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THE MADAWASKA HIGHLANDER AUGUST-SEPTEMBER, 2018 EMBRACE THE PAST ~ ENCOURAGE THE FUTURE ~ ENJOY TODAY



The Madawaska Highlander

**July - Aug
2018**

FREE Vol.16 Issue 4
Next issue September 26

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

Get out and enjoy Summer to the fullest and remember that it doesn't officially end until September 22. Yay!

Welcome!



Sun and water and a sandbar created a special social event in the middle of the Madawaska River near the bridge in Griffith - a funny, sunny flotilla.

...To the end of a sunny, hot, fiery, lazy, hazy, crazy summer in the Highlands and the beginning of fall fairs, studio tours, bug-free hiking, plowing matches, and a few more weeks of swimming and boating fun.

Our talented volunteer writers have packed in plenty of interesting and amusing things to peruse, ponder, and pursue, so pack a beverage, pull up a dock, prepare to spend some quality time with your favourite publication, and forget about 'Back to School' for a while.

But if you do want to go back to school, Ernie will take you WAY back to school in his story about a one room school house on Quackenbush Lake. While you are still in the past, don't pass past the Cloyne Historical account about Skootemata Lake pioneers.

Wondering what's in a name? Antonia tells us how she keeps tabs on her tabbies. You don't have to be a cat lover to love this tale in Rural Vignettes. Speaking of interesting names, Noreen takes us on a tour of Omàmiwinini Pimàdjowin (pronounced just the way it's spelled), in Home on Native Land. But please don't stress about pronunciation, Derek stresses we have to de-stress to avoid dis-ease, in Wellness.

Colleen shows us how to relax through the pursuit of, and consumption of, Wild Turkey Tail Tea. (No turkeys are harmed in the making of this tea.) and Lesley brings us up to date on the OVRT. It's a tale of a new rail trail in Happy Hiker.

We learn about a different kind of trail in Art in the Highlands. Pursue the North Frontenac Backwoods Studio Tour, just when the leaves turn to fiery colours. And we learn how to light a fire without turning our tents into fiery colours. Thank you Survivor Guy!

And finally, Pete brings you the Pete Seeger finale as we finish the final episode of the Power of Song; Pete's Parting Gift.

Enjoy!



People were stopping on the side of the road on Highway 60 west of Renfrew to take pictures of this sunny crop on a sunny day during a sunny summer.

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The Madawaska Highlander

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

The Madawaska Highlander
is a free community newspaper
published 6 times per year by
Reel Impact Communications Inc.
Mailed to 4,000 homes, An additional
2,500 available at retailers
Connecting residents and visitors in
parts of 4 counties in the Highlands.

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Thank you everyone!

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

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**Next contribution deadline:
Sept 14 for Sept 26 publication
madawaskahighlander.ca**

Message from the editor:

Check the Events Calendar for events in your area. We print what you send in, so if your event is missing or incorrect, be sure to email updates.

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

We also maintain the matawatchan.ca website, which has a handy community calendar that is updated whenever new information arrives. The Tri-County area around Matawatchan, Griffith, Denbigh and Vennachar is the primary focus of that website. Also check out www.greatermadawaska.com and other township websites for events and information around you in the Highlands. Our community paper depends on the community, so if you have something to offer that our readers would enjoy, please contact us to discuss. We keep our advertising rates low to keep it accessible for small businesses.

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MOTHER BRITANNIA.—“ See ! Why, the dear child can stand alone ! ”
UNCLE SAM.—“ Of course he can ! Let go of him Granny ; if he falls I'll catch him ! ”

**MOTHER BRITANNIA - “See! Why, the dear child can stand alone!”
UNCLE SAM - “Of course he can! Let go of him Granny; if he falls I'll catch him!”**

(John Roxon and Jens Pindal, creators of the Walter cartoon, have decided to move on. Thank you both for your valued contributions to the Madawaska Highlander!)



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By Anne Dougherty & John Neale



Above Left: Joe Grant, of Pickled Chickens fame, shares a few words with the large crowd (Left) who gathered on July 21 to celebrate the life of Sue Fraser, also of Pickled Chickens fame. Above Right: Lay Minister Barbara Creelman led prayers and introduced speakers who shared memories, admiration, and a few laughs to honour Sue, who was loved by all who knew her. Sue was a special person and very involved in the community, helping out anyone who needed help. She will be dearly missed.



Fortunately, no one was hurt when this huge basswood tree took out the front porch of Elaine Moll's cottage on Buckshot Lake Road. Wind speeds in microbursts can reach up to 100 mph, or even higher, which is equivalent to an EF-1 tornado! Winds this high can cause major damage to homes and other structures and level hundreds of trees. It is very important that you take Severe Thunderstorm Warnings just as seriously as Tornado Warnings!

Photo: George Wallace

We have been enduring a hot summer and hope that rain will bring an end to the total fire ban we have been living with since July 10, 2018. Our brown lawns and dry forests should remind us all to be extra vigilant in keeping our community safe from forest fires. Several people have taken a chance with fire and as of writing this, the Greater Madawaska Fire Department has collected \$9,000 in fines. Please take this fire ban seriously. You might be just passing though, but a careless cigarette butt or a small camp fire can destroy forests, homes, and lives in the area.

A micro-burst on July 26th hit Finch Lake on Buckshot Lake road. The short but violent storm uprooted several trees, including a large basswood tree that crushed the covered porch at Elaine Moll's cottage. Fortunately, no one was hurt.

A huge number of friends and family attended the Celebration of Life for Sue Fraser which was held around the grounds of her beautiful perennial garden on Saturday, July 21st. Barbara Creelman, our local tri-charge United Church Lay Minister, led prayers and introduced speakers. Tributes from family and friends were very touching.

After the tributes were over, guests were treated to a buffet of delicious food and many people shared memories of Sue with each other.

High Speed internet access is a subject near and dear to residents of Matawatchan. While Griffith now has decent mobile service (which can also be used for Internet access), Matawatchan's service is spotty, to say the least. The Renfrew Mercury of August 2 (p. 21) reported on the previous Liberal government's commitment to put \$71 million into improving high speed access across rural areas of Eastern Ontario. No word yet on whether Premier Doug Ford will honour this commitment, although local conservative party insider Michael Coates, thinks that based on pre-election campaign speeches, Ford will likely support high speed development in rural areas.

Municipal elections are coming up and local resident Donnie McAlear has thrown his hat into the ring to challenge incumbent Councillor Glen MacPherson. The Mayoral race is a 3-way contest pitting newcomer Lois Thomson, editor of the Madawaska Highlander, against Calabogie Councillor Brian Hunt and incumbent Mayor Glenda McKay.

All eligible voters are encouraged to get out and vote on October 22, 2018. This time it is going to be by telephone or online only. Please check to see if you are eligible to vote at www.voterlookup.ca. The list is based on MPAC information for property taxes and if your name is not on a deed (renter, spouse, adult child) you might not be on the list.

The Denbigh-Griffith Lions Club is setting up an All Candidates meeting at the Griffith Community Hall at 7pm on September 20 and the Calabogie Lions Club will be hosting a Mayors Debate on September 27 at 7pm at the Calabogie Community Hall. The two council positions in Calabogie were filled by acclaimed councillors Chuck Ringlehof and Lucie Perrier, so there's no choice to be made for Calabogie councillors.

The Black Donald Story is being reprinted by Burnstown Publishing House and \$5.00 from each copy sold is being donated to the Greater Madawaska Municipal Library. This book was last published in 1990 and it would be an ideal gift for anyone with connections to this area. Pre-orders with your payment of \$26.25 will ensure that you receive a copy. For more information call the GM township library at 613-752-2317.

The Matawatchan Hall hosted a community market on August 4. On the same day, St Andrew's United Church held a rummage and bake sale. Both events were well attended and funds raised will be put to good use in the community.

The eleventh annual Griffith Show 'n' Shine featuring vintage and classic vehicles (mainly from the 50's and 60's) will be on Saturday, August 25th outside the Lions' Hall in Griffith. Inside the Hall there will be crafts and books for sale. The New-2-U store will also be having a giant yard sale. Burgers and Hot Dogs will be on sale at the BBQ if you get hungry. Proceeds will be put to good use in our community.

On the music front, the Matawatchan Hall was selected as a venue for the Festival of Small Halls and the headline act will be the Redhill Valleys from Hamilton (country roots). They are good! The concert starts at 7pm. Get tickets at thefestivalofsmallhalls.com for \$27 each. (\$25 + \$2 service charge) The concert will be opened by the local band the Tallboyz and Pete Chess. If tickets sell out the Hall will get 15% of the gate,

Continued next page...

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Now this was an interesting sight on the Matawatchan Road beside the Madawaska River. Scott MacDonald sold his "tiny home", which he towed somewhere "way up Highland Road."



Now that we know the name of the lake, let's hope we can keep trash out of it. What happened to the garbage cans at the boat launch?

but only 10% if there are tickets left over. Please come out to a wonderful evening and help support the Matawatchan Hall. You can enjoy a chili dinner for \$10 before the concert from 5pm to 7pm at St Andrews United just down the road from the Hall. Everyone is welcome to the dinner, whether or not you have a ticket for the show.

The Pine Valley Restaurant continues to host a music jam every Thursday from 5:00 to 7:30pm. Everyone is welcome to either perform or be part of the audience. Lately, these evenings have been quite well attended. Calvyn's Pub has also featured a few musicians this summer, including Ben Copeland. Next time you are there for delicious fish and chips or pizza, ask who will be playing next!

The Hall has been well used this summer with aerobics on Tuesday and Thursday mornings at 10:00 am, games nights, crafting groups and more. Please see the more complete schedule of Griffith / Matawatchan / Denbigh events online at www.matawatchan.ca.

It seems that more and more people are discovering our beautiful neck-of-the-woods. Matawatchan resident Cliff Holleran commented that shoppers at the Griffith General Store were shoulder to shoulder on Saturday, July 28th. The boat launch on Centennial Lake was completely packed with

vehicles and boat trailers, even spilling out onto the shoulders of Centennial Lake Road on Saturday, August 4 of the long weekend. In all the 13 years we have been coming here, we have never seen it so busy!

Well, at least all these boaters will know where they are now, based on recent signage put up by a concerned citizen at the boat launch on Centennial Lake by the bridge. Despite years of lobbying by local taxpayers to put signage on the bridges, nothing has ever been done. There is however no longer a trash can at the boat launch. Hopefully the people who use the launch will take all of their garbage home with them and, as the newly posted sign reminds users, "Leave Nothing Behind But Your Footprints."

Speaking of concerned citizens, count us in! After getting our mail from the community mail box at the corner of Centennial Lake Drive and Centennial Lake Road we decided to continue around the crescent and egress at the other exit closest to the bridge over Centennial Lake. Unfortunately, this exit is completely hidden from oncoming traffic by a massive rock outcrop. If we had entered the intersection two seconds later, that black F150 truck towing a trailer would have smacked right into my driver-side door! Long time resident Rowena Reynolds says she avoids using

that intersection to exit Centennial Lake Drive because "it is far too dangerous." There is a Hidden Intersection sign on Centennial Lake Road but no signage to reduce speed from the posted limit of 80kph. This intersection is definitely an accident waiting to happen and a traffic mirror needs to be installed by the County or Township asap!

On a sadder note, Matawatchan is losing John and Nancy McGregor later this summer. They are moving to Vancouver Island to be closer to their adult children and grandchildren. Both Nancy and John are involved in many activities in the area and will be sorely missed.



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

VENNACHAR DENBIGH DISPATCHES

By Angela Bright

*Our condolences to Lynn McLaren and family on the passing of Irene. Keeping you in our thoughts and prayers.

*With deep appreciation, we congratulate Mary MacKinnon as the 2018 Addington Highlands Ontario Senior of the Year. This should come as no surprise as Mary is always out and about, lending a hand where needed in the various local groups she serves in. Reeve Henry Hogg and Councillor Tony Fritsch presented Mary with a framed certificate at the August meeting of the Diner's Club in Denbigh. Thank you for your dedicated service to our community, Mary!

*Come one, come all to the 11th Annual Show & Shine hosted by the Denbigh Griffith Lions Club this Saturday, August 25th, 10am to 2pm, at the Lions Hall on HWY 41 in Griffith. Food and refreshments will be served up, as well as games, music & fun! All exhibitors and vendors welcome; just bring your own tables. There is also a Tailgate Flea Market, where show participants can sell car parts from their trunk. Dash plaques for the first 100 entries, and People's Choice awards. Admission is by donation. Rain date: Sunday, August 26th. For info, contact Jan at 613 333 1748.

*The last meeting of the kids Summer Reading Club will be held on Tuesday, August 28th, 6pm at the Denbigh Library. Contact the library at 613 333 1426.


*As of September 1st, the library changes to winter hours, however, Thursday is the only day that will differ from the summer, as it will be open noon to 3pm. Visit www.addingtonhighlandspubliclibrary.ca

*You are probably already aware that this fall brings the municipal election. Make sure you are on the voting list by visiting addingtonhighlands.ca and clicking on the "On the list to Vote" icon.

*Wishing students and staff a great start to the new school year!



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Ontario has seen 1,028 fires this year – an 87 per cent increase over the usual number of fires in the province by mid-August, and more than double the tally recorded at this time last year.

110 wildfires are blazing through Western states, charring more than 5.7 million acres on the 74th anniversary of Smokey Bear. The current damage total has already overlapped past years, syncing with a wider pattern of larger fires and longer fire seasons.

Renfrew paramedics work alongside firefighters who battle forest fires, dealing with issues such as heat exhaustion and have had to fly out a number of firefighters with back injuries and knee injuries. By having a team of paramedics right there they are able to provide better care and ensure paramedics in surrounding areas aren't pulled away from their communities.

The number of drownings in Ontario is up over last year, perhaps because the hot dry weather is drawing more people to the water.

Environment Canada warns that the extreme temperatures seen around the world in recent months will be the norm for this time of year in decades to come.

University of Alberta develops particle accelerator to supply a wide range of medical isotopes without generating nuclear waste and may soon replace nuclear reactors in providing medical isotopes. Governments to determine implementation.

Tiny towns north of Lake Superior are three of the five remaining candidate sites in Canada to become a “willing host community” to receive all of Canada's high-level radioactive waste. Each town gets about \$300,000 per year to allow boreholes to be drilled in the near future to “characterize” the rock.

Japanese students recreate Hiroshima atomic bombing in virtual reality to mark 73rd anniversary. Students studied old photos and interviewed survivors to hear their experiences. They used computer graphics software to add further details such as lighting and the natural wear and tear on building surfaces.

Cold War photos of missile silos, bunkers from Cold War are on display at the Diefenbunker Museum in Carp Ontario near Ottawa until Sept. 9, following a cross-continent trip from California. The artist/archivist said the Diefenbunker “is an amazing facility. They have done such a superb job in preserving it and capturing that era.”

More companies are planning to bring you drinkable cannabis products after legalization. A Quebec-based company is partnering with Molson Coors to create non-alcoholic, cannabis-infused drinks.

Scientists in a small Ontario laboratory are experimenting with cannabis fermentation to develop the world's first beer brewed from cannabis, rather than cannabis-infused.

Cannabis retail companies flock to Ontario in ‘frenzy,’ during silence from province on pot plans. Colorado's Starbuds secured multiple locations. Its medicinal arm, Compass Cannabis Clinic, already has locations open throughout B.C. and Alberta.

