make life spring into being, so he followed through with what he'd seen and sent his "great spirit birds" to Earth. These great birds were made of the power, Great Spirit – the element of electricity – the medicine of life itself. When they flapped their wide wings, they made the thunder! When they blinked their bright eyes, they made the lightning! And this is how those original great spirit birds came to be called the "thunderbirds".

When the thunderbirds arrived near Earth they worried because all they saw was rock and stone, the Stone People. Where would the thunderbirds live on Earth to do their work? What could they use to make their nests? No plants had been created yet. There were no grasses, sticks or tree branches. Only stones lay strewn about. Those first thunderbirds saw they'd just have to ask the Stone People to help them. They made use of what they were given here. If all they knew were the Stone People, well then, they'd just ask them to help make their nests! The Stone People were elated to be asked to help out. After all, they'd been sitting around a very long time on Earth waiting for their role to be revealed.

From the sky the thunderbirds flew down and grabbed hold of big stones in their talons. With tremendous wings they lifted the stones, flying up with them to the high places. They landed and placed their big stones on the tops of hills and mountains. Flight after flight of carrying heavy stones the thunderbirds saw they had gathered enough Stone People. They arranged them into large, circular formations and these became the first thunderbird nests.

Now nested and comfortable, the thunderbirds began their work of helping the Creator make life. They blinked their eyes and lightning bolts fired out like arrows! They shot their lightning arrows onto the rocky Earth. The power of their electricity sent the good medicine of life into the land. Tiny growth began to emerge. Lichens and mosses grew upon the faces of the rock. Shoots of grasses, flowers, shrubs, and bushes soon sprang up. Trees began to root and soon grew tall! All these new, green, lush lifeforms became the Plant People. Not long after that the thunderbirds helped in the creation of animals. All the crawlers, walk-



The Thunderbirds shot their lightning arrows onto the rocky Earth. The power of their electricity sent the good medicine of life into the land.
Thunderbird Mountain painting by Tim Yearington



A sacred stone thunderbird nest - place that allows us to get above our everyday lives and renew our vision and sense of purpose.

ers, swimmers, and fliers became known as the Animal People. With the Plant and Animal people now done, the last to be created with the aid of the thunderbirds were us humans, the Human People! Yet, of all to be created, the Human People were the weakest. But luckily, they were wise. Those first Human People realized how all the others – the Stone People, Plant People and Animal People – were their relatives. And they respected them very much for the sustenance they provided.

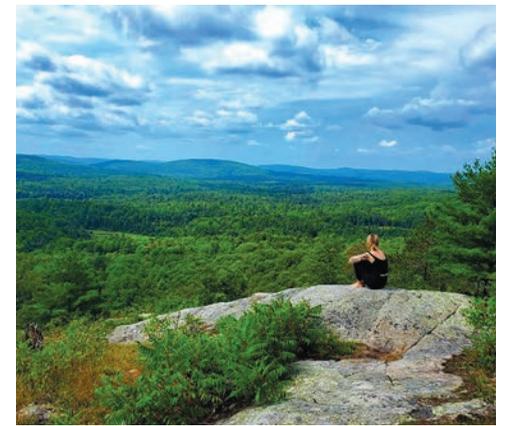
The thunderbirds were pleased with their work of helping make all beings of life spring forth. They stayed around a long time continuing to help the Plant World grow, prosper, and become healthy. They'd fly into the sky and flap their wings forming thunderstorms full of medicinal rain. The rainwater nourished all the residents of the Plant People. They grew so healthy the Plant People had very much to offer. But they saw how the Animal People and the Human People were suffering. So, the Plant People gave them everything they could spare to help them survive – foods, medicines, building materials and beauty. The Animal and Human People became healthy thanks to those four sacred gifts of the Plant People. And now with this generous abundance all the People – Stone, Plant, Animal and Human – remembered the role of the thunderbirds in helping the Creator consciously create a healthy life on Earth for everyone.

The Human People now made regular offerings of thanks to the thunderbirds for their good medicine and assistance. They respected the high places

where the thunderbirds resided and made their stone nests. They left the thunderbirds alone in their nests to lay their eggs in peace so their thunderbird chicks would hatch each spring. Because now they truly knew; the more thunderbirds there were, the more medicine all the People of Earth would receive from the Great Spirit!

Year after year the thunderbirds returned, and everyone knew when they were back. When they'd hear thunder and see lightning the People knew the thunderbirds were returning to their sacred stone nests in the high places. They grew to respect the thunderbirds for all the powerful medicinal work they did for the sake of maintaining a natural, wise, and practical way of life on Earth for everyone.

Still today, in the spring, summer, and autumn is when the thunderbirds are around. They do most of their medicine work in the summer. And because they get tired too, they often lay and rest in their stone nests while asking the Creator what to do next. They stay protected and cozy in their sacred nests while seeking vision and guidance from the Great Spirit.



You can feel the power of Thunderbird when you visit a nest, even if you don't know the story of Thunderbird.

In autumn the thunderbirds prepare to leave their nests for the winter. Some fly south like many other species of birds. But some other thunderbirds fly west – back into the dark mystery of the Spirit World – to recharge their great, electrical power. Because when these thunderbirds return each spring, their sacred job is to eradicate the serpents... But that's another story!

To remember, celebrate, and thank the thunderbirds we can visit their sacred stone nests upon the land. Here we often offer them a gift of tobacco or a serving of food. We purposely feed the thunderbirds because today we know it's they who actually feed and empower us in life.

A stone thunderbird nest is a real, rock-solid place upon the land. There are many of them here in the highlands. By visiting a thunderbird nest, we can all gain good medicine:

We're all native to the Earth.



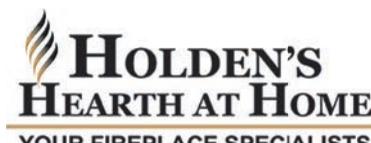
Tim Yearington, Grey Thunderbird Man, is a Métis-Algonquin traditional knowledge keeper, elder, teacher, guide and spiritual helper. As a writer he is the author of two books that share traditional Métis-Algonquin worldview. He is working on his third book about sacred sites his ancestors revered on the Mattawa River. Tim and his ancestors are from Kitchizibi (Great River) Algonquin Territory known today as the Ottawa River Valley. Email: timyearington@gmail.com Website: www.timyearington.com Mobile: 613-328-4815



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Enjoy the Magic of Winter Trails

By Lesley Cassidy

Why move inside at first sight of frost? Blessed with thousands of kilometres of trails on Crown and private land, the Ottawa Valley offers many choices for exploring outside this winter. Fire up your snowmobile, wax your cross-country skis and grab your toque, down mitts and woollies to explore these frosty trail options.

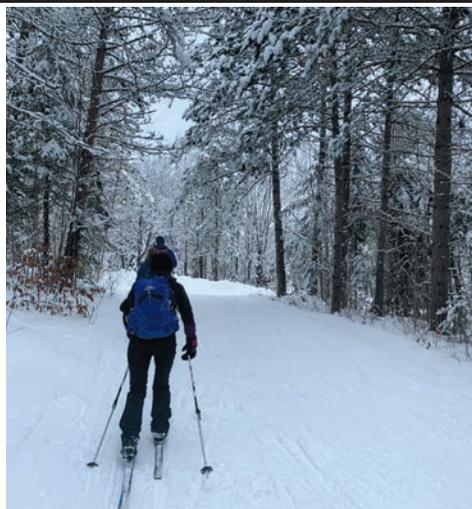
Like to live on the wild side? Try the Opeongo Hills Nordic Ski Club. Yes, hills - this will be a leg day. But don't be concerned; easy-to-challenging cross-country skiing trails have been cleared for all levels and provide classic and skate-style skiing options. Located north of Eganville in Brudenell, close to Letterkenny and Opeongo Roads, the ski area shares more than 19 kilometres that travel through private terrain. A perimeter route provides a unique way to ski around the entire network. Toast the tips of your toes in the yurt with a woodstove belting out heat, or it's a comfortable spot to put your ski boots on as well. Nearby Hilltop sports, MEC in Ottawa or the Killaloe Library offer rentals. As one local skier, Deb Clouthier, shared, "Not only is it affordable at just \$10 a day, but the drive through the heart of Renfrew County is not to be missed. The trails are some of the best-groomed ones I've ever been on with rollers to challenge yourself at every corner. Maybe because it is high in elevation, over 500 meters up, the snow conditions are first class. I, for one, can hardly wait for winter." And if you enjoy testing your lungs, a 2.5, 5, 10 or 20-kilometre loppet (race) occurs every year in late January, drawing new and experi-

enced skiers alike.

