

# Over 35 Years Serving Ottawa and Area

tbsteenbakkers@gmail.com  
www.tsteenbakkers.ca  
613-806-2541

**COND. SOLD!**

**NOW \$520,000** Lovely brand new, Cardel-built 1678 sq.ft. 3 br, 2 bath bungalow on a quiet street in Carleton Place. Close to shopping and quick, straight forward access to Highway 7 and 417. Ready for immediate occupancy ML#1136983

**PLEASE NOTE:** It has been a successful year for many Greater Madawaska and Matawatchan area property owners. I will continue to be personally available throughout the winter months but won't be back in this space until Spring 2020. If you have interest in local real estate, please save this ad or my contact information. I look forward to hearing from you.  
- Regards, Terry

## CARLETON PLACE NEW LISTING!



**\$519,000** ML#1173763  
Great family home! 3 bed, 3 bath. Back yard southern exposure, modern open loft area on the second floor, excellent for young family members to socialize with their friends. ENERGY STAR CERTIFIED HOME & available for a quick possession.



**\$399,900**  
**SOLD!**  
**WATERFRONT** Centennial/Black Donald. 3 Br, 3 Bth, walkout Basement. All storeys have a great view. Spacious enclosed porch to enjoy bug-free summer entertaining. 14000 Watt generator included, wired and on auto start if needed, 200 Amp service and a good sized floating Candock ML#1167464

TSB



**Teresa Steenbakkers**  
Broker of Record  
**Teresa Barbara Steenbakkers**  
Brokerage

**\$495,000** ML#1173136



**Cute 2 Bedroom, 2 Bath Bungalow** ready for immediate occupancy. Gorgeous white oak hardwood, 2 storey great room. Good size kitchen with large island. Located in a new community in Carleton Place, close to shopping and excellent access to Hwy 7 and 417

*Experienced Realtor  
and Long-time Calabogie Resident*

## WeatherMaster Windows, the standard of cottage & country living

ASK ABOUT OUR SPECIALS

Vertical-4Track - ViewFlex Vinyl - 7 colours  
www.ccsunrooms.com



**SUNSPACE**

Serving you for 36 years  
Greater Madawaska - Amprior - Shawville  
& Surrounding areas

**613-433-1397**



THE MADAWASKA HIGHLANDER Winter, 2019 - 2020 EMBRACE THE PAST ~ ENCOURAGE THE FUTURE ~ ENJOY TODAY

# The Madawaska Highlander

## Winter 2019

FREE Vol.17 Issue 7  
Next issue May 6,2020

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

Winter is a beautiful time of year in the Highlands, especially enjoy winter sports or cuddling by the fireplace with a warm mug and the Highlander.

## Welcome!



November sunrise on Centennial Lake at the Eagles Rest, Matawatchan

Pic by Steve Main

...To the final edition of the Madawaska Highlander for 2019. What a great year it has been! Fall went out in a blaze of glory; with the most vivid display of colours we have seen in a while. Seasons change, leaves fall, and our lives change too, as Susan reminds us in Wellness. Mindfulness meditation helps us learn to enjoy the moment in peace. If that's not your style, Highlands Hiker shows us how to refresh body and soul by forest bathing - a slow, quiet walk in the woods. If you would rather schuss through the forest you will like Happy Trails where Lesley connects the old Dacre ski hill to Calabogie Peaks. Do get out and enjoy winter in the wilds but do it warmly and safely. Read Survivor Guy to learn how dress for winter and how to turn a tarp and some branches into a cozy outdoor bedroom.

Forests soothe our minds and Robbie Anderson shows us how trees can heal our bodies in The Healing Trees. Trees can't do everything. Sometimes we have to do things like brush, floss, scrape, and rinse our way to a healthy... body. Tamatha explains the mouth-body connection in Wellness. Trees can heal and trees can commemorate. Sharon thanks Library volunteers with a commemorative tree, in Library Matters.

Marcella asks us to commemorate our family trees by sending old photos and information to the Cloyne Historical Society archives. Ernie makes a similar point in The Mystery at Sumac Hill, in The View from Here. Are there treasures in your attic? Pete describes what's behind his father's treasured instruments in The Ascendant Guitar, in Behind the Tunes.

Our talented volunteer writers have supplied us with a treasure trove of stories from the sublime to the Biblical. Antonia makes sense of a census, a manger, three wise men and a baby in Rural Vignettes. Noreen presents a rare look into Women of the Fur Trade in Home on Native Land and our Calabogie, Griffith and Matawatchan, and Denbigh-Vennachar correspondents give us news and reviews from around the Highlands.

And speaking of news, we also announce the winners of the 2019 Short Story Contest. Enjoy!...



Winter is beautiful in the Highlands.

Pic by Lois Thomson

776 Mill Street, Calabogie Chris, Julie, or Kim 613-852-2789

DESIGN  
PERMITTING  
MANAGEMENT  
SITE CLEARING  
LANEWAYS  
EXCAVATION  
SEPTIC SYSTEM  
SITE PLAN  
FOUNDATION  
FRAMING

**LINWOOD**  
CUSTOM HOMES

by... **GENERATION-3.ca**  
DESIGN • PLAN • BUILD

Decades of Experience  
— Building Homes for Life —  
Check out Our Design Feasibility Process  
Discover Our Clients' Experiences at...

Get your Princess Margaret tickets to have a chance to win a Linwood Cottage



generation-3.ca

# The Madawaska Highlander

The Madawaska Highlander  
3784 Matawatchan Rd. Griffith ON  
K0J 2R0  
info@reelimpact.tv  
613-333-9399  
Business Manager: Mark Thomson  
Editor and Advertising: Lois Thomson  
www.madawaskahighlander.ca

The Madawaska Highlander  
is a free community newspaper  
published 7 times per year by  
Reel Impact Communications Inc.  
Mailed to 4,300 homes, An additional  
2,300 available at retailers  
Connecting residents and visitors in  
parts of 4 counties in the Highlands.

**Next advertising deadline:  
Apr 24 for May 6 publication  
www.madawaskahighlander.ca  
for previous issues**

**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.

**WHAT A GREAT GIFT! ...ESPECIALLY TO YOURSELF.  
SUBSCRIBE AND NEVER MISS AN ISSUE !**

**\$39.55 (tax included) in Canada for 7 issues, May to November**

**Email: info@reelimpact.tv or call 613-333-9399**

## CONTRIBUTORS THIS ISSUE

### Thank you everyone!

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

- |                 |                |                  |
|-----------------|----------------|------------------|
| Ernie Jukes     | Lesley Cassidy | Elmer Strong     |
| Skippy Hale     | Colleen Hulett | Marg Axford      |
| Peggy Williams  | John Neale     | Howard Popkie    |
| Antonia Chatson | Anne Dougherty | Sharon Shalla    |
| David Arama     | Peter Chess    | Marcella Neely   |
| Angela Bright   | Lois Thomson   | Tamatha Strachan |
| Noreen Kruzich  | Susan Veale    | Robbie Anderman  |



Prime Minister Robert Borden was a Liberal until he broke with the party in 1891 over the issue of Reciprocity (free trade) with the United States. At that time Canada's primary trading partners were within the Commonwealth. Eastern manufacturers, who had prospered under the protection of National Policy tariffs sustained by both Conservative and Liberal governments since 1879, did not want protections for manufacturing in Eastern Canada removed. Free trade would have been of benefit to western farmers.

- Political cartoon by Donald McRitchie for "The Eye Opener" Calgary 1914

## Cottage & Home Transformations you will love!

**J. SCOTT MacDONALD**  
**GENERAL CONTRACTING INC.**  
jsmacdonaldcontracting@hotmail.com

**Home: 333-5207 Business: 333-5597**  
LICENSED CARPENTER AND MEMBER OF ONHWP  
(Ontario New Home Warranty Program)



*Thank you for a  
successful year!  
Merry Christmas  
& Happy New Year  
to All!*

**Residential Construction & Renovations . General Carpentry Additions . Roofing . Siding  
Soffit and Fascia . Commercial Septic Installation . We use Pirie Insulation Spray Foam**

**We've been building in The Highlands for over 30 years  
Renovations and Remodeling • Building Dream Cottages • Constructing New Homes**

By Anne Dougherty & John Neale



The AshDads came in disguise and rocked the Matawatchan Hall once again at the Halloween Dance.



It was a tough choice! The winners of best costume, best group costume, best couple, and best male and female costumes.



Tracy Hunchak A.K.A. Madame Butterfly beside some of the fabulous decorations that Tracy and her team put together. Good job!



The photo memorial for "Just John" Richardson. He loved Halloween and always dressed up for it. I'm sure he was at the Matawatchan Hall Halloween Dance "in spirit". R.I.P John.



Pete Fischer, Derek Roche, John Neale, Ginger Miller, and Pete Chess provided background music at a potluck memorial to Dorothy Jamie, known to most as Jamie, at the Matawatchan Hall on Sunday September 22. Donations for Animal Rescue Shelter No Kill Annprior and Mill Music animal program were fitting for Jamie, who loved all creatures great and small. We are pretty sure Jamie was there in spirit, too.



The Tall Boyz at the Griffith and Matawatchan Seniors Housing Corporation's AGM. Live music and an apple crisp baking contest brought out a good crowd who were the first to hear about all the great things GMSHC is doing for the community. If there is a gathering in the area there will be live music by local bands like Coupe DeVille (formerly The Pickled Chickens), The Tall Boyz or combinations of many talented singers and musicians.



Gerry Marshall was feted by friends and family from far and near at the Pine Valley Restaurant on his 90th birthday. Congratulations Gerry! May you have many more in good health and happiness. The Pine Valley is home to Bert's music jams most Wednesdays or Thursdays from 5 to 7:30. Above right is Bert Kauffeldt and several others serenading Gerry Marshall.



The floating docks are all pulled out, boats are in storage, birds have flown south, and huntin' season is over. Ice is beginning to form around the edges of Centennial Lake. Only the bluejays and chickadees remain. Once again, residents and cottagers are adapting to the changing seasons and are taking it all in stride, even though winter arrived early this year.

The Halloween Party at Matawatchan Hall was definitely one of the community highlights since our last publication. Boomers, Gen-Xers, Millennials and Post-Millennials all rocked to the live music of the Ashdads once again proving that Matawatchan is party-central in this neck of the woods!

Some hunters complained that the deer were playing hard to get this season. Some blame it on the fact that they are being spooked by more coyotes and wolves and are only coming out at night.

Chris reports that the new gas pumps at the Griffith General Store should be installed and ready to use by the end of November. He will be using a different supplier and expects the new gasoline prices to be lower than in "town".

Daughter Patricia organized a 90th Birthday Party for Gerry Marshall on October 19th at the Pine Valley Restaurant. Many friends and family enjoyed the large buffet and the opportunity to express their birthday wishes to Gerry.

The GM Seniors Group AGM was held at the Lions Hall on Sunday, October 20. Members of the Griffith Tallboyz provided laid-back musical accompaniment. The GM Seniors Group is shifting focus to providing more home-based services to our local seniors. Grant money is now available to support this new initiative. Former Chairperson,

Pastor Bill Griffith, who passed away last May 26, was remembered and commemorated for his contribution to the

Senior's Group. There was also an apple crumble dessert competition featuring five mouth-watering entries.



**HOLDEN'S HEARTH AT HOME**  
YOUR FIREPLACE SPECIALISTS



**Fireside Gallery**  
Custom Wood Carving  
& Fine Art

Proudly Serving the North Country

**Sales and installation:**  
Wood and Pellet stoves, BBQs, Fireplaces, Chimney systems, Custom carved mantelpieces.

**Service:**  
Chimney sweeps, Maintenance and Repairs



PACIFIC ENERGY  
CAST IRON  
WOODSTOVE

**holdenhearthathome.com**

Competitive prices. Outstanding service. 14226, Hwy 41 Cloyne, ON 613-336-0046



Calvyn's safer parking lot. Derek and Sue have made the old general store on Matawatchan Rd. and Hwy 41 into a beauty!



There was a great turnout for the Heartsense Ladies Paint Night at the Hilltop Church on October 7. Of course, there was a grand snack buffet for the budding painters to enjoy.



**Upcoming events:**

**The Matawatchan Hall's Christmas Market** will be on Saturday, November 30 from 9am to 1pm with a chilli and bun lunch. The annual Xmas Craft Sale will be at the DG Lion's Hall in Griffith on Saturday, December 7 from 10am to 2pm with a home cooked lunch available. The NU 2 U Shop will be having its blow-out closing sale for the winter that very same Saturday. Get some shopping done there between 10am and 3pm.

**The Matawatchan Christmas Party** will be on December 14 with a Potluck dinner starting at 5:30pm, Christmas Carol Sing and Tree lighting at 7:00 pm, and Santa Claus with gifts for children at 8pm. Contact Tracy (613-333-9589) if you are bringing children. The annual party is arranged by Matawatchan Hall Board members. Gifts are being paid for with all of the tips from the bar over the last year and

a \$150 grant from the Lions Club. They are still about \$100 short, so donations at the event will be appreciated. There seems to have been a baby boom in the area! This year the tree will be put up in front of the Matawatchan Hall. We can no longer plug one in "downtown" at the Matawatchan and Frontenac junction.

On Sunday, December 15 at the DG Lion's Hall in Griffith there will be a **Magic Xmas Party** with a Magician at 11am. Area children are welcome to bring their families to this fun filled day of crafts and a visit from Santa. The DG Lion's Xmas Bingo will be at the Hall in Griffith at 7:30pm on December 10.

The **Village Voices Choir** will perform Christmas-themed music on Sunday, December 8 at 3pm with light refreshments after. This will be held at the Hilltop Church. Donations of non-perishable food will be gladly accepted

to be offered to community residents in need. On Valentine's Day Village Voices and Friends will perform Songs of Love following a chili luncheon at noon at the Matawatchan Hall. Details to follow.

The Matawatchan Hall is planning their St. Paddy's Day festivities to include a **St. Pat's Murder Mystery Dinner Theatre** on Saturday March 14th. This event will sell out so contact Tracy (613-333-9589) to reserve your \$25.00 ticket ahead of this event. Expect to show up wearing your finest green!!!

\*Did you know there is a new **Community Bus Program** that is available to everyone? Cost per trip is just \$20. Visit [addingtonhighlands.ca](http://addingtonhighlands.ca) where you will find the Community Bus Trip Schedule link on the main page, with destination and route pick up information. There is a trip planned for Renfrew on December 5th (reserve by December

2nd), and to Kingston on December 19th (reserve by December 16th). To reserve your seat, call 1-877-679-6636, or go to [lolcs.com](http://lolcs.com) and click on the MORE heading for more information.

**Please mark these community events in your calendar.**

Increasingly we have online resources to help us keep in touch with what's happening in the Griffith-Matawatchan-Centennial Lake area. As always, check [Matawatchan.ca](http://Matawatchan.ca) for a more complete listing of events. You will find Facebook links to many area businesses and groups such as Calvyn's, Denbigh Griffith Matawatchan Buy & Sell (which seems to be a good place to post a photo of your lost huntin' dog) and more area businesses and clubs.

**Congratulations to all the winners of the story writing contest!**



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 Boyz music band. Anne and John attend St Andrew's United in Matawatchan when they are here.

**Looking for part time work?**

The Greater Madawaska Seniors Housing Corporation is looking for people who would be interested in helping seniors with the following tasks:

- Housecleaning**
- Home maintenance/minor repairs**
- Snow removal - Wood stacking**
- Transportation - Garbage removal - Other**

The pay scale will be discussed with interested parties and will be related to the need to use personal equipment. Some police checks will be required. The Corporation will cover the cost.

**To submit your name or for more info please call: Steve Green 647 454-8589 or Juliette LeGal 613 553-1355**

Funded by:



**COORDINATOR**

**DESCRIPTION:** GMSH Corp. is seeking an individual to respond to requests from seniors and link them to service providers. Working from home, the successful candidate will answer phones, emails and manage certain computer programs and attend board meetings.

**QUALIFICATIONS:** Must have strong computer skills, good customer service skills and sound problem solving skills. Will need a criminal record check and a vulnerable sector check. Preference will be given to individuals that have coordination experience.

**COMPENSATION:** Hourly, to be discussed with the successful candidate.

**ADDITIONAL INFORMATION:** This contract job is part of a pilot project to help seniors stay in their homes for as long as they wish. The number of hours needed for this job will be directly related to the demand.

**TO APPLY:** Please send a resume or letter of intent to [juliettejuniper@gmail.com](mailto:juliettejuniper@gmail.com) or mail to GMSHC, 4141 Matawatchan Road, Griffith Ontario K0J 2R0



**SENIORS** (Ages 55 and up)

**Please let us know if you need help with one or many of these tasks:**

**Transportation** \_\_\_ **Home maintenance** \_\_\_ **House cleaning** \_\_\_ **Meals** \_\_\_ **Other** \_\_\_

**Call: Steve 647 454-8589 or Juliette (613) 553-1355**

**You can also drop this in the mailbox at 4141 Matawatchan Road or at the Hilltop Church, 25197 Hwy 41, Griffith**

Funded by: **Ontario**

**Name** \_\_\_\_\_ **Phone** \_\_\_\_\_

Greater Madawaska Township received a provincial grant for up to 93% of the \$4.6M cost to upgrade Ferguson Lake Road from Hwy 508 to Flat Road.

11,000 scientists declare climate emergency, outline plan of action. We must act on how we generate and use energy, food production, social and economic future.

75% of Earth's ecosystems have gone from carbon sequestering fungal plant-associations to agricultural systems which are much less effective at sequestering carbon.

Air pollution, mostly from burning fossil fuels kills more people than smoking, new research finds.

Study: Traffic is a big source of NO<sub>2</sub>, ultrafine particles and black carbon associated with asthma, birth and developmental concerns, cancer, cardiovascular and respiratory death up to 250 meters from busy highways and urban roads.

EVs will surpass oil and gas in a decade, causing oil industry decline. Plastics derived from oil will remain. Planes and ships will take longer to shift from oil-based fuels.

Magna Developing A More Power Dense And Affordable Electric Motor, eight times smaller and half as expensive as currently available permanent magnet motors. Reusing and recycling the batteries touted as a key solution to climate change.

Ford presented electrified Mustang with 900 hp and 1,000 lb-ft. with a fortified manual transmission.

NASA showcased early version all-electric experimental aircraft, the X-57 "Maxwell,"

Segway heads off-road with a pair of electric dirt bikes.

OPEC admits oil demand could be drastically weaker than it previously thought

Largest private coal company in the US, has filed for bankruptcy in the midst of a rapidly diminishing demand for coal and in spite of government coal subsidies.

BC studying the competitive, environmental and social impact of liquefied natural gas ship to ship refuelling, which could reduce GHG emissions by at least 20%.

A new way of removing CO<sub>2</sub> could provide a significant tool against climate change. The new system can work on the gas at virtually any concentration level.

Climate change means more disease, deaths for Canadians, Lancet report finds.

Maple Leaf Foods to become carbon neutral, supporting wind energy, forest protection, methane recovery, plus increase plant-based protein products.

PETA activist Pamela Anderson is asking Canada to take meat and milk off prison menus to help the planet and the health of federal inmates, and save taxpayer money.

Ted Danson and Jane Fonda arrested while protesting climate change. Fonda intends to be arrested every Friday.

Elon Musk donated US\$1 million to TeamTrees tree-planting then changed his Twitter name to Treelon Musk.

When Ottawa-founded e-commerce company Shopify reached one million users, co-founder and CEO Tobi Lütke pledged to donate 1,000,001 trees.

Climate change campaign by YouTuber Jimmy "MrBeast" Donaldson, raised \$20 million for tree planting from fellow YouTube celebrities.

HomeBiogas has just introduced biogas system that produces 30% more clean cooking fuel than its previous system, along with fertilizer to give your plant life a boost.

Israeli develops piston engine that runs on water, alcohol, not gas.

