

Over 40 Years Serving Ottawa and the Valley
www.tsteenbakkers.ca

As mentioned last November, for the last couple of months sales numbers continued their expected downward trend. This is not surprising as this is more of the normal ebb and flow of real estate during the long winter season. Currently, for the month of March 2023, there is a rise in the number of transactions. This positive sign of the typical spring activity leads analysts to believe the resale market is stabilizing along with interest rates, but more importantly, prices are headed in the right direction. In terms of what we will expect for the remainder of the spring market, the media is no longer focused on interest rates, allowing many to concede that interest rates have returned to an acceptable level. It is also expected that there will be multiple offers on some property types, properties that I personally call "high quality assets" while we go back to a more balanced demand for others. Although some forecasts don't predict a full economic recovery until 2024, I expect that for real estate, as long as our demand exceeds our supply, we will continue on with business as usual or perhaps better, as we move into our busiest months of the year.



Teresa Steenbakkers
Broker of Record

Sold \$19,000 over List!



\$689,900 Brand new End unit townhome with large side yard and nice location on a quiet crescent. Bright and sunny, this floor plan won't disappoint.

Buying or Selling?
Call
613-806-2541



Cond. Sold

\$959,000 Gorgeous Model Home with thousands in extras! Open Concept Floor plan with 4 good size bedrooms, 2 1/2 baths, finished basement and full double car garage. Immediate occupancy, excellent family home close to schools, shopping and recreation.

Experienced Realtor and Long Time Calabogie Resident

TSB Teresa Barbara Steenbakkers Brokerage

WeatherMaster Windows, the standard of cottage & country living

ASK ABOUT OUR SPECIALS

Vertical-4Track - ViewFlex Vinyl - 5 colours
www.ccsunrooms.com



SUNSPACE
By **carnegie custom**

Serving you for 36 years
Greater Madawaska - Arnprior - Shawville
& Surrounding areas
613-433-1397



THE MADAWASKA HIGHLANDER May-June 2023 EMBRACE THE PAST ~ ENCOURAGE THE FUTURE ~ ENJOY TODAY

The Madawaska Highlander

May-June
2023
FREE Vol.21 Issue 1
Next issue June 21, 2023

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

Welcome!

...To spring in the Highlands, a time of renewal and a time of change. Timing is everything in life, as Colleen explains in Highlands Hiker. When those red Trilliums bloom it's time to hunt for Morels. And Derek tells us that when we eat is as important as what we eat in Wellness. Historically, intermittent fasting was our thing. The Cloyne Historical Society makes history, celebrating 50 years of preserving history, while the Greater Madawaska Library celebrates 45 years with expanded services and outreach for life-long learning.

What's new is old and what's old is new as Skippy Hale moves to another chapter of her life and hands Bogie Beat to the chipper Morgana Dill. Former GM Newsmen and Short Story Contest judge, Garry Ferguson, is back with a series of stories from back in the day, in Through Thick and Thin, while Ernie is taking a year off from The View From Here. Danielle Jacques is taking a year off from GM News. Betsy Sayers, former Greater Madawaska Fire Chief, has done a remarkable job of filling in for this issue. Please give her great feedback so she'll stay on for the year! Bet-sy! Bet-sy!

An appreciative audience motivates every artist, and the Highlander Short Story Contest provides motivation, big-time. Will your short story motivate readers and lead to a big-time literary career? You just have to enter to find out - now for that opening line...

Speaking of great literary works, Antonia gives us a masterpiece called Of Mice and Woman, a "tail" of survival. It's enough to make your blood boil, but don't let it! Tamatha examines the perils of high blood pressure in Wellness. Staying well is our responsibility to ourselves, as Survivor Guy reminds us. Frequent storms are testing our resolve, so be prepared.

Lesley tests our trail knowledge in Happy Trails. (Hint: One of the answers is the Algonquin Trail.) Wherever your trail leads, appreciate what native plants do for the ecosystem. Watershed Ways is back after many years. The Highlander is back. Warm weather is back, so settle in and... Enjoy...



Maple Syrup Time brings a smile to everyone's faces as winter melts away. Ken adds wood to the fire for the final boil of the year as Mark smiles brightly at Ken Birkett and Joanne Murray's sugar shack on their farm in Matawatchan.



Inukshuks say hello to migrating swans at Camel Chute on the Madawaska River. Before long they would be under water as the river filled to summer levels and the swans continued north - or perhaps they stayed on to enjoy life in the Highlands.

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



LINWOOD
CUSTOM HOMES

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

Decades of Experience
— Building Homes for Life —

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.
Connecting residents and visitors in
the Highlands of Renfrew, Lennox
& Addington, Hastings, and Lanark
Counties.

**Next advertising deadline:
June 9 for June 21 publication**
madawaskahighlander.ca for previous issues

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

**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, call 613-333-9399, or send a cheque for \$39.55 and your mailing address to:
3784 Matawatchan Rd. Griffith, ON K0J 2R0

CONTRIBUTORS THIS ISSUE Thank you everyone!

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

Skippy Hale	Lesley Cassidy	Derek Roche	Ruth Jones
Morgana Dill	Colleen Hulett	Tamatha Strachan	
Antonia Chatson	Betsy Sayers	Lynn Jones	
David Arama	Garry Ferguson	Ken Hook	



PEACE BY PIECE!
1939: "Peace by Piece!" depicts Soviet leader Joseph Stalin with angel wings. He can be seen tearing down the flags of neighboring states including Finland, Estonia, Latvia, and Lithuania one by one while smiling heartily. The cartoon was set in a time Soviet leaders promised peace with neighboring countries. This was called into question when leaders modified these objectives under the guise of stopping the spread of war, and their own military intentions became more apparent. By Philip Zec for The Daily Mirror dated Dec. 1, 1939. (From stacker.com/politics/political-cartoons-last-111-years)

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)



**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 Betsy Sayers



Photos of the Matawaska River taken on the same day in April showing flooding upriver and extremely low levels a few kms downriver. The flag on the left is a channel marker. Tree stumps "deadheads" that were cut in 1966 reveal the original waterline.



Above and below: A steady stream of friends and neighbours met over a delicious pancake breakfast with scrambled eggs, sausages, baked beans, fruit, and of course local maple syrup. Yum!



Local favourites, The Pickled Chickens String Band were joined by Al Kitching and Heather Sartori to entertain a small, but enthusiastic crowd on St. Paddy's Day.



Hello everyone, welcome to Spring and our first Madawaska Highlander report of 2023.

My name is Betsy Sayers. I am

looking forward to helping gather news and interest stories from the Griffith/Matawatchan and Denbigh/Vennachar areas to share with everyone. Despite

having lived in Griffith for decades, essential caregiver needs in Ottawa have kept me from playing a significant role in the community, so I don't know very

many of you personally. This role gives me a chance to improve on that and I'm looking forward to the opportunity. My predecessors have provided such excel-



Above left to right: Nicole Maillet in a gorgeous skirt and coat, Lois Thomson in a timeless colourful tweed jacket, and retired fashion designer Riena Coulthart with husband Ian in their wedding clothes at the fashion show for Seniors Housing. Carol Anne Kelly and Betsy Sayers also took a few turns on the runway.



Addington Highlands Deputy Reeve Tony Fritsch presenting the Business Leader Award to Joey and Jennel Rosenblath for Rosie's Restaurant and General Store in December.



Heather Sartori and Al Kitching, at it again, providing music to entertain fashion show guests while the models rushed to change.

From start to finish and everything in between...

BMR PRO

Project estimates, Tool Rentals, Custom Windows and Doors, Lumber Cutting Service, Electrical, Tools, Sico Paints, Plumbing, RV and Seasonal items, Hardware, Stove and Fireplace, Drive-through covered Wood piles and so much more!

PROPANE REFILL STATION
RACK STACKER FEED PRODUCTS



✓ We have ALL your building needs



GARDEN CENTRE NOW OPEN!
ANNUALS, PERENNIALS, VEGETABLES, TREES, SHRUBS, HANGING POTS, Onion sets, Seed Potatoes, AVAILABLE NOW.

CUSTOMER APPRECIATION DAY SATURDAY MAY 20

BBQ - Free hotdog and drink 11 am - 1 pm
CHANCE TO WIN THIS COOLER with every purchase over \$30 - Draw 1 pm

YARD SALE - PRICES SLASHED ON OVERSTOCK CLEAR OUT ITEMS



BMR Griffith Building Supply Inc.

613.333.5596 613.333.1121
griffithbuilding@xplornet.com

Mon - Fri 8 am - 4:30 pm Sat 8 am - 2 pm Closed Sundays

25937 Hwy 41, Griffith, ON K0J 2R0 bmr.co

...continued from Pg. 3

lent reports over the years that I can only hope I am up to the challenge with your help.

Because this is my first attempt at these columns, and because of the close interaction between the 4 communities of Denbigh/Venacher and Griffith/Matawatchan, I hope you don't mind that I have decided to combine the news into a single report for this issue. If you would like to provide input or have pictures that you would like considered for inclusion in future columns, please don't hesitate to reach out.

The email addresses are:
HighlanderGMnews@gmail.com
HighlanderDVnews@gmail.com

Maple syrup operations were in full swing for what by all reports was a good year and the spring weather (plus even a few days of summer!) in mid April was certainly a lovely change from winter months. Cottagers we don't usually see for a few more weeks came out to check on things and enjoy the glorious sunshine and high 20 degree weather. All that hot weather meant a fast snow melt though, and we were all very glad to see not much rain at the same time. I am located upriver from Griffith where the water rises almost 8' above summer levels every Spring and am always fascinated to see how low it gets at the same time down by Centennial Lake.

GRIFFITH & MATAWATCHAN FISH & GAME CLUB:

As everyone knows, we had a fairly mild winter for a while there, with seemingly regular Thursday/Friday storms. As a result of the milder weather, unfortunately the Fish & Game Club were unable to hold their annual Fishing Derby due to poor ice conditions. However, that never stops anyone from enjoying the get-together does it! They held an 'inside' portion of the event at the Matawatchan Hall with food, fellowship, and prizes. The Board would like to thank everyone who donated the almost 140 prizes; helped at the hall and purchased tickets. See the ad on page 5 for the club's letter of thanks.