Gliding through the magical forest more your speed? That describes the **Madawaska Nordic Trails** located off Crestview Drive in Calabogie, across from Calabogie Ski Peaks. With approximately 18 kilometres of ski trails that are groomed for classic style cross country skiing after each significant snowfall, the paths meander and twist through the bush with a few hills to keep the skier's heart rate pumping.

The ungroomed Blue Jay Trail leads you to Fergus - the gateway to the Great Western Nordic Ski Trail. The Great Western snakes through Crown land, across marshland, bush, and hills, finally arriving, 40 kilometres later, at Dacre Heights. Dacre Heights is a playground for self-propelled cold and warm season activities. Not recommended for beginners, this lengthy trek involves wrangling cross-country skis up hills and around tight corners as you cross the Canadian Shield. And you will need to be prepared for endless ungroomed deep white powder in a remote and isolated part of the Valley. The Madawaska Nordic Trails provide numerous skiing choices for the whole family and snowshoe and fat bike paths as well.

Prefer a motor? With over 2500 kilometres of groomed tracks in the Ottawa Valley, unlimited choices abound. Snowmobiling in Ontario is divided into districts. **District 6** covers most geography south of Algonquin Park down to the Ompah region, west to Bancroft and Haliburton, and the Ottawa River travelling east. Known as "Snow Country",



Enjoying a cross country ski through a winter wonderland at the Opeongo Hills Nordic Ski Club.

Pic by Krista Petrie-Wallace



Our snowmobile is sitting in the garage waiting for the good times on the frosty fluffy white stuff.

Pic by Lesley Cassidy

tour any of these four exciting loops for interesting terrain and adventure: Madawaska Highlands, Calabogie Highlands, Round Bonnechere and the Voyageur Route. The Madawaska Highlands loop (180 kilometres) follows the Madawaska River along mainly rail corridors. The Calabogie Highlands loop (260 kilometres) follows mostly forest tracts, past Calabogie Lake, skirting the Madawaska River, then on to the towns of Griffith and Eganville. The Round Bonnechere Loop (230 kilometres) travels around Golden Lake, Lake Dore, and Round Lake, covering hilly terrain and rail trails with numerous possibilities to stop and fuel up, including Barry's Bay, Killaloe, Eganville, and Golden Lake. The Voyageur Route, at 350 kilometres, tours along bays and long stretches of the mighty Ottawa River, passing the towns of Renfrew, Arnprior, Beachburg, Westmeath and Petawawa. It's a mix of rail corridors, farmland,

and forests.

District 6 last season, with pandemic measures, tied for second place as the region where snowmobilers rode most often. Plan a route, discover new terrain and welcoming towns where you can disappear into the Valley for a day or a week. Or contact **Tom Irwin Adventure Tours in Calabogie**; his team will outfit and guide you on an exhilarating snowmobile excursion.

Like to try the latest and greatest? Try a fat bike. These bicycles (yes, electric bikes exist too!) with puffy oversized tires are the newest excitement in outdoor winter recreation. You can cycle almost anywhere — on snowy country roads, rail trails or over frozen marsh and lakes. Or visit one of these excellent options. Heading towards the Ottawa River, the **Beachburg Off-Road Cycling Association (BORCA)** maintains a diverse trail network in the Whitewater region,

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HAPPY TRAILS



Snowshoes - the winter activity that can take you anywhere. Modern snowshoes are lightweight and strong, with different shapes and load capacities to suit the terrain and snow conditions.

Pics by Lesley Cassidy

The start of the Wendigo Ultra Fat Bike race - fat biking event in the Ottawa Valley held since 2016. Recently, the Beachburg Off-Road Cycling Association hosted a mountain bike poker run with great prizes on Saturday, November 20th. Funds raised help maintain summer and winter fat biking trails. See the website to stay up to date on other events borcatrails.com

Pic supplied by Cameron Dube and the Wendigo Team

with 15 to 20-kilometres groomed each frosty season for fat biking. Cameron Dube, a former director with BORCA, shared that the association raises funds through memberships and events, and this fundraising helped pay for the snow dogs that compact the pathway. He commented, "These trails have a totally different feel in winter; riding is fun and faster than summer". The rider doesn't have to contend with the rooty and rocky sections now buried under the snow, and it's mosquito-free.

The County of Renfrew, BORCA and private landowners in the area support these trails and together have developed a strong partnership. They discourage walkers from the sections explicitly groomed for fat bikers during winter as it can ruin the packed trail. However, snowshoers are welcome to create a pathway beside the groomed spaces. Up the road from the BORCA pathways, you can

find the **Algonquin Trail (Ottawa Valley Rail Trail)**. With the snowmobiles compacting the snow, it's a linear flat corridor to cycle, starting from Cobden or any other town along the way, including Renfrew, Arnprior, Pakenham, Almonte, Carleton Place and Smith Falls.

The Mississippi Valley Trails, Bennies Corners and Sugar Bush, located in Lanark County, share superb fat biking selections. The Lanark County Mountain Bike Association maintains this network. It works with the Ministry of Natural Resources and Forestry (MNRF) and landowners to deliver an exciting cycling experience that loops around and through forests and fields. This group, run by volunteers, resolves issues and works hard to maintain access and good relationships with landowners.

Heading over to the County of Lennox and Addington, they have developed ten kilometres of old logging

roads and trails that wander through 127 acres of bush, also known as "the Pines". Located north of Flinton, explore this network by fat bike, knowing that these county trails were designed and built to focus on the mountain biking experience.

If that isn't enough, check out the **Wendigo Ultra!** It's a 50, 100 or 200-kilometre event where cyclists ride the Algonquin Trail from Cobden to a town along the way, depending on your chosen distance. This event has been held each year in February since 2016 by a small group of dedicated frosty weather riders.

Lastly, snowshoeing! The wonderful thing about snowshoes is that you can go anywhere. Paths have been developed for those who prefer to explore without having to launch themselves over downed trees or sink knee-deep into powder. **The Manitou trail system** in

Calabogie, popular for hiking in summer, is a fantastic 18-kilometre network for snowshoeing, and the **Griffith Uplands** nine-kilometre trail just two kilometres north of the Griffith General Store will challenge your quads. Many other places in the Valley that offer cross-country skiing offer snowshoeing alternatives.

What do these activities all have in common? Landowners. Many trails cross private land, and if it weren't for gracious landowners, many snowmobiling, fat biking, and cross-country ski networks would not exist. The Ontario Federation of Snowmobile Clubs developed a pledge to encourage snowmobilers to stay on the track this year. **Several routes in the Ottawa Valley have been closed due to winter recreationists disregarding signs. Let's keep our winter networks open by following posted rules and respecting our friends who enjoy other cold season activities; this includes staying off groomed cross-country ski tracks or walking on fat bike trails.**

See you outside this winter!



Lesley Cassidy has been cottaging near Calabogie for over 40 years and has just moved to the area. She grew up spending her summers in the area and visiting family in Ashdad and Mount St. Patrick. Her favourite 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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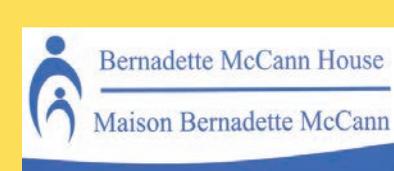
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Cold Weather Camping & Outdoor Pursuits

By David Arama



Instead of hiding indoors this winter, try getting outside in nature and absorbing those precious hours of daylight. The prescription for Fall and Winter Seasonal Affective Disorder is often light therapy (phototherapy) and there is nothing like "Forest bathing" to make you feel at peace. I love winter camping. I stay warm without dealing with bugs, bears, lightning (rare in winter), etc. It's so peaceful.