KFC to source all of its fibre-based packaging from certified or recycled sources by next year and will remove all plastic straws and bags before the end of this year.

London Museum named beetle "Nelloptodes gretae" after Greta Thunberg, because many undiscovered species are likely going extinct because of biodiversity loss.

Greta Thunberg declines climate prize. Climate movement doesn't need more awards, but for politicians to listen to science, Swedish teen says.

NB is reconsidering opposing federal carbon-pricing after the Liberals won six of 10 ridings and the Greens gained one. "People have voted for a carbon tax"

Ontario forging ahead with \$30M tax payer dollar challenge of federal carbon pricing despite Ford saying he would drop it if Trudeau reelected.

Alberta cancels energy efficiency programs that put \$850 million into economy, 5.7M tonnes of GHG emissions being avoided, and \$692 million in energy savings.

Study: Some Canadian cities have higher levels of lead in their drinking water than Flint, Michigan. Highest levels in Montreal, Regina and Prince Rupert, B.C.

Ontario is proposing to permit restaurants to allow dogs on patios where low-risk pre-packaged, fresh fruit, and snacks are sold alongside beer, wine and spirits.

Early detection, support making difference with breast cancer. Recoveies increase.

UK Woman detected her own breast cancer in thermal camera photo at tourist attraction.

Stats Can: 1/3 of Canadians over age 12 get yearly flu shots. London Drugs poll says flu shot apathy is rising. 33% don't believe it's effective, 29% don't believe they need it.

Canadian warns against vaccine apathy after flu nearly kills him.

Ontario Encouraging Families to Get Free Flu Shot. Protecting Yourself and Your Family will Help End Hallway Health Care. 90 per cent of professionals admit to going to work sick.

Canada spends \$9B to treat obesity. Barely any money is put into preventative care.

WHO welcomed an "historic step" towards a polio-free world as an expert panel certified that the 2nd of 3 types of the crippling virus has been eradicated globally.

Google buys Fitbit for \$2.1 billion, promising it won't sell ads using health data that Fitbit devices collect. There was no promise that it wouldn't collect data.

US teen receives double lung transplant after vaping-related illness

Ontario to ban vaping ads at convenience stores. Ads will only be allowed in specialty vape and cannabis retail stores where customers must be at least 19 years old to enter.

Ontario now bans cell phones in class. Students can only use personal mobile devices during instructional time for educational, health, or for special needs. purposes

U.K. researchers taught rats to drive tiny cars by rewarding them with food. The study found that learning the new, complicated task helped to reduce rat stress levels.

Study: During deep sleep when we do not dream, the brain cleanses toxic proteins associated with dementia. Daytime anxiety decreases each day after a good sleep.

Major U.S. retailers are removing all 623-gram bottles of Johnson & Johnson's baby powder following J&J's recall of some bottles due to possible asbestos contamination.

Costco recalling Kirkland Non-GMO Infant Formula for Babies Sensitive to Lactose in 1.36 kg packages before date of Nov. 5, 2020 due to possible contamination.

Ranitidine (Zantac) recall due to "extremely high levels" of the probable cancer-causing substance N-nitrosodimethylamine (NDMA)

Two Australians have a 25-year-old McDonald's Quarter Pounder. It didn't rot or decompose, just shrunk a bit. McDonalds says it no longer adds artificial preservatives.

U.S. Flight Attendants Challenge Boeing, 'Refuse To Walk On To' 737 MAX Planes. American Airlines attendants have been joined by others in voicing their concerns.

Alberta produced more crude oil in 2018 than could be shipped for export by rail or pipeline. This affected storage levels, Canadian crude oil prices, and other aspects of the market.

To protect oil value, Alberta temporarily limited production to match export capacity to prevent Canadian crude from selling at large discounts.

Husky CEO says layoffs weren't due to Liberals winning election, says Alberta's oil curtailment policy is preventing the company from investing in the province.

Keystone pipeline that carries oil from Canada through seven states has reopened after was shut down after it leaked an unknown amount of crude oil in North Dakota.

Ontario government backtracks on expanded high school class sizes. Education minister says average class size now limited to 25 students.

Ontario Hydro relic about to open to the public. The generating Station, at Horsehoe Falls built in the Richardsonian Romanesque style, is a beauty.

Ontario Place on list of 25 at-risk monuments in world. World Monument Fund is facilitating \$1 million USD to select sites on the list for conservation initiatives.

The Pentagon's secretive X-37B spaceplane landed after a record-long orbit lasting more than 2-years, , capping the latest test mission for military technologies.

NASA announced Oct. 25 that the agency would send a robotic rover to the moon in 2022 to look for water ice, confirming plans that had been taking shape for months.

The German city of Dresden has declared a "Nazi emergency" after years of "right-wing extremist, racist" activity in the city, a local councilor says.

Some parents object to NRA raising money by auctioning off guns in schools in US

## Bogie is a Happenin' Place!

By Skippy Hale

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

Starting off with the weather report as usual! We went from the most beautiful autumn weather to today where it is a winter wonderland! The colours this year were so grand! My granddaughter pointed out some trees in Ottawa that were the most beautiful shade of rose pink. In-between we had rain and were not sure when we got up how many seasons we would pass through before the day would end. How Canadian, eh? My dear neighbour Bobby Pinkham and I have a regular discussion about how well he is arranging the weather! If it's bad, I tell him that someone made a mistake, because he only arranges our good weather. Bobby is an inspiration as he travels up the road to the Post Office, around by the lake and up to Charbonneau's. He is the kindest person in the village!

The first sign of the winter season has been the lighting of the Christmas Trees at Heritage Point. It is a beautiful event with the 55 Club supplying cookies and hot beverages as we gather round a campfire and sing Christmas Carols. My husband and I would hear Hank Schaly leading the singing as we walked through the snowy bush of the K&P. Hank has moved away, but I will imagine him here in Spirit. When the lights are lit, they will shine across the lake all winter. Thanks to all who organize this annual event!

2020 has started to fill up with fun. Call Lucie if you are interested (613-282-8247) in attending an event presented by the Ward 1 Recreation Committee, "rash comedy bash" featuring award winning stand-up comedian, Rachele Elie and opening act, Sebastien Bourgault with crooner Johnny Vegas. Tickets are \$25.00. Cash bar is at 7pm. The show starts at 8pm. Local charities will benefit.

We are lucky to have a small community school. St. Joseph's has kids from JK to Grade 8. The numbers have been growing over the years and with the number of babies born in the past few years, it should continue to grow. Although a part of the RCCDSB, children of all faiths are welcome. There is active participation in service to others. They do the Terry Fox Run, collect food for the Calabogie Food Bank and this year donated snowsuits to CPAN. Raffle tickets are on sale now which will be drawn at the Christmas Concert on December 5 at 6 pm.

We had an extremely successful Market this year. Over 4,100 folks attended to shop from 140 vendors. The atmosphere was one of fun and the sounds of music and laughter could be heard all around. There was also a sense of sharing between vendors. Many of us are crafters and not professional business people. I learned a lot from my fellow sellers and hope I was able to share some tips as well. I have tried to highlight as many vendors as possible. I could not make every week and ran about interviewing while keeping an eye on my table. I am amazed at the variety of entrepreneurs.

Two entrepreneurs right in our midst are Mardi and Derek Sullivan. The business is 'Sullivan's Closet', selling children's consignment clothing and toys. In these days, when we are trying to keep things out of landfills and re-use what we can, Mardi and Derek have a great idea and so needed. They have 12 consigners and the split is 60/40. Any items not sold are donated to the Op Shop in Arnprior to support the Arnprior Hospital. Mardi works from home which is great for a young Mom. Her two children Colton, 5 and Lexi, 3 help with the sorting and trying out the toys. There was an Open House at the KidzBKidz on November 23. Their website is [www.sullivanscloset.com](http://www.sullivanscloset.com). I went on and created an account: Easy Peasy!

Some of the other vendors are KD Leathers owned by Ken and Kathy Laverty which started out as a hobby in 1952 and became a business in 1962. They create everything from rifle slings to wallets and purses. They have to import their leather since there are no tanners in Canada. Perhaps that might be a career for a young person in our community. I must say that surprised me.

Jesse Oberon of Project Sawdust just started a new career hand painting beautiful paddles. They would look lovely in cottages and on decks. He is a very nice young man stepping out trying something new. Good on you, Jesse!

Gluten-free? I must say, I tried some earlier foods, but until I tried Gob-smacked Gluten-free, Dairy-free foods, I never realized how good these foods could be. They use coconut oil, rice, sorghum and potato flours. Delicious!

Then there is Debbie Scanlon of 'Debbie Does It' who makes colourful steering wheel covers and other gifts.

Monet Arleen Kristen is an acrylic artist who makes exquisite mystic art of many kinds some of which bear an amazing similarity to her! Her Mom of All Fired Up Glass makes beautiful sun catchers and jewellery. The colours fuse beautifully in the kiln.

There are many family groups that act as collectives. One such family includes Aileen Desmarais, The Radical Homemaker, who tried very hard (unsuccessfully) to teach me to spin. She did show me the missing part of my antique

### Upcoming Events:

December 3: Still Standing with Johnny Harris. Watch at home or at Brown's Pub House. (Need to book ahead)

December 5: St. Joseph's School Christmas Concert

February 16, 2020: Brown's Pub House: Rash Comedy Bash with Rachele Elie and Sebastien Bourgault and Johnny Vegas

February 28, 2020 6pm: Valley Food and Drink Restaurant: Maude of Cavendish: a one-woman play written & performed by Anne Kathleen McLaughlin

Irish Spinning Wheel. She spins and her husband Keith Baldwin is a weaver. Aileen produces many crafts. Her Mom Elsie crochets and her daughter paints and makes jewellery, baskets, and wooden boxes.

Africa Haven's owner is Suzan Prima, originally from Uganda, and she makes delightful African dolls.

Becky Groulx is the Overcaffeinated Seamstress who makes reusable produce bags, snack bags for kid's lunches, the unpaper towels, aprons and other fabric items. Thanks to her, plastic bags and paper towels are not needed. Yay!

Kurt Johnston and Jayne DeSnajner make Burnstown Maple tarts.

Amanda Normand and Pat Norman have Panda Creations: plates, glasses and t-shirts.

Tamara of Altered Skeins sells the most beautiful different colours of wool for other artisans.

Byron and Kate Zeyl and sons are young farmers in Burnstown who produce the most wonderful Maple Syrup and products.

Carrie Onriet is a product designer of soaps, candles, and beautiful beaded earrings. She is a very creative lady.

Nancy Nitschkie makes beautiful jewellery with a flowing mixture of colours.

NewLife International Relief sells the most beautiful clothing and jewellery to support women and girls in third world countries.

Carole Mundy of Cabin Fever Whimsies also makes beautiful jewellery.

While we tended our booths, we were entertained by great music led by Bill Maxwell and an ever-changing group of musicians. They made me laugh; they made me cry. It was better than Cats!

There are so many talented folks who participated to make the Calabogie Summer Market such a success, farmers, makers, bakers, musicians and creative people. From June 1 to September 28 over 4125 visitors and 140 vendors were at the Market. July 13 saw a record 450 visitors and 337 vendors. The Slack family with Johnny, parents, sisters and brothers-in-law, his lovely wife, Emma Lueders and sweet baby took the concept created last year by Susan Allen, Janet and Glenn Stanley and made it grow exponentially. I will always picture Johnny rushing around the rink pushing his daughter in the carriage and checking up to see we were all having a good time. The atmosphere of fun, energy and sharing was constant. I think it is the first time I have been involved with any group or event where I never heard any bad feelings or complaining. How rare is that?



Anne Kathleen McLaughlin as Maude of Cavendish

I had the wonderful pleasure of spending a dull, rainy afternoon on the lake with one of the most interesting women I have ever met. Anne Kathleen McLaughlin is a nun who lives here in the village. Anne Kathleen belongs to the Grey Nuns of Mary Immaculate. We had some of our early education by these sisters. It so happens, that we had some of the same teachers and my Grade one teacher was her first principal when she began her teaching career. Anne was born in St. John New Brunswick and spent some of her high school years in Ottawa due to her father's work. After finishing high school, she returned to Ottawa and entered the convent. She became a school teacher and taught in Ottawa, Eganville and Midland. When Vatican II happened and Pope John Twenty-third opened the windows of change, her community decided to move outward and let all develop their God-given talents and help develop those in others.

Anne Kathleen decided that her talents lay in the field of Communication. She earned a Master's Degree in Religious Communication from Loyola University, Chicago in 1983. This led to a career move to Thunder Bay where she worked with Bishop O'Mara as Director of Spiritual Communications setting up Seminars on Spirituality. From 1995 - 2000 she worked in Ottawa as a writer and producer for nine programs in three Interfaith Series for VISION Television called "The Search for the Sacred" (1995-2000).

For the past twenty-five years, she has been offering retreats and workshops in women's spirituality, and it is this work

TreeHouseArtStudio.ca

**Art Classes**  
For all ages and skill levels

Contact Iya Carson, BFA, BArch  
[www.iyacarson.com](http://www.iyacarson.com)  
[iyacarson@gmail.com](mailto:iyacarson@gmail.com)  
613-867-5631



In the main building of the Calabogie Lodge  
729 Mill street, Calabogie, ON



Skippy Hale moved to Calabogie with her late husband Richard in December 1999. Living in the first Train Station in Calabogie, Skippy now has opened her home as an Airbnb, the Kick&Push Guest els between her home and away with family and friends when there are guests. It's the best of both worlds.

which has led to her interest in probing the spirituality that sustained Lucy Maud Montgomery in the midst of her suffering. When the journals of Lucy Maud Montgomery were published by the University of Guelph, Anne Kathleen became fascinated with the life of the writer. As a woman whose work involved spirituality, she was enthralled with the spirituality of the author and wrote a one-woman play from the journals called 'Maud of Cavendish'. As a fan of L.M. Montgomery myself, and having read the first two journals, I believe I have met a 'kindred spirit'. I spoke with members of the Library Board, of which I was a Trustee at the time; I thought what a wonderful idea as a fundraiser for the GMPL!

Lucie Perrier, as she is wont, took the reins and we will be honoured with a *Presentation of 'Maud of Cavendish' on February 28, 2020 starring Anne Kathleen McLaughlin at the Valley Food and Drink Restaurant*. So watch for posters in the New Year. You will be so happy to spend the time with Maud of Cavendish!



L-R Heather Morlan, (Secretary), Yvette Blimkie, Judith Herweryer (President), Peggy Williams presenting \$3100 to Calabogie Food Bank raised at the Kitchen Party at Brown's Pub House. Absent Diane Griffith, Bev Moran

**By Peggy Williams**

Brown's Pub House in Calabogie hosted Peggy's Kitchen Party on Friday, Oct. 25. Over 100 people came out to share music, food, and friendship and dug deep in generous support of the Calabogie Food Bank. The kitchen party was organized by Calabogie resident and musician Peggy Williams, who was born and raised in Newfoundland, where kitchen parties are a tradition.

All different genres of music were performed by local musicians: Jan Bentham, Jayden & Cheline Collier, Pierre Desmarais, Paula Rich McGowan, Riley Wedderburn, Bonnie & Steve Wellman, Lane Williams, Mill Street Rockers (Sam Baird, Laurie McLune, David Greer, Alanna Laplante, Chris Morgan, Bill Donnelly, Carey Gaul) and the 3G's (Gary Hollingworth, Nicole Lamoureux, Paul Lamoureux).

The hat was passed during the performances and \$3100 was collected for the Food Bank.

The Kitchen Parties demonstrate the power of bringing music and friendship together in support of community. Over the last three years, these parties have raised \$15,000 for our local Food Bank. Quote from Peggy "I stand on the shoulders of many to make this happen. I am overwhelmed and so grateful for the generosity of everyone who participates! We live in an amazing community!"



The honour guard.



Councillor Lucie Perrier carrying a wreath to the cenotaph with a large crowd in attendance.



Soldiers from Garrison Petawawa.



Soldiers with cannon

November 10, was a very cold, rainy day with the wind blowing off the lake. As we stood at the Cenotaph, it was a small discomfort compared to the sufferings of those who lived in the muddy trenches of Passchendaele, the door-to-door fights in Europe avoiding snipers, or the deserts of Afghanistan, risking suicide bomber attacks and IEDs. We also must not forget our Peacekeepers.

The Fire truck, with lights blazing, led the Renfrew Pipe and Drum Band, the soldiers from Garrison Petawawa, Legion members, and young Air Cadets. After the Colour Party took their

place by the Cenotaph, guarded respectfully by the Honour Guard, the Ceremony began.

Mayor Brian Hunt opened the proceedings followed by the singing of O Canada. It is always such a warm feeling to sing our anthem, but more so as we honour the fallen and those who still protect us. Father Kerry Brennan gave us the Opening Prayer; we sang traditional hymns with the United Church Choir; Rev. Ryan Kim gave a beautiful homily followed by the stirring sounds of the Last Post. No matter how prepared I am, the booming sound of the Volleys

echoing across the lake always makes me jump. It signals the beginning and end of the Silence followed by the Act of Remembrance. In Ottawa, it was recited in English, French and Cree.

A piper played the Lament followed by the Reveille and the closing prayer by Father Kerry Brennan. Mayor Hunt announced the laying of the wreaths. The Silver Cross mothers were represented by Lorna McDermid. The Government of Canada wreath was laid by Marjorie Watts. Our MP, Cheryl Gallant was unable to attend. The Province of Ontario wreath was laid by John Yaka-

buski, MPP. All of the Service Clubs, many businesses and some families laid wreaths to show their respect. Two special people were not part of the service this year. Pastor Bill always supplied the speakers and led the choir. Marie Buscomb always sang a song from the war years. Last year, she made it to the podium to ask us to sing 'You Are My Sunshine'. Rest in Peace, Marie and Bill.

We made our way over to the Community Hall to warm up and enjoy the lovely treats from the Calabogie Women's Institute who do so much for our village willingly and often silently.

**Pine Valley Restaurant**  
~ Giftware • Groceries • Good Times ~  
Hwy 41 in Griffith, East of the Madawaska River

**Live Music**  
Wednesday and/or Thursday Nights

**YOUR SECOND HOME:**  
Home Cooked Meals  
Homemade Pizza  
Home Baking, Licenced,  
Groceries, Movie Rentals  
**New Unique Giftware**  
OLG Lottery  
Crafts  
Post Office

Merry Christmas and Happy New Year from Bert, Carol and everyone at the Pine Valley!

**FRIDAY NIGHT is Hand Battered Fish & Chip Night**  
**Open:**  
Monday to Thursday 7am - 7pm  
Saturdays 7am - 8pm  
Sundays 8am - 7pm

FULL SERVICE DURING POWER OUTAGES

## WINNERS:

By Lois Thomson

### ADULT NON-FICTION

**First Place - Jerry Papousek Burnstown**

0002 Golden Hour, prize \$250

**First runner up - Valerie Chamberlain, Renfrew**

0006 For Such a Time, wins "Down Independence Boulevard and Other Stories", by Ken Puddicombe

**Second runner up - W.W. (Bill) Jukes, Eganville**

0001 My First Car, wins "Perfect Execution and Other Short Stories", by Michael Joll

**Third runner up - Peter Chess Matawatchan**

0009 Late Evening Tea with a Witch, wins "Persons of Interest", by Michael Joll

### ADULT FICTION

**First Place - Lesley Cassidy, Ottawa**

1004 The Wake, prize \$250

**First runner up - Danielle Jacques, Denbigh**

1006 The Mission, wins "Down Independence Boulevard and Other Stories", by Ken Puddicombe

**Second runner up - Mary-Joan (Skippy) Hale, Calabogie**

1003 The Spinning Wheel, prize wins "Perfect Execution and Other Short Stories" by Michael Joll

**Third runner up - James Gemmell, Ottawa**

1000 One Man's Karma, wins "Persons of Interest", by Michael Joll

Youth Fiction or Non-Fiction no entries

### PEOPLE'S CHOICE HONORABLE MENTIONS

The people's choice votes did not affect the final outcome as determined by the judges, but your choices were interesting. In some cases you picked the same winners as the judges and in other cases you chose stories that were scored lower by the judges. The judges used a weighted scoring system and were fairly consistent, but there were still some differences. This shows how subjective our appreciation of stories is. Because of this I felt it would be good to show the top people's choice selections, but first I would like to thank our judges for the effort they put into this contest, especially Michael Joll and Ken Puddicombe who donated their books as prizes for the runners up. Many thanks to Garry Ferguson, Max Buxton, Diane Bickers, Michael Joll, and Ken Puddicombe. Our sixth judge, Roger Neil, had to bow out at the last minute, but I appreciate his willingness to take part. Thank you to everyone who read the stories and voted!