Starting on October 17, consumers 19 and older will be able to purchase cannabis online through the Ontario Cannabis Store that will include a verification system to ensure safe home delivery, meeting the federally imposed obligation that provinces be ready for retail sales for the start of legalization. Retail store sales will follow.

The Second Cup Ltd. says it is actively reviewing locations in Ontario for potential conversion to cannabis retail stores in light of policy changes in the province.

Ontario will lower the minimum price of a bottle or can of beer to \$1 from \$1.25 by the September holiday weekend, though some in the industry predict few brewers will embrace the new, lower minimum price.

Ottawa brewer Dominion City Brewing Co. unveiled its ‘buck-a-beer’ plan, pledging that it will donate proceeds from a limited edition beer to refugees looking to make a home in Ottawa.

Canada's premiers have agreed in principle to reduce trade barriers for transportation of alcohol across borders, working on reducing or eliminating other trade barriers after the Canadian premiers' meeting in St. Andrews, N.B. on July 20, 2018.

Ontario investing \$25M in new funding to fight guns and gangs in Toronto, in addition to \$76M already in use. Funding will be used to create a SWAT team for every courthouse, more bail compliance officers, and investigative resources.

CIBC is refunding 1.4M customers for improperly charging credit card fees for exceeding the credit limit between 2003 and 2017. Higher insurance premiums were also charged on optional creditor insurance. Refunds are being made with interest.

According a new survey by real estate agency Royal LePage, 23% of boomer households still have at least one adult child living at home due to housing affordability. 47 per cent of baby boomers are willing to “subsidize” their child's purchase of a home

CMHC moves to make it easier for self-employed to get a mortgage by accepting a broader range of documentation, beginning Oct. 1. Notice of assessment with a T1 General tax form, a proof of income statement from the Canada Revenue Agency,

and a form T2125 will now be accepted.

After testing in India, Google Maps rolled out a motorcycle option in most of Asia. Google's goal is to train drivers to read the directions before heading out and look for landmarks, rather than watching their smartphone while traveling in highly congested traffic. No word on when it will roll out elsewhere.

E-cigarettes used to help consumers quit smoking, are as bad as the real thing, according to insurance companies. People with life insurance can expect to pay more if they use e-cigarettes.

US Researchers developed a drug-delivery system that allows rapid response to heart attacks without surgery, that proved effective at dissolving clots, limiting long-term scarring to heart tissue and preserving more of the heart's normal function.

Entrepreneurs are hoping to turn devil fish, an environmental plague in Mexico, into a tasty snack for Canadians. A U.S. ban on foreign catfish imports forced them to launch El Diablito Jerky in Canada instead. Native to the Amazon River, the fish now accounts for more than 70% of wild fish captured in the regions it has invaded.

North Vancouver man faces mischief charges after sending sex doll airborne. After one of the men released the dirty dirigible, it floated several hundred metres into the air, prompting the police to report the incident to Transport Canada and the Civil Aviation Branch, believing the flying sex doll posed a hazard to seaplanes.

Tiny farm grows giant crop equal to 2-acre farm in old shipping container in Halifax, using hydroponics instead of soil – a new trend in urban agriculture.

A lake-choking “zombie plant” that comes back to life after being severed from its roots is invading Ontario's waterways with little hope of eradicating it. Small fragments of it can be carried to new lakes on boats. Always check your boat before transporting.

Quebec investing \$8M to combat “lake killing” zombie plant, Eurasian watermilfoil. Sudbury introducing pilot project. It was first discovered in Ontario in Lake Erie in 1961, but now threatens pristine cottage country from Muskoka to Eastern Ontario.

Discarded plastics that end up in the ocean could be major source of greenhouse gas emissions as they slowly decay.

More than 1 trillion litres of sewage water leaked into Canadian waterways between 2013 and 2017, data shows. Most cities only report calculated data based on computer models of how much sewage is expected to leak when a certain amount of rain falls. Kingston, Ont., is the only city Tully is aware of that has monitors in pipes to measure exactly how much leaks and reports that data publicly immediately.

Tech giants have faced calls to be more transparent about how they approach content flagging and banning. On the left, there are critics who say these firms are not doing enough to take down harmful and offensive content, while on the right there are some who think internet firms are routinely censoring conservative posts.

Cadillac Fairview has been using facial recognition software in mall directories since June to track shoppers' ages and genders without telling them. They are suspending use of the cameras after privacy commissioners announced they were launching investigations into the use of the technology without the public's consent.

Ironworkers in Edmonton disciplined after posing, tethered, on a steel beam 69 floors above Edmonton. A source told CTV that it is being called a safety incident, while another source says photos violated a social media policy.

An Associated Press investigation found that many Google services on Android devices and iPhones store your location data even if you've used privacy settings that say they will prevent it from doing so. You can “pause” a setting called Location History. Google says that will prevent the company from remembering where you've been.

NASA announced who will be first to fly on the first American-made, commercial spacecraft to and from the International Space Station next year: The manned test flights of Boeing's CST-100 Starliner and SpaceX's Crew Dragon will be the first time since 2011, that astronauts have been launched from the USA.

A planet over 12 times bigger than Jupiter has been found drifting alone through space around 20 light years away from Earth. The rogue world is not attached to any star and is the first object of its kind to be discovered using a radio telescope. Both its mass and the enormous strength of its magnetic field challenge what scientists know about the variety of astronomical objects found in the depths of space.

History Channel's American Pickers found Aerosmith's International Harvester Metro buried in Massachusetts woods – an iconic piece of American music history.

Venomous northern black widow spiders are moving north to backyards and pine plantations in southern Ontario and Quebec, possibly due to climate change.

A US cargo ship carrying \$20 million worth of soybeans has been circling off the Chinese coast for over a month. The ship became an internet sensation on Chinese social media as it raced to deliver its cargo before new Beijing tariffs took effect.

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

By Skippy Hale

It has been unreasonably hot. I must say. The rains have been spotty so some gardens have survived with strategic watering and colours are returning. Please respect the Fire Bans.

Please put Saturday, December 1st on your Calendar. Once again, Marie Buscomb is producing 'Christmas in Our Town.' Please support the Raise the Roof Project by attending the 11th annual concert at St. Joseph's School from 7:00 - 9:00 pm. Marie and the entertainers work hard every year to open the Christmas Season for such a good cause. Thanks to all involved.

School ending in Renfrew saw many of our local scholars and athletes win awards in the visual and musical arts, athletic ability and academic excellence. Scholarships to College and University will make life easier for some students. As well, many Ontario Scholars spent their early years in Calabogie Public and St. Joseph Catholic Schools in Calabogie. If it takes a village to raise a child, then the 'Bogie and area have helped develop these young people through Christmas concerts, a Library close by, Open Mike Nights, hockey and skating at the rink, music lessons from family and friends, close family ties, campfires and ice-

fishing are all part of raising good future citizens. Well done!

In the last edition, I did not realize who had been organizing the care of Barnet Park Gardens for the 55+ Club. Heather Morlan has been the catalyst to the blooming wonders. Thank you for your dedication.

The village is blooming in pots and at bridges thanks to the Beautification Committee. Chuck and Kim have been toting their tools and watering cans around all through the hot weather and everything looks beautiful thanks to them.

I have seen some big birds on the river below this summer. A Great Blue Heron regularly squawks as she soars by. I think they are so elegant poised on a rock, but they look gangly and awkward as they take off and fly by (with my apologies to all ornithologists). Recently there was a large white bird perched in a tree watching carefully. He suddenly took off. It was larger than a gull and smaller than a heron...any ideas? Finally, today I saw a beautiful grey/green Heron stalking some unlucky fish. The sun was very bright and by the time, the iPad was ready, the Heron was gone. I will keep watching. How majestic!



Beautiful cactus terraria are a welcome addition to the growing Calabogie Market.



Melissa demonstrates wood burning and displays her live-edge cutting boards.



Let sommelier Jordan blend the perfect cuppa.

The Calabogie Summer Market is growing weekly. The variety of vendors is fluid. Some are weekly and others come at various times. There were four new vendors on August 11. Thanks to Janet Stanley for her report since I was busy with the Library event.

The multi-generational Slack family work together on their farm. Next season, they will be Certified Organic. They offered a great assortment of fresh vegetables, bread and butter pickles and lacto-fermented pickles. These pickles

are a great source of pro-biotics which improve intestinal tract health, enhance immune system functions, and improve nutrient uptake and more. They sell Artisan Cheese and next year will supply their goats' milk for its preparation. They will be bringing Heather's Hearth Bread from Douglas.

Melissa Case was doing demonstrations of wood burning. She makes beautiful live-edge cutting boards, burl wood signs, wooden utensils and much more.

Heart Tea Heart tea is the business of Robert Olsen, a member of the Canadian Tea Association and he participated in the Sommelier Program. He carefully blends each tea he offers and will return September 1st.

Jordan Vecchio makes fabulous terraria with cactus and succulents. They are all carefully arranged and if his instructions are followed, they should live for years.

Justin and Liam Campbell with help from Dad, Doug have a little

business making comb honey and beeswax candles. They put 50% of their sales towards the cost of beekeeping, keep 25% and donate the other 25% to charity.

Sophie Beaulne, the designer and owner of Mind over Matter makes therapeutic bracelets. Some can be used with essential oils and all offer the healing property of gemstones. They were a popular market item.



On Sunday, August 12, the three United Churches of White Lake, Burnstown and Calabogie celebrated a lovely outdoor service on the lawn of St. Andrew's Church by the lake in Calabogie. Pastor Ryan Kim, the Choir members and many members of the congregation dressed in



Above Left: Old fashioned Church Service at St. Andrew's United Church.

Above Center: L - R: Jane de Snajer, Pastor Ryan Kim, Fay Kolpin.

Above Right: Back, L - R: Amanda Wittebol, Jim Libby, Jean Libby. Middle: Spencer & Bethany Wittebol,

Front: Elliott Wittebol dressed in 19th Century clothing.

Left: Old fashioned picnic tug of war



the clothing of the 19th century. It was a lovely day with awnings protecting us from the sun. I enjoyed the hymns and bible selections. Pastor Kim gave

a lovely sermon using life as a journey and God as the best companion. He gave the best explanation of the 23rd psalm I ever heard.



Top Left: New door sign. All signs created and designed by Library Assistant/Children's Coordinator Krystal Moran. Above Left: Alanna Laplante. Above Right: Peggy Williams

Above: Tim Gordon, Publisher, General Store Publisher introducing Mary Cook

Top Right: Martin Harvey, Saan Harvey, Dinah Robinson, Burl Miller with Lego toys and donations funded by the Lions Club. Bottom Right: Derry Fitzgerald using the WiFi

The Greater Madawaska Public Library celebrated the Grand Opening of the new location in St. Joseph's School in Calabogie. It was an exciting day for the Board of Trustees, Library Staff, GM Township Council and Staff, the Renfrew County Catholic School Board and Staff of St. Joseph's School! This culminated the work of all parties over about 18 months. As Mayor McKay said in her address, this was a great example of several organizations working together for a common goal. All parties brought separate needs and requirements and through good dialogue and leadership, the beautiful space is now downstairs at St. Jo's.

The formal part of the celebration began with CEO/Librarian Shalla, as MC, introducing Chairman Gnesko who thanked all of the parties who brought this project to fruition including the wonderful patrons who use the services offered. Mayor McKay brought greetings on behalf of the Council and Township staff. The kernel of having a hub germinated with her and with the Library, School and Township Office within walking distance of each other, it is a way to welcome new business to the area. Business brings jobs to the community and jobs bring and keep young families. MPP John

Yakubski sent his regrets due to duties at Queen's Park. Catholic School Board Trustee sent his regrets and good wishes on the opening of the new venue. This new space has already seen an increase in circulation statistics. July broke the record with 1008 materials checked out! The ceremonial ribbon was cut following the speeches. Bill Maxwell from the Calabogie Lions Club presented a cheque for \$500 in support of the Lego program which concluded the formal part of the event.

Guests toured the Library space and Staff and Trustees answered questions. Alanna Laplante and Peggy Williams provided music throughout the event. Mary Cook enthralled guests with stories behind her stories. She stated that we all have books in us. There are stories, whether in our families or in those we meet in our daily lives. She spoke about the angel on her shoulder who took her to people and places where the stories that we have all loved over the years were waiting for her. She started writing quite by accident when she was at CBC. A radio guest caved at the last minute and her producer gave her 17 minutes to write something to fill this dead air...so started the stories of Renfrew County during the Depression. Mary's voice is so familiar to us from CBC. When I met her the first

time and heard her wonderful voice I felt like I was meeting an old friend! I had the same feeling on Saturday when I met her again. She recognized my face after many years and when I told her my name, she recalled why we were together in the past! I could write a whole article just on Mary Cook's presentation. As someone who likes to write, it was a workshop on sourcing stories. I am inspired! Cake and snacks were available throughout the afternoon.



Skippy Hale is a Retired Nurse and Librarian. She and her husband settled here in December 1999. After her husband's death in 2014, she decided to stay in Calabogie where she enjoys many friendships and is engaged in several volunteer projects. The loves of her life are her 3 children, their spouses, her three granddaughters and one grandson. She keeps busy with arts, crafts and getting stories for the Highlander.

Several years ago, Shirley Jean Taylor wrote a poem about her cottage on Calabogie Lakeshore and Big Indian Island. She thought some of our readers might enjoy it...

Calabogie

*There's a lake in the north, neither large or real small,
Surrounded by hills, with evergreens tall,
towering high over all, protective and strong.*

*Along those rough shores, nestled snug in the trees,
A cottage reclines, and as we grow old,
In our memories we'll hold the days that we've spent*

*By the side of this lake, or just out from the shore,
On a beautiful isle our hearts get a lift
From this bountiful gift, Calabogie*

2018 Elections Township of Greater Madawaska ALL CANDIDATES MEETING

Thurs. Sept 7 at 7 pm

at the Griffith Hall

Hwy 41 in Griffith



Hosted by the
Denbigh-Griffith
Lions Club

TERRY FOX RUN

FOR CANCER RESEARCH

REGISTRATION: 9 am
at Griffith Building Supply

START: 10 am
Across Hwy 41 "out and back"
along Church Street
and Flying Club Road.

SUNDAY SEPT 16, 2018

"The answer is to try and help others"
- TERRY FOX

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NO ENTRY FEE - NO MINIMUM PLEDGE

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#terryfoxrun



Also check:

www.matawatchan.ca
www.greatermadawaska.com
www.addingtonhighlands.ca
www.northfrontenac.com

CHURCH SERVICES:

Matawatchan St. Andrew's United
 Sundays 8:30 am from February
 through July and 11:30 am August
 through January

Hilltop Tabernacle
 Sunday School 10 am, Sept. - June.
 Morning Worship 11:00 a.m.
 Office 613.762.7130
www.hilltopchurch.ca
 Facebook Hilltop Church in Griffith

Vennachar Free Methodist Church
 424 Matawatchan Rd. 613-333-2318
 Sunday service 10:30am year-round
 Pastor Laurie Lemke 613-479-2673
 Facebook: Vennachar Free Methodist
 Church

St. Luke's United Church, Denbigh
 Sunday Worship and Sunday School
 10:00 a.m.

Emmanuel United, Schutt 8:30 a.m.

St. Paul's Lutheran Church
 Sunday School 9:00 a.m.
 Sunday Worship 9:30 a.m.