Left to Right: You can stay cozy in a hot tent. Hot tents and stove setups come in many sizes and designs. Don't forget to bring a light-weight folding snow shovel. Even if you go with a hot tent, a sleeping bag that's good to -30 or -40 Celsius is a must to keep you warm if the fire goes out while you are sleeping. You won't want to wear your snowshoes around the campsite, so removable crampons that fit over your boots will give you some traction on packed snow and ice. Luxury lightweight titanium stoves come with many options including side racks to hang clothes to warm up or dry out, a cooking surface, and/or an oven. And don't forget a waterproof fire starter like Ferrocerium rods.



The winter solstice and the holiday season are fast approaching, with it comes plummeting temperatures and for many, a tendency to stay indoors near a fireplace.

It also results in a rise in mental health issues and overall poor health, heightened by the on-going pandemic. One way to avoid the pitfalls of the winter season is to get outdoors, feel the Sun's rays, and embrace winter adventures! Winter deep snow scenery is amazing, and some of the best stargazing and northern lights are contrasted against the white blanket of snow. It's

also a good time to do some tracking of animals and birds especially with some fresh snow. And there's something special about following up the outdoor activity with a cheerful bonfire or fireplace, and hot chocolate.

Being prepared for some of the dangers of winter activities is obviously important for survival, and for being comfortable. Key elements include proper clothing and footwear, emergency survival gear, skills and experience, plus your physical condition and health, and of course, functional gear specific to the activity.

Here are some of my favorite winter pursuits:

Snowshoeing is an excellent way to access the winter wonderland. It's also phenomenal exercise, especially breaking a new trail through the bush. Proper snowshoeing allows you to walk on the snow, sort of like floating. Nowadays, most people utilize synthetic and aluminum composite snowshoes that are a modified Bearpaw design. They come in adult and child sizes, and one size fits all, or various weight capacity siz-

ing. They are the best on packed trails, easy to learn how to use, and no upkeep or maintenance is required. Most come fitted with easy buckle harnesses, and crampons that allow for icy conditions. However, for deep snows off-trail, they tend to sink a lot. There are aluminum, titanium, ABS plastic and magnesium snowshoes, and many hybrids. The fancy brands e.g., TUBBS, Atlas, can run you \$300 or more a pair, but if you're just starting out on a budget, there are no-name brands that are in the \$50 - 100 price range. It's a good idea to also buy

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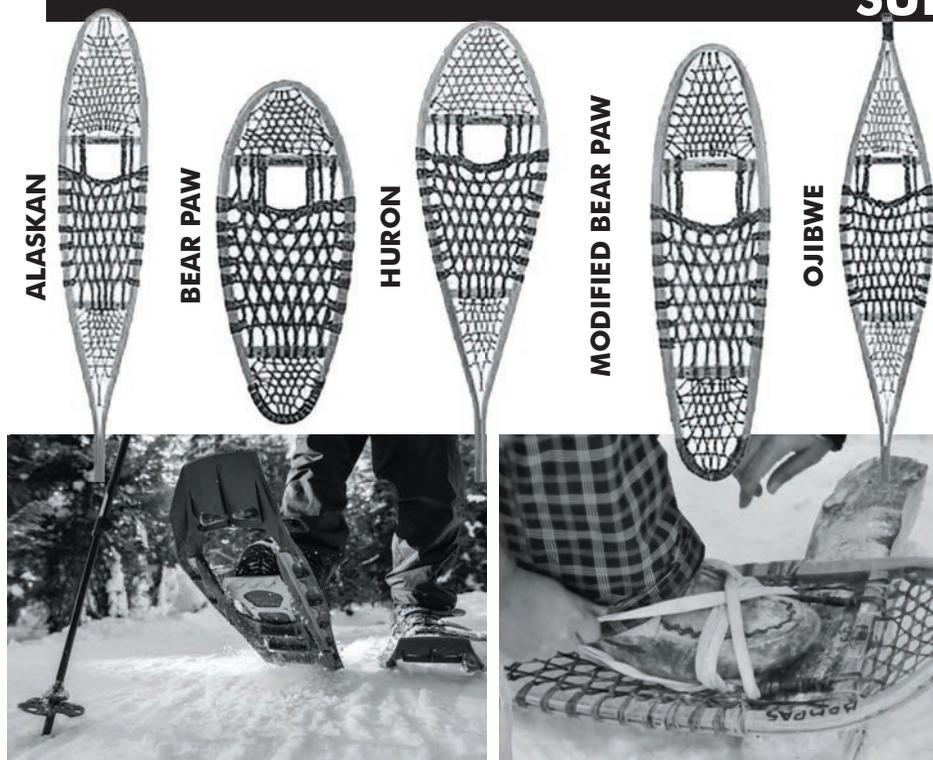
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Modern light-weight snowshoes have built-in crampons to give you extra traction to go up steep snowbanks. More traditional lamp wick bindings are very effective and much cheaper than leather. Snowshoes are shaped for the conditions, with shorter ones more manoeuvrable in the bush. Longer ones better for open land.

ski poles or hiking poles, to assist you when snowshoeing.

Traditional snowshoes and lamp wick harnesses are getting increasingly hard to find. Based on many designs, developed by Indigenous peoples over thousands of years, they come in different designs and sizes for a variety of snow conditions. For example, bearpaws work well in thick forest, whereas wide and long designs e.g., Huron and Ojibwe, are better in deep snow and on frozen lakes. Some have ski tips and can be 8 feet long.

Traditional snowshoes are made from ash and cedar frames, with babiche or rawhide webbing. They need repeated coats of marine varnish or oils, and don't work well in the shoulder seasons, wet conditions e.g., puddles, or when there is corn snow, late season sharp snow. Also, you can't walk straight up or down steep and icy slopes, the way you can easily with modern aluminum snowshoes equipped with crampons.

TIP: many retailers and camps rent out snowshoes, and there's always a selection of used snowshoes for sale on marketplace and kijiji sites.

Winter Camping: Winter camping can include tarp camping, and quinzee (snow hut) igloo campouts. There's a spectrum of difficulty to choose from, from car camping, to Crown lands Backcountry, to dog sledding.

The keys to comfortable winter camping experiences include the following:

- Start based on your level of skill and experience.
- Have layered winter clothing with lots of woolens and polar fleece, that keep you warm and dry
- Have minus 50 or lower winter boots
- Choose a dome or tube styled winter 4-season tent
- Have a minus 30 or 40 Celsius rated sleeping bag, preferably a mummy design with a wool liner, and a double thickness closed-cell foam or core foam sleeping underpad
- Have a large silicone coated tarp, whereby you can keep a campfire going under the tarp, with the tent also under one corner of the tarp
- Preheat the sleeping bag with instant heat packs, or a heated stone wrapped in a t-shirt

- Have a groundsheet or footprint underneath the tent

TIP: Practice winter camping in your backyard to test out gear capabilities and yourself!

Hot Tenting: This form of winter camping is becoming all the rage and allows for a much more exciting experience. You can stay up late into the evening with a small woodstove humming, especially if you get a woodstove that has a glass door and windows. Woodstoves can be purchased with hotplates and an oven for cooking. And you can always let the fire die down to a bed of coals, and crawl into a toasty sleeping bag.

Some hot tent/stoves combos are lightweight enough to backpack with. Others require a snow sled.

Hot tents and stove setups come in many sizes and designs. Canvas tends to keep more heat in, but it's heavy, whereas many new lightweight nylon hot tents weigh less than 8 pounds. If you have lottery winnings, titanium woodstoves are super light. If you're broke, you can convert a regular tent to a hot tent with a stovepipe hole patch kit or buy a cheap nylon hot tent on Amazon for \$250. Canadian Outdoor Equipment rents out hot tents and woodstoves.