#### People's Choice Non-fiction

Tie between the judges' first place choice, "Golden Hour" by Jerry Papousek of Burnstown, and "The Heated Rocks - The Joy of Just Being" by Cindy Bennett of Haley Station.

#### People's Choice Fiction

"Raven Mad Lily" by Colleen Hulett of Gatineau scored highest although it wasn't chosen highest by the judges. The next highest score was for "The Spinning Wheel" by Mary-Joan (Skippy) Hale who got a second runner up prize.

We are extremely happy about how the contest went and appreciate the brave souls who made the effort to write and submit their stories for all to judge. The purpose of this contest was to inspire people to bring their stories into the world. We have certainly done that and look forward to doing it again in 2020.

We know writing can be frustrating, but it can also be very rewarding. There will be times when the words you write aren't the words you mean to write; when the story bullies you into back alleys and rabbit holes with seemingly no hope of return. There will be times when the blinking cursor is your enemy, defying you to make it move across the page in a coherent manner. That's all true, but what every writer lives for are the times when it works; when you lose yourself in the story and wonder what cosmic force is moving your fingers over the keyboard as the words flow of their own accord. Those are the Zen moments, not unlike what you hope your readers will experience when they meet your characters and share their journeys. It is known as finding the thread. Your thoughts might seem to be a tangled mess, but somewhere in there is the end of the long thread that will become your story.

The art and the craft of writing takes practice and nothing is more valuable than learning from other writers. A few of our judges made detailed notes when they scored the stories. I learned a lot from reading the comments and offer to share the notes with any participant who might be interested in seeing them. We will be contacting the winners in early December to distribute prizes and certificates. Congratulations to the winners and congratulations to all participants. Keep writing!

## UP THE LINE TO THE FRONT LINE

### In Memory of Howard Popkie

By Lois Thomson

We at the Matawaska Highlander were sad to learn that long-time contributor Howard Popkie passed away peacefully at Groves Park Lodge in Renfrew on October 30. You have likely enjoyed Howard's stories in the Madawaska Highlander in "Up the Line to the Front Line". Howard always enjoyed telling stories, so when former editor Bill Graham encouraged him to send his stories to the Highlander, he was all in. His stories would come at least once a week in the beginning. Each story was handwritten on both sides of several numbered sheets of note paper, enclosed in a stamped envelope with return address, often decorated with his signature stylized drawing of a cat. A couple of years ago the frequency of his stories increased, sometimes we would receive more than one envelope in a day. It was as though he was in a hurry to write it all down while he could. The last package we received included signed copies of his books "Up the Madawaska", "Ghost Town" and "The Black Donald Hills", plus a copy of "Angels in Grey" magazine, published by the Arnprior-Braeside-McNab Seniors, that featured several remarkable seniors including Howard. He also signed the article about himself. That's not a bad body of literary work for a man with only seven years of formal education. The following story sums up his life quite well...

When I was a little boy in 1942, WWII was on and we saw war shows at Black Donald and a lot of stories of the war. Some of the men from town were

killed, and in the Family Herald I could buy bayonets and web belts from the War Surplus store in Winnipeg. I dreamed of the day I could be a soldier.

One day I got a prize in the popcorn from Jack Wilson's store. It was a tin war medal. I wore it with pride with my 21-inch long WWI bayonet on my web belt. I didn't start school until I was 7 years old, so I would be big enough to get through the deep snow I had to go through for miles to get there.

My Dad was the kind of man that believed if your dog has a litter of pups you throw them all in the lake and just keep the ones that can swim, so when I was in grade 7 he told me to quit school and get out in the world and make my own way. I was 15 years old and went to Woodstock Ontario and joined the Ox-

ford Rifles. It was just a peacetime army, so in 16 days I transferred to the famous PPCLI out in Wainwright. I trained with them for one year then joined the Vickers Machine Gun Platoon and served the Patricia's attached to the Special Force in Korea.

I witnessed war there for more than a year. When I came back home for a visit I was welcomed home at the Black Donald School. I felt that I only had Grade 7 when I left, but got a better education than the children that were still there.

Now I am old and wear my 5 war medals I got for service in Korea on Remembrance Day. They are bigger than a silver dollar and are so heavy, they pull my coat out of shape, but they are a reminder you don't get them in popcorn.



Howard's most recent story appeared in the September-October issue, which was around the time of his 85th birthday. In it I added a note, "Howard turns 85 in September. He isn't sending stories to the Highlander anymore, but we have a treasure-trove of stories about his life in Black Donald and the Korean War that we insert from time to time. Happy Birthday Howard! Thank you!"

The Madawaska Highlander will continue to publish Howard's stories from time to time. His memory will live on as he had hoped. May you rest in Peace.

#### Obituary of Howard Popkie

October 30, 2019 age 85

(Retired Kenwood Mills, Arnprior)

Veteran Korean War Princess Patricia's Canadian Light Infantry.

Peacefully at Groves Park Lodge, Renfrew on Wednesday evening, October 30, 2019; Howard James Popkie of Arnprior passed away at the age of 85. Beloved husband of the late Rosemary (nee Townley). Dearly loved father of Shari Barry (John) of Arnprior and the late Ricky Popkie (2000). Dear brother of Betty Hamilton (Reid) of Glasgow Station. Predeceased by his parents Reuben Popkie Sr. and Beatrice Stubinsky; 2 brothers, Reuben Popkie Jr. and Donald Popkie as well as a sister, Dale Collier (Steve). Also survived and fondly remembered by his nieces, nephews and many friends. A quiet and unassuming man, Howard was proud of his roots in Black Donald. He loved to tell stories of his years growing up there as well as his time spent in the military. Howard was a comfortable blend of humility and pride.



## Also check:

[www.matawatchan.ca](http://www.matawatchan.ca)  
[www.greatermadawaska.com](http://www.greatermadawaska.com)  
[www.addingtonhighlands.ca](http://www.addingtonhighlands.ca)  
[www.northfrontenac.com](http://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

## Griffith Hilltop Tabernacle

Sunday School 10 am, Sept. - June.  
 Morning Worship 11:00 a.m.  
 Office 613.762.7130  
[www.hilltopchurch.ca](http://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

**Christmas Eve candlelight service 7pm**

## Denbigh St. Luke's United Church

Sunday Worship and Sunday School 10 a.m.

## The New Apostolic Church

Sunday School 9:00 a.m.  
 Sunday Worship 10:30 a.m.  
 Wednesdays 8:00 p.m.

## St. Paul's Lutheran Church

Sunday School 9:00 a.m.  
 Sunday Worship 9:30 a.m.

## Schutt Emmanuel United, 8:30 a.m.

## Burnstown

**St. Andrew's United Church**  
 Sundays at 10:30 a.m.

## Calabogie

**St. Andrews United Church**  
 1044 Madawaska Dr. (on the waterfront)  
 Sunday Worship 8:30am  
 Communion 1<sup>st</sup> Sun. of the month

## 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.

## REGULAR EVENTS CALABOGIE:

### Youth Sports Night

Tuesdays 6:00 pm to 8:00 at St. Joseph's Catholic School, Calabogie

**Pickleball**, Tuesdays and Thursdays 6:00 pm to 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 Wednesdays 8:30 a.m. to 9:30 at the Calabogie Community Centre Contact Susan 613-752-1540

## Pilates and More

Monday evenings and Thursday am

## Back Fitness and Stretch

Mondays 3:45

## Mindfulness Meditation

[calabogiemindfulnessmeditation.com](http://calabogiemindfulnessmeditation.com)

## Calabogie Seniors Dinner & Meeting

Last Thursday - 5 pm Oct. to April at the Community Hall. May to Sept. Barnet Park Seniors 55+ welcome. 752-2853

## Renfrew South Women's Institute

[www.rsdwi.ca](http://www.rsdwi.ca) [CalabogieWI@gmail.com](mailto:CalabogieWI@gmail.com)  
 Branch meetings held at Calabogie Community Hall 2nd Thursday 7:30 Contact: Sara MacKenzie, Pres. 613-432-3105 Guests and new members welcome!

## Calabogie Arts and Crafts

Every 2<sup>nd</sup> Monday (If holiday, then 3<sup>rd</sup> Monday), 10:00 am - 1:00 pm, Community Hall, (\$15 per year) 752-1324

## Lion's Club Bingo every Wednesday,

6:30 pm, Calabogie Hall, 752-0234.

## The Calabogie and Area Ministerial Food Bank

4984 Calabogie Road. 2nd and 4th Thursdays of the month 9 am to 10 For emergency situations, please call 752-2201

## SPECIAL EVENTS CALABOGIE:

### Lions Christmas Dinner & Dance

Nov 30, 6:30 Members & Guests

### Santa Claus Parade Dec 8, 1pm. Meet

Santa at the Calabogie Hall afterwards.

### New Year's Eve Dance, Dec 31, 8 - 1am

Calabogie Hall

### Lions Christmas Bingo Dec 11, 6:30 Ham

& turkey, refreshments at breaks

## REGULAR EVENTS

### GRIFFITH & MATAWATCHAN:

**Matawatchan Hall Events, 1677 Frontenac Rd. Check calendar at [matawatchan.ca](http://matawatchan.ca)**

### Aerobics and Cardio Dance to suit all fitness levels at the Matawatchan Hall.

\$5 Hall donation appreciated.  
**Tuesdays, Thursdays and Saturdays**

**10am - 11am check [matawatchan.ca](http://matawatchan.ca) for changes**

### Matawatchan Walking Club

**Wednesdays April to Oct. 9 a.m Nov. to Apr. 10 am** Start at the G'Day board mailboxes. Brigitte 613-318-8308

### Sustainable Living Choices Group

**2nd Monday of the month. Next one Dec 2 at 7pm at the Matawatchan Hall.** Contact Ken Birkett at 613-553-1109 or just show up. Free.

**Matawatchan Book Exchange** at the Hall any time it's open, or contact a Board member. Sign out a book and return it later. No membership required.

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

#### Bingo every second Tuesday at 7:30

**Walking** - Monday @ 10:00 a.m. Free  
**Yoga** Coming in January - Tues 10:00 a.m. \$10.00 drop-in or \$60.00 for 6 weeks

**Exercise Class** - Thurs Dec. 12 resume in Jan 9 am \$2

## Tai Chi - Beginner & intermediate Thurs.

10:15 am until Dec. 5 resume in Jan \$10  
 Linda 613-433-3256

## Art Lessons with Reina, Thurs 1 pm until

Dec 5 resume in Jan \$15

**Euchre**, Northern Lights Seniors - first & third Friday 7pm \$2 resume in Jan.

## Lions Fellowship Lunch Noon Third Wed

of the month at the Griffith Hall (not July & Aug). \$8 Everyone is welcome. Contact Mary McKinnon 613-333-2791

## Northern Lights Seniors at the Griffith Hall

Third Wednesday of the month at 1pm. (after Fellowship Lunch)

## General Wellness Assessment by local

Paramedics available from 11:00 am until after Lions fellowship lunch

## Denbigh Griffith Lions dinner meetings on

the 2nd Wednesday and business meeting on the 4th Wednesdays at the Griffith Hall

## Euchre First and Third Friday of each

month, 7:00pm - 9:30pm at the Griffith Hall  
 Contact John/Nancy Reid (613) 333-9556

## Bert's Music Jam Every Wed or Thurs

**5 to 7:30 p.m. at the Pine Valley Restaurant, Hwy 41 Griffith**

## SPECIAL EVENTS

### GRIFFITH & MATAWATCHAN:

**Christmas Market, Artisan Craft, Bake Sale and chili lunch, with NU2U, November 30, 9 am - 1 pm** Matawatchan Hall, 1677 Frontenac Rd.

### Matawatchan Tree Lighting Potluck and

**Santa Party.** 5:30 potluck, 7:00 tree lighting at the Hall, not "downtown", 8:00 Santa arrives. Call Tracy at 613-333-9589 so she can tell Santa if your kids are coming. Donations appreciated.

### Magic Christmas Party, Sunday December

**15 at 3pm** with crafts and Santa Griffith Hall

### Lions Christmas Craft Show Dec 7, 10 - 2

**Lions Christmas Bingo Dec 10, 7:30** Griffith Hall

### Village Voices Christmas Choir Dec 8, 3pm

Hilltop Church 25197 Hwy 41

### Valentines Day, Sat Feb 14, Village Voices

and Friends presents "Songs of Love" at the Matawatchan Hall on. Chili luncheon at noon before the concert.

### Potluck Dinner and Games Nights at the

Matawatchan Hall Fri Jan 10 and Fri Mar 13

### St. Paddy's Murder Mystery Sat Mar 14

Matawatchan Hall. Call Tracy 333-9589 for tickets

### Bus to Renfrew for shopping Dec 5. Book

by Dec. 2 Pickups Kaladar, Flinton, Northbrook, Cloyne, Denbigh, Griffith

### Bus to Kingston Dec 19 Book by Dec 16

Pickups Denbigh, Cloyne, Northbrook, Flinton, Kaladar. \$20 round trip Call Kate toll free 1-877-679-6636 or lolcsbus@gmail.com

## REGULAR EVENTS DENBIGH & VENNACHAR:

**FREE weekly "Play to Learn" playgroup** at Mayo Community Centre in Hermon, Tuesdays 10:00 am to 12:00 pm. snack provided

## Denbigh Diners meal Supported by

**LOLCS** First Monday of the month **8:30am - 1:30pm** Stat holiday, 2nd Monday. Full Course Meal \$8.00 Nancy Dafoe 613-333-5164

## Denbigh Recreation Euchre,

**Denbigh Community Hall, Hwy #28, Denbigh, Fridays @7:00 p.m.** Contact Bev 613-333-9852

## Meals on Wheels is available in the area;

contact Bev 333-9852, or Lori Cuddy at Community Services 613-336-8934/1-877-679-6636 for all the details.

## Land O Lands Community Service

**Exercise on Tues. at 9:30**, Denbigh Hall basement after Wellness (not July and August) Contact Mary McKinnon 613-333-2791

## Coffee Time Friday mornings at Heritage

**Park from 8am-10am** Denbigh Recreation sponsor

## LOLCS Exercise Program, Tuesdays

**9 - 10:30** Denbigh Hall basement Marlene Dacuk 613-336-8934

## LOLCS Denbigh Craft Group, 2nd and 4th

**Wednesday** of each month from 1pm-3pm Denbigh Hall, Marlene Dacuk 613-336-8934

## SPECIAL EVENTS DENBIGH &

### VENACHAR:

**Denbigh Library: Saturdays Nov 30, Dec**

**7 & 14** DIY ornaments and cards station.

**Thursday December 5, 6 - 7 Kids' Christmas Storytime, Crafts and Snacks**

### Christmas Parade of Lights Dec 7, 6 pm

followed by Santa Party at the Hall. Contact Gail 613-333-2224 by Dec 3

## DACRE REGULAR EVENTS:

### Games Night, 2nd and 4th Fridays

Open to ideas. Contact Michael at [dacacommunity@gmail.com](mailto:dacacommunity@gmail.com)

## FLINTON, CLOYNE & NORTH-

### BROOK REGULAR EVENTS:

**Exercise Bootcamp at the Clar-Mill Hall** Plevna Tuesdays & Sundays 7pm \$5

## Bingo, Mondays at AH Recreation Centre,

Flinton, Lower level 5:30pm 613-336-2666

## The Cloyne & District Historical Society

**3rd Mondays Sept, Oct, Nov, Jan, Feb, March, April and May 1:00 p.m.** in the Barrie Hall [www.cloynepioneeremuseum.ca](http://www.cloynepioneeremuseum.ca)

## FLINTON, CLOYNE & NORTH-

### BROOK SPECIAL EVENTS:

#### Breakfast with Santa Nov 30, 9 - 11

Children under 12, 613 336 8934 x257

## Santa Parade Dec 7 Northbrook Land O'

Lakes Lions Club. Contact Debbie 613-336-8502

**SEND US YOUR EVENTS:**  
[info@reelimpact.tv](mailto:info@reelimpact.tv) 613-333-9399

**Women of the Fur Trade**  
By Noreen Kruzich

*Women of the Fur Trade* may not have Hudson Bay or North West Company records in the archives; but they took on a long list of roles. Often journeying with their husbands, they set up camp, gathered firewood and more. At the time there were only Indigenous women in the fur trading regions. In 1789, HBC Clerk & Surveyor Philip Turnor noted that, "Women are as useful as men upon the Journeys". Before that time, the Hudson Bay Company felt that wives and children would cause the company needless expense and from the 1740's and nearly twenty-years on-ward, women were barred from the forts and not allowed to marry the company men. The policy certainly didn't stick, as Chief Factors who were in charge of the posts all had wives. Some wives even shared their roles, as in the Factor would take more than one wife. Contrary to HBC's early policy, Native women were marrying men of the North West Company, no matter their rank, from wintering partner to voyageur, all company men were allowed to marry. Married men were more likely to renew their contracts so as to stay with their families. Most of these unions were "à la façon du pays" in the custom of the country, and not made under the sanction of the church. These women became known as "Country Wives". It was not uncommon that the Country wife would marry around age twelve and become mothers by age fourteen.

As the daughters of marriages between Native mothers and trader fathers grew up, fur trade employees were encouraged to marry mixed-blood women as they were already being supported by the company. Exceptions were made when the company needed to create trade alliances with new tribes. But no doubt all along, the women played a role in strengthening trade ties by providing access to the Native language, culture, the knowledge of the environment and topography, and the skills it took to live off the land. They aided in teaching the European men how to survive in an environment the men would not have been accustomed to. They dressed furs, made leather, sewed moccasins, netted snowshoes and yes, cooked meals. At the North West Company, women were part of daily operations. In 1789, as Nor' wester Alexander Mackenzie explored the river, which would later bear his name,



After the expiration of his contract with the Hudson Bay Company, Charles Thomas and his Algonquin wife Hannah stayed in the Golden Lake area at their farm and Stopping Place on the opposite shore where the HBC Post was located. Stopping Place became known as Charlie's Hope in the days of poor roads. Map: courtesy of Peter O'Grady

the wives of his voyageurs were busily sewing moccasins while the men towed the canoe past rapids.

In post records at Hudson's Bay Moose Fort, in Upper Canada (Ontario) (an Island in the Moose River near the outlet to James Bay) it is noted that even while Chief Trader (and later Chief Factor) John Thomas was on furlough in England, his wife and daughters continued their roles! One summer day in July the women brought in 28 pounds of fish, while the wife of Post Officer John Mannall brought in forty pounds of fish! The Country Wife of John Mannall was Cordelia Mannall, an Algonquin, who had married John when she was a teenager. And the Country Wife of John Thomas was known as Margaret, who was of Cree heritage, likely from around Moose Fort.

Round Lake resident and a Thomas and Mannall descendant, Randy Mask says, "The women would hunt and fish," and agrees, "They were good at it." The Mannall's daughter, Hannah who was born in 1795 at Kenogamissi House (a post about 40km southwest of where Timmins is today and a few hundred km south of Moose Fort) would eventually marry the Thomas' son, Charles. Charles would also follow his father's footsteps into the Fur Trade serving in the Moose District, later in the Athabasca and Peace River Districts, at Lake of Two Moun-

tains and the Chats, serving lastly at the Golden Lake post, also known as the Bonne Chere Post here in the Ottawa Valley.