The New Apostolic Church
 Sunday School 9:00 a.m.
 Sunday Worship 10:30 a.m.
 Wednesdays 8:00 p.m.

Burnstown
 St. Andrew's United Church
 Sundays at 10:15 a.m.

Calabogie
 The Calabogie Bible Fellowship
 Congregational Church
 The Mill Street Chapel 538 Mill St.
 Regular service - Sundays 10:30
 a.m. Information: 613-752-2201

Most Precious Blood Catholic Church
 504 Mill St., Father Kerry Brennan
 Sunday Worship 8:30 a.m.

Mount St. Patrick
 St. Patrick's Catholic Church
 Father Holly, Sundays at 10:45 a.m.

Calabogie St. Andrews United Church
 1044 Madawaska Dr. (on the water-
 front) Sunday Worship 8:30am
 Communion 1st Sun. of the month

REGULAR EVENTS CALABOGIE:

Calabogie Summer Market, Sat.
 9-2 Calabogie Hall, 574 Mill St.
calabogiemarket@gmail.com

Youth Sports Night
 Tuesdays 6:00 pm 8:00 at St. Jo-
 seph's Catholic School, Calabogie

Pickleball, Mondays and Wednes-
 days 6:00 pm 8:00 at St. Joseph's
 Catholic School, Calabogie

Well Baby Clinic
 2nd & 4th Thursdays 10:30 am to
 11:30 am at the Greater Madawaska
 Library. It is aimed at children from
 0 - 6.

Public Library Book Club
 Last Wednesday 11:00 to 12:30
Falls Prevention Program
 Chair exercises

Seniors 65+ Mondays and Wednes-
 days 8:30 a.m. to 9:30 at the Cala-
 bogie Community Centre
 Contact Susan 613-752-1540

Pilates and More
 Monday evenings and Thursday
 mornings

Back Fitness and Stretch
 Mondays 3:45

Mindfulness Meditation
calabogiemindfulnessmeditation.com

**Calabogie Seniors Dinner & Meet-
 ing** Last Thursday - 5 pm Oct. to
 April at the Community Hall. May to
 Sept. Barnet Park Seniors 55+ wel-
 come. 752-2853

Renfrew South Women's Institute
www.rsdwi.ca CalabogieWI@gmail.
 com Branch meetings held at Cala-
 bogie Community Hall 2nd Thursday
 7:30 Contact: Sara MacKenzie, Pres.
 613-432-3105 Guests and new
 members welcome!

Calabogie Arts and Crafts
 Every 2nd Monday (if holiday, then
 3rd Monday), 10:00 am - 1:00 pm,
 Community Hall, (\$15 per year),
 752-1324

Lion's Club Bingo every Wednesday,
 7:15 pm, Calabogie Hall, 752-0234.

**The Calabogie and Area Ministeri-
 al Food Bank** 538 Mill Street, Cala-
 bogie 2nd and 4th Thursdays of the
 month 9 am to 10 For emergency
 situations, please call 752-2201

SPECIAL EVENTS CALABOGIE:
**Calabogie United Church "All You
 Can Eat Fish Fry" Sept 15th 4 to
 6:30 Church Hall. 1044 Madawaska
 St.**

REGULAR EVENTS

GRIFFITH & MATAWATCHAN:
**Matawatchan Hall Events, 1677
 Frontenac Rd.: Check calendar at
matawatchan.ca**

Matawatchan Walking Club
Wednesdays April to Oct. 9:00 a.m
Nov. to Apr. 10:00 am Start at the
 G'Day board. Brigitte 613-318-8308

**Family Sports Nights, Tuesdays
 & Thursdays at 6:30 at the
 Matawatchan Hall.** Board games
 in the Hall on rainy days. Everyone
 welcome!

Games Night, Mondays at the Ma-
 tawatchan Hall, 7 - 9 pm. Use our
 board games, cards, crokinole, or
 bring your own.

Aerobics and Cardio Dance to suit
 all fitness levels at the Matawatchan
 Hall. \$5 Hall donation appreciated.
Tuesdays & Thurs 10am - 11am

**Chalk Furniture Painting First and
 Third Wednesday of each Month-**
12:30-3:00 and Second and Fourth
Wednesday, 6:00-8:30 at the Ma-
tawatchan Hall Wendy at wmacfar-

lane@hpedsb.on.ca

Matawatchan Hall Saturday Socials
**9 - 11 am Coffee, Tea & Baked
 Goods**

Matawatchan Book Exchange at the
 Hall any time it's open, sponsored
 in part by the Greater Madawaska
 Public Library. No need to join, just
 sign out a book and return it when
 you are done. Kid's books, too!

Denbigh-Griffith Lions Club
Events at the Community Hall Hwy
41 Griffith:

Bingo every second Tuesday at
7:30

TAI CHI at the LION'S HALL Hwy.
 41, Griffith 613-333-1423 Begin-
 ner's Class, Mondays @ 12:45 p.m.
 \$10, Holiday Mondays, class will be
 on Thursdays @ 9:00 a.m.

Lions Fellowship Lunch at Noon-
 Third Wednesday of the month at
 the Lions Hall Griffith (not July &
 Aug). \$8 Everyone is welcome. Con-
 tact Mary McKinnon 613-333-2791

Northern Lights Seniors at the
 Lion's Hall Third Wednesday of the
 month at 1pm. (after Fellowship
 Lunch)

Denbigh Griffith Lions dinner
meetings on the 2nd Wednesday
 and business meeting on the 4th
 Wednesdays

General Wellness Assessment
 by local Paramedics available from
 11:00am until after lunch

Diabetes Outreach Program
 every 3 months

Euchre First and Third Friday of each
 month, 7:00pm - 9:30pm Contact
 John/Nancy Reid (613) 333-9556

Horseshoes at Camp J Weds. 1 pm.
 1748 Frontenac Rd. Matawatchan.
 Come to play or lead the cheers.

Bert's Music Jam Every Thursday
5 to 7:30 p.m. at the Pine Valley
Restaurant, Hwy 41 Griffith

SPECIAL EVENTS

GRIFFITH & MATAWATCHAN:
Denbigh-Griffith Lions 11th
Annual Show & Shine, Aug 25 10
- 4, Hwy 41 Griffith. Food, vendors,
 and classic cars from all over North
 America.

NU2U Giant Yard Sale, Aug 25, 10
- 4, Next to the Lions Show & Shine.
 Proceeds to GM Seniors Housing. Fill
 a box for \$5.

Flea Market at the Matawatchan
Hall, Saturday Sept 1, 9:00 - 11:30
 Contact Nancy 333-9556 to book a
 table.

Festival of Small Halls is coming
to the Matawatchan Hall
Sat, Sept. 15, 7pm featuring The

Redhill Valleys and Tall Boyz with
Pete Chess Tickets \$25 at
thefestivalofsmallhalls.com or
 613-402-1425

St. Andrew's United Church
Chili Supper with desserts
Saturday September 15 at 5:00
 before the Small Halls Show.
 Everyone welcome!

8th Annual Terry Fox Run in
Griffith Sunday, September 16.
 Pledge forms are available at Griffith
 Building Supplies, Griffith General
 Store, The Pine Valley Restaurant,
 and the Denbigh General Store. See
 ad pg. 7

Matawatchan Hall Annual General
Meeting. October 9 at 6:30pm
Matawatchan Hall, 1677 Frontenac
Road. Please join us for feedback
 and to see what we've accomplished
 lately. New members welcome
 to help out with no obligation to
 attend every meeting if you are only
 interested in one aspect (building,
 events, socials, kids, socials, etc.)

DENBIGH & VENNACHAR:
FREE weekly "Play to Learn" play-
group at MAYO COMMUNITY CEN-
 TRE in Hermon Tuesdays 10:00 am
 to 12:00 pm. snack provided

Denbigh Diners meal Supported
by Land O Lakes Community Ser-
vice: Full Course Meal \$8.00
 Nancy Dafoe 613-333-5164

Northern Lights Seniors Euchre,
Denbigh Community Hall, Hwy
#28, Denbigh, Fridays @7:00 p.m.

Land O Lands Community Service
Exercise on Tues. at 9:30, Den-
high Hall basement after Wellness
(not July and August) Contact Mary
 McKinnon 613-333-2791

Good Food Box, Fresh fruits and
 vegetables wholesale. \$6, \$11, or
 \$17 Order at the beginning of the
 month. Pick up at the Health Centre
 in Denbigh on the 3rd Thursday of
 the month. Call 613-333-1333

DACRE REGULAR EVENTS:

Games Night, 2nd and 4th Fridays
 Open to ideas. Contact Michael at
dacacommunity@gmail.com

CLOYNE & NORTHBROOK

REGULAR EVENTS:

Exercise Bootcamp at the Clar-Mill
 Hall in Plevna Tuesdays & Sundays
 7:00 pm \$5 per class.

Cloyne Pioneer Museum Hwy #41
across from P.O. Open 10 - 4

SEND US YOUR EVENTS:
Lois and Mark Thomson
The Madawaska Highlander
3784 Matawatchan Rd.
Griffith, ON, K0J 2R0 info@
reelimpact.tv
613-333-9399

OUR HOME ON NATIVE LAND

This column will seek to recognize historical individuals and locations of First Nation and Metis history in the Greater Ottawa Valley.

Omamiwinini Pimadjowin By Noreen Kruzich

Omamiwinini Pimadjowin

The Algonquin Way Cultural Centre is a log structure open to the public through its gift shop and museum located in Golden Lake, Ontario. Not only are there a vast number of artifacts at this small museum, but the variety of items is impressive, from identification and uses of wild plants, to beaded garments, toys such as the no face dolls, tools and functional items such as quill and sweetgrass baskets, and just as you would expect a few birch bark canoes; but you might not anticipate a birch bark doorway!

A birchbark doorway stands in the corner, once an entrance to a wigwam in an outdoor village at the Pikwakanagan Reserve. From 1950 to 1973, community members would gather for drumming and dancing. Ron Bernard, former President of the Cultural Centre and long-time councillor at the Reserve (in his eighteenth year) tells me that the outdoor activities were open to the public and the village was located next to where the Cultural Centre now stands.

Traditional housing for the Algonkin, prior to colonial contact, was the wigwam. Wigwams used poles from trees that would be bent and tied together to make a dome-shaped home. To cover the outside, native peoples would use whatever was available: bark, animal hides, even rush mats made of cattails sewn together to make them watertight. In cold weather all of these might be combined on the same wigwam.

Bernard's grandfather, Matt Bernard (1876-1972) held the traditional knowledge to build birch bark canoes. His cultural teachings of the canoe have passed on to the younger generation. Teachings also go along with anything that is created by the Algonkin, which gives this heritage a richness of insights and values. Besides teachings, traditional knowledge of techniques are followed. Spruce root is used for lashings to hold the canoe together while spruce gum seals the canoe so that it will float. The gunwales, ribs and sheathing are usually made of cedar.

It is said that Matt Bernard had many other talents as he made, and taught others the making of canoe paddles, snowshoes, work sleds called "hand-sleighs", gill nets, bows and arrows; tools which were used by the Algonkin people in their daily lives. He was elected Chief at Pikwakanagan from 1903 - 1905 and then again in 1909-1925. Some other Algonkin families such as the Commanda's and Sarazin's have expert birch bark canoe builders in their ancestry as well. One canoe pictured here is that of Stanley Sarazin's (1936-2006). His wife Jacqueline (Meness) Sarazin, who still resides at Pikwakanagan, also played a large role in sewing together the bark with spruce root. Stanley is a son of renowned birch bark canoe crafter, Daniel Sarazin (1901-1981) of Pikwakanagan. In one interview from the past, Stanley Sarazin said of the



Upper Right and Left: Sweet grass and birch bark containers



A birch bark doorway entrance to the former outdoor village at Pikwakanagan



Birch bark canoe, laden with images and info about its own history



Awadjiwinagan (Basket)



Left: Basket with cover is adorned with porcupine quills and has a birch bark handle. Above: These no face dolls were made by local Algonkin Artist Julia Landry

stripping of birch bark that it had to be a hot day to soften up the bark, so that it would come off the tree more easily.

The community will tell you that as the years pass, it has become much more difficult to find large birch trees needed for expansive pieces of bark to create a canoe. Besides this, trees need to be very straight and without large knots. Of course, birch bark for baskets may be more easily collected. One basket displayed at the museum (pictured here) features a birchbark braided handle, and the lid is stitched onto one side so that it can be opened without falling off. Porcupine quills adorn the sides and top.

The sweetgrass basket was a popular trade item for the Algonkin. Sweetgrass baskets often have a four-petal flower on the top. All the baskets were made from organic materials such as birch bark, plants, and quills and were used for storing foods, water and medicines. Although, items like these from the long ago past have decomposed, Ron Bernard says these baskets, which were brought in years ago, are authentically made.

The no face doll is another item found both in the museum and at the gift shop. It was an easy toy to transport, as the Algonkin were nomadic moving with the seasons to take the best advantage of hunting, trapping or gathering whatever was in the season. This doll was made of animal skin and always without a face. Great respect was given to Elders, so no face would ever be put on any play toy, in case it would resemble an Elder. However, the most important reason for "no face" to the child was that when on their

frequent moves the children became separated from their friends and playmates, so each day they would play with their doll and pretend it was a special friend they were playing with and they would put an imaginary face temporarily on the doll and then perhaps the next hour or day they could pretend to play with another of their friends that moved away. It is also said that the doll had no spirit until the one who owned it could give it an imaginary face and name while playing with it.

These items are among many that you can view at the museum which is located just back of the gift shop area and open to the public weekdays ten to four.

The Algonquin Way Cultural Centre not only provides services to its

people at the Pikwakanagan Golden Lake Reserve, and area schools, but provides services throughout Eastern Ontario relating to Algonquian culture.



Noreen Kruzich is the author of *The Ancestors are Arranging Things... a journey on the Algonkin Trail* (Borealis Press/Ottawa/2010). She specializes in First Nation/Metis genealogy and social history and has worked on the

documentaries *Colonization Road* recently nominated for the Donald Britton Award at the Canadian Screen Awards and on *Trick or Treaty* winning the Prix Gêmeaux for Best Research. She lives along the Madawaska River outside of Burnstown. Visit her site at www.noreenkruzich.com

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ART IN THE HIGHLANDS

North Frontenac Backroads Studio Tour

September 29 and 30



Tuscony Concrete - Birch Fire Table



Linda Rush - Mushrooms

Cathy Owen painting

Get ready to enjoy the 5th annual North Frontenac Back Roads Studio Tour! This year the dates are September 29th and 30th, and 14 studios will be open from 10 to 4 each day.

This popular tour gives people the chance for an autumn drive through the beautiful northern part of Frontenac County at one of its loveliest times of the year. Located 20 minutes north of Sharbot Lake, 10 minutes east of Cloyne/Northbrook and half an hour northwest of Perth, this is a spectacular landscape of hills, lakes and hardwood forests, usually with magnificent fall colours. Artists who love beauty and peace are scattered throughout the area, and this tour is an opportunity to visit many of their unique studios and beautiful properties. The tour brochure and website also give the location of places to stop for a snack, a meal, or a washroom break, as well as places to spend the night. Many tour visitors like to take 2 days to experience as many studio stops as possible and to spend the night in one of the local lodges.