Winter Yurts are increasing in popularity, especially with urban staycationers. Some provincial parks and private resorts offer luxurious winter Yurts, complete with woodstove and/or propane furnace heater, kitchen, and bathroom, widescreen television, and fancy beds. This experience also leads to having day adventures like skiing, snowshoeing, and snowmobiling.

TIP: For Yurts or Hot Tents, always bring a winter sleeping bag, just in case!

Snowmobiling is a ton of fun and adventure and is also extremely expensive. There's the cost of the machine, a decent used one starts at \$2,500, with new ones going from \$10,000 to \$30,000. Then there's proper outfitting like helmet and boots. There's annual maintenance, gasoline, ORVDA trail User permits, license plates, and insurance. If you stay below 500cc, insurers are happy. But watch



No one ever expects to be in this situation but running a heavy vehicle over frozen water comes with an inherent risk. Snowmobile suits with built-in flotation pads can be life savers. Don't try to get out like you would get out of a swimming pool, instead swim out by kicking your legs and use your ice pick to help pull you along on your belly.

what happens when you go to 700+cc.

Be aware that a snow machine is considered to be a vehicle, so alcohol and drugs rules apply. Infractions and charges affect your automobile policy. Snowmobiling is the number two outdoor activity that causes fatalities in Ontario.

There is no doubt that the way to access

thousands of kilometers of Ontario and regional wilderness is via sledding. That's something to keep in mind when choosing winter pursuits. Snowmobiling is fairly passive and doesn't require much physical exertion or a level of fitness unless you get stuck.

TIP: Always carry a pair of compact snowshoes as a backup just in case you have to walk out!

Clothing & Footwear for Subzero Conditions:

I like layers, loose fitting, and wicking. Key elements include woolens, fleece, Gore-Tex, and Thinsulate.

I like Baffin-100 Snowmobile Boots, or Thinsulate lined boots.

Backup Survival Gear: While a separate article onto itself, some basics for all winter pursuits includes the following:

- Ice picks for rescue if you go through thin ice
- Tarp and solar blanket for emergency shelter
- Stormproof matches, lighter, ferrocium magnesium rod, and emergency fuel cubes for a quick fire
- Communication equipment – satellite tracker
- High energy foods
- Water bottle. Don't assume you can eat snow to hydrate. That can cause hypothermia.

TIP: I prefer over 6 inches of ice thickness for snowshoeing, 8 - 12 inches for snowmobiling, and 12 - 20 inches for ATV and automobiles.

Remember, there's no such thing as 100% safe ice. Currents below the surface can cause air pockets and thin ice sections, especially in shallow water. Wear a float-assist snow suit, have ice picks and a rescue rope, and some form of a signal device like flares, air horn, or whistle.

Remember, be prepared, you are biodegradable.

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



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

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Merry Christmas and Happy New Year to all!

Terry Fox Run
By Geoffrey Cudmore



Top left to right: Run co-organizer Paula Cudmore looks pleased with her run. The Hughes family and Gregory Cudmore running through the woods. Theresa Pierce, Sandy Downes and Murielle Fong arrived early and did an early walk along the river. Left: The starting lineup ready to follow the Lions women on the run. Right: Front and back of this year's tee shirts with English, French, and Métis.



Our Griffith Terry Fox Run presented us with challenges this year. The run was supposed to be a virtual one like last year until July 28th. On July 28th the Terry Fox Run Office said smaller communities could have an in-person event, after the Government of Ontario began to relax the COVID restrictions and to allow outdoor gatherings of up to 100 people. Getting the word out to the community quickly was the challenge. In the past, our booth at community events like the Lions Club's "Show and Shine" and the Greater Madawaska Showcase gave us opportunities to promote the event, but these events were still cancelled due to COVID. Posters, emails to past participants, lawn signs, and an article and ad in the Highlander was what we could do.

Sunday, September 19th was a perfect late summers day to be together again. Once again, the Lions Hall served as our meeting place, and it was great to see the large Lions Club sign promoting the run. Theresa Pierce, Murielle Fong, and Sandy Downes met us and opened the hall. They headed off before the group start because Theresa and Murielle were eager to ensure they completed their Terry Fox 10K walk. Everyone enjoyed their run, walk or cycle along the Madawaska River.

Terry Fox Runs have a different t-shirt design every year. I have drawers full of shirts going back to 1997, but this year's shirt will be a favourite. The Fox family have Métis lineage on the Gladue side of the family (Betty Fox's mom was Marian Gladue) and to honour this his-

tory, the family liaised with Métis Nation BC to create the 2021 Terry Fox Run t-shirt. The 2021 design celebrates Terry's heritage, with illustrations of traditional Métis floral beading created by Métis artist Mal Blondeau. The flowers chosen honour the land where Terry's ancestors lived: the prairie crocus of Manitoba and the wild prairie rose of North Dakota. The Foundation's mission - to fund cancer research - is written in English, French and the Métis traditional language of Michif, as is the phrase "Try Like Terry", in honour of his remarkable effort. The back of the shirt includes a mouse track beadwork border with the Métis infinity symbol.

At last count, the 2021 run has raised \$4,556 and is still rising with donations still able to be made until March

31st, 2022. This brings the Griffith Run's 10-year total to more than \$54,000 in support of innovative cancer research. In total 18 participants and volunteers (plus 2 dogs) showed up this year in person. Thanks to Bill Shipley from the Lions Club for doing the 2.5K water station, and my wife Katie who gave up walking to do the 5K turnaround and photos. Also, thanks to Sniders Tent and Trailer Park for the donation of 2 cases of water.

**Next year's run will be on Sunday
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keep Terry's dream alive.**

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Maintaining Health Over the Winter of Our Lives

By Derek Roche

Although the pandemic has brought a variety of new people to the countryside, we continue to have a primarily aging and elderly population. This article will have helpful advice for everyone, but it is particularly important for those who are beyond 50 years or so. Let's start with the increasing problems related to inflammation in our bodies.

As people age, inflammation within their body increases, damaging cells. It's defined as (*A localized physical condition in which part of the body becomes reddened, swollen, hot, and often painful*) People who consume an anti-inflammatory diet that includes more fruits, vegetables, beans, and tea or coffee, have a lower risk of developing conditions directly related to inflammation, including dementia, heart disease, cancer and arthritis later in life.

Let's start with dementia. There may be some potent nutritional tools in your home to help fight the inflammation that could contribute to brain aging. Diet is a lifestyle factor you can modify, and it plays an important role in combating inflammation, one of key factors contributing to dementia and cognitive impairment.

Foods that are anti-inflammatory tend to be the same foods that can help keep you healthy in other ways, too. Eating with inflammation in mind doesn't have to be complicated or restrictive.

Pic by Timo Volz unsplash.com



Simple rules of thumb for anti-inflammatory eating:

Eat more plants. Whole plant foods have the anti-inflammatory nutrients that your body needs. So eating a rainbow of fruits, veggies, whole grains and legumes is the best place to start.

Focus on antioxidants. They help prevent, delay or repair some types of cell and tissue damage. They're found in colorful fruits and veggies like berries, leafy greens, beets and avocados, as well as beans and lentils, whole grains, ginger, turmeric and green tea.

Get your Omega-3s. Omega-3 fatty acids play a role in regulating your body's inflammatory process and could help regulate pain related to inflammation. Find these healthy fats in fish like salmon, tuna and mackerel, as well as smaller amounts in walnuts, pecans, ground flaxseed and soy.

Eat less red meat and grains. Red meat can be pro-inflammatory. Are you a burger lover? Aim for a realistic goal.

Pic by Robert Anasch unsplash.com



Try substituting your lunchtime beef with fish, nuts or soy-based protein a few times a week. Reduce grains such as wheat and watch your arthritis improve!

Cut the processed stuff. Sugary cereals and drinks, deep-fried food, and pastries are all pro-inflammatory offenders. They can contain plenty of unhealthy fats that are linked to inflammation.

Eating whole fruits, veggies, and beans can be quick if you prep ahead for multiple meals.

As this is the final edition before winter, allow me to wrap up with a little-known, but important factor in maintaining health in the cold months ahead.