The men who served the company seem to have acknowledged their female counterparts and indeed stood up for their rights.

When the HBC's Malchom Ross was travelling to the Athabasca country with his wife and two children in 1790, fellow traveler Peter Fidler noted in his journal that, "...an Indian woman at a House (fur trade post) is particularly useful in making shoes, cutting line, netting snow shoes, cleaning and stretching Beaver skins, that the Europeans are not acquainted with."

The North West Company journals often reveal the skills of Country Wives, which apparently the men didn't have. Many fur traders were unable to net their own snowshoes! In 1786, Alexander Mackenzie writing from Ile-a-la-Crosse (Northwest Saskatchewan) to management complained, "I have not a single one in my fort that can make Rackets (snowshoes). I do not know what to do without these articles. See what it is to have no wives." During the winter, the women would sew the bags for holding pemmican. "Women all busy stretching buffalo hides to make pemmican bags and pack cords", noted Alexander Henry in his Fort Vermilion journal

for February 4, 1810. And the making of pemmican was a year-round task, and in which women were responsible for every step: cutting the fresh meat into long thin strips; drying them, and beating the dried meat into flakes; cutting up fat and rendering it into tallow; gathering and drying berries; making the leather bags; and finally mixing the ingredients into the high-protein, high-calorie mixture that fuelled the voyageurs. Women collected and prepared spruce roots and gum (pine or spruce resin) for use in building and repairing birchbark canoes. Spruce roots, called watap, were used to sew the birchbark, and gum was used for caulking.

And when the London Committee of the HBC hinted that they did not care to clothe their employees' wives, the York Factory council (located on James Bay) rebelled in a quick response: "...the women are deserving of some encouragement and indulgence from your Honors, they clean and put into a state of preservation all Beaver and Otter skins brought by the Indians undried and in bad Condition. They prepare Line for Snow shoes and knit them, also without which your Honors servants could not give efficient opposition to the Canadian traders (meaning the rival North West Company) ...they make Leather shoes for the men who are obliged to travel about in search of Indians and furs and

*Merry Christmas*  
from the Kelly Homes team  
Thanks for another great season!  
We look forward to serving you in the new year.

**KELLY HOMES**  
CUSTOM BUILT HOMES

613-433-1035 KellyHomes78@gmail.com Like

**Earn Money From Your Woodlot**

**Quality Red Pine Plantation Thinning Operations**

**Stacey Robertson**

**30 YEARS EXPERIENCE**  
613-858-8014 - Blues50jazz@yahoo.ca

**WANTED:**  
(buying for Stacey's hobby)  
Vintage Fishing & Hunting items (Lures, Wood Decoys)  
Old advertising (oil cans, signs)  
Tin toys



Above: "The Old Post"- Golden Lake Hudson Bay Post that was later destroyed by fire in 1839. - Photo courtesy of Aimee Bailey, former owner of The Algonquin Trading Post-Deacon  
Below: Charlie and Hanna's Stopping Place, AKA Charlie's Hope. - Photo courtesy of the Bonnechere Museum/Eganville and Peter O'Grady



are useful in a variety of other instances, in short they are Virtually your Honor's Servants."

It is clear that women of the fur trade were on the voyages, as well as at the fur trading posts working beside their husbands who were stationed there. But Mask points out that it's his understanding that, "Native peoples would set up tents around the posts." Archival photos and documents reveal this.

Later, when Reserves for Native peoples were set up, not all Indigenous families chose to live at the reserve year-round. Bonita Lawrence, author of *Fractured Homeland: Federal Recognition and Algonquin Identity in Ontario*, points out that they set up settlements near the posts. Lawrence makes several verifications to this fact. "...at Lake Abitibi, which was north of the height of land, in Cree territory, more than 100 Algonquin and Cree families gathered near the post there." Well over 100 (Algonquin) families lived near the trading

posts at the Noire and Dumoine Rivers (this band had merged with the Fort William band of the Coulonge River by the turn of the century) and another 90 families lived near the trading post at Mattawagamangue. (Matawagamangue aka Mattagami was located just south of Flying Post and Kenogamissi.)

Retirement of a man from the fur trade could mean the end of the union for the Country Wife. Usually officers decided to return to the civilization of Canada or their home in the United Kingdom. It was considered that the women would have great difficulty in adjusting to 'civilization', but some men did take their wives back east with them. Usually, though, women were left behind in the fur country. Under the practice known as 'turning off', a new marriage would be arranged with an active fur trader. This was sometimes arranged with a dowry from her former husband, so that the woman and any children would be provided for. At worst, women

were simply abandoned. But a few men decided to forego the benefits of life in Upper and Lower Canada and remain with their families in the fur trade country after retirement. Charles Thomas was one of them. Upon the expiration of his contract in 1832, Charles choose to remain away from settlement after his fur trading days. Thomas did continue on as a Free Agent with HBC, but he and his wife set up a farm and Stopping Place on Golden Lake on the Bonnechere River waterway, on the opposite shore from the post. The Stopping Place (location today at the sharp bend of dead-end McMillan Road, outside of Deacon) supplied and bedded down weary travelers, traders and lumberman. It would become known as Charlie's Hope in an era of crude narrow roads and bridges of hewn logs. Mask refers to the diary his great-great- great grandfather kept. The diary, indeed, is a rare insight into the comings and goings of the Ottawa Valley in the early 1800's. In it he recounts not only his transactions with journeying customers, but also notes the local Algonquin people with entries such as trading furs for ammunition, and the seasonal events such as spearfishing at night using torches. Although tradition states only the men spearfished; women did use a simple string and hook, and put out nets for fish and no doubt the Algonquin women caught just as many fish as their men! Thomas' diary speaks of his wife, Hannah, often bringing in fish caught from nets and the hook.

Randy Mask's family has resided here at least since 1832 when Charles

Thomas and Hannah Mannall arrived to run the Hudson Bay post and shortly afterwards the stopping place. The Golden Lake post was established around 1825 per Hudson Bay Company archive records. Its location was at Hoffman's Point on the north end of the narrows of the Bonnechere River/Golden Lake. It was used as an Outpost and Trading Post per archival records. In the summer of 1839 HBC Governor, George Simpson, inspected the post and recommended it be closed. By September of that year, a fire pretty much finished the post. It eventually became known as The Old Post and was abandoned by 1840. Should you go past the location, remember the Country Wives whose hands and characters toiled and fashioned everyday life in the fur trade, creating their own well-deserved acknowledgement in history.

Go to <https://ruraldiaries.lib.uoguelph.ca/charles-thomas> or search online for *Charles Thomas' Diary*, which is a fascinating read.



Noreen Kruzich specializes in First Nation and Metis genealogy/ social history. She is the author of *The Ancestors are Arranging Things* (Borealis Press/ Ottawa/2010) and the history researcher for award winning documentaries, *Colonization Road and Trick or Treaty*. She is currently working on her second book, *Blood, Paper and Spoken Word*- a highlight of indigenous ancestries across Canada, revealing suppressed indigenous history—and putting faces to the stories.

"The Only Place to Go"

**BEST PRICE**

**Smitty's Warehouse Operation For NEW or GOOD USED Appliances**

**BEST GUARANTEE**

Smitty has been keeping customers happy for 40 years

**BEST SELECTION**

In the appliance business and

Smitty plans to be around for another 20 years!

This PROVES Smitty has the BEST

**PRICE, SELECTION, GUARANTEE, QUALITY & SERVICE**

Same-day Delivery, Seven Days a Week

We sell Gas Refrigerators, too!

**IN-HOUSE FINANCING AT NO INTEREST**

These are just a few of the many reasons to visit

**BEST SERVICE**

Smitty's for your new or used appliances

**BEST QUALITY**

**Griffith General Store** 613-333-1553

Hwy 41 at the Madawaska River Bridge - Come by Car, Boat, ATV, Bike, Boot...



**Stinson Gas**

Groceries, Gifts, Ice Cream, Butter Tarts, Dairy & Eggs, Canned and Frozen Food, Butcher Shop Meats, Hunting & Fishing Licences & Supplies, Live Bait Sporting Goods & Clothing, Pet Food, Hardware & Tools, Keys Cut, Paint & Supplies, Automotive Supplies

A Genuine Country Store with a bit of EVERYTHING!

AUTHORIZED AGENT FOR:

**LCBO**

**The Beer Store**  
Approved Retail Partner

APPROVED RETAIL PARTNER & AUTHORIZED EMPTY BOTTLE DEALER

Store Hours:

Mon - Fri, 8am - 8pm  
Sat, 9am - 7pm  
Sun & Holidays, 9am - 6pm

LCBO and Beer Store:  
Mon to Fri, 9am - 8pm  
Sat, 9am - 7pm  
Sun, 9am - 6pm



**SMITTY'S**  
"KING OF APPLIANCES"

**(613) 969-0287**

Open Evenings & Seven Days a Week  
River Road-Corbyville, Just North of Corby's  
[www.smittysappliances.ca](http://www.smittysappliances.ca)

# Enjoying Winter in Safety and Comfort

By David Arama

During the November 16-17th weekend, WSC Survival School conducted an Outdoor Survival Skills overnight campout course. Ironically, we weren't expecting extreme winter temperatures and snow conditions that you typically find in January! Saturday night saw the temp hit -18 Celsius. Some of the students slept out in a lean-to shelters that they had constructed (see photos), given less than two hours before nightfall to build (very realistic training since normally, folks lost in the wilds become lost with less than an hour or two of sunlight left). In addition, some chose to survive the night with just a wool blanket, even though they had a backup sub-zero sleeping bag just in case. Many of the students were dressed in woolens, and in layers. They kept a large fire going in front of the lean-to, reflecting off of a log reflector wall that they had built (a rock reflector wall is the best since rock radiates and reflects more heat compared to a log wall). The shelter had a log floor topped off with evergreen boughs e.g. balsam first, white spruce, white pine).

On Sunday morning, we de-briefed the experience. We asked the students to detail what they learned, and how they felt during the frigid night. Surprisingly, they said that they enjoyed the night, and mostly, they were toasty warm and comfortable. We discussed the fact that every year in Canada, winter recreationists perish in these types of conditions while hunting or skiing or snowmobiling. How does that happen? We all agreed that in winter conditions, critical factors that determine survival include proper winter layered clothing, a well thought out survival & safety kit, the ability to construct a big fire and an effective shelter, good skills and experience, and decent health and fitness.

In my ten years residing in the North Frontenac Region, I have noticed a lack of all-around winter Outdoor Pursuits. There's no shortage of Snowmobile and ice fishing enthusiasts, however we rarely see folks snowshoeing, cross country skiing, or winter camping. With all of the local excellent crown lands and amazing parks, e.g. Bon Echo, Frontenac, I'm perplexed at the lack of these active outdoor pursuits compared to passive winter activities like sledding and ice fishing. Don't get me wrong, I enjoy snowmobiling, ATVing and ice fishing, but they don't give you the same healthy and physical benefits that active outdoor pursuits provide.

Becoming more and more popular is the activity called Glamping. Glamping is luxurious camping, typically in a Yurt or Semi Cabin/Tent structure, complete with woodstove, propane furnace, running water, big screen TV, comfy queen and double sized beds, etc. If you're afraid to try winter camping or survival, give this a try! Some provincial parks and private resorts offer this opportunity.

The winter season is typically when we hibernate and avoid the outdoors. That's also when many folks eat too much, consume too much, become very passive, lazy, and depressed. Winter Outdoor activities are good for the soul, and provide therapeutic and wellness opportunities. Why not get out and get active in the scenic winter wilderness that the region offers!



**Winter Expedition Tent**

We use several Eureka and North Face winter dome tents. Other excellent tent brands include Marmot and Mountain Hardware, and some economy MEC tents. I like the K2 Eureka Arctic dome tent, and it's expensive at \$699. Winter tents come with titanium or aluminum poles and pegs and are heavily reinforced. You'll also need a Winter sleeping bag with at least a -20 Celsius rating, and a thick core foam or ensolite under pad.



**Hot Tent**

One of my favourite ways to winter camp is using a hot tent and woodstove combination. The Esker brand is available at Canadian Outdoor Equipment, and in a variety of sizes, e.g. two to three-person, four to five-person etc. They are lightweight, easy to set up, and even when it's forty below, you can heat up the inside to plus twenty, and cook meals on the stove. They are not cheap. The combo will set you back \$1,300 - \$2,000. Another option is the larger prospector tents that can accommodate ten or more campers, and portable yurt systems.



**Tarp Shelter**

My favourite tarps are the MEC Guide tarps. They have a silicone coating that is somewhat fire resistant, and allows you to have a campfire underneath, and you could also set up a winter tent on one side, fire at the other side. It's easy to set up, especially if you attach ten-foot ropes on each corner, and A-frame the tarp over a laterally suspended rope tied from one tree to another.



**Winter Shelter**

For short term survival, A-framed and lean-to designs are the easiest shelters to construct. It helps to have a tarp, solar blankets, rope, and a good saw, e.g. the Boreal Agawa Canyon Saw is highly rated. The key to a good shelter is to understand why you need a shelter, e.g. conduction, convection, and moisture. So thick bedding and roofing, a sloped roof, and a big fire that's preferably inside or at the entrance.

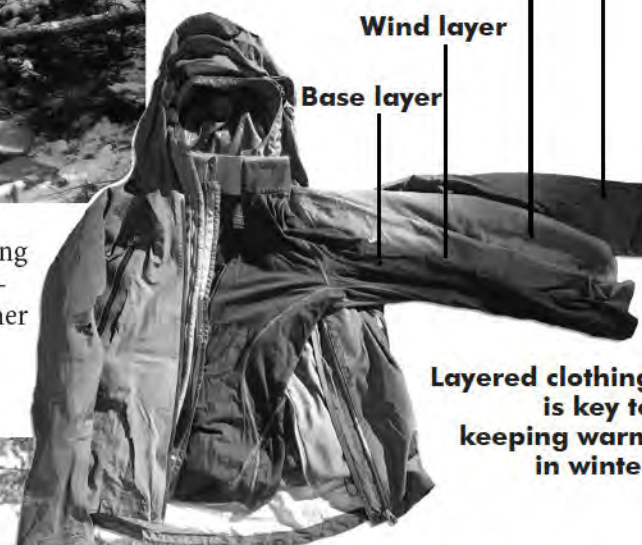
**Winter in the outdoors is nothing like winter in the city. Prepare and enjoy!**

**Waterproof Shell layer**

**Insulation layer**

**Wind layer**

**Base layer**



**Layered clothing is key to keeping warm in winter**

In addition to a layered coat system, layer your clothing from long johns on up and don't forget layering over your head.

*Please note: We offer winter group activities for schools, scouts, staff, and special events.*

Go to [madawaskahighlander.ca](http://madawaskahighlander.ca) to download a free copy of my survival book, *How to Start a Fire with Water*, or purchase a copy to keep handy in an emergency.



**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. [marblelodelodge.com](http://marblelodelodge.com) [wscsurvivalschool.com](http://wscsurvivalschool.com)

By Angela Bright



All sorts of strange animals, heroes, superheroes and creatures of the night enjoyed crafts, snacks, and pumpkin carving at the Denbigh Hall for Halloween.

\*Where can you get a hot, delicious meal these days for just \$8? At Denbigh Diners! On Monday, December 2nd, lasagna will be served up at noon, lovingly prepared by the hands of Land O Lakes Community Services volunteers. For information, contact Bev 613 333 9852.

\*The Denbigh Griffith Lions Club is having its annual Christmas Hamper program, to serve individuals and families in the Denbigh, Griffith, Matawatchan and Vennachar area. If you feel you need a Christmas Hamper or know of someone or family in need, please call Lion Gail at 613 333 2224. The deadline to apply is December 9, 2019; delivered on Thursday, December 19th. If you would like to make a donation, please call Lion Sandy at 613 333 1932 or Lion Jan at 613 333 1748. Lion members would be glad to take your donations anytime.

\*Calling all kids to the Denbigh Library!! There will be a special kids' night at the library on Thursday, December 5th, from 6-7pm with Christmas stories, crafts and snacks. Also, on the following Saturdays, November 30th, December 7th and December 14th from 9-noon, there will be DIY Christmas ornaments and cards station set up! Here are some of the new finds at the library: DVDs The Second Act, Fast & Furious Presents: Hobbs & Shaw; Aladdin, Dora & The Lost City of Gold; Spider-Man: Far From Home; Spider-Man: Into the Spider-verse; Toy Story 4. And for new books: A Christmas Gathering by Anne Perry; A Minute to Midnight by David Baldacci; Blue Moon by Lee Child; The Family Upstairs by Lisa Jewell; Kiss the Girls and Make them Cry by Mary Higgins Clark; Let Justice Descend by Lisa Black; Lethal Agent by Vince Flynn; The Lost Daughter by Gill Paul; The Other Windsor Girl by George Blalock; Twisty Twenty-Six by Janet Evanovich.

\*Are you ready to deck the halls? Denbigh Recreation is having a Christmas Lights Contest. Decorate your home and you could win \$25. Santa's helpers will be driving around the first week of December to view entries. The winner will be awarded their prize on the evening of the parade at the hall.

\*Come and celebrate Christmas at the Denbigh Christmas Parade of Lights on Saturday, December 7th at 6pm. Following the parade, you are in-

vited to the hall for Santa and treats! If you wish to enter a float, contact Gail or Tony at 613 333 2224 before December 3rd.

\*Saturday, November 30th have Breakfast with Santa from 9 - 11am for LARC/Flinton Recreation.

\*On Sunday, October 6th, a full house celebrated the 125th anniversary of ministry at Vennachar Free Methodist Church, sharing memories from years past, enjoying selections by the choir and music group Vocal Legacy, all centered around the theme, "Great is thy Faithfulness". VFMC invites you to the Christmas Eve candlelight service at 7pm. For more information, contact 613 333 2318 or follow us on facebook.

\*Did you know there is a new Community Bus Program that is available to everyone? Cost per trip is just \$20. Visit [addingtonhighlands.ca](http://addingtonhighlands.ca) where you will find the Community Bus Trip Schedule link on the main page, with destination and route pick up information. There is a trip planned for Renfrew on December 5th (reserve by December 2nd), and to Kingston on December 19th (reserve by December 16th). To reserve your seat, call 1-877-679-6636, or go to [lolcs.com](http://lolcs.com) and click on the MORE heading for more information.

\*The rain managed to hold off for the annual Touch the Trucks Events in Flinton in September hosted by Lennox & Addington Resources for Children (LARC), with 112 kids and kids at heart out to see the fire service vehicles, a police cruiser, bus, sports car, tractor trailer, heavy equipment, and hydro vehicles. LARC hosts Playgroup in Denbigh from 9:30am to noon on Tuesdays in the gym of the Addington Highlands Community Centre. Parents, grandparents and childcare providers are invited to bring children ages 0-6 years to play, explore, sing, read, create, laugh and have fun! Free! For more information contact 613 336 8934 x257.

\*A couple of LARC events coming up! Breakfast with Santa is happening at the Flinton Recreation Center from 9-11am, for families with children under 12. Breakfast is provided by the Flinton Recreation Club for free, and Santa himself will be visiting.

\*Then, on Thursday, December 4th, come and "Decorate Santa's Sleigh", hosted by LARC in partnership with the Land O Lakes Garden Club at the North-

brook Lions' Hall. It is free, but families do need to register at 613 336 8934 x257.

\*Playgroup takes place in Denbigh from 9:30am to noon in the gym of the Addington Highlands Community Centre on Tuesdays. Parents, grandparents and child care providers are invited to bring children ages 0-6 years to play, explore, sing, read, create, laugh and have fun! Free! For more information contact LARC 613 336 8934 x257.

\*The community food bank is open the second and fourth Tuesday of every month, from 11am till 12noon. The food bank is located across the hall from the library in the Addington Highlands Community Centre.