The 25 participating artists will be displaying a wide variety of work – paintings, photography, sculpture, furniture, textiles, jewelry and more. Many of the artists have been committed to the tour since its beginning 5 years ago, but all of them have new work to show to their fans and to new visitors. And there are always a few new artists to be checked out. The Alpaca farm will be open again, and perhaps there will be a newborn baby alpaca to meet, as there was one year of the tour! Back Forty Artisan Cheese will be serving lunch on their beautiful property on the Mississippi River, and the Shamrock Bakery in Plevna can also provide a delicious lunch or snack.

Information can be found at NorthFrontenaBackRoadsStudioTour.com

This includes a downloadable map of the tour, with instructions on how to get to the area. Print brochures about the tour are also widely distributed.

So mark September 29/30 on your calendar, and plan on taking this interesting and beautiful Road Trip.

LETTER TO THE EDITOR



L - R: Proud bread bakers Gitte Chess, and Maggie and Mike Kerhoff at the Matawatchan Hall on August 11

My husband Mike and I shared in a wonderful experience yesterday at the Matawatchan Hall. Truly one of the highlights of the summer. I miss the market so much, so I am glad there is the coffee/tea Social on Saturdays from 9-11. I could NOT resist Kathy Flagler's warm cinnamon rolls, but it was hard to decide between that and the lemon blueberry muffin. Mike let me try a bit of the muffin he got, so I had the best of both worlds! I loved getting reacquainted with many folks whom I had met in years past at the Saturday market.

Then Ken Birkett led 9 of us in the magical world of baking bread. Loved Ken's "recipe!" I hope I can remember all of his ingredients, which included "fat" tablespoons of sugar.

While our dough rose, we were in for another treat. Colleen Hulett, who recently wrote a fabulous article on harvesting and using St John's Wort in the Highlander, led us on a short walk in the woods and field beside the Hall. Along the way she identified for us many plants and mushrooms that were edible or useful for medicinal purposes. (And some that were NOT edible!) Some had practical purposes, too. The leaves of the Mullein,

for instance, can be used as toilet paper or a diaper rash treatment! My takeaway from this experience was that the land around us is an unknown (to many of us!) Grocery and pharmacy! Her information piqued my husband's curiosity so much, he is poring over all of our Cottage books on wildflowers, plants and mushrooms. Colleen introduced him to a tasty plant that he knows we have a lot of in Arnprior. I believe we will be having that in our salad very soon!

After that edifying experience, Ken guided us through the forming of our bread. Another short rising period and then into the Adobe oven which Ken helped to build a few years ago. (Note: a few folks in the community were going to take advantage of the hot oven to roast a leg of lamb, a meatloaf and a roast of beef when the bread was finished baking!) The smell was unbelievable! What a morning! I enjoyed the company, banter and sage advice of all of the folks who participated.

Thank you to Ken and to Lois Thomson for arranging and organizing this fantastic event! I plan to be at coffee Social next Saturday. Perhaps Kathy's cinnamon buns will be there again! - Maggie Kerhoff

REVIEWS 3,500 5,000

PHOTOS

45 reviews · 6 ratings

Urban Ford
5362 Madawaska Blvd, Arnprior, ON K7S 3H2

★★★★★ 5 days ago
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Like Share

Response from the owner 4 days ago
Good morning Brian. Thank you so very kindly for taking your time to share. I am so proud of all our group at Urban Ford, their efforts and attention to outstanding customer service...it warms my heart to hear of your great experience. Thank you. We look forward in looking after you and your family for years to come.
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Pete Seeger and the Power of Song - Finale, Pete's Parting Gift

By Peter Chess

Pete Seeger's performance on The Smothers Brothers TV show reintroduced him to legions of older fans and introduced him to a new generation of converts to his message of using music as a catalyst for change, more specifically, to change the world in a way that benefited the marginalized and working classes. Prior to his death in 2014 at the age of 94, he toured the world for decades, reflective of his embrace of internationalism and cultural and musical diversity. In the songs he wrote or performed, his scope of activism is incomparable. He sang on behalf of the labour movement ("Talkin' Union"), progressive politics, ("If I Had a Hammer"), the anti-war movement, ("Where Have All the Flowers Gone"), the fight against economic inequality, ("Woody Guthrie's ("This Land Is Our Land") and the civil rights movement, ("We Shall Overcome"). For all of this, perhaps his most lasting and most practical legacy came from his deep concern for the degradation and pollution of his beloved Hudson River, on whose shores he lived in his hand-built log cabin outside Beacon New York, until his passing. His personal crusade against those who defiled the river was a natural progression in a life devoted to the power of music to achieve change.

The cabin was his refuge from the turmoil he inevitably encountered on the road, a place to stay grounded. He also found tranquility out on the water, learning to sail on what he called, "a little plastic bath tub of a boat", which inspired him to write a song entitled, "Sailing Down My Golden River". But the river in the 1960's, as Arlo Guthrie notes, "on closer inspection was filthy. It had degenerated from a wonderful source of pure water to a polluted mess. Pete was incensed by that, angry that the river was part of a larger pattern of simply treating nature as if it were a dumping ground." In time, Pete's anger was translated into an idea. He thought that if he could draw more people to the water, actually on the water, perhaps they could become inspired to care out its future. Pete had an old musical buddy, Vic Schwartz, who one day showed Pete an old book called "Sloops of the Hudson", published in 1908, which illustrated the large variety of commercial vessels that used the river for transport at the turn of the century.

As Seeger later wrote, "I proposed an impractical and hopeful idea, typical of a banjo picker, I suppose. What would happen if a group of people got together and built a replica of one of the old cargo sloops? We'd take her up and down the river and at each port we'd do something simple. We'd try to teach people to love their river again". Arlo Guthrie recalls, "It was another of Pete's crazy ideas!". The key to raising support and money for this crazy idea, was in Seeger's mind, music. A series of musical picnics at small towns up and down the river communities was organized by dedicated volunteers. One of the first picnics took place in the village of Garrison NY on Oct. 2, 1966. "Some people might think it's the most frivolous thing in the world to raise money for a sailboat" said Seeger, according to a NY



"I proposed an impractical and hopeful idea, typical of a banjo picker, I suppose. What would happen if a group of people got together and built a replica of one of the old cargo sloops? We'd take her up and down the river and at each port we'd do something simple. We'd try to teach people to love their river again" - Pete Seeger

Times report on the event. "But we want people to love the river, not think of it as a convenient sewer"

While fundraising, the search for a shipbuilder took him to a man named Harvey Gammage and his shipyard in South Bristol Maine, and a naval architect, Cyrus Hamilton. These two men designed and created an elegant reproduction of an old sloop while incorporating the modern safety requirements of a passenger vessel. On Oct 18, 1968 the newly christened "Clearwater" was launched. With Seeger on board and a full crew, she set sail for New York City.

A year earlier, after a 20 year long legal battle, the U.S. Court of Appeals overturned a decision that would have allowed the giant power company, Con Edison, to build a power dam at one of the most scenic bends in the river. The appeal was launched by a group of concerned citizens who saw the dam as an

outrage. It was a monumental victory. It was the very first time that a group of environmental activists gained standing to sue in federal court, to prove "harm to Nature". The Hudson River Valley, home to the "Clearwater" had become the birthplace of Environmental Law. The courts and lawmakers were beginning to catch up to the concerns that led Seeger to create his "boat to save the river". The picnics soon morphed into the "Clearwater Music Festival" still going and attended by thousands. The ship herself, after a few years in dry dock for repairs, is again on the river educating a new generation, most of whom would never have heard of Pete Seeger. The river was cleaned up, the polluters were forced to pay the huge costs they incurred to do so, but the battle will probably never end it seems, given the state of U.S. politics today. It is also doubtful that we will ever again see the likes of Pete Seeger again. The music and the songs, however, will always be with us, a transformative source of en-

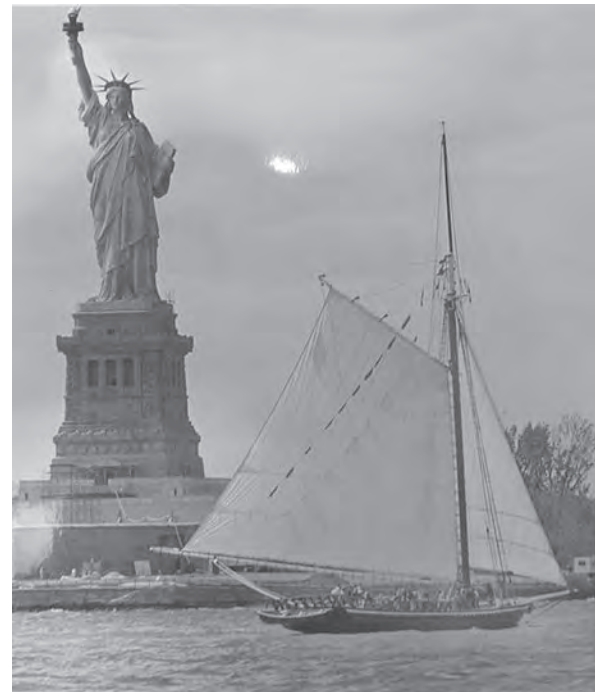
*sailing down my dirty stream
still I love it and I'll keep the dream
that some day, though maybe not this year
my Hudson river, will once again run clear*

*it starts high in the mountains of the north
crystal clear and icy trickles forth
with just a few floating wrappers of chewing gum
dropped by some hikers to warn of things to come*

*at glens falls five thousand honest hands
work at the consolidated paper plant
five million gallons of waste a day
why should we do it any other way*

*down the valley one million toilet chains
find my hudson so convenient a place to drain
and each little city says 'who me,
do you think that sewage plants come free'*

*out in the ocean they say the water's clear
but i, live right at beacon here
halfway between the mountains and the sea
tacking to and fro this thought returns to me*



*sailing up my dirty stream
still i love it and i'll dream
that some day, though maybe not this year
my hudson river and my country will run clear*
- Pete Seeger

ergy, giving power to people, united in their conviction to act for the commonality and good of humanity. As I have learned by reading and writing about this incredible man, I will never again underestimate "The Power of Song".

In conclusion I would like to say that I hope you enjoyed sharing this journey with me and the story of the most influential troubadour of the 20th century.



Peter Chess immigrated to Canada from Leeds, England at the age of 9 weeks. The family settled into a converted barracks at the local airport near St. Catharines for a couple of years before moving into a wartime house. After serving in the Canadian Army Signal Corps, Peter restored antique furniture in St. Catharines, which is where he met his wife Gitte, her daughters Sheri and Belinda. They now live in Matawatchan and have two granddaughters, Emma and Natalie. Peter is a member of The Pickled Chickens String Band.

GRIFFITH TERRY FOX RUN

38 Years Running By Geoffrey Cudmore



Participants in the 2017 Griffith run are hoping to grow their numbers of people and numbers of dollars raised in 2018. If you can't join them, please support them.

Even as the Terry Fox Run moves into its 38th year in Canada it is good to know that 2017 was another very successful year of fundraising for cancer research. Canada-wide the participation numbers increased by 6% overall, with total revenue for the year exceeding \$29 million dollars. To date almost \$800 million has been raised world-wide. Last year our Griffith Run raised almost \$8,000, and placed in the top 15 runs in Canada for dollars raised per participant.

This spring saw a new development as Cancer researchers across Canada are joined forces under a Terry Fox initiative to improve personalized treatments for a hard to treat form of pancreatic cancer. The project is currently under way in Toronto and Vancouver through two clinical trials. With \$5 million



At 38 years running, a new generation of runners is growing up with the tradition of participating in the Terry Fox Run and it continues to grow. It also continues to provide funds for cancer research, which is experiencing breakthroughs for better treatment and patient success rates.

in funding from the Terry Fox Research Institute, the pan-Canadian team of researchers will fully sequence the DNA and RNA of the tumours of 400 patients in Quebec, Ontario, Alberta and B.C., in hopes of better understanding the disease and defining the best course of treatment.

Our 8th annual Griffith Terry Fox Run will take place on Sunday September 16th. As in the past, registration will open at 9:00am at Griffith Building Supplies, and the "run" (you can run, walk, or cycle) begins at 10:00 am. The route is an "out and back" along Church Street and Flying Club Road, with measured distances of 5 km and 10 km.

LETTER TO THE EDITOR

12

RE: Nuclear Waste Dump on the Ottawa River, Dr. Gordon Edwards

Dear Editor,

I am happy to see your publication has taken an interest in the Nuclear Power Demonstration reactor closure Project, as featured in your June-July 2018 edition. This reactor was a model of Canadian innovation, being the first power-generating reactor in the country. Thanks to this pioneering facility, today, over 60 percent of Ontario's electricity is generated through nuclear power.

The Nuclear Power Demonstration reactor was safely shut down and the fuel removed three decades ago. Canadian Nuclear Laboratories, Canada's premier nuclear science and technology organization, is now proposing to protect the environment by immobilizing the radioactivity in place, a solution that would remove the necessity to endlessly store and handle the waste from decommissioning. This project is being executed on behalf of Atomic Energy of Canada Limited, a federal Crown corporation.

This being the case, I would like to set the record straight on a few issues that were raised in the article.

Dismantling the structure and removing it from the site for disposal or storage was proposed more than 30 years ago. Today, Canada does not have a final pathway for managing this decommissioning waste. We propose to manage the decommissioning waste in-situ, or on site, because the facility has ideal features for isolating and containing the material.

After closure of the site, the radiation fields at the site would be the same as naturally occurring radiation on a street in downtown Ottawa. The facility will not be "abandoned". The Government of Canada will maintain ownership of the site, with responsibility for ongoing surveillance and environmental monitoring. The Canadian Nuclear Safety

Commission – Canada's nuclear regulator – will maintain oversight as the independent responsible authority.

The isolation and containment that the proposed closure approach offers is very effective. It is meant to contain contaminants and protect the environment.

The Nuclear Power Demonstration reactor has already achieved 60 years of exceptional environmental performance which demonstrates the effectiveness of the existing containment design. Our proposal to seal the facility with grout will build on that solid foundation to create a lasting solution for this decommissioning.

Please note, this isn't your typical industrial grout that we'll be using, but specially formulated grout developed with industry experts from across North America. The grout is specially designed to flow around the remaining pipes and tanks, inhibit groundwater movement and create a chemical environment that limits the movement of radionuclides.

This proposal is one element of the Government of Canada's commitment to cleaning up former research and operating nuclear sites around the country. The project is currently undergoing an Environmental Assessment, which is intended to ensure open public discussion about the proposed project. The project has not yet been approved and in fact is addressing over 600 comments received from regulatory agencies, Indigenous groups and the public. We view this input as a critical step to ensure we have meaningful improvements to the design for the NPD site closure process.

Additional information related to the NPD Closure Project can also be found on our website: www.cnl.ca/NPD.

Kristan Schruder
General Manager, NPD Closure Project
Canadian Nuclear Laboratories



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The Beauty and Power of Turkey Tail Polypore This column is for general interest only. Enlist the help of a knowledgeable guide until you are certain.
By Colleen Hulett



These ones are NOT Turkey Tail Polypore REAL Turkey Tails are Shown Next Page

Real Turkey Tails do NOT have gills. This pretty imposter is NOT A TURKEY TAIL.