This very active group has a number of projects planned for 2023. In addition to their recent bird house building event and upcoming annual **Kids Summer Fishing Derby on July 8**, Pork Roast Dinner, Buck & Doe Contest and Deer Hunter's Ball, they will be building and placing Loon nests this summer with help of a marine biologist and working with Opeongo High School to start a \$500 Bursary for 2 eligible students to help with post-secondary education.

With 133 members so far this year you can be assured of lots of great opportunities to participate in a wide variety of events. You are invited to join this active group at the **Annual General Meeting on June 3rd at 10am in the Matawatchan Hall**. Check out their Facebook page at "Griffith & Matawatchan Fish & Game Club" for local upcoming events and articles. **\$5 annual memberships are available at the Griffith General Store, BMR Pro and Pine Valley Restaurant or from any Board member**. You can also join by sending a \$5 Interac E-transfer for 2023 membership to fishandgameclub@gmail.com. It all goes to support the good work of the club, so please become a member even if you don't hunt or fish.

GREATER MADAWASKA SENIORS HOUSING CORPORATION:

On March 26 the Greater Madawaska Seniors Housing Corporation



The Fish & Game Club made the right call on cancelling the on-ice part of the fishing derby, but a great time was had by all at the Matawatchan Hall that evening.



Greater Madawaska Township councillors and some staff attended a seminar put on by Emergency Management Ontario (EMO) Field Officers for this region at the Horton Community Hall. That was one of many info sessions and conferences they attended and will continue to attend.

waska Seniors Housing Corporation held it's Annual General Meeting at the Griffith Hall. All 51 attendees enjoyed a delicious St. Patrick's Day stew supper with all the trimmings. Based on all the positive feedback it certainly looks like this meeting and meal has become an annual event. In addition to the meal, a 'surprise box' draw was held for donated prizes and a post winter gathering just to chat was much appreciated and enjoyed. The Seniors Housing team were very pleased to welcome a new Board of Directors member and volunteers. This means they now have a full Board of 9 Directors which is very much appreciated.

On Sunday April 23rd, the Seniors Housing Corporation (with assistance from the Lion's Club) held a Queen's Tea and Fashion Show. While enjoying a typical British High Tea of finger sandwiches, scones and sweets the audience of mostly women (of course) were treated to a walk down fashion memory lane to the 1980s and 1990s. A silent auction and 'surprise box draw' helped to offset the costs of this wonderful DONATION ONLY event. Several attendees commented on how much they enjoyed the fashion show and an opportunity to dress up for the day.

Retired custom fashion designer Reina Coulthart shared the story behind each of her gorgeous custom designed outfits from the era while Lois Thomson, Carol Anne Kelly and Nicole Maillette tirelessly changed outfits and model walked amongst the tables for a solid hour. The fashion show wound up with a stunning winter bridal ensemble worn by Reina herself complete with bouquet and dashing groom Ian.

Food for the event was prepared and wonderfully served by volunteers from both the Seniors Housing and Lion's Club. Live music was provided by Heather Santori and Al Kitching.

DENBIGH-GRIFFITH LIONS CLUB:

The Lions Club bingo nights on April 11 and 25 were well attended as was the food and fellowship lunch on April 19. The Lions have a busy schedule getting them back in full swing for 2023 after a few tough years of Covid. Like all other community groups, the Lions are always looking for new members and volunteers to help with their many fundraisers. **Please get involved by emailing tcpierce84@gmail.com**



Heather Santori and Al Kitching playing some Irish tunes at the Matawatchan Hall on St. Paddy's Day.



The Village Voices aren't just for singers. Musicians are welcome too!

In addition to bingo nights, Lions Club members were busy preparing and delivering 12 Easter Baskets to select local residents; hosting food & fellowship monthly luncheons; a CPR training day on May 6 and providing service group assistance to the Seniors Housing Queen's Tea and Fashion show. Don't forget to have your cash ready for the **Lions Toll Road fundraiser on May 19**.

Upcoming special events for June include the Eddie & the Stingrays Dance on June 10 and the Lions 25 Year Celebration BBQ on June 16. The annual car show is scheduled for August 26th this year.

MATAWATCHAN HALL:

Matawatchan is lucky to have wonderful local musicians. The Pickled Chickens String band, Al Kitching, and Heather Santori helped to make the Matawatchan Hall St. Paddy's celebration such a terrific success.

April 29 was the date this year for the annual Pancake Breakfast. You can't beat the local maple syrup and many people attended to get their first taste of the 2023 vintage, including Mayor Weir and Councillor Thomson.

Mark your calendars now and be sure to attend the **Annual Plant Sale, Market and Lunch on Saturday, May 27 10 am - 1pm**.

Come to check out (and buy of course) local perennial plants, crafts, honey, preserves, and baked goods. Or just browse and stop for coffee/tea and a treat. You might want to stay and chat a while over a light lunch of soup and a bun. If you wish to participate with plants or garden items/crafts, **contact Gitte to book a \$5 table at 613 318-8308, 343 988-8308 or email brigittcec88@gmail.com**

This year, the Matawatchan Hall has received funding from the Government of Canada through the **New Horizons for Seniors Program to undertake much needed repairs to the foundation and floor of the hall**. While this is terrific news, it does mean they will be unable to accept any hall rentals until the work is completed, hopefully before Labour Day. The good news is **Saturday Socials will continue as usual over the summer**, since they take place outside. Check out other Hall news on their 'Matawatchan Hall' FB page.



Gerry and Annabelle Marshall enjoying a jam session at the Pine Valley Restaurant in the good old days. Below, Erwood and Rowena Reynolds dancing at the Matawatchan Hall. Just a few of the dear friends we have lost recently. They will all be greatly missed.



BUSINESS NEWS:

We all know how terrific Rosie's store is, but it is even more wonderful for hard work and success to be recognised by others. **Congratulations to Joey and Jenelle Rosenblath!**

As reported in the Frontenac News on December 14, 2022:

"Each year the Township of Addington Highlands Council and AHEAD Committee (Addington Highlands Economic Advisors for Development) call for nominations of a deserving person to receive a Community Builder Award in any of the following five categories: Business Leader; Citizen of the Year; Sports person of the Year; Art / Cultural and Heritage and Emerging Youth Leader.

In December 2022, Rosie's General Store received the Business Leader Award. Rosie's is a family owned and operated gas station, café and convenience store in Denbigh that was opened on Canada Day weekend in 2019 by Joey and Jenelle Rosenblath. Rosie's has gas, baked goods, groceries, a gift shop, hunting supplies and freshly made meals and desserts."

UNITED CHURCH NEWS:

As many of you know, St. Andrews Church in Matawatchan closed and services are now available at **St. Luke's United in Denbigh (10am Sundays) and Emanuel United Church in Schutt (11:30am Sundays)**. Everyone is welcome at both Churches who have teams of interesting service leaders and very good musicians.

HILLTOP CHURCH NEWS:

The 'Village Voices Choir' followed up their well received Christmas Concert with another enjoyed by all concert on May 7. **If you are interested in joining the Village Voices, please don't hesitate to reach out.**

SAD NEWS:

It is with deep sadness that we share the recent passing of several long-time residents. These people were very influential in our community over the years and will be dearly missed. There could be others, but these are the ones we were told about.

We extend our most sincere condolences to the families and friends of: Rowena & Erwood Reynolds, Gerry Marshall, Jack Youmans, Lila LeClair, Mary Dodge (nee Kelly)

Bogie is a Happenin' Place!

By Skippy Hale



Our Fire Fighters at the Pancake Breakfast for the Winter Carnival

Oh, the weather, how Canadian! We had a glorious late Spring weekend and then winter returned. However, in April we can expect surprises, but the rain will bring May flowers, so we have learned since childhood. Despite the occasional flurries and hail, Spring flowers are propping up in gardens and on roadways. Yay! My friends in the Niagara Peninsula have finished with some early blooms and their lilacs are ready to spread their lovely scent. Mine are just seeing the tiny leaf buds starting to peak out of their winter cloaks. Being a gardener means you live with hope. There is such joy as the bits of green pop through the snow or push through the soil! The temptation to remove dry leaf cover is great, but patience must allow the insects and other invertebrates to wake up and begin their garden chores.

Many events occurred over the winter. I did not attend **Bogie Lights**, but the 55+ Club prepared a lovely evening of goodies and celebration to open the Christmas Season in the Village. It's so great to see the lights on Heritage Point. All round the village many colours surrounded houses with joy and light. The two churches and Charbonneau's Store put up their Nativity Scenes. I am reminded of Mary Charbonneau who loved to decorate at Christmas and to see her statues at the store gives me such a warm feeling!

No celebration in Calabogie is officially started without a Pancake Breakfast! **The Santa Claus Parade and the Winter Carnival breakfasts**

were prepared cooperatively by the **Library Board, Library Staff and the Fire Fighters**. Both these Community organizations are present for every celebration year-round including Canada Day and the Summer Market.

The Santa Parade was exciting and full of very creative floats from new businesses and the 55+ Club followed by the Merry Old Elf. The Lions organized the parade as usual and there was a gathering at the Lions' Community Hall. I made tiny Christmas books for the children to colour with crayons supplied by the Lions. I attached ribbons so they could hang them on their Christmas trees. Children had personal visits with Santa, and he gave them each a bag of sweets.

The Winter Carnival Weekend opened with a Trivia Night organized by Lucie Perrier, Jean and Jim Libby, Kim Prowse-Rekowski, 6 local teens who were hanging around the rink and helped set up the tables, (sorry I didn't get your names kids!) Mayor Rob Weir and Garnet Norton. Cathy and Doug Jordan were the referees, complete with black and white shirts! Questions were created by Lucie, Leslie Cassidy and me. Six children, Lilah Blue, Rhemy and Esme Mann-Dobry wrote questions on world events. Colby and Grady Zeyl composed questions on capitals of the world.