\*The Good Food Box through KFLA Public Health is available in our area. This program provides fruit and veggies at wholesale prices, and is available to everyone. You can choose from a large food box, small food box, fruit bag or vegetable bag. Place and pay for your order on the first Thursday of the month, and it will be ready for pick up on the 3rd

Kids and kids at heart enjoyed the Touch the Trucks event in Flinton in September for LARC



125th Anniversary cake for the Free Methodist Church in Vennachar.

Thursday of the month. For more info and pricing, call Lakelands Family Health Team in Denbigh at 613 333 1333.

\*Some exciting news for parents and caregivers! Hilltop Pentecostal Church in Griffith now has play day every Thursday from 9-11:30am, with story and craft time. For more information call 613 333 2332.

\*Wishing you love, joy and peace for your family and friends this Christmas, and for the coming year!

*Warm wishes for a Merry Christmas!*

**SPECIALIZING IN PROPANE!**

**SALES & SERVICE ON ALL PROPANE FIXTURES & APPLIANCES. FURNACES, FIREPLACES, HOT WATER TANKS FRIDGES, STOVES & MORE**

**PLUMBING**  
Repairs, Renovations & New Housing  
HOT WATER TANKS, SUMP PUMPS, TOILETS  
SUBMERSIBLE WELL PUMPS, **EVERYTHING!**  
SALES, SERVICE & INSTALLATION

**HEATING & AIR CONDITIONING**  
Sales, Service & Installation  
BOILERS (NATURAL GAS & PROPANE)  
10 YEAR PARTS & LABOUR  
FURNACES, FIREPLACES

**613-433-1111 RENFREW**

**PURA VIDA NUTRITION STORE**  
267 Stewart St. Renfrew  
613-433-9437

|                          |                            |
|--------------------------|----------------------------|
| Mon - Wed<br>9:30 - 6:00 | Thurs - Fri<br>9:30 - 8:00 |
| Sunday<br>10:00 - 5:00   | Saturday<br>9:30 - 6:00    |

info@puravida-nutrition.ca  
[www.puravida-nutrition.ca](http://www.puravida-nutrition.ca)

Vitamins, Herbs, Aromatherapy, Homeopathy, Sports & Diet Supplements  
Gluten Free, Organic, Specialty Foods, Teas, Books and much more

**The Power of Nature**  
By Colleen Hulett



Hiking in the autumn forest in our region is incredible. Before me are leaves the colour of gold, rust, crimson, red, orange and chocolate brown and the colours are amplified by the contrasting blue sky and deep green coniferous trees. My heart swells at such a beautiful view and I imagine hearing singing angels from above. This iconic Canadian landscape has taken my breath away. (Yes, it is possible I'm out of breath from the climb.) You know this feeling, right? A precious moment of lucidity. A feeling of a deep connection you have no words for. Well, researchers have been studying this 'AHA' moment in Nature and this moment is not to be taken lightly. What if I told you it is an important and necessary healing moment for your mind, body and soul? A necessary recharge. What

would happen if you didn't recharge your phone? The phone will lose its power and become inoperable. Just saying...

The positive effects of having an 'AHA' moment in Nature has been studied and popularized worldwide by Shinrin-Yoku scientist Dr Qing Li. Shinrin-Yoku is an ancient Japanese practice of forest bathing where one walks leisurely in a forest and calmly takes note of the surroundings while engaging all of their senses. Indoor people (like indoor cats) routinely use only two senses: sight and sound. Since the 1980's with Dr. Li and the Japanese government at the helm, forest bathing sessions began being prescribed by doctors and exclusive forest bathing trails were implemented throughout the country. Almost 40 years later, forest bathing is slowly gaining its

foothold in Canada.

The science behind why forest bathing is healthful is well documented in a book entitled 'The Art and Science of Forest-Bathing' by Dr. Qing Li. In this book, Dr. Li agrees with the Biophilia Hypothesis that was established in 1984 by American biologist and naturalist E. O. Wilson. Wilson says humans have a biological need to connect with nature because we evolved in nature for most of our life and are genetically determined to love it. Our unhappiness, stress and depression, he found, stems from our distance to nature and when we are in Nature our health improves measurably. Our powerful 'AHA' moments in Nature is a homecoming of sorts. We feel at home. It is in our DNA!

I share these 'AHA' moments

firsthand on my guided hikes with customers. Every single customer has had at least one 'AHA' moment on the trail and newcomers to the forest have many more. It's quite rewarding to witness the wave flow into them and light up their eyes. Customers become happier, energetic, curious and creative for the rest of the hike. The gratitude they express at the end of my three-hour hike is overwhelming to say the least because I really just guided them along and said 'shhh!' when necessary. The one thing that seems to cement my customers' relationship to Nature is when we come across a scene-stopping moment like a landscape view or micro view of a colourful mushroom. They're hooked. I want everyone, especially the 85% of Canadians living in urban areas to experience 'AHA' mo-

**Century 21**  
Century21 Eady Realty Inc. Brokerage  
29 Raglan St. Renfrew 613-433-2254  
[www.vincentjohnston.com](http://www.vincentjohnston.com)



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

21 Crestview Building Lot **PEAKS VILLAGE** Reduced to 49,900  
LT 4 Matawatchan Rd **WATERFRONT** Reduced to 104,500  
**BUILDING LOTS HUGE POTENTIAL!** 00 Centennial Lake **WATERFRONT** 49,900  
Lot 2 Matawatchan Rd **MADAWASKA WATERFRONT** 149,900

**BLACK DONALD WATERFRONT!**  
  
**1779 Centennial Lake Rd** 279,900 Small rustic cottage on 1.02 acres with many acres of crown lands surrounding. 458ft of waterfrontage in a quiet bay on Black Donald Lake MLS 1175443

**BEAUTIFUL PRIVATE HOME!**  
  
**SOLD**  
**25268 Highway 41** 299,900 MLS 1166787 Private spot to call home. Set on a 1.5 acre lot this home will please. Vaulted Ceilings, Finished basement, detached garage and lots of green space all around giving you great privacy.

**PRICE REDUCED!**  
  
**254 Tatty Hill** 995,000 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.

**WATERFRONT & SKI HILL!**  
  
**329 Kennedy Rd** 489,900 MLS 1149973 Located near the Calabogie Ski Hill this bungalow comes with a 40X134.5 ft waterfront lot. Have the best of it all by being on the Lake and close to the ski hill. Great investment for a rental property!

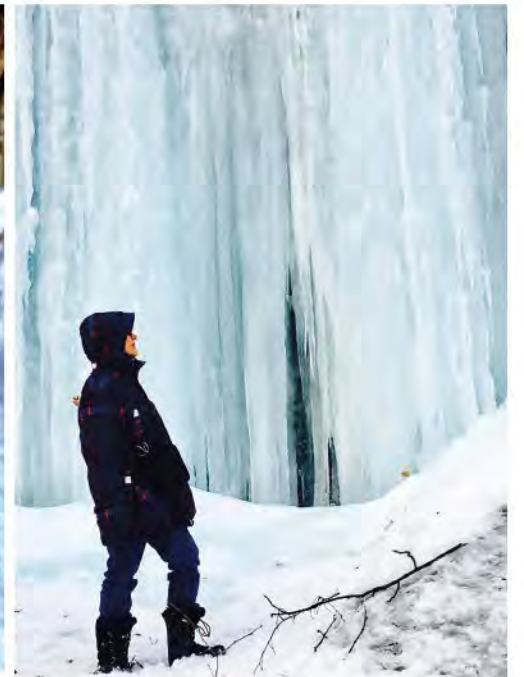
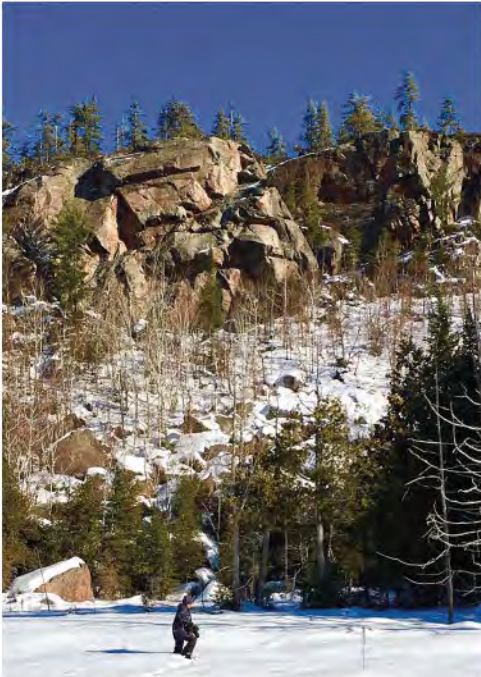
**WATERFRONT & ACREAGE!**  
  
**4537 Matawatchan Rd** 299,900 MLS1156245 74 acres of vacant land with trails and waterfront. This land attaches to crown land at the back and has waterfrontage on the Madawaska River ahead of Centennial Lake. The property has a drilled well and 200amp electrical panel site.

**NEW LISTING HIGHLANDS GOLF!**  
  
**SOLD**  
**40 Spindle Drift** 399,900 MLS1168347 Live on the well sought after Calabogie Highlands Golf Course in this newly renovated home. Come and see the work that has been done to modernize this gorgeous home

**CALABOGIE LAKE LOT!**  
  
**1142 Barryvale** 249,900 MLS 101387144 Waterfront building lot near the Calabogie Highlands Golf course on a flat site. If you are looking to be on Calabogie Lake here is your chance. We have a local builder that would be happy to meet with you to discuss a plan!

**CENTENNIAL LK WATERFRONT!**  
  
**000 Centennial Lake Road** 3.13 acre "boat to only" vacant lot \$179,900 MLS1158698

**UNIQUE BUILDING LOTS!**  
  
**SOLD**  
**287 Kennedy Rd** 89,900 MLS 1152683 Unique opportunity! TWO 1-acre building lots and a deeded access waterfront lot for shared use. 240ft of road frontage for the building lot. If you're looking to build and want a nice private lot, take a look at this.



ments in the wild and recharge every cell in their bodies. Ultimately, my goal is to get you to naturally want to become a steward for the wild spaces around you and protect their biodiversity for your offspring.

As winter descends upon us in the highlands and we have less sunlight and more indoor time our mental and physical health can suffer. Forest bathing is the perfect remedy. It is the perfect remedy for those who do not usually enjoy outdoor recreation like skiing and tobogganing, but need to get out and get some fresh air and sunlight. Never forget the 'winter blues', and angry holiday people can be sick from staying indoors all winter under artificial lights. While forest bathing is beneficial in any season, I feel it is really important during the win-

ter because Canadians get the blues and all one needs to do is to walk leisurely in the forest on an easily accessible trail to alleviate symptoms. The walk is so slow that it should take a couple hours to stroll 500 meters and back. Examine your surroundings silently with no intent to forage or collect anything. Let your ears sense the subtle sounds around you. Touch and feel the plants sticking out of the snow around you to get a sense of their texture or see a pattern that you may have never noticed before. Smell the pines, spruce, hemlock, and cedar scents in the air. Taste that pine nut, or whatever, to awaken your taste buds. Let your eyes take in the view and discover new 'AHA' sights as often as you can. All your senses should be turned on and getting recharged, and you should be bursting

with joy. You'll be even happier if you have your Marino wool underclothes, ha! More importantly, don't forget to deeply breathe in the tree phytoncides.

The airborne tree phytoncides (essential oils) measured from oak, pine and birch trees by Dr. Qing Li in a 2010 study were shown to do three major things to us forest bathers:

- 1) improve the functioning of our immune system by raising NK (natural killer) cells and increasing levels of intracellular anti-cancer proteins, NK cells increased 56% after three days of forest bathing.
- 2) Decreases the production of deadly stress hormones, one walk can drop cortisol levels 12%
- 3) Heart rate and blood pressure improves, and one is now able to feel pres-

ent in their surroundings for a true moment of clarity.

Recent Canadian studies show similar and other significant health benefits from forest bathing that include: improves our mood, increases our ability to focus, accelerates our recovery from illness, increases our energy levels and improves sleep. Forest trips where researchers used the Profiles and Mood Test scores showed a decrease in scores for anxiety, depression, anger, confusion and fatigue. Aha, need I say more?

Well okay. I'd like to at least give kudos below to some cool Canadians who encourage forest bathing in our country. I'm sure there are many more, but these guys stand out for me:

Dr. Melissa Lam who sits on the board for the Canadian Association of



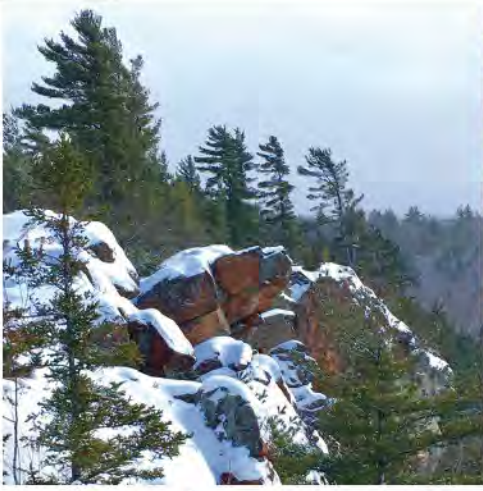
*Merry Christmas!*

# R.J. SELLE & SON

## Sand & Gravel Ltd.

**Snow Plowing**  
Excavating . Road Building . Topsoil

**613-649-2688**  
Hauling sand, gravel & topsoil  
excavating & building roads and laneways in the Highlands  
and the Ottawa Valley for over 40 years



Physicians for the Environment and has devised a Nature prescription. She found that we are to spend no less than 30 minutes at a time in Natural areas and at least a total of two hours weekly to gain measurable health benefits from it. Phew, I do this already. Do you? Kudos Melissa.

Nurse Ruth McArthur of the Wasaga Beach Healthy Community Network who is planning in the near future to write forest bathing prescriptions paired with maps of accessible natural areas near Wasaga for her patients. She is also trying to get provincial parks to give free passes with her prescriptions! Kudos Ruth!

Tyler Coady of P.E.I a veteran who suffers from PTSD from his deploy-

ment in Afghanistan. He donated 10 hectares of family land to the Island Nature Trust for use by other veterans with mental illnesses because he knows how forest bathing in natural areas alleviates his PTSD symptoms. He has a Military Master's degree in psychology. Kudos Tyler!

Lisa Nisbet, Ph.D., of Trent University (Environmental Psychology ) has developed the 'nature relatedness' score. A nature relatedness score shows to what extent one appreciates and understands the complexity of nature. Nesbit found how time in nature influences our treatment of it and ultimately its survival. High nature relatedness score is best cemented before we turn 12 years old and

her studies will hopefully get children to spend more time learning outside with all of their senses engaged. Inside the classroom we use just two senses at a time and its limiting to learning. Kudos Lisa!

Please get out and go forest bathing this winter for the sake of your mental and physical health. Please increase your Nature Relatedness score by frequenting and savouring the panoramic 'AHA' views and small 'AHA' treasures you discover during the walk. Don't forget to bring your kids with you! Please protect or become a 'friend' of your favourite nearby forest. A healthy mind, body and soul is your birthright.

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



EDITORIAL

Ontario is now providing free routine **dental care** for low income seniors as part of the program to eliminate "hallway health care". You might wonder how a healthy mouth will reduce hospitalizations until you read Tamatha Strachan's article about the Mouth-Body Health connection in Wellness. I wonder why the program is restricted to seniors if it will pay for itself through fewer hospitalizations, but it's a start.

Prevention is the best medicine, but it requires well-funded preventative programs and most of all requires **active participation** in those programs by the public. As Tamatha also explained, you have to brush your teeth, floss between them, scrape and brush your tongue, rinse your mouth, and visit a hygienist and dentist regularly.

We have free **flu vaccines** available, yet participation levels are going down. And even a non-smoking, non-drinking, well-nourished person with a healthy mouth can develop health problems if they don't exercise. **Exercises that bring up the heart rate** also reduce

stress and allow you to sleep better. Exercises, such as **aerobics**, that include a mental workout are also good for your brain and can help prevent Alzheimer's disease. Almost everything our minds make our bodies do is completely routine. We don't have to work our brains to take a step or raise a fork. We need to exercise our brains by learning new steps and combinations of moves.

The Mayo Clinic stresses that **exercise is essential for arthritis**. From their website, "Though you might think exercise will aggravate your joint pain and stiffness, that's not the case. Lack of exercise actually can make your joints even more painful and stiff. That's because keeping your muscles and surrounding tissue strong is crucial to maintaining support for your bones. Not exercising weakens those supporting muscles, creating more stress on your joints. Your doctor or physical therapist can recommend exercises for you, which might include **range-of-motion exercises, strengthening exercises, aerobic exercise and other activities.**"

In the Griffith and Matawatchan

area we have opportunities to participate in aerobics, group walking, and range of motion exercises. As well, we have outdoor activities such as **biking, hiking, cross-country skiing**, etc., but we don't have as many participants as we could have. Go to [www.matawatchan.ca](http://www.matawatchan.ca) for times and locations if you would like to join in. There is something for all levels of ability. The aerobics can be high impact (good for your bones) or low impact, with options for varying abilities. I am sure every community has similar opportunities, many supported.

Many conditions cannot be prevented, but if we want to end "hallway health care" in Ontario, we could all do our bit and participate in preventative programs, including taking care of our teeth and mouth. Of course, quitting **smoking and drinking** in moderation or not at all, are obvious preventions.

One less obvious prevention for lung cancer is to check and reduce **Radon levels in your home**. Radon is an invisible radioactive gas that is the number one cause of lung cancer in non-smokers and the number two cause in smokers. In

occurs naturally in soils and rock, but can seep into your foundation where it pools in higher concentrations than normal. According to [takeactiononradon.ca](http://takeactiononradon.ca), only 7% of Canadian homes have been tested, so there is a push to make testing mandatory.

Janine Grant, of Springtown in Greater Madawaska Township, got a grant for 100 free test kits for distribution to residents. They were distributed at an info session on November 21 at the Calabogie Community Hall, with some distributed by residents of the Griffith and Matawatchan area. The kits normally sell for about \$40 which includes testing. They are smaller than a hockey puck and all you have to do is fill in a short form online to register, place it in the right spot, then after about 100 days you mail it to the lab.

Go to the site below for information and to register if you want to host a 100-test-kit event next Fall. They will take a few more applications. [takeactiononradon.ca/100-radon-test-kit-challenge](http://takeactiononradon.ca/100-radon-test-kit-challenge)



## Change is Forever Constant

By Susan Veale

From the October colour show put on by the maples, oaks, birches and sumacs to the December cold, ice, snow, and barren trees, change is inevitable. We tend to want to hold onto those things in life that change for the better and then get discouraged or disappointed when situations move to the more unpleasant and sometimes seemingly intolerable.

Just think how we have reveled in the autumn warmth and colour this year and now listen to the complaining as November has turned a cold and dark wind upon us. But Christmas is around the corner and most will celebrate with parties and gifts; the illusion of Peace and Good Will to Men will last about four weeks.

Between 563 and 483 BC, lived a man born a prince in Ancient India. He lived a protected life, free of the sight of pain and suffering. As this young prince grew into a young man, he was compelled to leave the guarded walls of his father's kingdom and search for wisdom. Throughout his years of searching, he found that pain and suffering were not only present but interspersed with times of pleasure and joy. He learned that "All Creations are Impermanent". He came to understand and to teach that the more we crave for things to be different from what the present movement gives us, wonderful or painful,



Change is inevitable, but it's not always what we want. Be fully attentive in each moment and accept change with awareness and curiosity, knowing the next moment will come with change.

the more we will suffer.

The late Vietmanese monk Thich Nhat Hahn reminds us that "impermanence does not necessarily lead to suffering. What leads to suffering is wanting things to be permanent when they are not". Mindfulness, in its very concept, is at the root of this understanding. We want to hold onto the good things in life, but then when we are faced with illness, or loss of any kind, financial, employment, relationships, how do we meet these times? Being fully attentive in each moment as it unfolds without the desire to change what it presents, is the very heart of wellbeing.