Turkey Tails have distinct contrasting coloured lines. These ones above DON'T, so they are NOT TURKEY TAILS

The "False Turkey Tail" has distinct colours, but has large pores on the underside. If the pores aren't TINY, or you can see the pores, they are NOT TURKEY TAILS

It seems we Canadians are the last to learn about the importance of fungi with respect to our health. The rest of the world has already experienced the medicinal actions offered by this kingdom, but here in Canada we are still passing them by in the grocery store. Fresh medicinal mushrooms like Oyster or Maitake can be found right beside the common white button mushrooms albeit for a slightly higher price. In my local grocery store they often have a 50% off sticker slapped on them. Lucky me.

Both mushrooms are immune system modulators, have blood-sugar lowering effects, are anti-inflammatories and both mushrooms have been used effectively in several clinical trials on different Cancers. This is astounding news. Both mushrooms are also found wild in the deciduous forests around us. The conundrum, possibly, is living in a country with universal healthcare. A country that offers inexpensive pharmaceuticals and free access to doctors. Maybe these facts have encouraged most of us Canadians to lose touch with traditional field and

forest medicines and more importantly, our access to forage them freely.

Did you know, some medicinal mushrooms are found all over the globe within the same longitudes and are not indigenous to just one country? This fascinates me! Why? Wait, I'm not talking about 'people' fungi that have followed everyone around as spores. For example, Reishi (*Ganoderma lucidum*) mushroom is indigenous to China but has been introduced to Canadian fungi farmers. What I was referring to earlier

is fungi that is indigenous to the many countries or continents at the same time. Think about that for a second. These wise guys were most likely around since Pangaea, the supercontinent. In the Paleozoic era our present continents were joined as one then split apart by tectonic activity. This activity is still happening by the way... just ask Hawaii. Being a Geographer, this is unbelievably fascinating to me that this kingdom, this fungi network was once connected and here before any of us. That's Earthwise!

Continued next page...

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|  <p>Century 21 Eady Realty Inc. Brokerage 29 Raglan St. Renfrew 613-433-2254 www.vincentjohnston.com</p> |  <p><i>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!</i> - Vincent Johnston, Sales Representative</p> | <p>21 Crestview Building Lot PEAKS VILLAGE 59,900 BUILDING LOTS HUGE POTENTIAL! LT 4 Matawatchan Rd WATERFRONT 175k 00 Centennial Lake WATERFRONT 49,900 5118 Calabogie Rd COMMERCIAL ZONING 1.9 acre 76,400 210 Jim Wallace Building lot NEAR CALABOGIE PEAKS 39,900 00 Calabogie Rd COMMERCIAL ZONING 2.63 acres 105,200</p> |
|--|--|---|

REDUCED - CALABOGIE LAKE!



1013 MacNabb
Large Country Home on Calabogie Lake. Large gorgeous flat lot leading to the water's edge. Located close to the Highlands golf club house. The waterfront is a separate parcel offering lots of potential for new build closer to the water. Come and see the stunning views and enjoy all this area has to offer. \$579,900 MLS 1087638

BLACK DONALD LAKE!



20 Ironside
Viceroy "Capri Series" year-round home/cottage overlooking Black Donald Lake. Sought after area offers world class fishing and boating. Open concept main flr. Kit., Liv. and Dining w 2 bdms, full bath and master w ensuite. Partially finished bsmt. w 1 bed, recrm, util. Roughed in laundry and 3rd bath. Deep harbour for boats & sandy shore 499,900 MLS1099086

HIGHLANDS GOLF RETREAT!




254 Tatty Hill 1,085,000 MLS 1098650
95 Acre Estate close to the Highlands Golf and Calabogie Motorsports Track near Calabogie Lake. Beautiful, historic, peaceful, well manicured property. Open fields for farming potential and still lots of bush for the hunter and outdoor enthusiast. Come and take in the gated long private driveway that leads to your new retirement retreat.

CENTENNIAL LAKE HOME!



1046 Donald Trail 879,900 MLS 1104885
Stunning Lake Front home on the shore of Centennial Lake. You enter into a huge open concept living, dining, great room area. Post and Beam construction throughout. Large games room and master bedroom with gas fireplace and ensuite offer awesome views. Home has a southwest exposure and is set close to the water's edge.

CALABOGIE LAKE!



43 Jim Wallace 379,900 MLS 1121384
3 bedroom 3 bath bungalow close to the ski hill. Finished basement, 2 car detached garage. Deeded access to Calabogie Lake, dock, beach and tennis court

CENTENNIAL LAKE - REDUCED!



5015 Centennial Lake 599,000 MLS 1095808
If privacy is what you seek this home/cottage sits on a 2.1 acre peninsula with a gentle slope to the water. Home is a 2011 build with an open concept kitchen, living, dining area, 2 bedrooms, laundry and full bath on main floor. Completely finished basement with walkout has another bedroom, recroom, full bath utility room and lots of storage.

SOLD



WATERFRONT - REDUCED!

630 Long Point 469,900 MLS 1087807
Hurds Lake waterfront cottage/home or rental property with 72 acres! Enjoy the gorgeous waterfront or do a little hunting, fishing, hiking or make some trails for atv'ing. Nice gentle slope to the water with a sandy area on the shore and a deeper area for boats. Hurds Lake is a spring fed lake with no public access and less than an hour to Ottawa.

HIGHLANDS GOLF RESORT!



34 Morning Flight 389,900 MLS 1084448
This home is nestled into a 1.3 acre lot and built in 2007. This home offers lots of space with large rooms. Large open concept living, dining and kitchen area with 3 bedrooms on the main and a completely finished basement with walkout. Large windows for natural sunlight. Sitting on the Calabogie Highlands golf course this home will not disappoint.

CLOSE TO CALABOGIE!



5030 Calabogie Rd. 329,900 MLS 1106640
Open concept bungalow built in 2014. Three bedroom, two bathrooms with a finished basement. Carport and rear deck with basement walkout. Located close to all that Calabogie has to offer.

...continued from preceding page

These ones ARE Turkey Tail Polypores



Distinct brown stripes tell you this might be a Turkey Tail, but you have to look at the underside to be sure. They should have pores so tiny you can't see them with the eye.



A beautiful Turkey Tail with red and purple bands



Turkey Tail shelf brackets look like they are... shelves.

The Turkey Tail polypore (*Trametes versicolor*) is one of these global medicinals that live in the Northern Hemisphere above the 30th parallel and is indigenous to North America, Europe and Asia. It can now be found worldwide. It is an extremely stunning and colourful mush-

room in my opinion. If you view the photos I have provided you can see that the Turkey Tail Polypore is a bracket fungus growing in overlapping rows or in swirls attached to dead logs or stumps on the forest floor. Although similar there are no two Turkey tail patterns alike but all

of them have the same flat bright white bottom (fertile) surface with tiny visible pores. On the surface they exhibit lines of different alternating light and dark colours (versicolor) as you can see in the photos. The Turkey Tail polypore is pliable and leathery with a velvety feel. It is very easy to trim with a small hiking knife. It hardens and slightly yellows on the flat fertile surface with age.

Harvest when it is pliable, and the bottom is pure white. There are many Turkey Tail look-alikes out there, but none have the tell-tale white fertile surface. Turkey Tails grow abundantly in the Highlands and I have harvested many on my hikes to add to my medicine cupboard. It can be easily found, dried and stored for winter use.

November (unless the month is experiencing unusually warm temperatures) but guess what? The Turkey Tail Polypore grow and can be harvested up until February! Wow. They really want us to harvest them. Right?

Turkey tail (*Trametes versicolor*) is a winter superfood. Its Latin name has changed recently from 'Coriolis' to 'Trametes' and for that reason many historically significant studies are found under the name 'Coriolis,' if you are the Googling type. Several studies confirm that Turkey tail is an immune system modulator with antimicrobial, antiviral and anti-tumour actions. Japanese pharmacies have been dispensing turkey tail to patients since the 1980's.

So why is it important to even pick Turkey Tail and use it now? Like Oyster and Maitake mushrooms, Turkey Tail is an immune system modulator. In the northern hemisphere during the fall season, it is an important time to begin a strategy to strengthen your immune system before the flu and cold season hits in the winter. Nature understands this better than we do and so she brings everything to harvest just at the right time. Super foods like apples, garlic, onions and broccoli, for example, show up in our fall gardens. As well in the forest community, medicinal immune boosting mushrooms are popping up everywhere just for us as Mother Nature intended. Fungi are popping now and peak after our area's predictable rain season in September. Mushrooms love rain and usually appear after one or two days of steady rainfall followed by sunny days. They decline in

One isolated ingredient called kestin is unique to turkey tail and has not been found in any other species. It is an approved product for cancer treatment in Japan. I know of someone's Canadian mother who put her cancer into remission when she joined clinical trials for Kestin in the USA several years ago. This certainly makes Turkey Tail important. So why isn't this great mushroom being dispensed by pharmacists in North America yet, you say? Well, it seems that kestin or polysaccharide-K that has already been proven effective has no API reading. An API or 'Active Principal Ingredient' is used by pharmacists to consistently measure a drug. With no API reading, Turkey tail has been classified as an un-identified drug in western medicine. Therefore, it has been put aside until scientists figure out how to measure it. Sigh, it echoes the problems we have



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HIGHLANDS HIKER And so are THESE ones



Turkey Tails come in many configurations and colours, like this one with its swirling shape.



The white fertile surface (the underside that emits spores) is white and smooth, no matter how colourful the cap or upper part is.



Turkey Tail caps are distinctly fuzzy and always interesting. Always leave at least 1/4 inch when you harvest, so you don't kill the mycelium, or roots.

with measuring energy medicine like homeopathic or Bach flower remedies. We know they work but we don't yet have the tools to measure them. Where is a new Star Trek episode when you need one? Okay, beam me up Scotty!

Well scientists do know how our immune system works within our lymphatic system. Our white blood cells are transported in the flow of lymph fluid. Your tonsils, adenoids, spleen, and thymus are all part of your lymphatic system. This system helps to fight infection and produce white defender blood cells that produce anti-bodies to kill virus and bacteria. The Thymus is where special white blood cells called T-cells are stored and can destroy cancer cells.

Tonsils and adenoids are called the first line of defense because they sample the bacteria and virus that enter through the nose and throat and alert the rest of the body. Your Lymph nodes swell because they are storing and accumulating white blood cells to fight invaders. Lymph fluid doesn't circulate in our system. I find it fascinating that the lymph highway, with its 700 'warning' nodes, flows in only one direction and that direction is straight up from your knees to the tonsils to tell on those darn invaders. Each swollen node has a story to tell of an infection near their area.

As I mentioned Turkey Tail is an immune system modulator. Regular intake of Turkey tail tea trains and tones your immune system to know the difference between good and bad invaders. It works as an adaptogen and therefore the lon-

ger you use it better it works for you and your immune system.

I think the best news about turkey tail is that its active ingredients are extracted only via boiled water. Because it is tough to chew, we do not eat fresh Turkey tail or fry it in butter. We do not steep it in an alcoholic tincture either. We simply use it fresh or dried and then steep it in boiling water.

How to harvest Turkey Tail:

During August to February, trim off fresh Turkey Tail from logs with a small hiking knife or kitchen shears. Be careful to leave a ¼ inch of the mushroom base attached to the log so as not to kill its mycelium (roots). Carry your harvest home in a basket so the mushroom can freely release its spores back into the forest. When home, use a mushroom brush to remove any dirt and then rinse thoroughly in cold water. Then cut the fresh turkey Tail into one-inch squares and dry on a rack for a couple of days or in a dehydrator at lowest setting until dried. Store dried Turkey Tail in a closed mason jar in a dark pantry for later use.

How to prepare dried Turkey Tail Tea:

Bring two litres of water to a boil. Add a handful of dried pieces to the pot of boiling water and reduce to a lower setting. Simmer for 1.5 hours. Strain and store the wet pieces in the freezer to use again for your next pot of tea. Sweeten or add milk as desired. Drink one cup daily. Store the remainder of prepared tea in the fridge for up to five days.

Turkey Tail Coffee or Chai:

Finely grind dried Turkey Tail pieces in a coffee grinder. Stir in a ½ teaspoon of ground mushroom into your morning coffee or Chai tea. Sweeten or add milk as desired.

Please take someone with you into the woods where a lot of logs are lying around and harvest this beauty. It is easy to identify and safe for everyone. It is abundant and an important remedy to have in the medicinal tea cupboard. Bring your children and grandchildren too, as I always say...they love to be with you and on the fascinating forest floor. Besides, scissors are their thing. They will be helpful.

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. Hulett.Colleen@gmail.com www.calabogiehiker.com Twitter: Highlands Hiker @calabogiehiker



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Greater Madawaska Public Library Celebrates Official Opening in New Location

By Sharon Shalla

Let the bells ring out and the banners fly, we're here! On Saturday, August 11th the Library Board and staff hosted the official opening of Greater Madawaska Public Library at our new location, 12629 Lanark Road. We moved to St. Joseph's Catholic School in May and have been enjoying the partnership. Much thanks to the library Trustees, volunteers, and staff who assisted with the move.

Thanks to everyone at Greater Madawaska Township for their assistance and support, and to Heidi Fraser, Principal of St. Joseph's School for welcoming us. Also, to the Renfrew County Catholic District School Board Trustees; Jaimie Perry, Director of Education; and everyone at the School Board office, especially Mary Lynn Schauer. Thank you to Rory Donohue, who was the principal at St. Joseph's School in Calabogie when the relocation plan started to develop. Our new space is much brighter than our previous one, and we've received many positive comments, especially in regards to the Children's Room that now has all the books and activities in the one room.

Mayor Glenda McKay; Councillors, Brian Hunt and Wayne Fraser; Library Board Chair, Terrance Gnesko and Librarian/CEO, Sharon Shalla participated in the ribbon cutting. Other Trustees present were Ellen Moss, and Mary Joan Hale. Much thanks to Township CAO/Clerk-Treasurer, Allison Holtzhauer; staff member, Krystal Moran; Summer Student, Jamie Doering; and Trustees, Ellen Moss, Mary Joan Hale and Terrance Gnesko for all their help. Thank you to Alanna Laplante, Peggy Williams and special guest Marie Buscomb for provid-



L - R: Councillor Wayne Fraser; Mayor Glenda McKay; Sharon Shalla CEO/Librarian; Terrance Gnesko, Library Board Chairman; Mary Joan Hale, Ellen Moss and Diane Litchfield, Library Board Trustees; and Councillor Brian Hunt.



Calabogie Lions Club cheque presentation Front: Bill Maxwell, Calabogie Lions Club member, Sharon Shalla, CEO/Librarian; Mary Joan Hale, Library Board Trustee. Back: GM Township CAO/Clerk-Treasurer, Allison Holtzhauer; Ellen Moss, Library Board Trustee; Linda Boyer, Library staff; Bill Vant-Haaff, Library volunteer; and Terrance Gnesko, Library Board Chairman.

ing the entertainment. Much thanks to everyone who came out to celebrate with us. We greatly appreciate your support. We do what we do because of you!

One of the highlights of the day was a presentation by guest author and well known CBC Radio personality, Mary Cook. She was born in Ottawa and lived outside of Renfrew until moving to Carleton Place for her high school years. Mary has the gift of storytelling and captivates with her remarkable memory and attention to details in every story she tells. If you ever have the opportunity to attend one of her presentations, I highly recommend you do so as I'm quite sure you won't be disappointed!