The pancake breakfast was sweetened up with Otterburn Farms' syrup. Yves Proulx of Shamrock took children on wagon rides. The Greater

Pic by Steph Webster



Our Fire Fighters proved their metal to put out the multi-alarm fire in the Calabogie Peaks pumphouse on January 4th. Mayor Rob Weir and Councillors Jeff Levesque and Rob Tripp were on the scene to help behind the scenes and experience the professionalism demonstrated by fire fighters as well as community support for things like meals and refreshments from Charbonneau's for the team.

Pic by Steph Webster



Madawaska Public Library and Learning Centre provided activities to entertain the children who needed a break from the cold. The Firefighters had demonstrations of their equipment. In the afternoon, there was a canteen lunch of hot dogs, Pizza and Chips sponsored by Charbonneau's and Calabogie Pizzeria. I was delighted to watch the Night Hockey Game organized by David Greer and Lee Chapman. This annual game attracts players to get out and play for love of the game. I enjoyed watching these friends playing their favourite game which ended in a tie. There was a fire pit with s'mores for a treat!

The Lions Club is hosting a **Mother's Day Bingo at the Community Centre on May 11**. Doors open at 6 pm and Bingo starts at 7 pm. Mothers receive a special gift. Bring your old eye glasses for charity.

Don't miss the Lions Club **Community Garage Sale on May 27** from 9 am to 4 pm at the Community Centre and in people's driveways.

I have been working on a History Project at our Library. The late Rita Quilty left us her research from past copies of the Renfrew Mercury and Renfrew Advance, two dailies going back to the late 1890s.

Cheline Collier has been helping organize these documents as part of her Highschool Community Service Hours. I will publish some of these stories in the Highlander from time to time.

We were shocked to see a **many-alarm fire on January 4th! The Pump House at Calabogie Peaks** was on fire. What a tragedy in the middle of ski season! Paul Murphy, President of the resort, assured skiers that the hills would be open to skiers and boarders once the danger was over and it was! Paul was relieved that no one was hurt. Kudos to our TGMFD which attacked the blaze with skill and cleaned up the site to make it safe. The OPP helped vacate the surrounding buildings and remained on hand until the Firefighters had cleared the scene. The fire was not considered suspicious by the Fire Marshal, so no investigation was required.

A small pumphouse was installed and word from my skiing friends is conditions remained good throughout the season despite the wonky weather. I bumped into Mayor Rob Weir and Councilor Rob Tripp at Charbonneau's the day of the fire, and they were transporting food to GM Fire Fighters and from other jurisdictions, the OPP, the Press and others working at the site. When asked for an interview by representatives of the Press, our mayor referred them to the front-line workers. It was not about him, but the ones doing the heavy lifting. It says a lot about his character and perhaps years of being a Police Officer that it was not a time for a politician to be in the center spot. Paul Murphy and his staff are to be commended for keeping the slopes snowy and open after the fire!



GRIFFITH & MATAWATCHAN FISH & GAME CLUB

Would like to express our Sincere Thanks to the following for their support with our

Annual Fishing Derby on February 18th, 2023

Thank you!

BMR Pro

Dodge Flooring

Hewitt Custom Millwork

J. Scott MacDonald

Limlaw Well Drilling

Snider's Tent & Trailer Park

Calvyn's Take Out

Floyd & Marie Kauffeldt

Pine Valley Restaurant

Darcy Norris

Griffith General Store

KCK Aggregates

Rosie's/Denbigh

613-333-1553
Griffith General Store
Hwy 41 at the Madawaska River Bridge - Come by Car, Boat, ATV, Bike, Boot...



New Gas Station Pay at the pump
Low prices!

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, Propane Exchange, 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

NEW HOURS:

Mon - Tues, 8am - 5pm
Wed - Sun, 8am - 7pm

Pic by Councillor Rob Tripp



The Peaks fire started in the wee hours of the morning, getting fire fighters out of bed. The township has what is referred to as a volunteer fire department, which means they are called on as needed and paid for the work they do.



Sparky, seen here with former councillor Lucie Perrier, is a special member of the fire department. Part of the job is public education, especially with children.



St. Joseph's School children enjoying a day out ice-fishing.

There are several new subdivisions which could change the area tremendously. There is one being proposed on Norton Road with 52 lots, another near Burnstown. There will be an influx of folks wanting to enjoy what we know and love here. Canada has a housing shortage for middle-income people, seniors downsizing and young families. Will the cost of these houses be low enough to accommodate those without large pensions or young people starting out? The new council heard many requests for sustainable, yet controlled, development. Concerns about the effects on the environment in terms of the wetlands and ground water were expressed at open meetings. We have enjoyed a pristine environment and love of our lakes and rivers is paramount. At the 'All Candidates Meeting', they all promised to prevent out-of-control development, but recent changes to provincial legislation is making it hard for municipalities to control development.

Another issue which concerns the whole township is the placing of docks on municipal property. There was a lively delegation to Council about the concerns in Calabogie and an open meeting at the Lions' Community Hall. Former Mayor Hunt ran a good meeting and considering the emotions involved, the evening was an informative one. The decision remains with the new council and a committee of concerned citizens has been formed to advise them. I must say that I preferred it when there was only one dock where the village children swam all summer. I enjoyed walking along the strand, but with the proliferation of docks and use of the grass, it became more uncomfortable since I felt as if I was walking into folk's private property, which it was not. Others felt differently and whatever the decision, it will set a precedent for the entire Township.

Here are a few stories from the Renfrew Mercury back in the day. There were two dailies, The Renfrew Mercury and The Renfrew Advance. Most seem to be from The Mercury:

August 23, 1901: 'Mines controlled by the Hamilton Steel and Iron Company were shipping an average of 125 tons a day during the season.'

October 24, 1902: Mr. Fred Smallfield of London England was a brother of the Senior Editor of the Mercury. He wrote a long letter to the Editor, but I point out his suggestions of several books for the Calabogie Free Library. He suggests an original settler may have come from Staffordshire and a possible reason for the naming of Bagot and Blythfield.

June 2-9, 1914 was the Great Calabogie Bazaar in the Town Hall! Father Dooner invited everyone to enjoy a Grand Drawing each night; Fancy Booths, Fish Pond and a Candy Counter. Baseball and other games were to entice folks to view the 'SUMMER RESORT' and the hospitality of the dining department.

There are many stories to be found in the Rita Quilty Collection at the Library. I particularly enjoyed the ones about the votes regarding 'fermented spirits' and the vote for prohibition. A bylaw was passed forbidding the sale of these spirits except within the drinking establishments! If interested, I would be happy to show you these files. Use of these files was disrupted in the past and it has taken several months for Cheline and I to get the files in order. You will be required to wear white cotton gloves when handling the original clippings.

As many of you know, I have sold my house and am moving back to Ottawa where I was born. I want to be closer to my family. This was not an easy decision as you know how much Calabogie means to me. In 1999, we thought we had found our wee bit o' heaven when we moved here, but it's time. I will miss my friends and all the kindness given to me all these years! My heart is so full of the love you gave us from the beginning. So now, I will miss my good tasting water, my groundhog family, Mrs. Phoebe and her annual brood, the pesky raccoons, the frogs, herons, Mr. Otter and the sounds of the Madawaska. I am leaving 'Ye auld Train Station' to a young family to enjoy. I will be back to continue my project at the library, visit my doctor and of course get my teeth cleaned. My Ricky lies up on the hill, so the family and I will visit and 'gi him a wee dram o' the uisce beatha.'

The great news is your new friendly reporter for Calabogie is Morgana Dill. She will be great and will add

a new, young perspective to this happenin' place!

The Gaelic toast is Slainte (pronounced slanjah), but to sign off a letter, it's Slan (pronounced slon), so

'Slon my friends and thank you for more memories than I can ever count!'



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

Message from incoming contributor, Morgana Dill:

I want to thank Skippy for her service as the voice of Bogie Beat, it's an honour to be following in her shoes. They're big ones to fill! We will miss your spirit and words around here and we're looking forward to the celebration evening for you on June 10th at the Calabogie United Church. Many of you may know me already. For those who don't...

Hi, I'm Morgana! I am one of the faces behind Calabogie Folks group, a director for the Calabogie Farmer's Market, and I've been working around the village for several years. I studied Media Communications at Humber, and have always had a passion for writing, storytelling and sharing with others. My family has been a part of the community for over 30 years. I've known Calabogie as a feeling of home my whole life. Now my partner and I are settling down here and starting a family of our own. You can usually find us at local events or enjoying a latte at O-el-la's. We're so lucky to have such a thriving community and I'm grateful not only to call it home, but to also have the privilege of sharing it with you.

I've been dreaming of a role like this since I was a little girl, a community reporter, and it's something I never thought would really come true. To say I'm excited to let that part of me shine is an understatement. I am dedicated to providing the Calabogie community with engaging and inclusive coverage of what's happening in the bogie. You can count on me as a reliable source of information.

Looking forward to the next edition of Bogie Beat in the Madawaska Highlander!



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

"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 **BEST SELECTION**

We sell Gas Refrigerators too! **50 YEARS** And going strong!

This PROVES Smitty has the BEST...

PRICE, SELECTION, GUARANTEE, QUALITY & SERVICE

Same-day Delivery Seven Days a Week

IN-HOUSE FINANCING AT 0% INTEREST!

These are just a few of the many reasons to visit

BEST SERVICE **Smitty's for your new or used appliances** **BEST QUALITY**

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

45 Years in Calabogie!

By Ruth Jones

Help us celebrate 45 years of service!

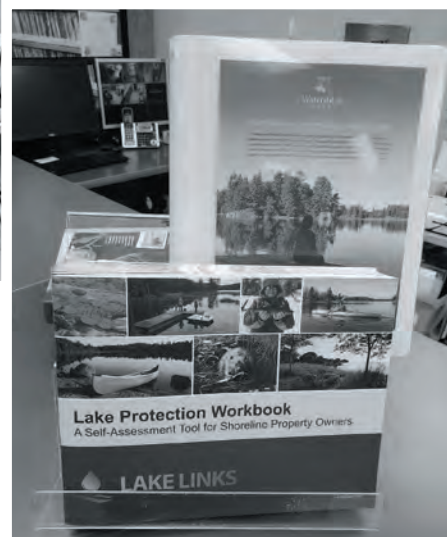
We're making a book!