A gift to give to yourself this giving season is being fully present in each moment regardless of what is unwrapped. Accept it with awareness and curiosity and wait for the next moment because with it comes change!

I invite you to take five minutes and allow yourself to be fully present by listening to a free Christmas meditation at [www.wellnessnaturalhealthcentre.com](http://www.wellnessnaturalhealthcentre.com)

Blessings this Christmas season and may the New Year bring to you peace in your heart and calmness in your mind.



Susan Veale is a owner/practitioner of Wellness Natural Health Centre in Calabogie. She sees clients by appointment at her clinic as well as teaching Pilates, Falls Prevention Classes and Mindfulness Meditation. Susan is a Kinesiologist, Certified Senior Fitness Instructor, Certified Pilates Instructor, Trained Mindfulness Based Stress Reduction Teacher as well as having numerous certifications in other wellness practices and energy medicine.

Visit [www.wellnessnaturalhealthcentre.com](http://www.wellnessnaturalhealthcentre.com)  
Phone 613-752-1540

## The Mouth-Body Health Connection

By Tamatha Strachan

Your oral health is more important than you might realize. New research, about the "mouth-body connection" is changing the way your dental hygienist is managing your oral hygiene care. That's because bacteria travels from your mouth into your bloodstream through the body, infecting organs which could contribute to illnesses such as heart attack, stroke, respiratory conditions including pneumonia and bronchitis, diabetes, Alzheimer's disease, glaucoma, kidney disease, pregnancy complications, stomach ulcers and rheumatoid arthritis. Gingivitis is the term used to describe inflammation of the gums. It begins with plaque, a clear, sticky substance that forms on your teeth every day. Plaque contains bacteria that cause gingivitis and tooth decay. If plaque is left unchecked, it will eventually harden into tartar, which can only be professionally removed.

In addition, certain medications such as decongestants, antihistamines, painkillers, diuretics and antidepressants can reduce saliva flow. Saliva washes away food and neutralizes acids produced by bacteria in the mouth, helping to protect you from microbial invasion or overgrowth that might lead to disease.



Your mouth is the gateway to your body. Bacteria in your mouth spreads to organs and can infect them. Oral health can be an indicator of other serious health problems. Some studies point to a reciprocal relationship between gum disease and diabetes. When you treat and control diabetes, immediately the condition in the mouth improves. And when you treat periodontal disease, the need for insulin is reduced.

Want to live a longer, healthier life? What can you do?

Floss daily, wrapping the floss in a C-shape around the tooth ensuring that you rub both sides of the tooth. And be sure to get beneath the gum line, as this

is where most bacteria hides.

It is important to brush gently. The proper way to brush your teeth is to gently press the brush against the teeth and angle towards the gumline, making small circular motions. 1 minute each

on the upper and lower teeth is recommended.

Use a tongue scraper to remove bacteria and debris from the surface of the tongue. Rinse with either warm salt water or an alcohol-free antibacterial mouthrinse.

Good oral health calls for more than just brushing, flossing, tongue scraping and rinsing though. It also requires eating nutritious foods, exercising, avoiding cigarettes and alcohol, and controlling blood pressure.

Your dental hygienist will evaluate your oral health and recommend how frequently you will require professional dental cleanings.



Tamatha Strachan is a registered dental hygienist with the College of Dental Hygienists of Ontario. She is the owner/operator of Calabogie Smiles Dental Hygiene Services located in the Calabogie Medical building.

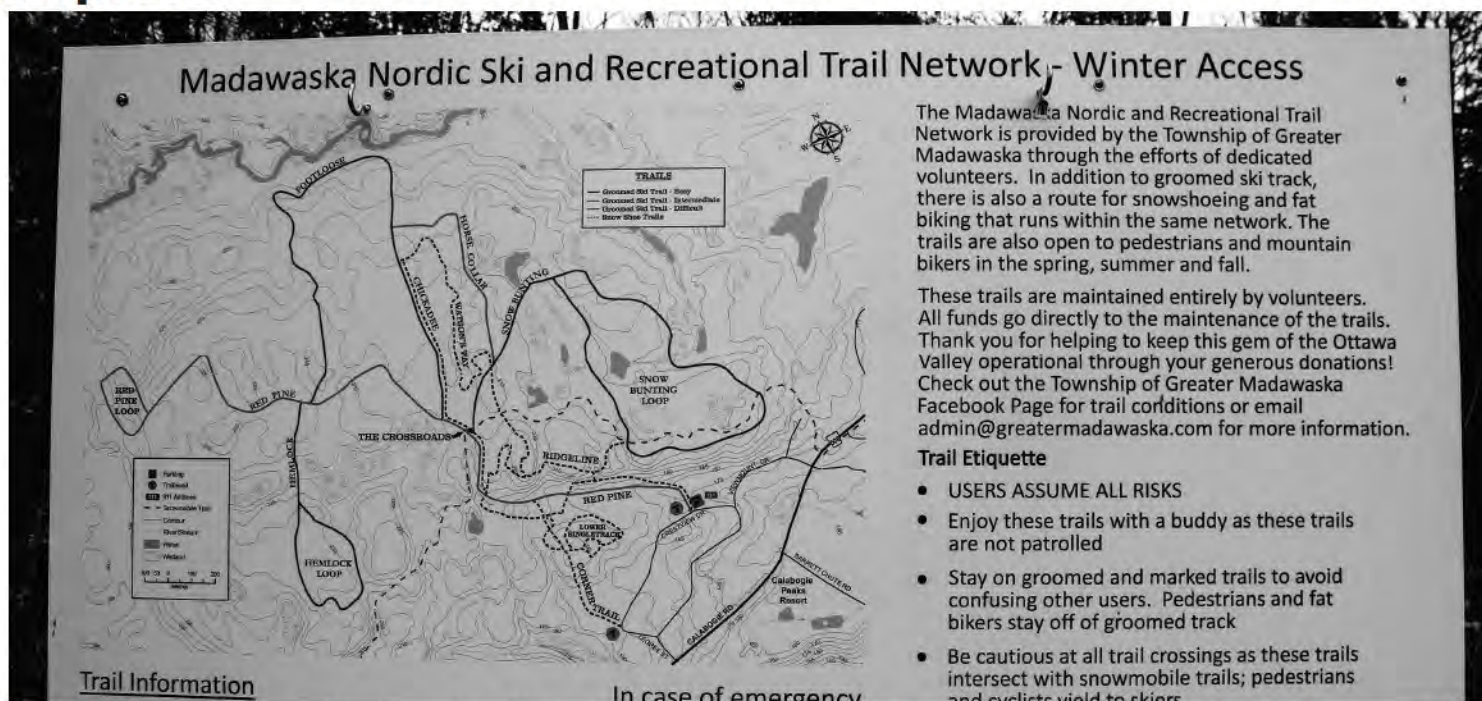
Connecting Places and Spaces

Please contact me for comments, story ideas, or trails information at [lesley.sceal@gmail.com](mailto:lesley.sceal@gmail.com)

By Lesley Cassidy

What is at the heart of winter outdoor recreation in the Ottawa Valley? Trails. The power of a trail is connecting communities and wild spaces, almost seamlessly, so it has no beginning or end. Ontario snowmobile and ATV (All-Terrain Vehicle) Clubs have built trails across the Province and mastered the concept of piecing those networks of trails together. Could cross-country skiing follow their lead?

Dacre Heights, or Candiac Skiways as many people may remember it, was purchased recently by two public-minded individuals, Peter and Carol Schut. They opened the 320-acre private semi-wilderness space to the public and encourage non-motorized pursuits including snowshoeing, hiking, cross-country and downhill skiing. It is proving to be a unique destination enjoyed by numerous cross-country skiers and those who like to strap skins on their skis so they can climb up the hill and enjoy swishing down the 620-foot vertical drop. A group of volunteers help clear the brush twice a year, and they have created a cross-country ski trail



The Madawaska Nordic and Recreational Trail Network is provided by the Township of Greater Madawaska through the efforts of dedicated volunteers. In addition to groomed ski track, there is also a route for snowshoeing and fat biking that runs within the same network. The trails are also open to pedestrians and mountain bikers in the spring, summer and fall.

These trails are maintained entirely by volunteers. All funds go directly to the maintenance of the trails. Thank you for helping to keep this gem of the Ottawa Valley operational through your generous donations! Check out the Township of Greater Madawaska Facebook Page for trail conditions or email [admin@greatermadawaska.com](mailto:admin@greatermadawaska.com) for more information.

Trail Etiquette

- USERS ASSUME ALL RISKS
- Enjoy these trails with a buddy as these trails are not patrolled
- Stay on groomed and marked trails to avoid confusing other users. Pedestrians and fat bikers stay off of groomed track
- Be cautious at all trail crossings as these trails intersect with snowmobile trails; pedestrians and cyclists yield to skiers

that winds its way up gently across the mountain through various saplings and mature trees.

Their website lays out the vision for a long-distance trail: "Beyond the top of the hill there are many thousands of acres of crown land. Ultimately, we'd like to create a trail through the crown land that connects to the Madawaska Nordic ski trails, about 20km away." Madawaska Nordic offers 18 kilometres of cross-country ski, snowshoe and fat bike trails across from the Calabogie

Peaks downhill ski resort. The Township of Greater Madawaska provides the trails and volunteers maintain the routes, clear the paths, groom and collect garbage (which shouldn't be there).

If you talk to long-time residents, a number have bushwhacked their way on skis between the two locations over the past number of decades. But now, the idea of connecting Dacre Heights and the Madawaska Nordic Trails is growing roots with several like-minded individuals exploring what it might take to translate this idea into reality. With Ontario having the highest number of cross-country skiers of all the provinces at 32.5%, it is an opportunity. Deb Clouthier, a volunteer involved in the project, explained: "We want to see this area flourish."

Connecting trails and trail networks together is not a new idea. The Ontario Federation of Snowmobile Clubs (OFSC) has unified local club trails for over 50 years and formed over a 30,000-kilometre network spread over ten districts. The Federation's system identifies backbone trails that travel across significant sections of the Province (rail-trails are good examples of backbone trails), connector trails, and local trails that branch off into more rugged terrain. The Clubs groom these routes, sell passes to cover maintenance costs, and have a community of volunteers that patrol and clean up each season. Perhaps cross-country skiers could borrow ideas from this model to adopt on a smaller scale. The good news is that some have successfully done just that.

Just south of the Quebec border the Jackrabbit Trail in upper New York State is a 55-kilometer-long cross-country ski and snowshoeing trail developed in 1986. It links the

towns of Lake Placid, Keene, and Saranac Lake and wanders across two cross-country ski centers with their own vast Nordic and skate skiing (another form of cross-country skiing) networks. It has beginner, intermediate, and challenging sections, a few parking lots, designated restroom facilities, several groomed parts and in others, fresh powdery snow. The original volunteers worked with landowners including government agencies and private owners to join sections of abandoned logging roads and former rail beds to build new trails. It was not without challenges and the plan to continue the path to Tupper Lake is still a work in progress. It was named in honour of Herman Johannsen, a Norwegian nicknamed "Jackrabbit Johannsen" for his love of cross-country skiing. Johannsen skied until he was 110 years of age. He spent time in Lake Placid and Canada and is considered one of the founding members of the ski movement in Quebec by cutting trails and establishing slalom courses and ski jumps.

Pockets of cross-country ski trails dot the Province of Ontario. In the Ottawa Valley, several established ski centers include the Forest Lea ski trails, Opeongo Hills, Silver Spoon, and the Madawaska Nordic trails. As well, skiers glide across the patchwork of thousands of acres of Crown land following old logging roads or bushwhacking their way through the forests. Another similar concept to Dacre Heights is the Limberlost Forest Preserve on the west side of Algonquin Park. Initially, an unsettled wilderness, two pioneers in the early 1900s established both downhill and cross-country ski trails, and by the 1980s, the area covered 2,300 acres of land. Now, it has multiplied in size to over 10,000 acres, thanks to lo-

**Breathtaking views in every direction!**

**ANTOINE MOUNTAIN** **Mattawa Ontario**  
About 2 hours North of Renfrew

**Ski one of Ontario's highest mountains**  
15 perfectly groomed runs. A true vertical of 630 feet.  
Longest (2.9km) run in Ontario. Forest glade skiing.

Our brand new 7,500 square foot rental facility is home to a Rossignol Experience Centre, Burton snowboard fleet and professional snow school where guests receive lessons from CSIA ski and CASI snowboard certified instructors.

Enjoy live music every Saturday, signature Canadian cocktails, local draft, stone oven pizza and more by the fireplace in our beautiful chalet.

**If you ski, it's where you want to be!**

AntoineMountain.ca facebook.com/AntoineMountain  
705-744-4754 565 Hwy 656 Mattawan, ON



View at the base of Dacre Heights Ski Hill. The old ski lift has been out of operation for years, but it's still good skiing at that location.



View from the top of Dacre Heights Ski Hill. Wouldn't it be nice to ski all the way to Calabogie from here?



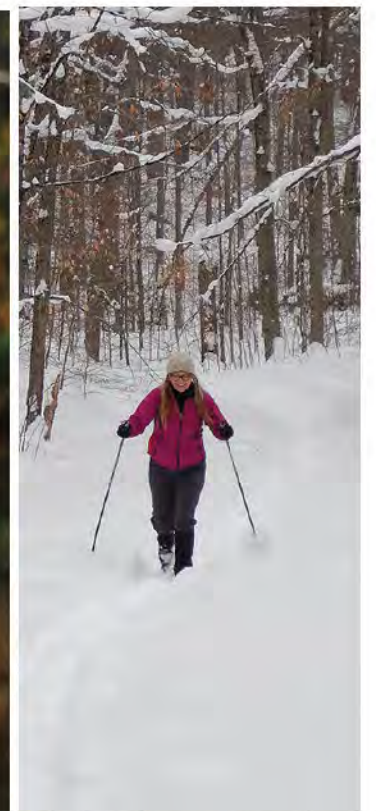
Madawaska Nordic trails permits skiing, hiking and fat bike uses.



What is left of an old hut at Madawaska Nordic Trails. Warming huts along a long trail will enhance your ski experiences.



Bright trail markings on the a Madawaska Nordic trail makes your ski experiences worry-free. Enjoy the winter!



cal landowners and volunteers who cut trails and provide access for the public to enjoy cross-country skiing on groomed tracks and backcountry snow.

The Schuts and the core group of volunteers have mapped out a rough plan of the trail. It would travel almost 30-kilometers crossing Crown land and three gravel roads (Ferguson Lake, Mahoney Mountain and Kennelly Mountain Road). Last year a few volunteers skied a potential route leaving from the Madawaska Nordic Trails. Peter Schut shared that his idea would be the first to establish a GPS or digitally mapped trail, one that users download to their phones to navigate their ski tour between the two places. He also said that Dacre Heights is considering constructing a cozy cabin where a few trail users or a family could enjoy a secluded night. For the Madawaska Nordic Trails, the next logical steps include potentially forming a ski club and working towards building necessary facilities

including parking and a warming shelter. Creating this link between the two places would entail working with landowners, the Ministry of Natural Resources and Forestry, and local snowmobile clubs.

Max Buxton, an avid skier and volunteer with the Madawaska Nordic Trails feels that the link with Dacre Heights would be great for the area and would encourage people to try cross-country skiing or ski more often. He also remarked that the existing trails have no capacity for the popular skate-skiing style. This style is a competitive high school event in Ontario. If nearby trails could accommodate this approach local students wouldn't have to travel far to practice.

Working together defined success for Ontario snowmobilers. It started slowly with a few clubs wanting to grow and promote their sport. Progress happened as more Clubs joined and they obtained grants, partnered with companies that built snowmobiles, installed consistent

signage, and developed education programs including free trail days to encourage people to try the sport. Back in the early 1970s, both Calabogie Ski Hill and Candiak (Dacre Heights) were part of a first effort to share their trails. Four downhill ski centres - Candiak, Pakenham, Calabogie and Mount Madawaska near Barry's Bay formed the Eastern Ontario Ski Association to attract skiers to the area.

The benefits of developing trails speak for themselves. Trails build communities of like-minded people and families who share a passion for outdoor activity. Trails attract tourism and are the economic engine of many local restaurants and hotels, particularly in winter when water-based tourism slows down. And the health benefits are well documented – being outside in nature and exercising is essential for physical and mental health. A recent report marked Canadians over the age of 18 with a failing grade on physical activity. It

highlighted that adults are not taking part in enough heart-pumping exercise with many considered sedentary for more than 8 hours of every day.

So, wouldn't it be wonderful to stand on top of Dacre Heights and then with a glide and a swish, start cross-country skiing through the bush towards the Madawaska Nordic Trails, spend the night in Calabogie and return the next day? It's a dream that may someday become a reality. And perhaps, it could be the start of a network of trails for cross-country skiers in the Valley. Enjoy the winter!



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.

## The Mystery of Sumac Hill

By Ernie Jukes - Artist, Writer, Rover

Well say now, listen here... this unusual tale starts so many years ago. However, I still recall it was on a cold, crisp winter evening as we were returning home on our snowmobiles from a dinner out. It was pitch black save a full moon and our headlights which were bouncing off the cushions of bright white banks along the way. The trail of pure white snow stretched out for miles ahead as we seemed to float along on our purring machines.

Eventually it was time for a pause, and we all pulled up alongside each other on the crest of a hill and shut off everything, just to stretch and to appreciate the area around us. Looking down in the valley below we could barely make out the shapes of a few old buildings in the moonlight. Suddenly nearby along our same trail a series of pale lights appeared. We first thought them to be fellow snowmobilers, but they moved far too slowly. Then we reckoned them to be folks walking with flashlights. Then Harvey suggested "It could be folks with lanterns, coming home from church". Warren then jumped in and said, "Sure if it was a hundred years ago when people actually walked home even at night."

We all promptly agreed to drop down into the valley and quickly check them out, but as we approached the log cabins the lights and their carriers suddenly disappeared. Yes, instantly and totally gone, as in "Hey, what's going on here?" We were left without words; in fact, we didn't talk much about this



strange incident again.

However, after scouting around with other elders of our region, I gradually found that a few individuals had also heard of peculiar lights in that locale. One former riverman turned prospector also suggested there may even be some kind of cache in that same vicinity. Well my curiosity was certainly aroused and I knew I had to return.

A few years later on a fine summer's day I returned to that same cluster of empty buildings. Now in broad daylight the whole scene took on a totally

different and I must confess less spooky attitude. We all know that spirits have figured prominently in folktales around the world. Places like former homes and castles are believed to be associated with paranormal occurrences in their past, such as lights, visions, breezes, odours, and often noises have been heard. Men have actually been seen repeatedly fighting in huge battles such as Hastings and The Somme. But that didn't stop me that day.

The unlocked front door swung open easily so I entered all alone. The place was dank and musty but there was no immediate sign of porcupine damage that one often finds in abandoned buildings of this vintage. There were two small rooms on the main floor and the structure including the floors were still intact, but not a piece of furniture was left. There may have been a trap door to a cellar. Then I heard a single bump directly over my head. I froze in my tracks! All was dead quiet before I slowly climbed the very steep stairs to the loft above.

Halfway up the narrow stairway I thought I experienced a rush of cold air but I shrugged it off as just being part of the anatomy of this very old structure. Then I moved into the first of two small bedrooms with a tiny closet between them. I examined all the upper rooms looking for a squirrel or some animal or bird that may have made the peculiar noise. Nothing! There was a wooden box with a few tattered books in it which I moved out of the closet and into the front room.

I sat down on the box to rest and allowed my eyes to drift around the petite bedroom. My gaze moved from the faded and ragged window curtains to a shelf on the wall. Then hold it! What was that? Under the shelf sticking out between the logs! A mysterious folded piece of yellowed paper. I don't know why it gave me the creeps. I carefully removed from its nesting place and sat down again.