As the weather grows colder the heat comes on in our households. This dries out the air we breath, particularly if you have a wood stove. This environment dries out the mucous membrane in our nose, mouth and lungs. The mucous membrane is the first line of defense against colds and viruses, including COVID! When our sinuses and lungs are dry, they provide easier access than when

Pic by Eiliv Sonas Aceron unsplash.com



they are healthy and moist. In short, keep humidity up any way that you can. Humidifiers, pots simmering on the stove, and leaving the bathroom door open when you shower are all helpful. Buy a humidistat and keep it in a central space. Try to keep the humidity between 40 and 50%. It may dip down during really cold temperatures, but do whatever you can to keep it above 40%. Don't overdo the moisture level as you can begin to develop mold in your home. You may be going too far if there is excess moisture on all the windows!

Enjoy a healthy and happy winter season!

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



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Mary's Musings

By Antonia Chatson

I was one of five girls in our family - the eldest. Our father was a sheep farmer and we lived on the outskirts of Nazareth. Now as you can imagine, five girls in the family would not have been a farmer's first choice for a family. He would have preferred a couple of boys to help with the sheep, but we girls surprised him pleasantly with all the chores that we did to help him. Our life was hard. We were never wealthy, no one who is a farmer is, but our lives were fulfilled and we looked forward with joy to each new day and the blessings that the Lord would bestow on us. The only cloud on our, and everyone else's horizon, was that of the Roman occupation, with their constant presence, and their exorbitant taxation. We, as did others, often wondered if we would be able to continue our existence with so much of our income going out to them. But we always recalled the verse from Psalm 34, where it says, "Fear the Lord you His saints for those who fear Him lack nothing". This always assured us that God would never see us lack for anything.

Our life was a good one. I would not have changed it for the world. And my life was made even better when a young man from the village began to court me. Truth be told, I had had a crush on him for years, but it was only recently that he had begun to notice me. And... he finally asked me to marry him. I thought that my cup was surely running over, but then things started to happen that put me in such a turmoil that I didn't know what to think. Apart from being assured by the Angel Gabriel that all would be well, I relied on another verse from Ps. 34. "Taste and see that the Lord is good, blessed is the man who takes refuge in Him." My faith had always been strong, but I knew now that it had to be stronger yet to see me through what really was a wonderful thing that was happening to me.

When Gabriel first appeared



pic by Mahdi Bafande unsplash.com

to me, I was very disquieted by the news that he gave me. He said that I was to have a child who would be called Son of the Most High. I could not fathom what he was saying about His having the throne of His father David or that He would reign over the house of Jacob forever and that His kingdom would never end. I was in such a state of shock and had an awful time remembering all that he had said. At first, I could not understand how I could have a child when I was not even married to Joseph, but then Gabriel explained how the power of the Most High would overshadow me, I thought I understood. And as if this was not enough, Gabriel also informed me that my cousin Elizabeth was also going to have a baby and she was in her sixth month. Had it been that long since I had written to her?

Well, after Gabriel left, my first duty was to tell all of this wonderful news to Joseph. I thought that he would be thrilled with the news, but when I told him in the quiet of his carpentry shop, he was most upset. He turned his back on me, and after telling me abruptly to leave, he continued on with his carpentry work. It was not until a few days later that I found out he was planning to leave me. When I confronted him about this, he said that he did not want to embarrass me or put me to shame in the eyes of the public. My wonderful world was beginning to fall apart.

I could not seem to get through to Joseph. I spent several sorrowful and tearful nights in prayer. Shortly after this, I was surprised by Joseph's appearance in our house one morning when I was kneading the bread for the day. He did not normally call until the evening when his work and

my chores were completed. He lovingly put his arms around me, while I, of course, cried in perplexity. He told me that an angel had visited him telling him that the child conceived in his Mary was of the Holy Spirit and that their son was to be called Jesus, which means 'Jehovah saves'. After another little cry and with Joseph's protective arms and those of God wrapped around me, I knew that all things would work together for good for those who loved the Lord. My fears vanished and my world suddenly pulled together again.

Now I felt that I could also discuss Elizabeth's good fortune with Joseph and we both agreed that I should go and stay with her for a while and help her. Elizabeth and I spent a wonderful three months together and found joy in each other's company and solace in our daily routine that we did together. I insisted on drawing the water from the well and shopping at the market, leaving her free to make the bread, and curds from goat's milk. We always praised the Lord for His blessings that He had conferred on us, but often wondered why He had chosen us, such humble servants, for His great purpose.

I left Elizabeth just before her baby was due and returned to my family and Joseph. My family and his helped me to prepare my layette. I was fast approaching my time and my sisters and parents were so looking forward to a new baby in the household, when that odious Quirinius put forth an edict that yet another census had to be taken and that we were all to return to the place of our husband's birth. How many censuses do these Romans need? They just had one two years ago. The Romans are so money hungry that they have to tally every head to make sure they are getting all the taxes that are owing to them. It would really be nice if all the provinces under Roman rule would amalgamate, then there would be no need for all of this needless travel, or in my case - travail.

The journey to Bethlehem was awful. It was in mid-summer and the heat during the day was horrific. Joseph insisted that I always ride the donkey and he walked alongside. Often, I would get so faint from the heat that he would have to support me. We slept at nights, mostly in homes along the way and rested during the heat of the day, partaking of the food that we had brought with us. The worst was yet to come - for when we reached Bethlehem, it was late at night, and there was not a room to be had, not even at the large caravansary at the outskirts of town. Joseph even asked at private homes, but every room was filled. He finally returned to the small inn where he had left me and the innkeeper told us that we could bed down in the stable behind the inn. Thankfully we had a soft place for the night, but little did I know what kind of a night I was to have!

The rest is history, and I think you know our story. What a time we had of it after our Jesus was born, our flight into Egypt and our stay there for three years. I never did like cosmopolitan living! And how grateful and thankful we were to finally return to Nazareth and settle back down to normal life.

Little then did I know the whole story - but Joseph and I would do it all over again. But sometimes - I just miss our little boy!



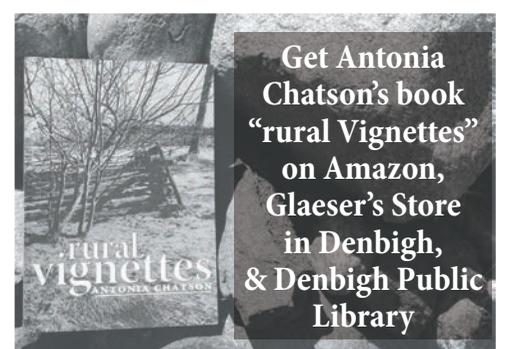
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Antonia studied at The Royal Conservatory of Music and at York University. She taught in all levels in the public school system as well as giving private lessons in music. Her passion is the land. She loved her experiences growing up on the farm in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



Ontario investing \$75 million to support frontline policing and justice sector to crack down on the gun and gang violence, cross-border guns, drugs and human trafficking.

High-end vehicle thefts in eastern Ontario on rise. Push-start/keyless vehicles targeted as thieves override lock and electronic ignition to drive off in minutes.

Vancouver to change name of Trutch Street. Trutch denied Indigenous people title to their lands and blocked their right to buy land held by non-Indigenous people.

Field schools across Canada are being set up to train First Nations archeologists and give Indigenous Peoples greater control over their own excavations.

Knife found under Parliament to be returned to Algonquin nations. The first artifact to be returned and first public acknowledgement that Algonquins occupied that land

Ontario to release 1,800 death records of Indigenous children. Death records don't indicate children's schools. Only BC and AB have released records to date.

Ojibwe Spirit horses, legally killed in the 1970s as threat to grazing land in Ontario were moved to save them. Small horses, indigenous to Canada, are almost extinct.

Metis woman escorted out of St. Boniface Hospital in October after hours waiting for care in a nearly empty waiting room, got treatment immediately next day elsewhere.