Another highlight was the presentation of a cheque in the amount of \$500 from the Calabogie Lions Club in support of the library's Lego Program. You might ask "Why have Lego in the library?" Children benefit from Lego in

various ways including the usage and improvement of: math skills, creativity, technology, perseverance, fine motor skills, and science. Come check out our super Lego collection thanks to the Calabogie Lions Club. We have Lego for ages 1 to 101

With the Open House here and gone, our attention now turns to the Baby Book Bag Program. This is a wonderful program that provides your child up to 1 yr. old with a lovely hand-painted Baby Book bag and books. The program is in memory of local resident, Nancy Gorra, who loved the library. If you are living in the township of Greater Madawaska and your child is 1 yr. old or less, please register with us. We will present you and your child with a baby book bag at the ceremony in November. Call 613-752-2317 or email gmpl@bellnet.ca for more information and to register.

We have had an incredibly busy

summer, and in fact, broke our record for the most items checked out in one month since we started keeping track of circulation numbers more than 10 years ago. In the month of July we checked out a combination of books, audio books, DVDs, CDs, and Museum passes totaling 1008 checkouts. Our previous best month saw 865 items circulated. Wow... we sure were busy this July! We continue to receive very positive comments on our collection, and children's services.

Did you know that with your library membership you can check out passes to the Ottawa museums including the History Museum (formerly called the Museum of Civilization), the Museum of Nature, Aviation and Space, Agriculture, Science and Technology, and the Ottawa Museum Network which includes the Diefenbunker? Most passes are valid for a family of up to 5 people. Please call us for full details.

Check out this link to our catalogue for a full listing of what we hold in our collection <https://greatermadawaska.insigniaails.com/Library/Home>

RECENT ARRIVALS:

- Guilty Minds by Joseph Finder
- A measure of Darkness by Jonathan and Jesse Kellerman
- A Noise Downstairs by Linwood Barclay
- Bring Me back by B.A. Paris

Youth and Juvenile

- The Bear Who Didn't like Honey by Barbara Maitland
- Just a Mess by Mercer Mayer

DVDs

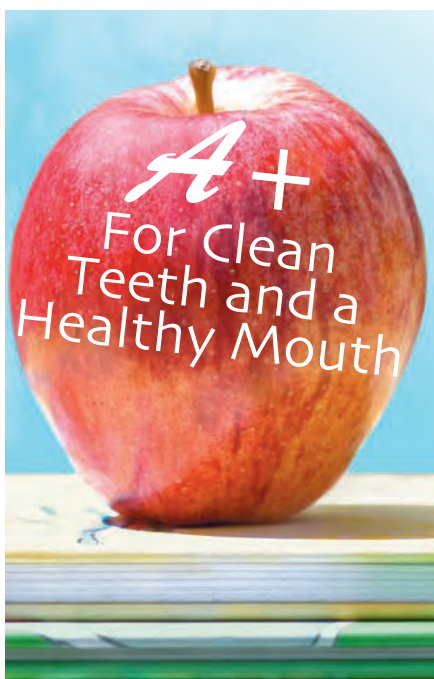
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There is a small town on the Highway in the Highlands; a town like so many others. There are no traffic lights, so you don't have to stop there. But if you do stop, you have the opportunity to experience something you can't get in the city. You can be part of a close-knit community for a while; a community that includes its businesses.

The small town vs city difference starts with how people greet the owners, staff and each other - by name and with smiles. You don't have to live there to be part of the community. And if you are open to it, you can arrive as a stranger and leave as a friend. See you next time!

The proprietors of the family run stores and restaurants are a combination of handyperson, marketer, chef, cleaner, server, risk-taking entrepreneur, and community leader. They not only provide much needed services, they provide jobs. They have a determination to succeed, not only for their own sakes, but for the sake of the community. That's a big difference.

I recently read a completely off the wall review for one of the local restaurants and was floored, first of all because it was nothing like the experience of others, but mostly because it was so harsh. Then I realized the person who

wrote it was only thinking of one meal without context. In the city you can do that. Slow meal? - move on. Didn't like your meal choice? - slam the entire menu. Does he know that the success of the two restaurants and other businesses are vital to the success of the community? In small towns you can't only think of yourself. That's another difference.

Was he there to give his input on new menu items or to suggest others? Was he there on a day local musicians were playing for free? Was he there the day restaurant patrons helped carry a huge fridge into the back? I bet he didn't care that the owners spend all their off

hours reinvesting in, and refurbishing what was a boarded-up eye-sore to make it a place where people like to gather.

He said the restaurant couldn't make it in a big city like Ottawa, but we know it's the opposite. Chain stores don't make it in small towns. They don't even go there. There is too much business in the summer when the tourists arrive and not enough in the wintertime. This is why we support our local businesses even on a bad day - another difference.

If you can make it here, you can make it anywhere. Thank you to all the small-town businesses for toughing it through for your community every day!

CLOYNE & DISTRICT HISTORICAL SOCIETY

One of Skootamatta Lake's Earliest Pioneers By Carolyn McCulloch

We are delighted to have some cherished memories of Doug Bible shared in 2007 at age ninety. He was a son of the original "Poppa" Bible who came to Loon Lake (now Skootamatta Lake) in 1924.

A few years after their original cottage was built it was destroyed by fire while Doug's mother and brother were away at the store. It took several summers to rebuild leaving the family making do in an isolated cabin across the lake.

Young Doug and his family spent many happy summers on Big Island (now renamed Bible Island in honour of the family). Four young lads would often go speeding across the lake in a boat powered only by oars, trolling for fish. One of Doug's buddies was Clayton Moore who later in life became the Lone Ranger. Sadie Wise ran a village store that stocked everything that hungry little boys could ever want. They soon found out that she was a generous soul and would give them damaged marshmallow-filled chocolate covered cookies as they were not saleable. While she was busy the children would make sure there were some broken ones. When Doug was older he learned that Poppa Bible and Mrs Wise were a team and Poppa always settled the account for the broken cookies.

In those early years Tiny Osborne organized all activity on the lake and there certainly was a lot of spirit. Archie Meeks, who had been blinded in WWI and who lived on Loon Lake Road, rented out boats to cottagers. At that time a well known resident, Harold Ballard, owned old time racing boats. They were



(Clayton) Moore's Cottage Loon Lake. This is the cottage of the parents of Clayton Moore known later in life as television's The Lone Ranger. Clayton's family lived in Chicago and spent many summers here. This cottage was located on Loon Lake (now Skootamatta Lake) near Cloyne, Ontario. The cottage was next to the Pearson cottage. Date is unknown on this photo.



Trails End Lodge on Loon Lake (Skootamatta). Mr. and Mrs. Fennel captured in this postcard owned and operated the Trails End Lodge on Loon Lake in the 1940s and 50s. The sign to the left of the Coca-Cola sign reads 'Woodland Dairy Pasteurized Milk For Sale Here'. From Muriel and John VanNess Collection. Unknown exact date of photo.

called Sea Fleas and the Bible Sea Flea was the Galloping Ghost.

The early development on the lake was at Trails End where Fennell's store (later owned by Harold Maybee) was a popular gathering place for exchanging news, meeting neighbours or buying milk. In early years villagers came out to the lake during winter months to cut and supply ice for cottagers. Typically cottages all had an ice house which eventually was replaced by propane refrigeration.

There was a sawmill in front of Doreen Howard's house and Doug remembered an intriguing map on the wall entitled "The Plan and Field Notes of the Subdivision of Big Island in Loon Lake: 1922". Doug enlisted in the army with the Royal Canadian Artillery during WWII, He was involved in the liberation of Hol-

land in the Nijmegen area. Loon Lake played a part in the war with its RCAF training base in the Upper Lake where a plane was forced down and the fuselage broke off. The large propeller was retrieved and still rests on private property on Hughes Landing Road. When Doug was married and had children the Skootamatta became the center of their family life. In the middle of Hurricane Hazel He, his wife, Bev, two children Mike and Lynn and Poppa Bible were forced to travel to the back of the island as the Lake was churned up by high winds and was covered in white froth for days after the storm.

When Poppa Bible passed away Doug proudly became the new Poppa Bible to his grandchildren. He was widely known to shelter and feed stranded travellers who sometimes stopped at his dock

in stormy weather. Doug Bible was well respected and clearly a man who lived well, loved much and found much joy in friends and family. A great contribution to Lake Skootamatta History.

The Historical Society urges everyone to identify their own photo collections and help elderly parents and grandparents do the same. This can be as simple as writing names on the back. Above all, do not destroy. You may not know who is in the photo but someone else may identify a missing link.

We invite you to share photos with us for preservation in our archives. We take great care in handling and copying these precious items and return them to owners unharmed. They will be safely available for future reference. We also like to share history on the flickr website. Our flickr contact is Ken Hook. kenhook@45degreeslatitude.com CDHS Archives can be reached at pioneer@mazinaw.on.ca



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From Rail Bed to Trail Head: Update on the OVRT

By Lesley Cassidy

Cycling along the K&P towards Renfrew, crossing a wooden rail bridge, I imagine the sound of the trains, chugging along the tracks, carving through endless miles of bush and wetlands. And the screeching and grinding of brakes as the train stops at a station.

Those sounds and images are rare in the Ottawa Valley now, but a wonderful outcome of rail lines being discontinued is the recycling of these corridors into recreational trails. The good news is that the Ottawa Valley is home to the latest one and longest in Ontario, the Ottawa Valley Rail Trail (OVRT), which travels almost 300 kilometres from Smith Falls to Mattawa. Only two trails in Canada are longer, the Newfoundland T'Railway and the Kettle Valley Rail Trail in British Columbia. The trail is multi-use and accessible to cyclists, pedestrians, horses, dog sledding, cross-country skiers, All Terrain Vehicles (ATVs), and snowmobiles.

Travelling through three municipalities - Renfrew County, Lanark County and Papineau-Cameron Township - the OVRT connects Eastern Ontario with communities considered the gateway to Northern Ontario. Renfrew County, with the most extensive section of the trail at 218 kilometres has called their portion the Algonquin Trail. Lanark County owns 61 kilometres followed by Papineau-Cameron Township



A section of the Ottawa Valley Rail Trail before and after road work was done. Although rail beds have a good base, once the rails are torn out the surface becomes very uneven and rail debris, including glass needs to be cleaned up.

with just under 20 kilometres. The three municipalities formed a partnership in 2011 to discuss the discontinued CP rail corridor with the goal of acquiring it in one continuous piece. Lanark County fully purchased its section, and Renfrew County is in the process of completing land transfers and finalising ownership. Papineau-Cameron Township is still in the early phases of acquisition and work has not physically started on the trail. For the other two partners, construction of the OVRT is ongoing and depending on the type of trail user you are, a number of sections are already open for recreation.

So, when will the trail fully



open? Unfortunately, the answer is not as simple as circling a date on the calendar. Jason Davis, the Manager of Forestry and Geographic Information Systems, in Renfrew County, clarifies: "Residents and visitors are excited to use this trail, but it is really in the starting stages." He shares that developing the trail for all users will take many years to complete.

The easy part is that rail corridors make natural linear pathways as they travel over gentle grades, have relatively standard widths, connect many communities, and carve through the countryside with trestle or metal bridges built over rivers and creeks. The rail bed

itself is a stable well-constructed base for many recreational activities. However, once the metal tracks and rail ties are removed, how does a blackened uneven aggregate surface become a trail for multi-use recreation, both motorized and non-motorized?

Municipalities have their work cut out for them at this point. They usually start by cleaning up the rail bed, clearing ditches of debris including broken glass and rusty metal accumulated over decades of use. Trees, gnarly vines and weeds grow and narrow the width of the trail. This greenery is cut back to a standard width. Between the three partners of the OVRT, there are 37 bridges and many underpasses that are inspected, and if they are not structurally safe, rebuilt. As well, some bridges require new decking so that wheels, snowmobile tracks or human feet do not get caught in the gap between rail ties. Approaches to bridges must be raised gradually with a ramp of gravel and road crossings require similar treatment. Specific requirements outline heights for bridge railings that are different for each user, and these are upgraded to ensure everyone from cyclists to snowmobilers are safe. Grading and compacting the trail are two other activities that may be required depending on the condition of the rail bed. Signs, gates, fencing and other safety features are installed as

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HAPPY TRAILS



There is a lot of work to do on the trails, including 37 bridges and many underpasses that need to be made safe for everyone from cyclists to snowmobilers.

The trail will need signs, gates, and fencing to keep trail users safe - things that weren't necessary for trains.

well. However, the surface of the trail affects everyone's enjoyment and is the one element most users are concerned about. Surfaces of rail trails in Canada range from heavy gravel or coarse stone to stone dust, which is a fine crushed rock covering. As well, a small number of rail trails are paved. Heavy gravel or aggregate is suitable for ATV use but not ap-

propriate for pedestrians, wheelchairs or cyclists. The finer crushed stone or pavement provides a smoother surface that many non-motorized users enjoy. As an example, a rail trail across the River in Lowe, Quebec - the Veloroute des Draveurs - has 21 kilometres of pavement out of its 71-kilometre length and it joins several communities together. The

paved section has plenty of cyclists and pedestrians enjoying the smooth surface. Other rail trails like the K&P, have a coarser gravel surface on many sections of the trail that ATVs users enjoy but require sturdy mountain or gravel bikes with wide bicycle tires for cyclists to appreciate the pathway. It's a balancing act for municipalities between meeting all

users' expectations, cost and opening the trail as quickly as possible.

How much of the OVRT is currently accessible to trail users? Renfrew County is focusing on developing the trail from the urban areas outwards. This translates into smoother surfaces near communities, and given it passes through Arnprior, Pembroke, Petawawa, Renfrew, and ten municipalities in total, pedestrians and cyclists will be able to access these sections easily. Currently, 65 kilometres of various surface types (stone dust or coarse stone) are open in Renfrew County with several kilometres around communities open or accessible later this fall. Kurt Greaves, the Chief Administrative Officer of Lanark County shares that they are "moving forward with putting stone dust on the entire corridor". All 61 kilometres will open this fall, and it will be open to snowmobiles December 1st.

In Carleton Place, where the junction of two rail lines used to meet, the building of a paved section for non-motorized uses and a gravel section for ATVs and snowmobiles is proceeding, as well as an outdoor rink and theatre space. Jason McMartin, the Economic Development Director of Mattawa-Bonfield, observes that Renfrew and Lanark Counties are "a lot further ahead than we are". The trail is not open yet at their end, and a timeline for when it might be is not known. McMartin indicates that they will

Continued next page...

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...Continued from previous page



What was safe for trains isn't necessarily safe for hikers, cyclists, etc. Each use has its own safety standard that must be upheld. Above: A lot of work and money goes into every kilometer. Work is starting closest to cities.

start working with local recreation clubs (snowmobile, ATV, cycling, and equestrian) to develop the trail once they have moved passed the initial phase.

Trail development requires funds. Funding directly impacts how much of the trail can be completed each year because on average, it costs approximately \$20,000-\$25,000 per kilometre to convert from a rail bed to a path that is suitable for both motorized and non-motorized users. Municipal budgets, federal grants, Ontario Municipal Commuter Cycling program and snowmobile and ATV club partnerships provided funding for the past year in Renfrew County

and Lanark County. Unfortunately, the Commuter Cycling Program funding is tied to the cap-and-trade program that was recently cancelled by the Ontario government. Local snowmobile clubs provided \$360,000 for brushing, grading, and signage, which resulted in opening up a section from Renfrew to White-water Road in Renfrew County. Davis highlights that "partnerships with local skidoo clubs are really beneficial; otherwise this section would not have opened up for a while". Funding has come from other local sources as well. In Renfrew County, a running event in Pembroke in 2017 raised more than \$36,000 to fund

the Algonquin Trail.