Please contribute your photos of the library and stories about what the library means to you.

Do you remember coming here as a child? Did you enjoy participating in an event or Storytime? Do you love reading library books in a cozy nook on a rainy day?

Did you work here? What is your favourite aspect of this resource? All contributions will be consolidated into a shareable format at a later date.

Send your photos and stories by email gmpllc.staff@gmail.com in person to the library in St. Joseph's Catholic School, 12629 Lanark Road, Calabogie, and on Greater Madawaska Public Library Facebook page.



Inside, there is a children's area where kids can explore science and culture. There is a quiet area for reading and research. There is space for guest speakers.

GMPLLC distributes books, CDs, DVDs, science kits, and more throughout the township.

It's a social network of engaged staff and volunteers who participate in events to spread the word in all the areas it serves. If you have always been a library patron, then you know this. If you haven't, then now you know the secret... Library cards are magic carpets!



The Greater Madawaska Public Library and Learning Centre is MORE than stacks of books. It provides the community with life-long learning that goes beyond the printed word and beyond the walls of the building.

The Greater Madawaska Public Library is celebrating its 45th year of service in 2023. First founded in 1978 by four people dedicated to literacy, the library has evolved to include community programs and services focused on literacy and learning.

Library membership is free to all Greater Madawaska residents. Annual membership fee for non-residents is \$20. Apply for membership online through the library portion of the Township website. GreaterMadawaska.com

Membership includes access to books, audiobooks, DVDs, e-resources such as Libby/ Overdrive (e-books, audiobooks), Mango Languages, Career Cruising, CBC Corner, various EBSCO databases, and free museum passes.

Watersheds Discovery Program

This year, we join with Watersheds Canada to bring the Watersheds Discovery Program to Greater Madawaska. The program's focus is shoreline ecosystems and good stewardship of freshwater resources. These topics will be addressed in a series of 3 indoor workshops and 3 hands-on outdoor learning sessions across the Township this summer.

Twenty Watersheds Discovery backpacks will also be available to bor-

row through the library. Each backpack will contain tools to help families and individuals explore local water bodies and participate in data collection. The aim of the Watersheds program is to help grow a community that actively cares for fish habitat (in support of great fishing), stable shorelines (less erosion), and superior water quality.

Workshops near you:

June 10, 3pm-4pm - Calabogie Community Hall, Mill Street, Calabogie. Future dates in Wards 2 and 3 (location to be determined): June 13-16, July 8, July 15

This program is funded with the help of a TD Friends of the Environment Foundation grant received by Watersheds Canada that is based in Perth Ontario.

Book Club

This program will be in-person at the Greater Madawaska Public Library beginning on Wednesday, May 17, 1-2:30pm. Bring your own coffee. The library will have cold beverages available. If interested, please contact the library book club at gmpllc.bookclub@gmail.com. Participants will need a valid library card. You can apply for a library card online through the membership page on the library portion of the GM Township website.

Library Materials Exchange

This is an outreach service to the west end of the township. Residents in these areas who would like access to GMPLLC's physical library resources can call or email to order books for pickup/drop-off on prescribed dates throughout the year. Users can also access the library catalogue through the GM website with their library card to reserve items for delivery. Our designated pickup/drop-off is Pine Valley Restaurant in Griffith. Loan periods can be flexible. Volunteers pick up books at the library in Calabogie for distribution every two weeks.

Spring/ Summer pickup/drop-off dates:

May 10, 24; Jun 14, 28; Jul 12, 26; Aug 9, 23; Sep 13, 27

TD Summer Reading Club

The TD Summer Reading Club (TDSRC) is Canada's biggest, bilingual summer reading program for kids of all ages, interests, and abilities. This free Club is offered at more than 2,200 public libraries across Canada, as well as online. The TDSRC celebrates Canadian authors, illustrators and stories, and inspires kids to explore the fun of reading their way. This is key to building a lifelong love of reading.

The library will offer 7 weekly in-house activities for TDSRC participants on Thursday mornings beginning July 7, 11am. Take home 5 books each visit to secure a 'buck' that the participant can use to purchase items from our TDSRC store in the last week of August (August 22 - 26). Each participant will receive a TDSRC passport. Get a passport stamp each time you join an activity and collect all 8 stamps for a bonus prize! Learn more about the TD Summer Reading Club here: tdsummerreadingclub.ca/about_the_club

Community Garage Sale May 27, Calabogie

The Calabogie Lions will host a Community Garage Sale on May 27 9-4pm. Drop by to see us here, learn some more about the library and buy some things!

Canada Day Pancake Breakfast July 1, Calabogie

The library will host a Canada Day pancake breakfast again this year at the Calabogie Community Hall on Mill Street. Come out and launch your Canada Day festivities with pancakes and some beautiful Canadian-made maple syrup!

Questions? Contact library staff at 613-752-2317

gmpllc.staff@gmail.com

NEWS CLIPPINGS WE HAVE GATHERED

Canada investing \$39.4M for communities, organizations and governments to reclaim, revitalize, maintain and strengthen Indigenous languages.

First Nations seek billions for broken treaty to share resource revenues mostly in N. Ont. The Crown has been making payments capped at just \$4 a person since 1875.

AB, SK and ON Métis sign self-government deal, returning control to them over who is a Métis citizen, leadership and government operations, family, child welfare.

Michael Tulloch, a highly respected member of the legal community and the first Black justice to sit on any Canadian appellate court, is new Chief Justice of Ontario.

Nature Conservancy of Canada added almost 75Ha of forest, wetlands and granite ridge to a total of 1,636 hectares protected in the Frontenac Arch north of Kingston.

The Gwaxdlala/Nalaxdlala First Nations leaders, federal officials to close all fisheries, create marine refuge from top of Vancouver Island to Alaska.

Gen7 Fuel, an Indigenous-run gas station chain, has donated over \$150,000 in the last year to foster growth and development across Ontario FN communities.

In distress in a remote, off-grid area? A new emergency call feature in iPhone 14 lets you make emergency calls via satellite in remote areas with no cell service.

United Nations members have agreed on a unified treaty to protect biodiversity in the high seas, a move aimed at countering threats to marine biodiversity.

It was just a ditch two years ago, but now a small stream around the new site of B.C. Transit's HandyDART facility is a salmon-bearing tributary of Craigflower Creek.

Ubisoft has announced their continued desire to reach all their players with "environmental themes in our games," from AAA to mobile.

Robotic 'shark' gobbles up 21,000 waste bottles a day from rivers. Huge, quiet electric "Roomba" on water is too slow to catch fish and waterfowl avoid it.

Developer bought Greenbelt land that was undevelopable two weeks before the Ford government removed protections — and these developers stand to profit.

Municipalities lash out at Ontario housing bill. Ontario municipalities say they risk losing \$5 billion in revenue and that major tax hikes and service cuts will follow.

After record-low turnout for Ontario election, the chief electoral officer is calling for a ban on publishing the results of political polls for the final stretch of the campaign.

Tribunals Ontario Portal puts Landlord-Tenant disputes online from filing an application, choosing preferred hearing time and attending the hearing online.

Ontario saw a record net loss of 47,212 people to other provinces over 2 years, particularly young adults, due to the rise of remote work, rising home prices.

With cruise lines offering multi-month and multi-year trips, some retirees are selling their homes and living permanently at sea for \$30K/year all-inclusive.

Canada announced \$250M grant to help homeowners switch from oil to heat pumps

Gulf nations are diversifying economies from oil and focusing on sustainability, with ambitious targets for renewable energy and shift to blue hydrogen production.

Quebec adopts law, making oath to King optional for elected members. Constitutional experts disagree on the legality of the law.

Canada finalizes \$19-billion purchase of F-35 fighter jets. Russia's invasion of Ukraine and exposure in Canada's North makes it "quite critical at this moment."

Trains will soon be running again between Toronto and Northern Ontario. But first, they're going in the freezer — indoor climate chambers — for testing.

Canada bends to US push to buy strategic hangar in Arctic sought by Chinese buyer

Canada outlining spending of C\$2.3 billion to boost defense, cyber security in Indo-Pacific policy, focus on 'disruptive' China.

China's New Breeder Reactors May Produce More Than Just Watts. They could also make weapons-grade plutonium. China is constructing three missile-silo fields.

Intelligence agency says ransomware group, LockBit, with Russian ties was responsible for 22 per cent of attributed ransomware incidents in Canada.

Dell is reportedly abandoning China-made chips even chips made on the mainland by non-Chinese companies, amid rising superpower tensions.

Canada voted in favor of a non-binding proposal for the resettlement of 10,000 Uyghur Muslim refugees from China's Xinjiang region into Canada over two years.

Canada spending \$1.4 billion to upgrade facilities for the Canadian military's coun-

ter terrorism response unit at its current Dwyer Hill Training Centre in Ottawa.

A US child-size AR-15-style rifle, with cartoon skulls sporting Mohawk and ponytail, raises concerns, advertised illegally to kids as a gun just like Mom and Dad's.

Volkswagen to build the company's first battery factory in North America to power electric vehicles per agreement with Canada, moving business away from China.

Apple Makes Plans to Move Production Out of China. The iPhone maker is looking to diversify the supply chain that has powered its growth.

For the fourth year in a row, there won't be an auto show in Vancouver because of supply chain issues within the automobile sector.

UK's Pulsar Fusion has been awarded funding from the UK Space Agency to help it develop "integrated nuclear fission-based power systems for electric propulsion".

French company developing acoustic heat pump for hot water. "The acoustic wave compresses and expands gas that produces heat, without refrigerants.

The world's first solar electric car Lightyear 0 now enters production. The facility will produce one car a week to begin with.

Improved low-cost, high-capacity sodium-sulphur battery expected to be game changer for clean energy economy.

Scientists propose turning abandoned mines into gravity batteries by raising and lowering containers full of sand. Energy is generated on the descent — stored up top.

Germany is testing embedding wireless EV charging systems in the Autobahn, meant to charge public transport passing over "charging patches" without stopping.