Canada's wireless costs among the highest in the world': Finnish report blames lack of telecom competition. Canada's most profitable for Telcos - fewer towers per customer

Canadian racing driver and Instagram influencer, Josh Cartu, accused of 'massive fraudulent' scheme that defrauded investors of millions.

When a vehicle crashed into a tree on County Road 27 in Springwater, ON. OPP 'disappointed' bystanders took videos, not 911, as teens struggled out of burning car

Toronto was just ranked one of the smartest cities in the world in 4 areas — digital life, mobility innovation, business tech infrastructure, and environmental footprint

Leaders at the Group of 20 summit support corporate tax changes to deter multinationals from using tax havens to escape paying taxes in their countries.

Hebrew speakers ridicule Facebook's new Meta name. In Hebrew, *Meta* means *Dead* The Jewish community will ridicule this name for years to come.

New, 24-hour Toronto convenience stores have no cashiers. All you need is an app.

Montreal's New 24-Hour Depanneur Has No Cashiers. Use an app to unlock the door, scan your items at the in-store kiosk, pay and head out with your goods.

Ontario is set to introduce legislation that would make it easier for immigrants to get licensed to work in professions that match their areas of expertise.

Ontario proposes right to disconnect from work law - setting email response times, out-of-office notifications, and prohibiting "unfair" non-compete agreements

Small businesses in Ottawa's downtown struggling to survive with no sign of a return to federal offices

Online shopping and pandemic shutdowns have cut shopping mall incomes, spurring operators to add profitable housing to their properties for a win-win.

Ontario home care sector reports mass exodus of healthcare workers moving to hospitals, long-term care homes that offer better pay.

A restaurant in Toronto is no longer going to operate on Saturdays, generally the busiest day of the week in an effort to improve the quality of life of its staff.

Ontario CEO tests four-day work week for employees, says she won't go back. Employees were less overwhelmed and carried out their job much more efficiently.

Ontario to reinstate a minimum wage increase to \$15 that was cancelled three years ago. Previous rates were indexed to inflation, but this isn't - as cost of living rises.

4,193 Canadian fisher people told to repay \$25.8 million in COVID-19 relief assistance. Many fishers were regular employees rather than self-employed sharepersons.

U of Colorado, UAE begin project to put robotic space station on asteroid between Mars, Jupiter. It will be humankind's latest outpost for interplanetary exploration.

B.C. woman awakes to a hole in her roof and a space rock on her pillow. Golden resident concludes that a meteor spotted in the area that night just missed her head.

Australia to develop lunar rover to collect soil on the Moon that contains oxides and Nasa would use separate equipment to extract oxygen from that soil to support life.

Prince William says great minds should focus on saving Earth not space travel.

Via an unprecedented wave of lawsuits, America's petroleum giants face a reckoning for lying about devastation caused by fossil fuels.

Canada pledged to cap oil and gas emissions as COP26 talks begin in Scotland

Compared to most OECD countries, Canada has a high share of renewables for heat, electricity, fuel. 16.3% of Canada's energy comes from renewables

Renewables in the U.S. nearly quadrupled in the past decade. If trend continues, wind, solar and geothermal would meet current electricity demand levels by 2035

Extracting rare earths from fertilizer byproduct may soon be a reality

Canada's six largest banks last week join former central bank governor Mark Carney's efforts to steer lending away from fossil fuels toward renewable energy

Leading oil exporter Saudi Arabia aims to reach net-zero carbon emissions by 2060.

"The Blob", a massive marine hot spot discovered in 2013 threatens the carbon-scrubbing role of the ocean's tiniest creatures in the Pacific Ocean: study

Deep lake water cooling (DLWC) used to cool over 100 buildings in Toronto, saves enough electricity to power a town of 25,000 — city is pursuing an expansion

Killer whales spotted in Vancouver's Coal Harbour a sign of return to balanced ecosystem. Increase in seals and sea lions are attracting killer whales closer to shore

B.C. and harvesters, Teal-Jones Group, will honour Indigenous declaration to defer old-growth logging for 2-years in Fairy Creek and Central Walbran BC

Scientists have found a way to harden wood to make a knife that rivals steel. Process uses chemistry and pressure to make ordinary wood 23 times harder.

B.C. restricts sale and use of rat poisons to protect wildlife. 18-month ban does not apply to restaurants, grocery stores, food processors, or health services.

African elephants evolved tusklessness incredibly fast in response to poaching during Mozambique's civil war. Tuskless females went from 19% to 51% after war.

Non-profit group Climate Central has developed interactive maps to show sea level rise projections in major cities around the world at picturing.climatecentral.org

Feed Ontario launched Hunger in my Riding tool. Get local information about food bank users, to start thinking about what supports or policies are needed to help.

Elon Musk ready to spend \$6 billion to end world hunger, UN provided a plan

Toronto's University Health Network launches psychedelic psychotherapy research centre for end-of-life distress, persistent depression mental health challenges.

A Victoria woman who had a severe allergic reaction to the COVID-19 vaccine received several low-dosage shots instead of a second full shot, without reaction.

Scientists investigating why some people are genetically immune to catching or testing positive to COVID even though exposed to the virus through a symptomatic spouse

An Ottawa mom has been legally banned from telling her 14-year-old son not to get the COVID-19 vaccines, prohibited from showing misleading online information

Needle-free vaccine patches coming soon, say researchers and makers

AirBnB will crack down on "disruptive" New Year's Eve parties this year by banning single-night bookings for guests who do not have a history of positive reviews.

Still unvaccinated in Ontario? Expect a call from the government Outreach. Campaigns now include phone calls to anyone with a health card to help with questions.

U of T researchers create mirror-image peptides with chemical properties that make them suitable for the development of low-cost antiviral therapeutics SARS-CoV-2

New Pfizer COVID-19 pill reduces hospital, death risk by 90%, company says.

New private club in Toronto will take your \$100,000 for biohacking, plant medicine, epigenetics, breathwork, functional medicine and increase your "healthspan" to 120

Ontario announces plan for staycation tax credit, a 20% personal income tax credit on eligible accommodation in Ontario between Jan. 1 and Dec. 31, 2022

573 of the 650 charged in Jan. 6 attack of the US Capitol have no known affiliation with an extremist group. Many didn't have a plan or know where they were going.

As China woos the Taliban, Uyghurs in Afghanistan fear for their lives

Canada will only accept "trusted partners to help build our 5G network - a term that likely excludes China-owned Huawei.

Do you believe in Magic (Mushrooms)?

By Colleen Hulett

Do you know what is the most common question I get asked on mushroom forays? I can hear it now, "Have you ever found magic mushrooms here? I'm not looking for them, but I was just curious". I quickly, but kindly, answer NO and use the group's suddenly full attention to teach them about LBM's (little brown mushrooms). LBM's have many deadly mushrooms that look similar to magic mushrooms. Now that's a real problem and you may now understand why hunting for magic mushrooms is a dangerous sport for beginners that I never condone. Besides, it's illegal to use magic mushrooms in Canada. In Canada you can buy seeds or spore kits and plant them in your garden legally but the minute you cultivate, process, distribute or sell a banned substance from your plant or mushroom then you are breaking the law. Similarly, we grow poppies, but as soon as we process the seeds to make cocaine, we have crossed the line and have broken the law. Magic mushrooms themselves are not dangerous to ingest so it's not surprising to know they are decriminalized in several cities in the United States, like Somerville, Massachusetts and Washington to name a few close by cities. Countries like Jamaica, Bahamas and Brazil and Nepal allow the growing, processing, distribution, sale and use of magic mushrooms. I believe Psilocybes will be legalized soon in Canada soon due to all the promising studies on positive results when used in controlled situations for mental health issues.