What I gently unfolded was a water-stained plan, which at first I thought to be a surveyor's drawing. On further examination it appeared to be possibly a map of this same site. Here were the buildings and a lake, there was a creek

and bridge... and they were all entitled SUMAC HILL!

Was this a detailed description of the same location as those weird lights? Were the lights a group of wandering physic guides informing us to look for more in the area? Or simply family ghosts attached to this real estate of yesterday? Either way something very peculiar steered me there.

We have heard that empty farms and rural family homes can sometime voice a somewhat protective attitude, perhaps by restless spirits associated with them. Certainly, as far as we know, no tragic event took place here, yet these strange occurrences continue through various generations. In different parts of Ontario, we have learned of folks searching and finding valuables around such places. Was this map meant to accomplish that?

Of course, this province has been rich in gold and often that is probably the most sought-after item associated with old mines and maps. More than one fellow has chased his dream of quietly finding treasure in the backwoods right to his grave. If there is any loot associated with this map, where is it buried? Some say it could be hidden in one of those buildings like they did in days long ago when gold never got to the banks. In fact, it stayed at home and with Grampa's watch or Mom's diamond ring that were safely put away for hard times. Historian Al suggests that many valuables were often simply put in a pickle jar and hidden on the back shelf of a root cellar. And of course, as you know, most outdoor root cellars can last a century or longer. However, some will collapse with the burden of time and weather taking with them old tools and other family treasures, never to be seen again.

I suppose a major point of this wee tale is to remind readers to look around their own barns and even root cellars. Not particularly for a cache of gold but more for other valuable objects that can be brought back for enjoyment in the modern world. However, the way our trails and old places are being abused I am forced to remind you to respect all private property. Today's current rule is simple "if it isn't yours - stay off"! That applies to everyone! My intrusion there was 44 years ago.

Well there you have it! Some of my readers may recognize the strangeness of "Mystery of Sumac Hill" for they too have seen or heard of other peculiar happenings in our marvellous Madawaska Highlands. Beyond nature and just full of our own "unsolved mysteries" to enjoy.



### Making & Understanding Art

with Art Educator/Artist Roger Neil

Free bi-weekly sessions Saturdays and Sundays  
January to March 2020

Hilltop Church 25197 Hwy. 41

Hands-on experience to gain familiarity with watercolours, pencil, pastels, conté, acrylic, ink and collage

Develop awareness and confidence in applying the elements of art: line, point, shape, texture, balance, rhythm, colour, tone, and hue.

January 11 - 12, 25 - 16

February 8 - 9, 22 - 23

March 7 - 8, 14 - 15

March 28

Celebration of the Arts

Complementary dinner.

Invite a guest(s) and show off your work.

Guest artists will participate.

For information or to register please contact Roger at 343-943-7583 or [diamondpines@live.com](mailto:diamondpines@live.com)

All materials will be supplied without cost to participants.  
Suggested donation to the host location.

Funded by our GMSHC grant from...



Roger has professional preparation: Bachelor of Fine Arts Honours Concordia, BEd and MEd University of Victoria (art curriculum), Canada Council Grant for Excellence in Painting, Gallery shows across Canada, 27 years teaching art.



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.

## If I could ask my Great Grandparents

By Marcella Neely

When parents and grandparents are no longer with us to answer questions about our heritage the Archives of their hometown are the best place to start. Suppose you know that you are related to Elizabeth Winters but are not sure of predecessors.

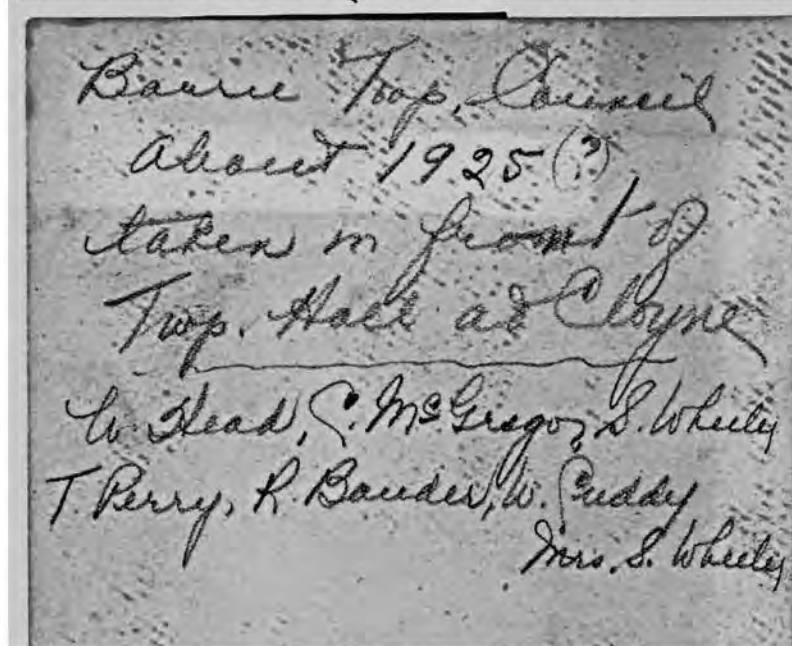
That one piece of information would link you with William McCausland, then to John William, Louise and Tom McCausland, then to William Head. On the other side of the same family are Patrick Mulvhill and Ann Conroy. (This information is from the pages of the book "The Oxen and the Axe by Nadine Brummell Gene Brown" and was submitted by Louise McCausland King)

Where there are ties to our area, we often can provide dates and places, where folks lived, worked, went to school, sometimes who their friends or neighbours were. Most towns, cities, provinces and countries archive information.

The Cloyne and District Historical Society continues to build the files of local families, buildings and events for future reference. Several people have already discovered family information that was previously unknown to them. Although we continue to stress the importance of preserving photographs and writing names on the backs, it is also important to keep letters, birth, marriage, and death certificates. Most types of registration certificates, land deeds and awards also tell a story. As we collect local history, we often find information in places like obituaries or wedding announcements. Missing links, like a relative to someone in an existent file are added. Gravestones in cemeteries are also good genealogy resources. When sorting estate documents very often precious information is discarded. If in doubt keep it. Check with us or a genealogist. Our Archives are an important part of "Preserving the Past for the Future." We encourage everyone in our coverage area to share your findings with us. We don't keep your originals. Simply copy them with care and return them unharmed. Your descendants will thank you.



Thrashing Machine at Back of Campbell's Bay. Left to right: Jim Head (uncle of Bernice Wise), John Head (Bernice's father), William Head (Bernice's grandfather). Unknown date. These photos are part of the Bernice Wise Collection. When Bernice brought her photos to the Cloyne Historical Society to be scanned, they became part of a searchable database. Perhaps Bernice's Grandfather William Head has a family member searching for information on his or her great great Uncle William.



Names and information about date and location that was written on the backs of photos are invaluable leads in solving genealogical puzzles. If you have a pile of old photos don't assume the next generation will know who those people are.



Log House at the Back of Campbell's Bay- Mazinaw Lake Left to right: John Head (father of Bernice Wise), Jim Head (Bernice's uncle), Charles Snider (Ted's father, Andrew's brother and Bernice's uncle).

**Anyone looking for information is welcome to visit the Flickr photo gallery, read through our newsletters at [cloynepioneermuseum.ca](http://cloynepioneermuseum.ca), or contact us at [pioneer@mazinaw.on.ca](mailto:pioneer@mazinaw.on.ca).**

*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](mailto:kenhook@45degreeslatitude.com) CDHS Archives can be reached at [pioneer@mazinaw.on.ca](mailto:pioneer@mazinaw.on.ca)*

## Cloyne Pioneer Museum Seeks New Curator



Established in 1983, the Cloyne Pioneer Museum is seeking a new Curator. The Museum is operated by the not-for-profit Cloyne and District Historical Society. The Society's catchment area is the Highway 41 corridor from Kaladar in the south to Denbigh and Griffith in the north, as well as Flinton to the west and Harlowe to the east. Museum collections, both in artifacts and documents, reflect the history of this area beginning from settlement times in the 1850s, with emphasis on such themes as settlement and pioneer life, mining, logging, tourism and the building of the Addington Road.

The Museum is open mid-June until Labour Day and receives over 1,000 visitors during the summer. Students are employed throughout the summer to ensure the Museum is well staffed to receive visitors.

Margaret Axford has been serving as volunteer Curator for the past 20 years and is retiring from the position. The Curator liaises between the volunteer Board of Directors, students, membership and visitors. Exhibit maintenance, receiving photos, documents and articles for display as well as archiving are part of the Curator's duties.

If you wish to be a vital part of preserving our local history please apply to [pioneer@mazinaw.on.ca](mailto:pioneer@mazinaw.on.ca) or call 613-336-2203 for more information.

## The Quintessential Quirinius

By Antonia Chatson

Now I, Quirinius, know that over the centuries, there has been a lot of speculation centering around dates with regards to the birth of Christ. In the New Testament Luke says that there was direct Roman rule in 6 AD. He also says that the census took place in the reign of Herod the Great, but Herod died 10 years before in 4 BC. Although scholars have tried to untangle this web, most seem to agree that Luke was in error in his calculations. They agree that there are three major difficulties when accepting Luke's account of the census being held in 6 AD ten years after the death of Herod the Great. Firstly, there was no major census of the entire empire under Caesar Augustus. Secondly, no Roman census required people to travel from their current homes to the place where their distant ancestors resided. And thirdly, the census would not have affected Mary and Joseph as they already lived in Galilee. Some scholars argued that I may have had an earlier unattested term as governor or held another senior position, which involved me in the affairs of Syria during the reign of Herod. But all things considered they seem unanimous in blaming poor Luke. This seems to me to be a little heavy handed when there was always the possibility that they might have missed something, or the dates might have become mixed up.



The first intervention of Rome in that region dates from 63 BC (or BCE). There were several wars and uprisings. Several Romans were appointed as rulers over this area but the one that is of current interest in this narrative was Antipas who was appointed the first Roman procurator of Syria. His son was Herod

the Great, and he was appointed with the title of "King of the Jews" by the Roman Senate in 40 BC. I guess when he got wind of the fact that another "king of the Jews" was to be born, that sent him squirrely. I mean when you're already half crazy, it doesn't take much to put you over the top. The man was paranoia per-

sonified. He got lots of practice bumping off his relatives so what were a few more Jewish babies? The old boy died in 4 BC. I should know. I was around. His kingdom was divided amongst his three sons who became tetrarchs. Two of the sons were dismissed by the Roman emperor for ruling so badly. What a bunch they were!

## From start to finish and everything in between...

- ✓ We have ALL your building needs
- ✓ RV and seasonal items
- ✓ Propane refill station
- ✓ Rack Stacker Feed Products



# BMR PRO

**BMR Griffith Building Supply Inc.**

☎ 613.333.5596 📠 613.333.1121

✉ griffithbuilding@xplornet.com



SEE OUR EXPANDED STORE AND COVERED WOOD LOT

**25937 Hwy 41, Griffith, ON K0J 2R0**

**bmr.co**

Now in 6 AD I was appointed Legate or governor of Syria and conducted the first tax census of Syria and Jordan. Now these censuses were not popular amongst the Jews, but then they were the conquered nation, so they just had to lump it. It went against the Jewish principle that the land of Israel was given to the Jews by God. And that was their story and they were sticking to it. But then we Romans didn't believe in their God so what was He to us, or Hecuba to him? We had to conduct these censuses to assess each person's property and to ensure that they were all paying the proper taxes. And we also had to make sure that its citizens took an oath of allegiance to Rome. The Jews were not fussy about being ruled by us pagans and they also tried pushing the fact that a census was forbidden by Jewish law. But then if you are an occupied country, you have to stick with the rules of the occupier. Word has it that I was a harsh and avaricious ruler, but an able one. You have to be tough when you're a conquering hero! And that was our story and we were sticking to it.

In 1 BC Caesar sent his young son Caius to rule over Syria as an Imperial Legate. But he was young, inexperienced and a wimp, so it wasn't long before Caesar sent me over as an adviser to him. This nepotism is not all it is cracked up to be. I mean it's not as if it is an impossible task to rule over these Jews. The provinces maintained some form of independence and they were allowed to judge offenders and even to weigh in on capital offences. Talk about a sinecure! But when you're not endowed with many brains and have no experience, things can fall apart pretty fast.

We had to keep a cap on these Jews. They were often staging rebellions and riots because they said they were starving. Well, we paid them a denarius a day in wages to work on our building projects. Yah, sure they had to pay part of that back in taxes to us, but did they ever consider that if we were not the occupying force, they probably wouldn't have any work at all? They ought to show us more gratitude.

After Herod died in 4 BC, I was again appointed governor of Syria 'till 1 BC when I had to supervise that young whipper-snapper Caius. So twice I was a governor of Syria. That might have added to the confusion by the recording of Luke's turn of events, but don't blame the poor man for everything, when he was only trying his best. After all what are a few years among friends? And does it really matter exactly when Jesus was born? Fact is he was born somewhere 'round that time. I would not quibble about a few years here and there.

I ought to know he was born during my governorship because I was there when it happened. You see, I was at that time stationed in the Bethlehem Hilton. They were doing some renos at the governor's house, so I was put up at the BH. It was pretty close to another inn of lesser status than the one I was staying in. It was the wee hours of the morning when I heard the steady cries of a woman in the inn next door. I couldn't sleep so I sent my manservant down to see what the problem was. I didn't think it was anything too serious, but I couldn't get back to sleep. Hermanus returned after half an hour and reported that it was a woman in labour that had been crying

out. He stayed long enough to see that she had given birth to a baby boy and all was well with mother and child. He was just leaving when a group of smelly shepherds from the outlying area came down the street and entered the barn. Now how did they know that a baby had been born? But the most puzzling event occurred when they arrived. They surrounded the mother and baby, and all knelt down in front of them. Hermanus could not understand what was going on. Another thing that puzzled him was the light that emanated from the baby's head, to say nothing of the huge star in the heavens that lit up all of Bethlehem, especially the stable.

Well, we left it at that for the night, but on the following day the news media went viral. It told all about the birth of the King of the Jews, one who would save the people from their sins. Now there were some reports, which were given credence, but not so much, that this King of the Jews, a baby no less, would deliver the Jewish people from under the yoke of the Roman rule. Now just how did they propose to do that?

Then a few weeks later, we were again regaled by the advent of three kings from the east who arrived by camel. They didn't even leave the camels at the caravansary at the outskirts of town. They just rode right through the middle of town to that little old inn beside the BH. What a parade that was with young children running alongside the camels and shrieking and shouting, bells on the camels jangling, dogs barking and people bowing down before them. I sent Hermanus down again and he reported that they went into the stable and once again the

crowd bowed down before the mother and her baby. Of all things, kings bowing down before a baby. What will happen next?

Well, guess we'll just have to wait and see. OK so long as they don't threaten my governorship. I'll just hang tight and see what the future brings.



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

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



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

## REPEAT NOTICE - GREATER MADAWASKA TOWNSHIP

### News Release September 13, 2019 Internet Speed Test

We are asking that residents and businesses take 5 minutes to complete an internet speed test found on our website and Facebook page in order to collect data on the speeds available for internet access throughout different areas of the Township.

Why is this important? The test provides solid numbers that may be reported to the Provincial and Federal governments as to the percentage of unserved or underserved in the Township of Greater Madawaska, when the time comes for the funding allocations. Our hopes are that these figures will establish a strong argument for funds to be allocated to service the Township of Greater Madawaska.

The federal government and provincial government have spoken of a commitment to municipal-led efforts to expand broadband and cell connectivity.

Infrastructure Canada said under a bilateral agreement with the Province, Ontario will receive \$250 million in funding for rural and northern community infrastructure projects including broadband infrastructure.

The Province of Ontario's Broadband and Cellular Action Plan is investing \$315 million over five years, starting in 2020/2021, to focus on expanded access for unserved and underserved communities. "In fact, as much as 12% of our population lives in communities – mostly rural, remote or northern areas – that are unserved or underserved. We need to



The Township of Greater Madawaska is supporting Cogeco with gathering information regarding internet speeds in our area. Government grant programs for the development of high-speed internet networks require the speeds available in our area be documented.

Please take 5 minutes to test the speed of your internet connection by clicking on the link below. Even if you do not have internet access at home, you can participate in the testing.



# TEST

Test your internet speed at [internetspeed.celertech.ca](http://internetspeed.celertech.ca) or go to [greatermadawaska.com](http://greatermadawaska.com) and click on the link. It is simple to do even for non-techies. Contact GM Township if you have any issues.

do better," Infrastructure Minister Laurie Scott wrote in a letter.

The Canadian Radio-television and Telecommunications Commission (CRTC) has said that by the end of 2021 it wants 90 per cent of Canadian homes and businesses to have access to broadband speeds of at least 50 Mbps for downloads and 10 Mbps for uploads. The Township of Greater Madawaska residents and businesses currently do not have access to these types of speeds. Realistically we have many households and businesses that do not have access to high speed at all and the vast majority that do have access to internet would have speeds of less than 5Mbps for downloads and uploads, meaning the Township would be considered underserved.

It is unacceptable that all households in Greater Madawaska do not have access to broadband or cellular connections. A home-based business, the flexibility of working from home, students completing homework assignments on-line, are not possible with limited or no access to the internet. These types of barriers make it extremely difficult for the rural communities to thrive, attract new investors/businesses and encourage development when vital services such as internet and cell are not available. The ever-changing economy requires an increased need for these types of technologies.

- Brian Hunt, Mayor Township of Greater Madawaska

**The Ascendant Guitar**

By Peter Chess

Throughout the 1920's and into the 1930's my father, either as a solo or with his trio, pursued his dream of playing Hawaiian music professionally, while maintaining a variety of "day jobs" to feed his growing family. There were gigs at social clubs, house parties and concerts for every imaginable cause. The band also toured the Orpheum Theatre vaudeville circuit in Western Canada with a regular spot on radio in Regina. When the time arrived, there were gigs accompanying silent movies, during which he played the harp guitar, described in an earlier article. He was only one of thousands of like-minded players who were inadvertently part of a much larger story that would see the rise of the guitar to become the most popular instrument in the Americas.

There were numerous reasons that allowed this singular instrument to find its place at the top of the heap. While the introduction of the guitar into Hawaiian music made the instrument wildly popular, it was the same for the banjo and ukulele, the other staples of Hawaiian music. All of these instruments were adopted into new musical forms that were beginning to take shape across the continent in the early decades of the century. The advent of the recording industry, fol-



My father in Regina in about 1916 playing a Gibson Hawaiian slide guitar.

this beautiful music and the enchanting sounds of the steel guitar. At the same time, in New Orleans, another new and exotic music was being born. "Jazz" they called it down south and "Ragtime" in some places. This new music was polyrhythmic, much like Hawaiian music, and incorporated the guitar, uke and banjo. The banjo, introduced to America by slaves from Africa, was well suited to this fast 2/2 beat. Played as a percussion instrument, it was essentially a drum with strings and a neck attached to it. When added to a horn section, banjos became the drivers for a style of music that was made to dance to. Within a few years this new sound became the basis for the dance bands of the '20's that filled the clubs and speakeasies during prohibition. This new format required a level of showmanship well above that which would suffice for a tamer audience. This made players who could double on, say, guitar or banjo, more valuable. This in turn led to the creation of a "tenor guitar", basically a small guitar with a banjo neck that became wildly popular with jazz musicians.

Jazz, in its early days, was mostly an urban phenomenon, while in the rural south and Appalachia, another more primitive music was making its presence known on the radio. Mostly guitar and/or banjo based, it was referred to as Country or Hillbilly. In 1924, WSL in Chicago, debuted the "National Barn Dance" radio show, featuring hillbilly music. It was an immediate sensation and was the format which later evolved into the "Grand Ole Opry". The first generation of hillbilly musicians tended to play a guitar style some called "threshing", with loud percussive strokes designed to provide little but rhythm. Soon, key players like Blind Willie Puckett from Georgia, who cut hundreds of records as a singer and band guitarist, showed that the guitar was capable of adding melody lines as well as rhythm. And, in 1927, at the famous Bristol sessions in northern Tennessee, Mother Maybelle Carter of the original carter Family intro-

lowed by the magic of radio, allowed people across the continent to hear regional music they would otherwise never have been exposed to and musicians would then incorporate these new sounds into their repertoires, allowing new forms of music to evolve at almost, excuse the pun, the speed of sound.