Moxion Power is building high-powered, mobile energy storage technology that can be used indoors or outdoors replacing noisy diesel generators.

A new type of computer that uses light rather than electricity could perform calculations faster, using less energy, less space. Electrons move slower than light.

Bizarre new kissing robot made by Chinese university students promises to help couples smooch remotely.

The world's first wireless OLED TV runs off batteries and only weighs 20 pounds

Jumbo Video "retro cool" rental store returns to Belleville and building a loyal customer base that enjoy the 'old school' experience of picking out a movie by hand.

Sony announces Walkman NW-A306 — finally, I can ditch my smartphone and still listen to quality music and make playlists.

Film photography has seen a resurgence. Film manufacturer Eastman Kodak made a recruitment drive for technicians after being unable to keep up with demand.

Vinyl record sales surpass CDs for first time in 35 years. With millions of digital songs at your fingertips, thumbing through albums feels far less programmed.

A medical robot guided a flexible needle through the lungs of living pigs more precisely, without requiring human surgeons to directly control the robot's actions.

Miniature machines can switch from solid to liquid and back again Terminator 2-style, to squeeze into tight spaces and perform tasks like soldering a circuit board.

Turn off your iPhone 14, Apple Watch 8 and Apple Watch Ultra before skiing. Apple's crash detection sees the motion as a crash and calls 911.

NASA Robot Sends One Of The Saddest Tweets As It Nears End Of Its "Life"... 'My power's really low, so this may be the last image I can send. Don't worry about me...'

Certain gut-dwelling bacteria can drive the production of dopamine to reward exercising longer. Bacteria transplanted into mice triggered more "wheel time".

First AI-powered robot lawyer won't be used in court due to jail threats for unauthorized practice of law, and interfering with judicial practice. Bots aren't licenced.

\$8.4B agreement with federal government would boost number of patients covered by family health teams in Ontario for a holistic approach to health care to patients.

A novel cancer therapeutic, combining antibody fragments with molecularly engineered nanoparticles, permanently eradicated gastric cancer in treated mice.

In research that could lead to a fundamental treatment of autism spectrum disorder, scientists identified cell-specific molecular network of the developmental disability.

Experimental pill breakthrough sees cancer vanish in a third of leukaemia patients.

Logging Shanties

By Garry Ferguson

The term “logging shanty” not only brings to mind a specific period in our history but denotes a way of life. The hard life of the shantyman (not shanty man) spawned a pride, an attitude, a culture rich in song and legend. The Bunyan (Bunion) tales were lifted from this culture by U.S. writers. It’s said that the tales were carried to the U.S. when being Canadian was the only qualification for a lumberjack job in Michigan.

The shanties in my part of the country, Renfrew County, Ontario, were usually one-room log hovels with dirt floors. The builders used moss to chink the cracks and overlapped scooped logs to fashion a roof. In the center of the room sat a rectangular platform of earth and sand cribbed up with logs. A fire, for cooking, heat and light burned on this camboose twenty-four hours a day. Over the camboose, a large wooden vent protruded through the roof. Though designed as a flu, this opening probably served as a health feature as well by exhausting more than smoke from a room filled with men who went to sleep with bellies full of baked beans. One of my grandfathers, who worked in the shanties, said that when the vent ignited, as it often did, it was every man outside to heave snow at the fire.

The straw-covered, two-man bunks made of poles, were used for more than just a bed. The men virtually lived on them. At mealtime they would heap their plates with beans and salted beef or pork, fill their shanty tins with tea or soup, grab a chunk of pot-baked bread



The first logging shanties were camboose shanties with an open hearth and huge flues where men and boys like this logging crew near Matawatchan would live all winter. Rear left, Alec MacLeod of Matawatchan, front left, Colin Thomson (known as Colin John) of Matawatchan. Others, and names of horses, unknown.

and head back to their bunks. Here they did a balancing act while they “shoved ‘er back” with a spoon and a knife. I wondered why the same grandfather used a knife to put food to his mouth instead of a fork until I learned that the shanty man was provided with a spoon only. He provided his own all-purpose knife

which he learned to use with dexterity when it came to “shoveling grub”.

When it came time to “hit the hay,” the men peeled off down to their ganzies, (underwear) often turning them inside out to foil the lice until they could get to sleep. Sometime during the

night, after the little vermin had cuddled up to them again, they’d get up, turn the underwear right-side-out and go back to sleep. The only baths were suffered by those unlucky enough to fall through the ice of some lake or stream.

For six days a week, all hands would be up at four in the morning. Horses and men had to be fed so that the crews would be on the job at daylight. Logs were cut, skidded, and hauled to waterways in order to catch spring floods when the log drivers would take over. In the earlier “square-timber days,” logs were scored and hewed into squared timber so that more could be stored on ships bound for markets in Britain. They knew it was quitting time when the sun went down.

By the time my father went to the bush, tar-papered camps with floors, stoves, plank tables and ticks on the bunks had replaced the shanty. Life was easier because the mechanized age meant that men were no longer as isolated, but the folklore of the shanties survived. The legends, songs, work ethic and skills had all been inherited from the shantymen.

The mentality of men who “went to shanty” and the women who stayed behind to run homesteads and raise families was forged in the hardships of an unforgiving time in an unforgiving land. They took pride in self-sufficiency, mental and physical toughness. It’s not unusual to hear older folk talk of past privations with such pride that you might believe they’d do it all over again. Their values and traits became so entrenched in society that they are still an inherent part of the Canadian identity.

The Denbigh/Griffith Lions Club would like to send a sincere thank you to the following individuals, organizations and businesses that supported us with their generous donations to our Christmas Food Hamper program. We were able to make Christmas a more joyous occasion for the less fortunate in our community due to your generosity.



Denbigh-Griffith Lions Club
25991 Hwy 41, Griffith, Ontario

Denbigh & Vennachar

Shirley Keller
Roberta Prah
Evelyn Petzold
Lawanda Snider
Vennachar Free Methodist Church
Donna & Howard Carr
Tony & Gail Fritsch
St. Luke’s United Church
Karen & David Savigny
Barry & Debbie Siddock
Lorraine Albert
William Adams Electrical
Leslie Cassidy & André Mickovitch

Griffith & Matawatchan

Gail Holtzhauer
Derek Roche
Greater Madawaska Canoe Rental
Glen MacPherson
Jan & Greg Roche
Peter & Debbie Licari
Sandy & David Downs
Floyd Enterprises

Griffith & Matawatchan Fish & Game Club

Ladies Exercise Group (L.E.G.)
Helen Madigan
Theresa & Cliff Pierce
Peter’s Sheet Metal

Renfrew

Adam Kasprzak Surveying
Kelly Homes
Chris & Tanya’s No Frills
Goulet Funeral Home

Cloyne & Northbrook

Kathy Frost & Kevin Breau
Jeannette Scott
Tobia’s Guardian Pharmacy
Bev & Bill Snider

Pikwàkanagàn

Pikwàkanagàn Fuels

Eganville

Eganville Leader
Denise & Dick Leckie

Pembroke & Killaloe

David Minns Insurance
McCarthy Propane
John Yakabuskie

Napanee

Nyla Ramsay
Country Traditions
Susan Irish & Ernest Pennell

Bancroft

ReMax Country Classics

Douglas

R.J. Selle Sand & Gravel

Flinton

Township of Addington Highlands

Beachburg

K.B. Septic Tank Pumping

Ganonque

Dianna & Garth Malcolm

Please support these people, organizations and businesses in their endeavors as they are good community sponsors and deserve our support. If we have left off any contributor, please accept our apologies. The Denbigh Griffith Lions Club thanks you so very much for your support. Check our website and Facebook for on going activities.
www.e-clubhouse.org/sites/denbighgriffithon



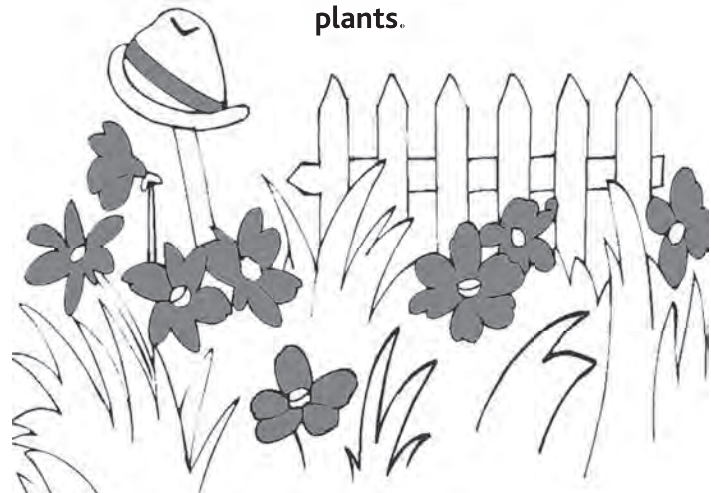
COMMUNITY GARDEN RESERVE YOUR PLOT!

The Greater Madawaska Seniors Housing Corporation (GMSHC) is developing a Community Garden on the land behind the community hall in Griffith.

The community garden is being developed for those that have no space, poor soil for a garden, or for those who simply want to learn about gardening.

If you are an avid gardener and would volunteer to share your knowledge you would be very welcome.

The only cost for you would be the cost of your seeds and plants.



Space is limited so reserve now!

To reserve please email: gmsbc99@gmail.com or call Juliette at 343 943-7690

Financially supported by the New Horizons Seniors Program

Whether you looked upon the pageantry surrounding the coronation of a new king and queen with excitement or indifference, it is a major historical event.

King Charles III and Queen Camilla are now monarchs of 14 countries as well as the UK: Antigua and Barbuda, Australia, The Bahamas, Belize, Grenada, Jamaica, New Zealand, Papua New Guinea, Saint Kitts and Nevis, Saint Lucia, Saint Vincent and the Grenadines, Solomon Islands, Tuvalu, and of course Canada.

It's a symbolic role as they are heads of state, not heads of government, and will not be directly involved in governing. Queen Elizabeth was head of state of 32 countries at first, but 17 cut ties during her reign as the era of colonization waned. It's not an essential role.