Why are magic mushrooms suddenly experiencing a medical revival after being banned for decades? According to the popular Dr. Andrew Weil, scientists today have discovered that Psilocybin resembles melatonin, serotonin and other neuroregulators in its chemical structure and therefore its effects on human consciousness are profound. Besides, many psychiatric drugs of today are not performing well for many patients. Jon Hopkins university professor and neuroscientist, Roland Griffiths, conducted controlled scientific studies with psilocybin on humans. His studies have shown extremely positive results in fighting depression, tobacco addiction and anxiety. Something he has never seen work so well in the decades of studying mood enhancing chemicals. His patients also gained expanded consciousness, creativity, spirituality and long-lasting altruistic behav-



Above: Goopy turquoise baby Blue Head Mushroom Below: Mature version



ours from the psilocybin treatments. Shockingly, one dose can last up to 6 months! Other scientists are testing magic mushroom therapy on post-traumatic stress and alcoholism and expect equally valuable results. Who would've thought mushrooms were our answer to a host of mental illnesses that pharmaceuticals cannot help without side effects? Psychiatry has been waiting for a miracle for a long time. Even though promising studies were successfully performed in the 50's the war on drugs made it very hard and expensive to continue the research.

Heroically, Silicon Valley computer technicians and engineers have been microdosing magic mushrooms and LSD for over 20 years behind closed doors. Microdosing involves consuming 1/2 gram of powdered magic mushrooms every third day for an inventive creative and expanded mind to effortlessly solve tough questions. Microdosing LSD involves taking one tenth of a dose every three days. Microdosing ensures one doesn't hallucinate and that people can focus creatively on the task at hand. Did you know Steve Jobs dreamt up the stunning iPhone's creation on magic mush-

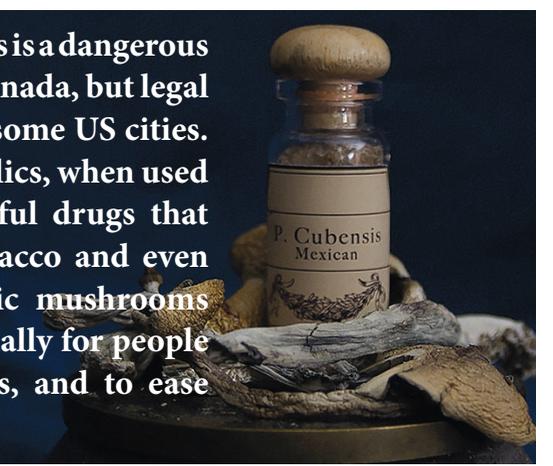
rooms? Did you know the complex double helix was finally figured out and constructed properly by two men, Watson and Crick while they were on magic mushrooms? It is very entertaining to Google "inventions created while high". Oh, did you know LSD is a fungus too?

According to mycologist Paul Stamets, there are approximately 200 known magic mushrooms on our planet containing the hallucinogens called psilocybin and psilocin. It's important to distinguish that there are many other hallucinogenic mushrooms, but they can also be deadly. Sure, taking too much psilocybe mushrooms may cause you to strip naked and run into traffic, possibly hurting yourself accidentally, but the mushroom doesn't kill via poisoning. The infamous and very beautiful red and white Fly Agaric (*Amanita muscaria*) from the Pacific coast of Canada, for example, is the classic toadstool we know from Super Mario games and is hallucinogenic too but can be deadly when processed improperly as the *Amanita* family contains lethal amatoxins. Shamans know how to properly remove the lethal toxin before ingesting it for spiritual and health purposes. *Amanita muscaria* is listed as toxic by Health Canada and is never recommended to ingest. The *Galerina* and *Lepiota* genus of fungi also carry similar lethal amatoxins like the *Amanita* family and unfortunately look a lot like psilocybes. The chemicals Psilocybin and psilocin extracted from Psilocybe mushrooms are nontoxic and safe traditional medicinals. Unfortunately, they fall into the dangerous LBM category of mushrooms we foragers avoid at all costs. The aptly named Funeral Bell Mushroom (*Galerina marginata*) can be found growing alongside Psilocybe species and have been ingested by magic mushroom hunters. Yes, they died from the accidental ingestion and not doing their homework. Other deadly *Galerina* species have been mistaken for Magic mushrooms. The only safe way to determine what specimen you have found is to do a spore print and view the spore

This column is for educational purposes. Never eat anything unless you are 100% sure. Beginners should forage with an experienced guide.



Hunting for magic mushrooms is a dangerous sport. Their use is illegal in Canada, but legal in many countries including some US cities. Studies are showing psychedelics, when used properly, are the least harmful drugs that rank well below alcohol, tobacco and even cannabis, so legalizing magic mushrooms would be a good thing, especially for people suffering from mental illness, and to ease end-of-life anxiety for others.



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shape under a microscope to ensure you have the correct mushroom. Most *Galerinas* and other toxic LBM's have a rusty-brown spore print. Psilocybe mushrooms have purplish spore prints, and the stem usually bruises blue when you handle them. The toxic *Lepiota* and *Amanitas* have whitish spore prints. *Amanitas* and their beautiful bright coloured caps fortunately are never mistaken for an LBM.

In his book *Psilocybin Mushrooms of the World*, Paul Stamets begins with a quick historical perspective of Psilocybes. He states they have been a traditional medicinal and ceremonial mushroom for at least 7000 years and most likely date back to the Paleolithic Era. With the discovery of many mushroom artifacts in temples, it demonstrates the value the Ancients had for magic mushrooms. The Aztecs even called the Psilocybe Mexicana mushroom "Godflesh" and that name is highly indicative of how closely the mushroom makes you feel spiritually. Unfortunately, the conquering Catholics systematically destroyed as much as they could while driving the mushroom ceremonies underground where they continue to survive today.

In 1957, an ethnomycologist R.G. Wasson visited Mexico and met the infamous magic mushroom Shaman Maria Sabina. Upon his return to the states Wasson wrote an article about Psilocybes and their mind-expanding ability in *Life Magazine* which reached millions of people in North America and worldwide in the pre-60's social period. What timing, eh?

Did you know the costly and tragic War on Drugs was in part created in the Nixon era to control those taking mind-expanding drugs like LSD, Peyote and magic mushrooms? Why, you ask? The mind-expanding drugs propelled and compelled teenagers to question authority and broken policies. The psychedelic drugs seemed to have woken everyone up and fuelled major protests against fighting the Vietnam war and the unequal and appalling treatment of women, people of colour and the planet.

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Fly Agarics are magic mushrooms too, but they contain dangerous amatoxins that will make you very ill. These Fly Agarics are indigenous to the area and named after the Ottawa Experimental Farm mycologist who discovered them. *Amanita muscaria* var. *guessowii* and are a classic reddish-orangish yellow mushroom.



Little brown mushrooms (LBM's) include the largest group of poisonous mushrooms with rusty-brown spores. Some of them are even deadly and growing right beside safe mushrooms. Be careful when identifying LBMs.

Magic mushrooms and other psychedelics somehow melted people's hearts, opened their minds, and ushered in an era of inclusion on this tiny blue little planet. Of all the psychedelics, psilocybe magic mushrooms created the most drastic personality changes needed for the betterment of mankind. Unfortunately, the ban on magic mushrooms and other drugs hampered clinical studies for a long time and the mental health of North Americans is in worse shape than ever before.

Fortunately, the push to decriminalize the miracle myco-chemicals of psilocybin and psilocin is moving along in Canada, albeit slowly. In July 2020, Capital Market Bulletin announced that the capital landscape in Canada was experiencing an increase in investments related to psychedelic drugs. September 2020, Health Canada allowed 4 cancer patients to use psilocybin for treatment during their difficult end of life period. Somehow the mushroom has your understanding and embracing your role in life and decay and eases the suffering of patients and consequently all those dear around them, including the also-suffering dedicated hospital team. In December 2020, Health Canada issued 16 exemptions for possession and use of magic mushrooms to nurses, doctors, therapists and social workers for 'personal training purposes' and it is believed this group will go on to create a regulatory framework concerning medical psychedelic use in Canada that includes Psilocybes. More and more studies are showing psychedelics are the least harmful drugs that rank well below alcohol, tobacco and even cannabis. Legalizing magic mushrooms is a good thing.