There is excitement and interest in seeing this trail open for all users. With benefits ranging from connectivity to other trail networks to new tourism and economic opportunities, opening up sections for recreation as they are ready can't happen soon enough for many trail users. Check out the website (<http://www.ottawavalleytrail.com/>) to see what section of the new OVRT is open near you. And later this fall, if you like to ride your bicycle and live in Pembroke or Petawawa, you will be able to cycle the OVRT between these two communities for work and play.



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

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Let's Look at the Real Cause of Dis-Ease

By Derek Roche

when nothing goes right...
go left.

There are many ills in this world that I would like to take on and cure. The global economy is in intensive care. Over fifty percent of the world's wealth is in the hands of ONE PERCENT of the population. Hunger and malnourishment are rampant even in the wealthiest nation in the world! Bigotry and religious intolerance are all around us. However, I will leave the revolution until another day. Let's start small.

Today I would like to tend to the "foot soldiers", the common folks like you and I who strive everyday just to find peace of mind, happiness and good health. Diet is important, genetics may play a small role, but the real threat to our species' well being is stress! How tight are your shoulders right now?

Among other things, stress depletes our energy stores and makes us more prone to illness. Cell biologist Bruce Lipton discovered that genetically identical cells that are put into dif-

When you change the way you look at things, the things you look at change.



ferent environments behave differently; cells put under stress exhibit disease, yet when they are returned to a stress-free environment they become healthy again. His ground-breaking research showed that it's a misconception that genetics are mostly responsible for disease, it is, in fact, primarily the environment that alters our cells. Many recent studies have shown that spending time in a natural

environment reduces stress levels and increases health and well-being, so if we are able to spend more time in nature, then this will support our health. Just the thought of breathing fresh clean air in quiet solitude enhances our well-being. Yet de-stressing is slightly more complicated in our busy lives. So how, you might ask, can you turn your life around and reduce your stress levels?

Ask yourself these useful questions for reducing stress and developing 'self-nourishing' strategies, and write down the answers! This exercise can be life altering! Be particularly aware of the little voice of fear that tells you that you cannot change your circumstances!

- *What kinds of things bring me the most joy in my life?*
- *How can I make sure that I have enough time and energy to do the things that I love and that nourish me?*
- *How could I give myself regular breaks*

in a natural environment?

- *How could I avoid feeling over stretched in my life?*
- *Do I have unrealistic expectations about what is achievable?*
- *How could I say 'no' gracefully to unnecessary pressures?*
- *How do I feel about asking for help?*
- *Could I learn some stress-reducing tools such as mindfulness meditation or Yoga?*

This last question is dear to my heart. The reason that I run Natural Healing Retreats is to give people an opportunity to enjoy peace and tranquility in a natural environment. This not only helps people to heal, but teaches healthy diet and relaxation techniques which can last a lifetime.

<https://www.natural-healing-retreats.com/>



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

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What's in a Name?
By Antonia Chatson

My daughter named most of our cats, with a little help from myself and my husband...

...There was Griselda, a lovely grey, long haired cat that appeared out of nowhere. She was obviously an older cat who suffered from arthritis and in eternal gratitude for allowing her to reside here, she rewarded us with four beautiful kittens on an annual basis. I was beginning to wonder whether people were dropping cats off at our place, knowing they would have a good home and be well taken care of. In fact, one evening we were driving down the road outside our house, when three little kittens marched in a row up to our car. They did not seem at all intimidated by either the car or myself and my daughter when we got out. In fact, they ran over to us and rubbed up against our legs, meowing and purring. What else could we do but take them in? One time a neighbor was walking by our place and further down the road she saw a cardboard box in the ditch. She went over to investigate and found three little kittens in it with some dried food and a bowl of milk. She took them home and made inquiries, but no one owned up to them, so of course she phoned me. Of course, three more were added to the roster. I also think that if people see a barn, they come up with the equation Barn + mice = cats. And of course, cats in a barn can readily take care of themselves even doing their own dishes and laundry. Or perhaps the cats had a system like the hobos did during the Depression. I remember my grandmother saying that the hobos had their own sign language and would put markings on the rail or picket fence in front of a house. These signs would indicate whether or not a meal would be available at that house. Another sign would tell the reader if he would be well received or not, if work might be available for a meal or if the owner might let loose a vicious dog on them. Was



Clockwise from Bottom Left: Torty-Point (with the orange foot), Griselda (the lovely cat), and Judge Stubs (with the stubby legs)



there a method in the selection of our place or was it a random encounter?

There were of course the obvious names - Oreo and Holsty for black and white cats. At one time we had a Holstein cat and a Calico dog! A beautiful Calico cat, I named Josey, because of her coat of many colors. My daughter named one Tabby we had, noted for her jumping up and down on the kitchen window sill - Ping Pong. Ping Pong was our only example of a cat who left our place for greener pastures, to our neighbor's place up the road. After returning her to us several times, we all agreed that they could have her. She seemed to have made her preference quite clear! They renamed her CC, for Chatson's cat. Orphan Annie, I found on morn-

ing in the barn, a tiny wee thing about three weeks old, with no sign of her mother. I bottle fed her till she could eat solid food. At present she is the aging matriarch in our brood. My husband named one of Annie's kittens who was rather short and stocky, Stub, after the screwdrivers of that name. Annie's kittens that she had in the house, illicitly, were duly delivered, along with Annie, to the barn. But Annie was determined that as Stub grew up, he should be allowed house privileges along with herself. Why she favored the one and not the others in the litter was a mystery. But whenever we opened the front door, there were Annie and Stub sitting patiently side by side, with their heads cocked to one side, pleadingly. I felt it only right that we refer to

him as Judge Stub.

Remember the story in the Bible of the judge who neither feared God nor cared about men. He was hounded by a widow in that town with the plea, "Grant me justice against my adversary". "For some time, he refused. But finally, he said to himself, 'Even though I don't fear God or care about men, yet because this widow keeps bothering me, I will see that she gets justice, so that she won't eventually wear me out with her coming.'" Luke 18:4-5. And yes, as it worked with the widow, Annie had her way with Stub, and he was allowed into the inner sanctum of the house.

We only had one Tortoise Shell cat throughout the years, but she had one back

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Clockwise from Bottom Left: Inky, Oreo, and last but not least Scruffy (the unlovable?). Each cat knew his or her name, but not the meaning... unless they thought their names all meant the same thing - Here's your FOOD!

paw that was completely orange. It looked as if she had dunked it in a can of paint, so she became Torty-Paint. There was a tiny cat with a pointed nose and pointy ears. Although she had the coloring of a Tabby, she had a haze of grey fur on her belly, so we called her Mouse. Her disposition was meek and retiring, which reinforced her name. Come to think of it, wherever did the phrase "quiet as a mouse" originate? Not from our house! Their thundering up and down between the walls would often keep us awake at nights. Rather a peculiar name for a cat, but she knows that is her name and she comes when she is called. Other cat names in my daughter's liturgy were Molly St. Peter, Bilbo Baggins, Mary Ig-gins Clark, Phantom of the Opera, B J Summers, Wally Baxter, Hugo and Pumpkin and Scruffy Wainwright.

There were of course the black cats who alternated between Inky and Middy (Midnight). But one lovely black tom cat who was particularly affectionate, I just had to call Lord Byron. Every time I sat down anywhere, literally anywhere, he would jump up on my lap, roll over on his back and pat my face with his paws. Black cats seemed to predominate at our place. One newcomer, who just appeared at the door with the other three black cats that we already had, I named Nouvelle. Tabbies were common and a little difficult to distinguish by color, so we had to look for markings or character traits. One had a black band around her neck which looked like a necklace, so she became Lacey. And another one who never shut up, always bragging about her beauty, we named Gabby.

Now Scruffy was something else. He was the dominant male in the herd and exercised his authority by chasing all of our other tom cats off the property. A lot of them must have been eaten, some must have starved to death and a few brave ones, made sorties back to the barn in the middle of the night for sustenance. Scruffy fought with everyone. He had no endearing traits at all. He even looked awful, with a constant scowl on his face. He had long fur, but it was rough and stiff like that of a coon's. You wouldn't want to pat him anyway. but if you did, it would be like caressing a wire brush. Apart from bullying and threatening other toms, his other priority was getting into the house, just to prove it could be done. When the other cats were in a scrum, outside the door, waiting to come in, Scruffy would slink low and worm his way through them using the other cats as camouflage. When in, he stalked around the place growling and swatting at everyone and spraying every two steps that he took. I think he must have been taking lessons from the mice on that one. When he heard one of us coming, he would hide, only to resurface

when we were all asleep and rouse us all by his antics. One night, I was awakened by two tom cats, one of them Scruffy, in my bedroom having choir practice. I gingerly got up and carefully placed my hands around Scruff's rib cage so as not to alarm him, with the intention of carrying him outside. He was not in the mood and turned his head around, biting so hard into my hand that I could hear his teeth crunch on my bones. I should have put on leather gloves. I was two weeks on antibiotics getting over that one.

I'd had enough! The next timber money that came in, I phoned the vet and made an appointment to get him fixed. He settled down nicely in the large crate that my husband had made, but as soon as he was unleashed at the vets, he was determined to escape. The vet fought with him, with Irene and me assisting, to get a towel around him to pacify him enough to get his shots. It was horrible. We took him up in a week's time to have his operation. When we picked him up a few hours later, the assistant brought him to us, and I'll swear he was grinning. He was lying upside down in her arms with his feet sticking up in the air, purring loudly. He made no fuss getting him into the crate, and when we got home and opened the lid, he beamed up at us with a beatific smile, and said as clear as a bell, "What took you so long?"

He was a completely reformed cat and definitely much happier with himself and the world. He never fought with the other cats and when he raised his front paw to high five them, they would hiss and growl at him, not believing that what they saw was actually true. He would cock his head to one side, thinking, "What is their problem?" Then he would roll over on his back to show that he was no threat. The other unfixed tom cats would crouch down, switch their tails, put their ears back and growl when they came in contact with the new Scruffy. That night he even dared to sleep on my bed with the rest of the girls. In the morning when I awoke, I could feel someone stretched out along my back. Then I felt a paw come around my head and pat my face several times. I wondered who this would be, and when I turned over - it was Scruffy. I couldn't believe that such a change could be instantaneous. In time, he put on about four pounds, his fur became longer and as soft as silk, and his tail increased from a two-inch wire brush to a four-inch feather duster! And you could say that he was smiling all the time. I am wondering if perhaps the UN might consider this as a solution to terrorist groups and violence in the world!

It was about this time that we had a visit from an old acquaintance that we had

not seen for a while; a human, in this case. After finding out what he had been up to for the past three years he made the mistake of inquiring about our activities of late. Since we were so gung ho about getting our tom cats neutered, my daughter regaled him with blow by blow account of each and every voyage to the vets with each and every tom. At first, I did not notice anything unusual but soon the silence from our visitor led me to peruse him more closely. His face had turned a chalky white, his eyes were blinking uncontrollably, his lips were twitching, and he alternated between crossing his legs and his arms. As my daughter continued with her litany, our guest began taking sideways glances towards the door. Suddenly he sat bolt upright in his chair, pushed it back as he stood up knocking it to the floor. In three long strides, he was out the door, muttering something about it "being far too dangerous". Did he think we did this to all male visitors? I guess we'll never know what triggered this display of anxiety, for we never saw him again, so we could not ask him.

We never had to worry too much about overpopulation because often kittens were born dead or died shortly thereafter. Then there were the predators. But one summer was particularly hot and dry and the cats came into heat more often and had two or three litters each. That year we wintered 40 plus cats. At that time, they were most of them housed in the barn. Something had to be done. Our daughter investigated the cost of spaying from various vets, and the cost was prohibitive. We did however finally get in touch with a kind-hearted lady who was in charge of an agency that adopted out cats. Through her, we got a discounted rate from the vet she worked with. It took us quite a few years, but as I am writing this, we have finally attained a 100% unemployment rate amongst

the tom cats residing with us! We're happy, but they seem a little disconcerted about the lack of available employment.

For every problem there is a solution - sometimes you just have to wait for it. A good time to repeat the "Serenity Prayer".

Submitted from "The Cat Mecca"



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



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THE VIEW FROM HERE

Yesterday's School Days

By Ernie Jukes of Camp J

Since confederation Upper Canada seems to have had one of the best educational systems on the continent. While still under French control Canada had the first University in Montreal. Seems learning more has always been important to us. Here's a wee story about schooling right here in our local Madawaska Highlands back in the day, but more than that, it's about a person and a place that was important at the time to our folks living in our backwoods community.

A small log school house was constructed right on the corner of Quackenbush Lake and Frontenac Road. It was assigned to senior citizens of the area, some were related to us. The thick pine log walls had been cured locally. Two rows of desks, one on each side facing the window toward the lake was constructed, with two rows of benches for seats. Split shake shingles on the roof protected the interior.

At one end of the room was the school Marm's desk and a chair. The desk had a sloped writing-storage section with ink well. I have one. In the middle was a box stove with a wood supply that was attended to by older children at recess or before school hours. There were no blackboards, maps or globes, few books and quill pens were used exclusively for writing. Part of the school Marm's job was to assure that the student's pens were properly made and maintained. Her all-round ability was reckoned largely by her proficiency to teach reading and writing, and to cypher. (Addition). At the time these were considered sufficient grade school education for most ordinary young folk.

Often the school house was also used for other meetings, such as political and Sunday worship. In regard to early discipline, teachers were allowed the use of "the birch rod", but it was rarely required. Students were there to seek knowledge, sometimes out-doing the teacher, all feeling lucky to get off the farm for a short time. Unfortunately, too many fathers in those times kept their offspring on the "farm" of rock and trees.

Students clothes and lunches were hung on wooden pegs driven into the logs. Sometimes the scholar was expected to supply their own ink and to

keep their containers thawed on the stove on many frigid winter mornings. At this location students could cast away their troubles and go fishing but were expected in class. Native youngsters of the day also attended if desired by their own prerogative and continued if they wished. Probably most children at that time started school at about seven years. The classes were Primary, First, Second, Third and Fourth Class. Plus, High School Entrance exams came after Fourth Class. It took an exceptional and dedicated person to gain any higher education or university degree.

A smart, strong, attractive and determined young lady and a credit to our family was Mabel Marinda Hough. She came up the Frontenac Road from Kingston and Wolfe Island by horse and wagon in 1918. She was prepared to teach in Miller township at the new Quackenbush Lake School. The raging six years of bloody First World War had just come to an end but the worldwide Flu epidemic continued to take its toll. People were getting out of cities and populated areas and accepting positions perhaps not so easy to reach, but safer. At first this tough teacher boarded with the Strongs in the wee corner community of Wilson on to-

day's Matawatchan Road.

She walked, rain or shine, through the brambles across Parke's fields to come out of the woods on the Frontenac Road near McCoys and her school house on the corner of the excellent trout lake. Colin John Thompson showed me the remaining corner stones of the small building only fifty feet from the water's edge, decades later.