An interesting fact about Canada's history is that although the Canadas were ruled by the British monarchy, Upper Canada was ruled by an oligarchy known as the Family Compact. They had hopes of setting up their own kingdom with serfs working the land and wealthy landowners raking in the money. Between 1825 and about 1845, the famous Laird McNab had one of those fiefdoms in what is present day McNab-Braeside Township. Instead of giving his Scottish serfs their own Crown Land Patents that he "managed" for the Family Compact, he kept them for himself, forcing the peasants to rent their own lands under miserable conditions. Protests to him or the ruling Family Compact fell on deaf ears and the Laird continued to throw lavish parties while others went hungry.

During this time, some of the

poor farmers escaped from that misery and one of the places they moved to is a remote area of the highlands where they wouldn't be found. That area is now called Matawatchan.

It wasn't an easy move. There were no roads yet, so they came up the Madawaska River, then up Colton Creek to where they stayed on to farm, trap, log, and trade with the Algonquins.

The Family Compact's dreams of empire were eventually foiled. Following complaints from farmers, a Crown Patent Agent from Perth investigated Laird McNab. McNab had to sell his lands back to the Crown for a low price. The serfs were then free to work on their own lands or sell them and move on and Laird McNab fled the country.

In a way, we can thank the nasty overlord, because what took place between 1825 and 1845 showed the need to have elected representation at the local level. This is why, based on recommendations in a report by Lord Durham, the first municipal act was created. The Acts for the Erection of Municipal Corporations, and the Establishment of Police Regulations in Upper Canada, came into effect in 1850. Instantly, Matawatchan, and so many places like it, became legitimate townships that were able to vote for a council to lead the municipal corporations.

Those regulations became the model for other provinces and although revised over the years, that is the system we have today, and each province has their own municipal act. A province as vast as Ontario cannot be run by a single order of government. Can you imagine having to appeal to the provincial gov-

ernment about a pothole? This story demonstrates the importance of having elected governance at the local level.

People often refer to upper and lower levels of government, but the Federation of Canadian Municipalities refers to them as orders of government. Each order of government serves its own function, none more important than the other. Municipal government is where your services are delivered, and is an essential order of government.

Municipal governments are non-partisan. They implement provincial programs such as education and health care no matter which party is in power. They refer to the Provincial Policy Statement (PPS) to ensure that the goals of the municipality align with that of the province and the province provides funding and grants to help the municipality deliver those services.



Several organizations provide tools, training, support programs, and grants to municipal governments. They are the voice of municipalities with the provinces, territories, and the federation. In 1899, forty-nine years after the first Municipal Act, what was to become the Association of Ontario Municipalities (AMO) was formed so that both appointed and elected representatives of Ontario's 444 municipalities could discuss common concerns and approach the Province of Ontario with a unified voice. Several sub-groups came out of that including the Rural Ontario Municipal Association (ROMA).


In 1901, what would become the Federation of Canadian Municipalities (FCM) was formed. Their members include more than 2,100 municipali-

ties of all sizes. Together, they represent more than 92 percent of all Canadians from coast to coast to coast. Municipal leaders from across Canada assemble each year to set FCM policy on key issues. They advocate for municipalities to be sure their citizens' needs are reflected in federal policies and programs. Year after year, their work benefits every municipal government and taxpayer in Canada, and their programming delivers tools that help municipalities tackle local challenges.

FCM International helps local government, elected officials, and staff around the world share knowledge, solve problems, deliver services, and forge business connections. This expands municipal engagement on a global scale. FCM International's programming has helped Canadian municipal elected officials and staff share knowledge and build relationships with their counterparts in Asia, Africa, the Middle East, Latin America, the Caribbean, and Eastern Europe. Their peer-to-peer approach helps global partners learn how to foster lasting economic development, empower local governments, and encourage civic participation. The end goals are more accountable local governments, stronger local economies and increased environmental sustainability.

No matter how you feel about the monarchy, we should all feel proud of how our system of government works, and how all orders of government in Canada work together to hear your voice and deliver services every day. Let's be grateful that the Laird's system of government was stopped. O Canada!




Swiss ~ German Cuisine
 Open Wednesday – Sunday 3pm to 9pm

Spaetzle, lasagna, schnitzel... Everything is made in house with farm-fresh ingredients. Enjoy a place of warmth next to the glass fireplace, good company along the granite top bar and relaxation on the outdoor pondside terrace.

*A taste of the Swiss Alps
 in the Heart of the Ottawa Valley*

Located inside Calabogie Peaks Resort Hotel
 30 Barrett Chute Road Calabogie

613 735 4773,  Like CanthooksCalabogie
 canthooksrestaurant@gmail.com
 calabogie.com/canhooks-restaurant



Kelly Derue, Broker
 Phone: 613-433-2681
 kelly-derue.com
 Email: kelly.derue@exprealty.com

Thinking of buying or selling? Visit my website for some helpful info.

Calabogie Waterfront!



2255 Calabogie Rd Over 400' of waterfront along pristine Madawaska River in Burnstown. Beautifully treed 3-acre lot bordered on either side by a creek. The owners are skiers and use this 2 + 1 bedroom cottage rear round. The septic and drilled well were installed in 2004. MLS#1332961 \$749,900

Choose Your Lot and We Will Build!



00 Pinnacle Rd and 00 Hwy 132 We are waiting for you to choose the location of your Brand New 1600 sq/ft home and we will build it. Choose the beautiful 2-acre sloping lot on Pinnacle Hill with a great view of rolling farm fields or you may prefer the wooded 5.44 acre lot on Hwy 132. Let us know, we want to start digging! MLS #1330097 and MLS# 1330098 \$799,900

All Appliances and Equipment Included!



68 Scotch Bush Rd Great price AND great location for this 2+ bedroom home. This home has been very well maintained and is waiting for its new owners to move in. Detached double garage is insulated and easy to heat if you are the kind of person that likes to do projects in the garage. All appliances included as well as generator, lawn and garden equipment, and much more! MLS # 1318389 309,900

Access to Small Quiet Lake!



28044 Hwy 41 Beautifully treed 1-acre lot with access to small lake. You could build your home or cottage with a view of the lake and also have direct access to Highway 41. This lot comes with a smaller trailer that you could enjoy on weekend visits. MLS#1338628 199,900

Call and let me surprise you with what your home is worth!

Discovering the Magic of Native Plants

By Lynn Jones, The Ottawa River Institute



NATIVE FLOWERS SUPPORT BUTTERFLIES

Baltimore Checkerspot butterfly on a Black-Eyed Susan flower, a keystone native plant supporting 14 species of caterpillars and 17 species of pollinator bees.



BUTTERFLIES AND MOTHS MAKE CATERPILLARS

Black-capped Chickadees gather hundreds of caterpillars to feed their babies. Keystone plants such as oaks and hawthorns that support many species of caterpillars help chickadees reproduce successfully.



CATERPILLARS NEED NATIVE PLANTS

Luna moth caterpillars are raised on Birch leaves, a keystone native tree in the Ottawa Valley. Birch trees support almost 400 different species of caterpillars!



MOTHS AND CATERPILLARS PROVIDE FOOD TO FOREST BIRDS

Adult moths and caterpillars provide food for owls and other forest dwelling birds and it all starts with preserving and planting native species.

If you must have mown grass, allow each round of native and non-native "weeds" to flower and only mow it after they go to seed. So what if your grass gets 10" tall instead of 3" each time. You are supporting wildlife.



Butterflies sip nectar and many birds eat the seeds of Goldenrod, such as Cardinals, Dark-eyed Juncos, Chickadees and Goldfinches. It adds colour to your garden and is a traditional medicinal plant.



Leaves of White Oak, a keystone plant in the Ottawa Valley that supports an astonishing 442 different species of butterfly and moth caterpillars.



Echinacea is a keystone plant species in the Ottawa valley that supports several specialist pollinator bees. Its nectar is enjoyed by many butterflies and it, too, is a medicinal plant.



The leaves of the Hawthorn support more than 150 species of butterfly and moth caterpillars and the flowers provide nectar to many butterflies and bees and they look good! **LEAVE THEM BEE!**

"Native plants" are trees, shrubs and wildflowers that have been present in the landscape of a particular place like the Ottawa Valley for thousands of years. They supported Indigenous peoples for millennia before settlers arrived bringing their favourite food, medicine and ornamental plants from other continents.

Examples of native plants in the Ottawa Valley include Red and White Pines, Oaks, Eastern White Cedars, Silver and Sugar Maples, Birches, Chokecherry, Hawthorn, Blueberry, Cranberry, Pussy Willow, Goldenrod, Asters, Evening Primrose and Black-Eyed Susans.

Native plants were diminished greatly in numbers by settler activities such as forestry, agriculture, road-building, and expansion of cities and towns. At the same time, some non-native plants brought by settlers or imported accidentally have become invasive, taking advantage of the fact that they have no natural predators.

In recent years, some gardeners have discovered attractive traits of native plants, such as their ease of cultivation and support for pollinators. We have all heard that pollinator species are in trouble and we must save them or go extinct ourselves since they pollinate so many of our food crops. So it's a very good thing that folks have been adding native plants to flower gardens and even planting pollinator gardens to specifically feed bees and butterflies.

But If you delve a little more deeply into what is known about native plants, you will discover a world in which native plants have a seemingly magical ability to create a thriving web of life. Planting some native

trees, shrubs and flowers in an otherwise barren field or swath of lawn can in very short order attract hundreds of species of insects, birds and other animals interacting with lush greenery and native flowers in complex and wonderful ways!

Native plants have this special ability to create thriving webs of life because they have co-evolved for millennia with insects, birds and other animals that depend on them for food and habitat. If you bring some of the native plants back, the species that depend on them come back too. The complex relationships are surprisingly quick to re-establish themselves when native plants are re-introduced to the landscape.

There is a special category of native plants known as "keystone plants." These are plants with a disproportionately large share of the ability to boost local food webs and magnify biodiversity. Some examples of keystone plants in the Ottawa Valley are Oaks, Pines, Birches, Chokecherries, Hawthorns, Blueberries, Goldenrod and Asters. Detailed lists are available on the keystone native plants pages for Northern Forests and Eastern Temperate Forests of the National Wildlife Federation website.