In 1920, the first commercial radio broadcast in the U.S. came from KOKA in Pittsburgh. The new medium caught on instantly. Within a very short time it became an extension of vaudeville. A family could sit in their living room and listen to the top touring acts, including Hawaiian musicians, which exposed millions of people in the hinterland to

**M&R Feeds and Farm Supply**  
**RENFREW** **MORE than a Feed Store!**

**Your Country & Cottage Gift Store**

Warm Winter Clothing, Boots, Mitts,  
Bird Feeders & Seed,

**We even have Jingle Bells!**

See all the fun and useful things you will only find here.

*Need something special?  
Give us a try!*



**FARM - COTTAGE - COUNTRY - TOWN**  
400 Raglan Street S, Renfrew 613-432-8886



Merry Christmas & Happy New Year!  
from Karen & Peter Lips

**DENBIGH POST OFFICE**

**Scooped ICE CREAM**



Milk  
Cheese  
Icecream  
Groceries  
Fresh Produce - Confectionary  
Bacon - Sausage - Eggs  
Art & Giftware  
Hunting & Fishing  
Fresh Brewed Coffee

Open 7 days a week  
8:00am - 7:00pm

**BOTTLE RETURN DEPOT**

156 Bridge Street, Denbigh 613-333-1313  
Drop by for a visit and let us know how we can assist you.



duced what became known as the "Carter Scratch", playing melody lines on the bass strings and brushing the higher strings for rhythm. It would become the quintessential "lick" for country music. In southern Tennessee a young man named Sam McGee watched in fascination as a black section hand on a nearby farm played a blues finger picking style. He would soon combine this with ragtime tunes he learned from a parlor guitar teacher to create the first solo guitar recordings featuring a guitar, including the classics Railroad Blues and Knoxville Blues, laying the foundation of what was to become "Country Blues".

During the late 20's, as country music became popular, dance music began a gradual shift from the syncopated rhythms of ragtime jazz to a less insistent, smoother rhythm, still incorporating the lilt of Hawaiian music, which evolved into what we know as "Swing" music. This music was more suited to the softer woody sounds of the guitar as opposed to the clangy sound of the banjo. 1926 was the peak year for tenor banjo sales and by 1930, the guitar outsold the banjo for the first time. This could be considered the point at which the guitar began its journey as an "America's Instrument". Prior to this time, some major changes occurred in the design of the guitar. With electricity now powering radio, the recording industry and the "talkies" which had all but eclipsed live vaudeville shows, it seemed only a matter of time before electricity was harnessed to amplify the sounds of the guitar. In 1924, a patent was filed for an all metal ten-



My father, left, and his Hawaiian trio with an assortment of Hawaiian instruments. My father is playing a ukulele. The other two are playing guitars. Three banjos and a mandolin in front.

or banjo with a resonator cone by one John Dopyera and a year later, a vaudeville promoter named George Beauchamp recruited Dopyera to build a louder Hawaiian guitar. Do-

pyera adapted his resonator cone and the very first "National Tricone" was built in 1926. In 1931, Beauchamp approached Adolph Rickenbacker, who had been making the National

metal guitar bodies, to produce a guitar with a transducer pickup that was suitable for the Hawaiian slide technique. A year later, the world's first successful electric guitar was introduced, then Elektro A25 Hawaiian electric lap steel, which came to be known as the cast aluminum "Frying Pan". It was immediately embraced by Hawaiian steel players and became a staple solo instrument in swing bands across the country. The first recording of an electric guitar was made in 1933 on RCA records by Joseph Lopez in Moi Lowe's Hawaiian Orchestra, one of the leading swing bands of the day.

The new electric guitar was quickly playing a role in a diverse array of music and when Bob Wills featured it along with his fiddle into the new sounds of "Bob Wills and his Texas Playboys" it was firmly established as a legitimate instrument.

To be continued

stay tuned...



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 Coop de Ville, formerly called The Pickled Chickens String Band.

## WHAT IS THIS?

### Saw Blade from William Strong's Sawmill on Aird's Lake Creek

By Elmer Strong

This piece of saw blade came from William Strong's sawmill that was located on Aird's Lake Creek. This waterwheel-driven mill with its upright saw cut much of the lumber used in the early frame houses built around Vennachar, Miller, and Matawatchan area communities.



Above: Remnant of the blade from William Strong's sawmill. Below: A more modern version of a sawmill that uses an upright reciprocating blade. The blade was stationary and logs were pushed into it. Large sawmills today have circular saw blades and computer technology.

It was said that when a forest fire was approaching, William sent one of his sons to guard two haystacks and another to protect the sawmill while the rest of the family tried to save the house and barns. Fanned by hot summer winds, the fire took a wandering path, so no one could predict where it would hit next.

The son guarding the sawmill attempted to protect the building by throwing buckets of water from the mill pond onto the roof, two buckets at a time. When it was apparent this



wasn't enough to defeat the flames and he was in a losing battle, he took as many tools as he could, (axes, cant-hooks, etc.) and threw them into the mill pond. In one final effort he grabbed a wide and long, two-inch thick unblemished pine plank and threw it into the pond before beating a retreat for his own safety.

The mill was the only one of William Strong's buildings destroyed by fire during the great Vennachar forest fire that swept through the area in 1903. Almost every other building and business in the area burned down, including a school and a hotel, but no lives were lost. Vennachar had been a growing and prosperous community before the fire, but never recovered from that fateful fire in 1903. This tortured piece of saw from William Strong's mill is a remnant from that fateful day.

Vitamin C in our Healing Trees

By Robbie Hanna Anderman

To make pine needle tea, boil 1 cup of water in a pot or kettle, and clean fresh pine needles from a green white pine. Place the cleaned needles in a cup or mug and pour the boiling water over the needles. Then, stir the water until the needles begin to lose their color.

We all know that Vitamin C is vital for human health, yet it has only been about two hundred years since European settlers found out what Indigenous people knew all along. Thankfully, living in the Upper Ottawa Valley, we are blessed with many neighbouring Trees whose needles and barks can offer us easy access to Vitamin C.

In the early days of long-distance sailing ships, many sailors experienced the symptoms of scurvy, such as receding gums, loose teeth, leg sores and, eventually, death. No European doctor at the time understood what the cause was, so it became an accepted risk for all long-distance sailors on their limited diet.

The first good news that scurvy was treatable came when Jacques Cartier got caught in the ice in the St. Lawrence River. The crew of 110 men had to take to land to wait out the winter with their stored food. By mid-March 1536, as his sailors were getting emaciated and debilitated from scurvy, and twenty-five had already died of it, Cartier asked the local Iroquoian people what to do about this malady.

The Native chief, Domagaia, responded by showing them how to prepare a tea of the local Annedda Tree. The Native women “gathered branches of the magical tree, boiling the bark and leaves for a decoction to drink. And placing the dregs upon the legs.”

The tea, over eight days, totally cured all the men of scurvy and even cured some of syphilis. Cartier wrote in his journal “no amount of drugs from Europe or Africa could have done what the Native drugs did in a week.” It was a tree that Cartier did not recognize, yet he wrote down the name, which later research showed to be the Onondaga word for Hemlock Tree.

It took a Scottish naval surgeon, James Lind, in 1747, to reread Cartier’s journal and reason that scurvy might be caused by a vitamin deficiency. By 1795, the British Navy was providing lemons and limes, good sources of Vitamin C, to its crews to prevent scurvy.

In the early 1940s, in response to concern for the health of the Canadian populace due to the uncertainties of war, the Canadian Department of National Health and Welfare commissioned

A Survey of the Ascorbic Acid Content of Fruits, Vegetables, and Some Native Plants Grown in Ontario, Canada. This is still in the National Library.

Essentially, the most relevant findings are that local Evergreen Tree twigs and needles are, and have always been, excellent sources of Vitamin C,



An older White Pine with a sprig of needles in front



The Red Pine has clusters of two needles that are pure green and stiffer than the White, plus a stronger flavour.



clusters of 5 needles on the White Pine branch. The needles are thin, flexible and have a white stripe from twig to tip.



White Spruce needles and cone. Notice the diamond shape of the needles. Plucked off, a needle held between two fingers can be rolled back and forth. The tips are somewhat sharp.



An older stand of big White Cedars



Eastern White Cedar’s evergreen leaves are scale-like and flat, perhaps a cross between a deciduous Tree leaf, an evergreen needle and the skin of a reptile.



Balsam Fir needles have 2 white under-stripes, a blunt tip, and are flat. No rolling is possible. They hold on to their twigs longer than Pine or Spruce, thus are an excellent choice for making an excellent wreath or Christmas Tree, besides their great fragrance.



Deep green shorter flat blunt needles on the Hemlock Tree, with two small cones



Tamarack needles drop off in late Autumn after a yellow or gold display while their chlorophyll is drawn back into the Tree. They also have a high Vitamin C content, just no needles in the winter. The upright red cones appear in Spring.

much greater than oranges. The more sunlight a branch received (south side compared to north side), the higher the vitamin C content. White Spruce has the highest content of Vitamin C.

The easiest way to access this Vitamin C is to pour boiling water into a cup (or tea pot) that has at least about a tablespoon of Evergreen needles and/or twigs in it. Depending on one’s state of health, the cup can be totally filled with the needles and the tea drunk as soon as it is cool enough to sip. To receive even more nutrition, boiling the twigs and strips of inner barks for 15 – 20 minutes in water, then pouring that decoction over the needles will add many more bioflavonoids and antioxidants to the brew. (if your tea pot gets sticky from the resins, use any oil or fat to dissolve them and clean it)

This tea has been used for many centuries as remedies for colds, sore throats, flu, bronchitis, coughs, and so much more. Of course, we need to drink herbal remedies for many days, not just a single cup of tea,

as Cartier’s crew showed.

Needles of Pines, Spruces and Balsam Fir are totally safe to drink in any quantity.

Of cautionary note: Eastern White Cedar is safe to imbibe in limited quantities, like a tablespoon of the leaves in a cup of tea per day. More than that can cause stomach upset and flatulence. A large dose can even cause abortion during pregnancy, as can a large dose of Hemlock Tree tea. Often good things come in small packages. Also, please note that Eastern Red Cedar is highly dangerous, as it contains podophyllic toxin.

A friend just told me of how one winter I’d suggested sampling some needles and inner bark of White Pine for the coughs in her family. It worked so well that the following winter her family was regularly drinking Pine tea and didn’t have any colds at all, even though there was lots of illness all around the Valley. White Pine, Monarch of the Forest!

**Robbie Anderman was a regular Madawaska Highlander contributor for many years. His book “The Healing Trees: The Edible and Herbal Qualities of Northeastern Trees” is available in many stores, through Burnstown Publishing House [burnstownpublishing.com](http://burnstownpublishing.com), His own site [healingtreesbook.com](http://healingtreesbook.com), E-book at Amazon.ca. Cover art by Kathy Haycock [kmhaycock.com](http://kmhaycock.com)**



Robbie Anderman has had an intimate working relationship with Trees for several decades, as orchardist, Tree-nursery person, Tree pruner, luthier, woodwind musician, off-grid forest homesteader, sustainable Tree harvester, and Tree herbalist using Tree medicine for himself and friends and family. In 1969, Robbie co-founded the 100-acre intentional land-based off-grid community which is still his home. Morninglory Farm is an ongoing learning/teaching/pioneering experiment in co-operative Earth-friendly living, consensus decision-making, natural building, organic gardening and farming, and home schooling for many of the children.

## Commemorative Tree

By Sharon Shalla

As the saying goes "Many hands make light work". The library has been most fortunate to have the many helping hands of volunteers, staff and Board members over the years. We wanted to honour them in some way and felt that a Commemorative Tree was the perfect way to do so. When you come down the steps to the library you will see, hanging on the wall, a lovely wooden framed tree and branches with wooden leaves. Many of the leaves bear the name of either a volunteer who has served ten years or more or who made a significant contribution to the library by taking on a special project; a Library Board member serving more than two terms; or a staff member with 10 years or more of service. There is also an "in memoriam" option to have a loved one's name on the tree for a donation of \$100. The library is a registered charity so we are able to provide a tax receipt. I hope you will come by and take a look at the tree.

It is hard to believe that we are almost at the end of another year. The library continues to be an active spot and we are always looking to add more programs and services to better serve the community. If there is something that you would like the library to offer, please let us know either by sending a message, calling or dropping in. This is your library and we want it to be well used. If there is a program that you would like the library to offer and that you would be interested in running or assisting with it, please let us know.

We had fun during Ontario Public Library Week which was October 20 – 26th. We had two guessing contests, with Jared Moss and Richard Patterson coming up with the closest guesses to the number of treats in the jar. Congratulations Jared and Richard!

Now that the colder weather is here, it's the perfect time to curl up with a good book. We have a great selection of fiction and non-fiction books within the library including Large Print books and audiobooks. But did you know that we also offer electronic books that are free of charge with your library membership? Each year the library pays a subscription fee so that our patrons can download books from the Ontario Download Centre. This is the OverDrive collection of electronic books and audiobooks. The collection isn't owned by any one library, but rather,



it is a big virtual library that participating libraries throughout Ontario share. The books can be downloaded to any mobile device, your desktop computer, or laptop. All you need to log in is your library card number and your password. Please contact the library to get your login information. The collection can be viewed at [odmc.overdrive.com](http://odmc.overdrive.com).

Did you know you can get a free library membership if you pay taxes to Greater Madawaska or live here either as a renter or homeowner? Just bring in proof of address on a tax bill, a driver's license, utility bill, landfill site pass, or government document.

I would like to take this opportunity to wish everyone all the best for the holiday season and to also thank our patrons and visitors for your continued support. And speaking of holidays, we will be running a Happy Holidays Book Sale from December 21st to January 4th. Come by and check out the selection of fiction and non-fiction books for adults and children, and DVDs.

In closing, I would like to thank Lois and Mark for their continued support of the library by providing us with free space in the Highlander for our articles.

## NEW ARRIVALS:

### Nonfiction

This is me : loving the person you are today by Chrissy Metz  
We the champs : the Toronto Raptors historic run by Alex Wong and Sean Woodley  
The World Almanac and book of facts 2019

### Fiction

The Wake by Linden McIntyre  
Testaments by Margaret Atwood  
The Innocents by Michael Crummy  
The House by the sea by Santa Montefiore  
Final Option by Clive Cussler  
Noel Street by Richard Paul Evans  
Kiss the girls and make them cry by Mary Higgins Clark

### Youth and Juvenile

Five Feet Apart by Rachel Lipincott  
The Red Scrolls of Magic by Cassandra Clare  
The Bad Guys Series by Aaron Blabey

### DVDs

Bumblebee  
Boy Erased  
Shazam

**Our hours of operation are:**  
**Closed Sunday and Monday.**  
**Open Tuesdays – 1 to 7 p.m.**  
**Open Wednesday to Saturday from 10 a.m. to 1:30 p.m.**  
**Come check us out soon!**

**The library is located in St. Joseph's Catholic School, 12629 Lanark Road, Calabogie, next to the church. Look for the library sign near the main door. For more information call 613-752-2317 or message [gmp1@bellnet.ca](mailto:gmp1@bellnet.ca)**

**Century 21**  
EADY REALTY INC.  
Brokerage



**Kelly Derue, Broker**  
29 Raglan St. Renfrew  
Phone 613-433-2681  
Fax 613-432-8476  
Email [kelly.derue@century21.ca](mailto:kelly.derue@century21.ca)  
[www.kellyderue.com](http://www.kellyderue.com)

**Just Listed - Just Sold!**

**SOLD**

**57 Irvine Lane**  
MLS# 1159299  
\$299,900  
Well maintained 3 bedroom cottage on beautiful Centennial/Black Donald waterway. Gentle slope to the water via tiered decks.

**Centennial Lake!**

**SOLD**

**46 Clost Lane**  
MLS# 1151270  
\$269,900  
Updated, open concept, 3 season cottage. 3 bedrooms hardwood floors, wood stove for those chilly nights. Large deck for entertaining... Time to make your way to the Lake!

**Thank you for a great season in this beautiful part of the country!**

As someone who lives here and loves it here I am thrilled to see renewed demand for rural, village, and waterfront properties in the area. If you have been thinking of buying or selling, please contact me. I will work hard to make it a pleasant and successful experience.

**SOLD**

**12376/74 Lanark Rd**  
MLS# 1155389  
\$99,900 **Walk to Calabogie Lake!**  
Cute log cabin on 1/2 acre lot in Calabogie. Within walking distance of Calabogie Lake. Close to ski hill, golf course and race track

Since 1958  
**Robillard**  
Hearing Centres

**Find YOUR Location**

**BARRHAVEN**

Rideau Valley Health Centre  
1221 Greenbank Rd.  
613-686-1900

**BROCKVILLE**

2211 Parkedale Ave.  
613-498-3300

**CARLETON PLACE**

The Mews  
42 Landsdowne Ave.  
613-257-7117

**HAWKESBURY**

285 Main St. E.  
613-632-1110

**KANATA**

Hazeldean Mall  
300 Eagleson Rd.  
613-599-0005

**ORLEANS**

1934 St. Joseph Blvd.  
613-837-7555

**OTTAWA EAST**

150 Montreal Rd.  
613-745-5299

**OTTAWA WEST**

Westgate Mall  
1309 Carling Ave.  
613-729-1404

**PERTH**

Code's Mill  
17 Wilson St. E.  
613-706-2191

**RENFREW**

Medical Building  
500 Raglan St. N.  
613-432-7575

**WINCHESTER**

Community Care Building  
530 Fred St.  
613-763-3481

**WHY MISS ANOTHER WORD?**

**There's a Robillard Location Near You!**

Julia and JB Robillard



**Have You Tested Your Hearing?**

[www.hearingisbelieving.com](http://www.hearingisbelieving.com)



**QUESTIONS**



**TONES**



**SPEECH**

Take our online hearing test and get an answer right away to tell you whether you may have a hearing loss and to what degree. From there you can explore potential solutions.

**Go to [www.hearingisbelieving.com](http://www.hearingisbelieving.com) and click on**



**Hear Better. Live Better!**

Contact Robillard Hearing Centres for more information or to arrange a consultation appointment.

[www.hearingisbelieving.com](http://www.hearingisbelieving.com)

**J. LACOURSE CARPENTRY**

& SON Inc.

613.333.1042

over **30** years  
of quality work

Cell: 613.312.0704  
[j.lacourse@xplornet.ca](mailto:j.lacourse@xplornet.ca)



**Custom, R 2000, Pre-fab and Log Homes Renovations and Decks**

**SPECIALIZING IN:**

Post & Beam Entrances  
Custom Interior Stairs  
Railings, Beams,  
Ceramic Showers  
**AND MUCH MORE!**



**NOW OFFERING ENVIRONMENTALLY FRIENDLY  
BLOWN IN CELLULOSE INSULATION**

A warm welcome  
awaits you at

**bittersweet**

FINE CRAFT & ART

with



blanket designs inspired by  
Canada's wild spaces;  
ethically sourced  
fabrics from Italy



**December hours:**

Wed to Sunday 11 - 5

Dec 24: 11 to 3

Dec 25 & 26 Closed

Dec 27, 28, 29, 30: 11 - 5

Dec 31: 11 to 3

**We are closed in January**

**Open weekends in the winter  
from 11 - 5 starting Feb 8**

Bittersweet Fine Craft & Art  
5 Leckie Lane . Burnstown  
613.432.5254

[www.burnstown.ca/bittersweet](http://www.burnstown.ca/bittersweet)