So, to really answer the question truthfully – have I ever found magic mushrooms here in the highland forests? The answer is still no but not because they live among LBM's and are too confusing to sort out. I don't look for them in the forest because it's like finding a needle in a haystack! The best place to find magic mushrooms is in the city in a

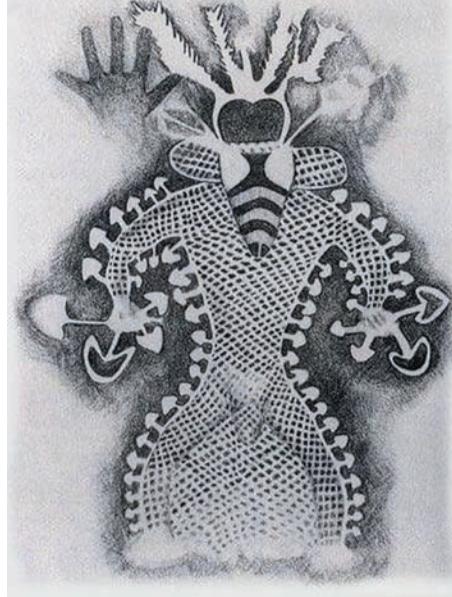
clean well-tended mulched garden! You are more likely to find them near newly landscaped office buildings and high-rises that import mulch and use quality cow manure in their gardens. Psilocybe spores are transported all around the world this way and most of the magic mushrooms found in mulch around Canada actually comes from quality BC psilocybe mushrooms. Paul Stamets mentions in his book how a lot of magic mushrooms are found in mulch under azaleas, roses, and rhododendron bushes. His favorite picking spot happens to be in the landscaped gardens around a police station!

I hope I was able to alleviate any fears concerning the use of magic mushrooms. They truly are miracle workers for mental illness, depression, anxiety, PTS and various addictions.

I'll close out this article with a description of the short-term effects of magic mushrooms from Health Canada:

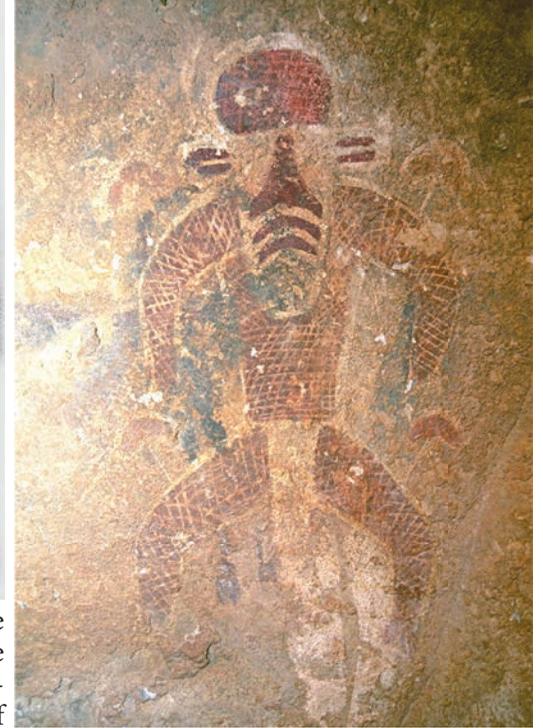
'Magic mushrooms may cause heightened emotions, senses and people may feel happy and creative. They may laugh and giggle a lot and experience a sense of mental clarity. Magic mushrooms can also cause hallucinations that distort their sense of reality, mix up their senses (see sound, hear colours) and alter their sense of time. Some of the negative effects are changes in mood, lightheadedness, anxiety or panic attack, confusion and disorientation, fear or paranoia, Your face may feel numb, have increased heart rate and blood pressure and you may experience dry mouth. It's important to note all the symptoms above are temporary and last no longer than 4-6 hours.'

Ingesting magic mushrooms is truly a safe and natural method to help combat mental illness and addiction in Canada, but only if done properly. I hope you, the reader, can become an advocate for legalizing Psilocybe mushrooms and other psychedelics in our pursuit of a healthier, happier, and more inventive Canadian population.



Hundreds of Paleolithic drawings were found in Southern Algeria. This one shows a man assumed to be on a magic mushroom trip. His fists are full of mushrooms and tons of mushrooms are bursting out of his pores. His head looks like a flying bee with stingers coming out the top like lightning. The figure is definitely buzzed. This suggests Humans did Magic mushrooms 9,000 years ago.

Sources:
 Psilocybin Mushrooms of the World by Paul Stamets. 10 Speed Press, Berkeley, California 1996
 The Psilocybin Mushroom Bible by Virginia Haze and Dr. K. Mandrake, PhD. Green Candy Press, Toronto, Ontario 2016
 Medicinal Mushrooms: How to Grow and Microdose Psilocybin Mushrooms. D. J. Hill. Amazon, Bolton, Ontario 2021



Above: Algerian cave painting discovered in the 30s or 40s. Left: Analysis of the painting.

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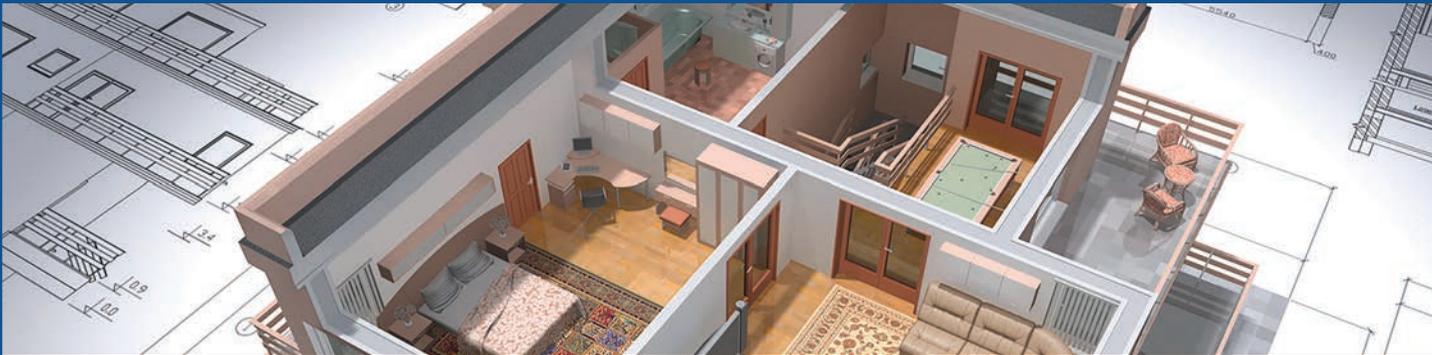
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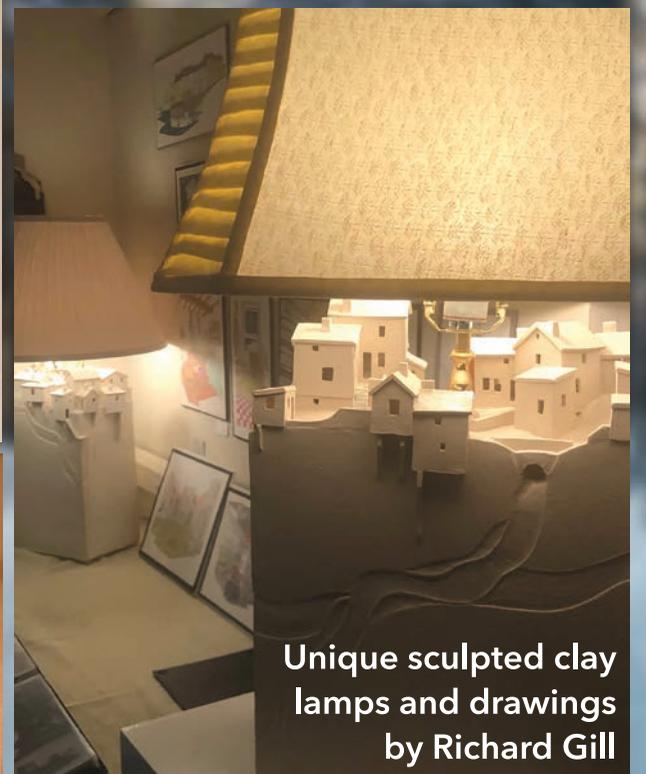
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