Mabel stayed on past 4 o'clock many days to aid students needing extra help before retracing her steps and then helped around her boarding house. Her dedication led her to also assist some of the adults in the Matawatchan area after hours and even on weekends. As she got to know her students and the area she soon moved in with the pioneering Johnson family just across the lake, on i-s South shore. It was recorded that the elders apparently built her a safe, solid raft and carved her a broad paddle to move the reasonable distance in most seasons. If frozen she could walk a much shorter and more comfortable distance than previously to reach her little school house. Even back then she may have admitted that the best class was talking quietly to a really old person.

Interestingly there were three, log, two storey Johnson buildings where she lived at that time. Walt Jukes much

later purchased and moved one of them to become this writer's home and Camp J studio that we are living in today. We moved the logs, piled on the back of Keith MacPherson's logging truck in 1944. Is that a co-incidence or what? Is it possible that it was the same building that she lived in? Yes, it certainly is! Even a bit spooky perhaps but a good possibility, because one was a barn.

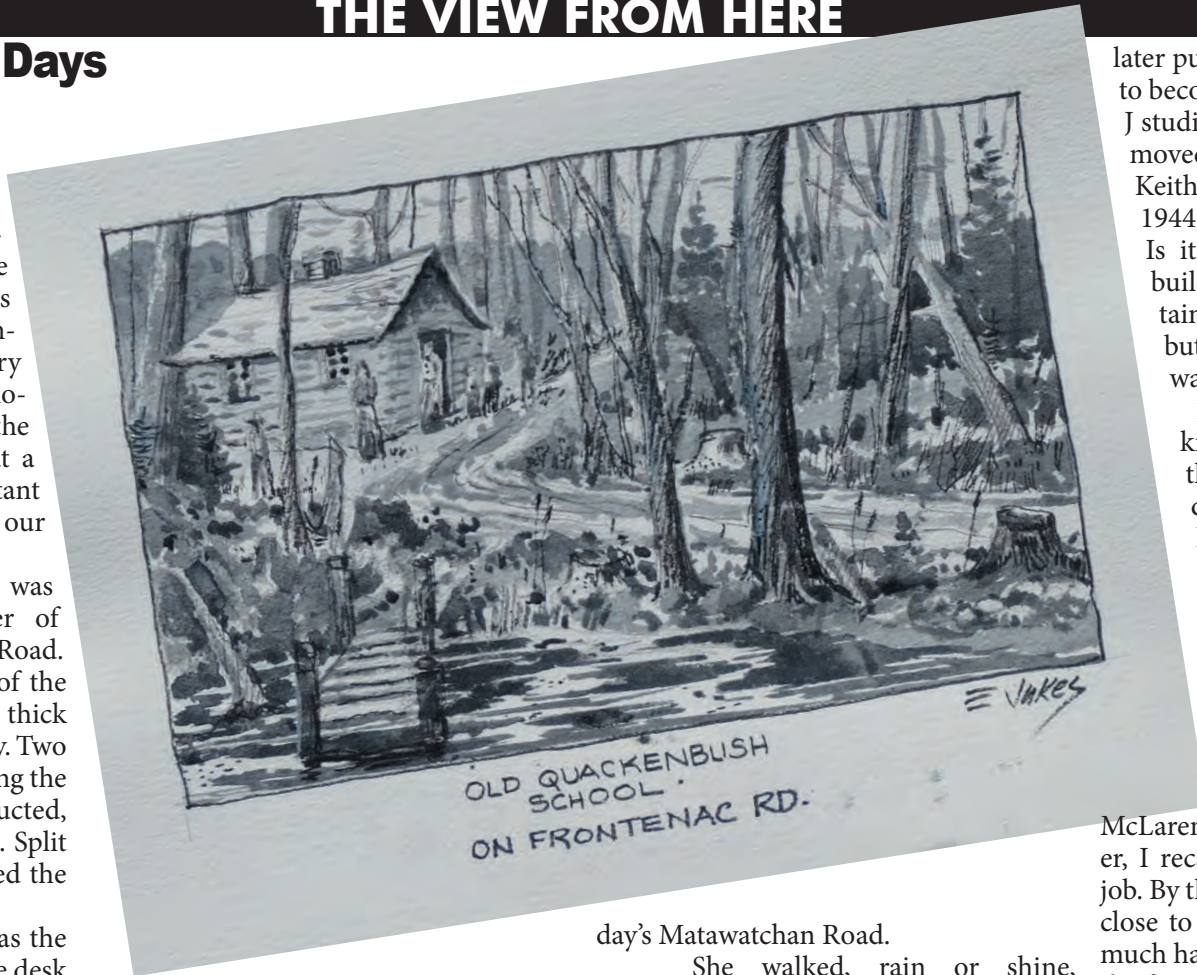
It's tough to teach that being kind is possibly more important than being right, but in those days you had better have your homework done to test it. The one room school house concept in our gigantic province of Ontario probably lasted another 30 years until the school bus took considerably more time to transport our country students to and from the vast cup of knowledge. Malcolm

McLaren was possibly our first local driver, I recall lettering his bus for his new job. By this time our fine instructors lived close to well equipped institutions. Yep, much had improved but no one expected the farmer's kid to excel at school sports. Simply a matter of time. However, some did, even then!

Facetiously, teacher Mabel may have said that one of the main lessons of life is definitely to keep breathing...especially at night! I agree with Mabel who was a great cousin to my wife Audrey and a member of a long family tree of nurses, teachers, professors, accountants and duplicate bridge players.

Mabel would smile.

Ern...2018
He who laughs...lasts!



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

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Precision Agriculture: Drones, Planes, or Satellites?

By Jim Hutchison



One of the main advantages of using drones for crop surveillance is its low cost compared to airplanes and satellites. Which solution is most cost-effective depends mostly on the size of the area you want to analyse. In recent years the price of drones and drone services have fallen, so they have become major competition to the other two solutions.

But despite the lower hourly cost of drones, when dealing with larger commercial applications the other two technologies can take advantage of economies of scale. Satellite images are available for free at a resolution of 30m and some satellite systems provide 5m resolution images for as low as \$1.66/km². For higher precision imagery, ex-

pect to pay about \$33/km² for images at 50cm resolution. These are Canadian prices based on American firms that resell image data to farmers, the military, and many other sectors.

For large projects, satellite imagery is markedly cheaper than either of the alternatives simply because of economies of scale. But, most satellites only revisit an area about every three days and clouds can also hold up imaging, making immediate reaction to events difficult.

Airplanes present a compromise between satellites and drones, providing higher resolution imagery than a satellite but also being able to cover much larger areas than drones. Most drones, whether

due to battery life or regulatory restrictions on beyond line of sight operations, have a relatively short range in comparison.

But the real value of drones is in their ability to do things the other two technologies can't. Flying so close to the ground means they are able to achieve resolutions of two to three centimetres and capture imagery at unprecedented oblique angles. This can allow you to do things like provide accurate stand counts for corn fields. Helicopters can get this close, but their daily rental costs are ten times the cost of a drone.

Drones are also able to fly in a matter of hours, making it possible to react quickly

to sudden events. For a farmer wanting to assess the damage to crops following a hail storm, the benefit of receiving information quickly can vastly outweigh drone deployment costs.

So while large mapping projects are likely to remain the domain of satellite and aerial imagery in the near future, for smaller projects drones are quickly emerging as the most cost-effective option.

Jim Hutchison is owner/operator of HoverWolf Aerial Photography, and is based out of Burnstown where he lives with his wife Moira and Princess the cat.

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Fire Building 101 for Camping and Survival!

By David Arama

One of the most important aspects of the human existence is the discovery and usage of fire. Likely, we wouldn't have survived without it. You see the primordial instinct that most of us have when we congregate near a fireplace or campfire. The flames mesmerize us, and de-stress us.

In a survival situation, or when camping out, fire is important for a variety of reasons. If you are lost in the woods, fire is necessary for warmth, boiling and purifying water, smudging insects away, and keeping bears honest. Also, search and rescue frequently employs "FLIR" infrared heat seeking equipment, and searchers up in a helicopter can detect a campfire easily, resulting in a successful search outcome.



Pay attention to fire restrictions wherever you go. It's hard to forego gathering around the traditional campfire, but it's much harder to lose your cottage, hectares of forest, and possibly lives because of one careless spark.

Fire safety is crucial. Several recent forest fires were started by careless use or neglect of campfires. Avoid leaving a fire unattended. If there's a ban on open fires, or if the danger is "extreme", then no fires for any reason. When putting a fire out, douse a circle around the fire, and feel around with bare hands to see if you missed a coal. I normally use a large garbage bag filled with water to make sure that the fire is out. Also, build the campfire on a rock base, or dig down to a sandy or mineral soil for a base. Never build a fire on the forest or grassy floor. There are real dangers for a root fire, grass fire, or forest fire. The huge Fort MacMurray Forest fire was apparently caused by an out of control camp fire.

Many Forest and grass fires are caused by careless smokers. It's illegal to walk in the forest with a lit cigarette, or to toss a cigarette onto the ground, which incidentally also environmentally wrong. A recent grass fire (Niagara on the Lake) caused 1.5 million worth of vehicles to go up in flames. Some Forest fires are caused by barbecues getting out of control, and lawn mower overheating over dry grass. Just remember that if you start a forest fire through negligence, you will be liable for all costs and damages. If you're a no trace camper, you can bring a fire pad along, e.g. thick tin foil, to leave zero fire scars in the wilderness.



The best built fires have three elements: TINDER, KINDLING, FUEL WOOD combined in a way that allows air to be funnelled through the wood for a perfect combination of three other elements: OXYGEN, FUEL, IGNITION.

Designs of fire are many, but my favourites are the teepee fire, and the log cabin designs. Both are excellent for establishing a fire, or keeping a fire going. For a survival shelter, a long fire works efficiently and allows you to feed long sticks and logs into the fire. Keeping a fire going is always a challenge aspect, so I recommend having various tenders, kindling, and larger wood supplies at the ready. In a survival situation, I would never leave a fire go out.

Fire requires 3 components, and there are 3 steps to a good toasty fire. You need oxygen, fuel, and ignition, for a basic fire in any situation. You also require tinder, kindling, and fuel wood. Tinder is the finest of materials, such as birch bark, pine needles, dried grasses, cattail fluff, dried red oak leaves, or any fine material that's dry. Kindling is small dried evergreen twigs, especially spruce twigs or pine. Fuel wood is thumb sized or larger. If you put some birch bark inside of a bundle of spruce twigs, we call it a fire bomb. Additionally, you can take a stick, and use a knife to get shavings, or make a fuzz stick.

For flame, burn softwoods like pine or spruce. For coals and heat, burn hardwoods like red oak, sugar maple, beech, and ironwood.



Logs of any length can be pushed into the centre of a star-shaped fire for a consistent size of fire.



Usually you would avoid a smoky fire, but smoke helps drive away mosquitos and flies.

Burning wood in the middle of a log, or sticking one end of a log into the fire, is the traditional way to keep a fire going, and it avoids wasting time and calories cutting up wood supplies.

A smoky fire keeps the bugs down. Utilize punky rotting wood, large chunks of moss, and large tree fungus to obtain copious amounts of smoke that will drive mosquitoes and black flies away.

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Left: Stormproof matches will light in extremely wet and windy conditions. Right: Flint was one of the earliest ways humans sparked up a fire. It only takes a little bit of flint and one spark to ignite prepared tinder.

Methods of starting a fire include the following favourites:

- Waterproof strike anywhere matches dipped in wax or nail polish
- Stormproof brand matches that will light in extreme wet and windy conditions
- Butane lighter
- Strike Force or Light My Fire brand flint ferro rod spark strikers
- Magnesium metal match
- Batteries and steel wool
- Store bought fuel cubes
- Make your own fuel cubes!
- Maxipads, diapers, and pet urine pads are very flammable
- Potato and tortilla chips are very flammable

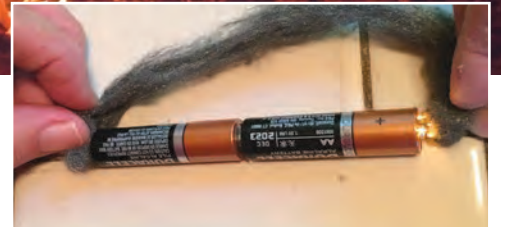
Flint sticks will work even when soaking wet and give you hundreds of fires. Magnesium shavings produce flame up to six thousand degrees. Take some cotton balls and soak in petroleum jelly, and you have cheap fuel cubes. Or use dryer lint and wax. Also, hand sanitizer is extremely flammable. For steel wool, buy extra or superfine, and connect two Double A or Triple A batteries, or use one nine-volt battery to start a fire.

Fire tips:

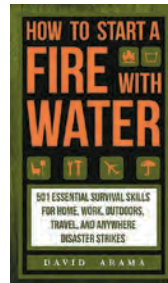
- Use a pine knot full of resin to light a fast fire.
- Standing wood is better than wood you find on the ground.
- Ironwood is the best for a Woodstove in winter.
- Old burned charred stumps from a forest fire burn fast, with quick flames.
- Pine and spruce sap are extremely flammable and useful when starting a fire in wet conditions.
- Peel the bark (rain coat) off of branches and wood if everything is soaked.
- After a storm, normally one side of a tree has dry branches.
- Avoid poplar, it's filled with water, with very little wood fibre.
- Avoid cedar since it sparks furiously!
- To reflect a fire into a shelter, nothing beats a large rock or outcrop.
- You can use a solar blanket to reflect a fire.
- Some tarpaulins, e.g. a MEC tarp, is fire coated and fire resistant
- Most tents are fire resistance treated
- Never go barefoot or wear clogs or sandals near a fire or camp stove. (Very common injuries can happen, such as tipping a pot of boiling water over an exposed foot.)
- Many retailers carry wood burning camp stoves, such as the Kelly Kettle and the Biolite that actually produces electricity!
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Remember, where there's fire, there's smoke, and never carry steel wool and batteries in the same bag. Camping and campfires go together. Enjoy cooking marshmallows, smores and bannock over your campfire, but do it safely.



Starting fire with batteries and fine steel wool is clever and kind of fun. Starting a fire in your tent or backpack with batteries and steel wool that you stored together is not so clever.



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wscsurvivalschool.com/.com

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Enjoy your campfires, but remember, be prepared, you are biodegradable.



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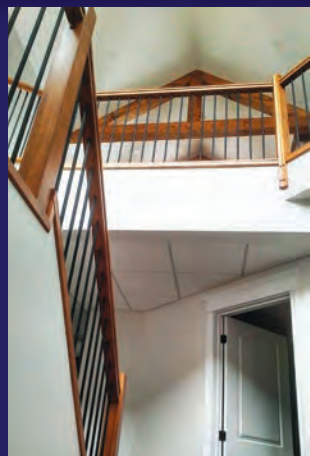
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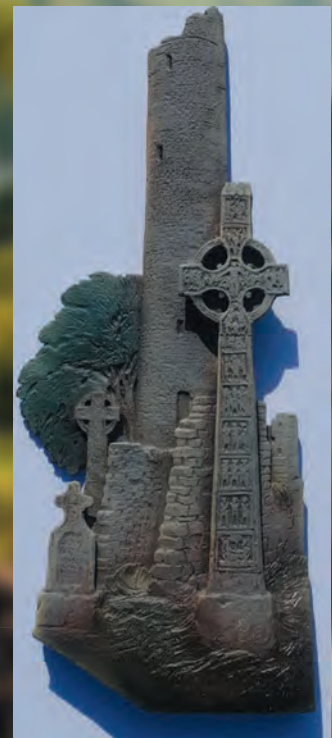


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