Keystone plant species support large numbers of different species of pollinators and/or caterpillars. Many people are less than enthusiastic about caterpillars, but we need to learn to love them! They are the main food for songbirds which have drastically declined in abundance over the last several decades. Planting keystone species that support hundreds of butterfly and moth caterpillar species helps songbird populations to recover.

To take just one example of how important caterpillars are to songbird populations, consider that a chickadee raising young needs to collect upwards of 500 caterpillars each day to feed its babies in the nest!

Much of the new knowledge about native plants and their phenomenal contribution to biodiversity is the work of a scientist named Douglas Tallamy at the University of Delaware. Tallamy discovered the amazing ability of native plants to boost biodiversity through practical experience on a piece of farmland in Pennsylvania where he built a house in the early 2000's. He planted native species on his property and his neighbour planted exotic imports from Asia.

After a dozen years or so, Tallamy noticed that he had hundreds of different species of caterpillars on his oaks and other keystone plants, while his neighbour had none. In turn, those hundreds of species of caterpillars supported dozens of species of breeding birds on his property. There is an inspiring 40-minute introduction to Tallamy's work in a Youtube video entitled "Saving Nature with Doug Tallamy."

Helping to bring back songbirds by planting keystone plants that support caterpillars is a wonderful thing to do, but there are many other reasons to be enthusiastic about reviving diverse local ecosystems. Scientists like Tallamy remind us that humans are totally dependent on "services" provided by native plants and animals in thriving ecosystems such as mature forests, meadows and wetlands. These services include oxygen production, air quality improvement, conversion of sunlight into food, flood control

and water quality improvement, carbon sequestration, topsoil creation, erosion control and many more.

Here in the Ottawa Valley there are a number of small nurseries that specialize in growing and providing native trees, shrubs and flowering plants. Connaught Nursery near Cobden, Ontario, Beaux Arbres near Bristol, Quebec, and Solidago (the Latin name for Goldenrod) in Wakefield, Quebec are three of these nurseries on the leading edge of the native plant revolution. Your favourite local nursery likely also stocks some native plants and will add more as demand grows.

Bringing back native plants and the rich diverse ecosystems they support is something that can be done by everyone - individuals, schools, municipalities and business owners can all participate. One way to start is to reduce mowed grassy areas. Plant part of the mowed area in native trees, shrubs and flowers and then watch biodiversity take off!

The Corner Pollinator Garden is a wonderful blog about turning a piece of lawn in the west end of Ottawa into a thriving garden full of many species of plants, pollinators, and birds. The gardener, Berit Erickson provides a wealth of information including a big list of sources for native plants in the Ottawa Valley.

There are many other internet sources of information about the native plant revolution including the City of Ottawa and the Ottawa Horticultural Society which both include native plant pages on their websites.

Test your Trail Knowledge! By Lesley Cassidy

Pelting rain. Sunny days. Snow squalls. Welcome to spring in the Ottawa Valley! The trails are starting to dry out and it's time to tune up the All-Terrain Vehicles (ATVs) and clean your hiking boots. Before you head out the door, do you know how to deal with a bear? Or what is the longest ATV, hiking, cycling and snowmobiling trail in the Ottawa Valley? Here is some spring trail trivia for a rainy day...



No matter which trails you follow or how you travel, getting there is more than half the fun when you get out and explore in the open air. We aren't going to tell you where these trails are. You know the only bad trails are the ones you don't get out and discover. Do you recognize any of them?

1. Canada is home to the world's longest trail. The Trans Canada Trail, linking over 1000 communities, is:

- a. 8,000km long
- b. 50,000km long
- c. 28,000km long
- d. 2,000km long

2. The original rail trail in the Ottawa Valley is the K&P. It was the Kingston to Pembroke rail line, transporting its last passenger in June 1961. It transported people, maple syrup, wood, graphite and mail during its heyday. It's now a favourite multi-use trail for ATVs, snowmobiles, cyclists, walkers and bird watchers. What is another well-known nickname for it?

- a. Kneel & Push
- b. Iron Horse
- c. Kick & Pass
- d. Kick & Push

3. What is the official geographical name of the mountain Calabogie Ski Peaks and parts of the Manitou Trail Network travel on?

- a. Dillan
- b. Dicksons
- c. Doyle
- d. Mulvihill

4. How much of Ontario is crown land?

- a. 45%
- b. 87%
- c. 92%
- d. 78%

5. Crown land is plentiful in the Ottawa Valley for recreational activities such as camping, dirt biking, hiking, snowmobiling etc. What activities require approval from the Ministry of Natural Resources and Forestry:

- a. Create a new trail, build a water crossing, hold an organized event
- b. Create a new trail, camp for more than 21 days
- c. Build a water crossing, camp for 21 days, use a motorboat
- d. Fishing, holding an event, use of a motorboat

6. Name the short but steep and rocky trail in the Ottawa Valley that takes you to the top of cliffs, a beautiful lookout

over a wider section of the Bonnechere River.

- a. Forest Lea
- b. Tramore Cliffs
- c. Bonnechere Cliffs
- d. Eagle's Nest

7. Dave's Drop is the name of a dip on one of the trails found at the Madawaska Nordic Cross Country Ski Network in Calabogie. A small sign is nailed onto a tree. Dave Howell was:

- a. A mountain biker
- b. A snowshoer
- c. One of the founders of the trail
- d. One of the owners of the land

8. Are you allowed to ride your ATV or SXS on Ontario Federation of Snowmobile Clubs (OFSC) trails after the snow melts?

- a. Yes
- b. No. Many snowmobile trails are

part of agreements with private land-owners.

9. The Renfrew County ATV Club asks users to respect that the trails require drying out after snowmobile season before enjoying ATV fun. What is the date the season begins:

- a. May 30
- b. April 18
- c. March 30
- d. May 1

10. Name the Ottawa Valley trail where the cement pilings of the long-gone fire tower still exist near the top of the mountain, offering stunning views of the Madawaska Highlands:

- a. Griffith Uplands Trail
- b. Deacon Escarpment
- c. Tramore Cliffs
- d. Jameson Mountain

11. The Ottawa Valley has a long history of logging. What two areas in the

Take good care of your baby...



...right here in Calabogie
 52 combined years of Master Marine, Sled, ATV and UTV knowledge and workmanship on all makes. Emergency? We'll meet you on the water or in the bush.

- SALES • RENTALS
- PARTS AND SERVICE
- ALL MAKES AND MODELS
- FXR SUPER DEALER
- ACCESSORIES • STORAGE-WRAPPS



In the Heart of FUN COUNTRY!
 613-623-4410
 5056 Calabogie Rd. Calabogie

BUY 'em RENT 'em RIDE 'em urban-sport.ca



Getting there is more than half the fun!
Above: Lookout on Wabun Trail



Right: Flinton waterfall

Now all you have to do is figure out how to get there. Happy trails!

Valley have trails to hike or snowshoe through stands of 150-year-old (and older) pine trees? Both sites were established in partnership with logging companies.

- a. Leclaire County Forest and Shaw Woods
- b. Gillies Grove and Shaw Woods
- c. Kennelly County Forest and BORCA trails
- d. Rocher Fendu and Lorwall County Forest

12. Enjoy pictographs? Name two areas to canoe or motorboat to in the Ottawa Valley that depict Indigenous rock art:

- a. Oiseau Rock and Bon Echo Provincial Park
- b. Eagle's Nest and Griffith Uplands Trail
- c. Wabun Lake Trail and Mountain Chute
- d. Calabogie Lake and Centennial Lake

13. Dacre Heights is a non-motorized playground to hike, ski, snowshoe and enjoy a spectacular view from the top perched on the two red chairs. What was the original name of this hill when it was a bustling downhill ski centre in the 1970s and 80s?

- a. Mount Alice
- b. Candiac Skiways
- c. Radcliffe
- d. Mount Madawaska

14. Name the dirt bike event held in the Ottawa Valley every year that sounds like a dance you might enjoy on a Saturday night. It's a two-day trail festival.

- a. Petawawa Polka
- b. Cloyne Two-Step
- c. Flinton Hustle
- d. Calabogie Boogie

15. How long, on average, does it take to groom the Madawaska Nordic ski Trails

in Calabogie? (not including the time it takes pull the snowmobile out when it gets stuck or the time spent trimming the trees and removing branches off the trail)

- a. 1 hour
- b. 3 hours
- c. All day
- d. There is no grooming.

16. What is the town's name in Lennox and Addington with almost ten kilometres of hiking and cycling trails, and then, you can enjoy your lunch near a rumbling waterfall?

- a. Cloyne
- b. Denbigh
- c. Kaladar
- d. Flinton

17. What disease can you get from a tick bite?

- a. Shingles
- b. Lyme
- c. Dengue
- d. Arthritis

18. Name the cross-country ski trail centre in the Valley on private land owned by five landowners who allow it to be used each winter as a ski centre. Hint: there is an annual ski event for kids and adults each February.

- a. MadNordic
- b. Deep River
- c. Opeongo
- d. Flinton

19. Ontario has Canada's longest marked hiking trail (and oldest) at 890 kilometres. Hike from the Niagara Escarpment to Tobermory through a UNESCO World Biosphere Reserve. The name of this trail is the:

- a. Ganaraska Trail
- b. Ottawa-Temiskaming Highland Trail
- c. Waterfront Trail
- d. Bruce Trail

20. The Ottawa Valley has over 900 lakes and four major river systems offering recreation opportunities for fishing, paddleboarding, kayaking and motorboating. Name the four major river systems:

- a. Ottawa, Madawaska, York, Bonnechere
- b. Petawawa, Madawaska, Ottawa, Bonnechere
- c. Ottawa, Gatineau, Madawaska, Bonnechere
- d. York, Gatineau, Mississippi, Madawaska

21. What is the longest hiking, cycling, ATV and snowmobiling trail in the Ottawa Valley?

- a. Wabun Lake Trail
- b. Manitou Trail
- c. Algonquin Trail (Ottawa Valley Rail Trail)
- d. Forest Lea Trails

22. The logging history of the Ottawa Valley created many gravel roads and trails that are used today for recreation. Along the Madawaska River, the Stone Carvers of Denbigh installed a memorial in 2003 to the logging history and those who lost their lives. It was placed on the river's north shore, accessible by water and a short trail. Where is the monument located?

- a. Slate Falls
- b. Aumond's Bay
- c. Griffith
- d. Palmer Rapids

23. What should you do if you encounter a black bear on the trail?

- a. Take a selfie.
- b. Slowly back away while keeping the bear in sight. Use bear spray, wave

your arms and make noise with a whistle, or yell if the bear does not leave.

- c. Turn around and run.
- d. Make direct eye contact. Stare and challenge the bear. Pick up a stick.

24. What is the BORCA Spring Chicken? It will be held May 13, 2023 in the Ottawa Valley this year. It's a:

- a. Paddling event
- b. Jet ski event
- c. Mountain biking event
- d. Swimming event

ANSWERS:

1. c	6. b	11. b	16. d	21. c
2. d	7. c	12. a	17. b	22. a
3. b	8. b	13. b	18. c	23. b
4. b	9. d	14. d	19. d	24. c
5. a	10. d	15. b	20. b	



Lesley Cassidy has been cottaging near Calabogie for over 40 years and has just moved to the area. She grew up spending her summers in the area and visiting family in Ashdad and Mount St. Patrick. Her favourite pastimes are exploring 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.

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)
FURNACES, FIREPLACES

613-433-1111 RENFREW

ACCEPTING NEW PATIENTS

CALABOGIESMILES.COM • 613-220-6534

CALABOGIE SMILES

DENTAL HYGIENE

4984 Calabogie Road, Calabogie, ON.

Intermittent Fasting

By Derek Roche

Greetings highlanders! Spring has returned to the valley after a long, pandemic laden winter. You may not realize it, but where health is concerned, the seasons matter. Many of us have been dormant over the winter, with more screen time, more snacking and more sleep. Traditionally, spring has been considered the ideal time to fast as a way of detoxifying, cleansing and perhaps losing a few pounds of excess winter “insulation”. My regular readers may notice that I have written about the benefits of fasting before, but now is the best time to fast, and we can all use reminders now and again!

I often get feedback about how hard fasting is, but eating excessively is just habit! The story of life on earth is a story of starvation. As a result, our bodies are particularly well-adapted to prolonged fasting. Evolving in a context of scarcity is believed to have shaped our exceptional ability to store large amounts of calories when food is available. Of course, now our ability to easily pack on pounds is leading to modern diseases like obesity, heart disease and type 2 diabetes, but without the ability to store so much body fat, our species may not have made it to tell the tale! Even the most secure and affluent populations in today's world need only trace their history back a short distance. For example, there have been nearly 200 famines in Britain over the last 2,000 years.

In today's world, we tend to be suffering from too much food, which carries its own problems. The question



is, “might there be any negative consequences to not ever starving”? This is a question raised decades ago. If our physiology is so well-tuned to periodic starvation, maybe by eliminating fasting we may be doing harm to our overall well-being.

Where did we get this idea of fasting therapy, or fasting for medical purposes? It may have originally arose out of the observation that when people get acutely ill they tend to lose their appetite; so, maybe there's something in the body's wisdom to stopping eating. That's presumably where the whole “starve a fever” folklore came from.

There was this sense that fasting affords physiological rest for the

body, not just for the digestive tract, but throughout, allowing the body to concentrate on healing. It was evidently an open secret that veterinarians used to hospitalize dogs only to fast them back to health; and so maybe, the theory went, it might work for people too.

Beyond just freeing up all the resources that would normally be used for nutrient digestion and storage, there's this concept that during fasting, our cells switch over to some sort of protection mode. Why would fasting reduce free radical damage and inflammation and bolster cellular protection? It's the that-which-doesn't-kill-us-makes-us-stronger concept known as hormesis. So, that's kind of the opposite of the let-the-body-rest theory. It's more like let-the-body-stress. The stress of fasting may steel the body against other stresses coming your way. This was demonstrated perhaps most starkly in a set of cringeworthy experiments in which mice were blasted with Hiroshima-level gamma radiation sufficient to kill 50 percent within two weeks. But, of the mice who had first been intermittently fasted for six weeks before, not a single one died. It's this kind of dramatic data that led to extraordinary claims, like therapeutic fasting could drive half of all doctors out of business!

The reason many blood tests are taken before eating after an overnight fast is that meals can tip our system out of balance, bumping up certain biomarkers for disease such as blood sugars, insulin, cholesterol, and triglycerides. Yet fewer than 1 in 10 Canadians may even make it 12 hours without eating. As evolutionarily unnatural as eating three meals a day is, most of us are eating even more than that. One study using a smartphone app to record more than 25,000 eating events found that people tended to eat about every 3 hours over an average span of about 15 hours a day. Might it be beneficial to give our bodies a bigger break?

Time-restricted feeding (intermittent fasting) involves trying to con-

fine calorie intake to a set window of time, typically 3–4 hours, 7–9 hours, or 10–12 hours a day, resulting in a daily fast lasting 12–21 hours. When mice are restricted to a daily feeding window, they gain less weight even when fed the exact same amount.

If you have people even just stop eating between 7 p.m. and 6 a.m. for two weeks, they lose about a pound each week, compared to no time restriction; no gadgets, calorie counting, or record-keeping. They were just told to limit their food intake to the hours of 6 a.m. through 7 p.m., a simple intervention, easy to understand and implement.

The next logical step was to try putting it to the test for months instead of just weeks. Obese men and women were asked to restrict eating to the eight-hour window between 10 a.m. and 6 p.m. Twelve weeks later, they had lost seven pounds. This deceptively simple intervention may be operating from a number of different angles. People tend to eat more food later in the day, and more higher-fat foods later in the day. By eliminating eating in the late evening hours, one removes prime-time snacking on the couch, a high-risk time for overeating. And indeed, during the no-eating-after-7-p.m. study, the subjects were inadvertently eating about 250 fewer calories a day.

There are other benefits to avoiding late-night eating. For example, the exact same number of calories at dinner is significantly more fattening than the same number of calories eaten at breakfast. Calories in the morning cause less weight gain than the same calories given in the evening. A diet with a bigger breakfast causes more weight loss than the same exact diet with a bigger dinner. Nighttime snacks are more fattening than the same snacks in the daytime. Thanks to our circadian rhythms, metabolic slowing, hunger, carbohydrate intolerance, triglycerides, and a propensity for weight gain are all things that “go bump in the night”.

In summary, after a long winter, it is a good idea to give your digestive system and your entire body a rest in order to heal and regenerate. A safe, simple way to do this is to stop eating after 5 or 6pm, and, when you wake up hungry, eat a good breakfast, with a smaller meal in the afternoon.

Wishing you all good health.



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

CI ASSANTE | **Steadfast**
WEALTH MANAGEMENT | **Wealth Team**

SIMPLIFYING
PRESERVING
& ENHANCING
**YOUR
WEALTH**

**Are you
considering
a second
opinion?**

BANCROFT OFFICE
1-888-607-7736

PEMBROKE OFFICE
613-735-8366

Steadfast Wealth Team is a branch that is comprised of Assante Capital Management Ltd. and Assante Financial Management Ltd. financial advisors. ACM, a registered investment dealer, is a member of the Canadian Investor Protection Fund and Investment Industry Regulatory Organization of Canada. AFM, a registered mutual fund dealer, is a member of the Mutual Fund Dealers Association of Canada, and MFDA Investor Protection Corporation.



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

Mon to Fri 10 - 6
Saturday 10 - 5
Closed Sundays

info@puravida-nutrition.ca
www.puravida-nutrition.ca

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

Hypertension and your Dental Hygiene Appointment

By Tamatha Strachan

Pic by Mockup Graphics, Unsplash.com

Welcome back readers. It is well known that regular dental hygiene appointments are essential for maintaining good oral health. During these appointments, your dental hygienist will perform a variety of procedures to assess your overall oral health, check for suspicious areas, clean your teeth and ensure that your gums are healthy. Many people may not realize that blood pressure is also an important factor that is often discussed and checked during a dental hygiene appointment. It's important to note that dental hygienists are not diagnosing high blood pressure or providing treatment. Instead, we are screening patients for the condition and referring them to a physician if necessary.

High blood pressure, or hypertension, can be a serious health condition that increases your risk for heart attack, stroke, and other health problems. Six million Canadian adults have high blood pressure, representing 19% of the adult population. Of those, 17% are unaware of their condition according to the Heart and Stroke Foundation.

Blood pressure is a measure of the force of blood against the walls of your arteries as your heart pumps it through your body. When your heart muscle pumps, the force of the blood against your artery walls is at its greatest. This is called the systolic blood pressure. It is the top or larger number of your blood pressure reading. When your heart relaxes between beats, the force of the blood decreases and your blood pressure drops to its lowest point. This is called the diastolic blood pressure. It is the bottom or smaller number of your blood pressure reading. As an example, a blood pressure of 120/80 means a systolic blood pressure of 120 mm Hg (millimeters of mercury) and a diastolic blood pressure of 80 mm Hg. Blood pressure readings between 120-129/80 mmHg are considered elevated, while readings between 130-139/80-89 mmHg are classified as stage 1 hypertension. Readings of 140/90 mmHg or higher are considered stage 2 hypertension. Blood pressure can vary depending on factors such as stress, physical activity, and time of day. I recommend regularly checking your blood pressure at home and tracking in a log book.

There are a number of reasons why checking blood pressure during a dental hygiene appointment is important. First and foremost, it can help identify patients who may have undiagnosed



hypertension. Many people with high blood pressure may not realize they have the condition because it often has no symptoms. By checking blood pressure during a dental hygiene appointment, your dental hygienist can help identify patients who may need further evaluation and treatment for high blood pressure. Checking blood pressure during a dental hygiene appointment can help monitor the effectiveness of treatment for patients who are already being treated for hypertension. Regular blood pressure checks can help ensure that blood pressure is being properly controlled and that treatment is working effectively.

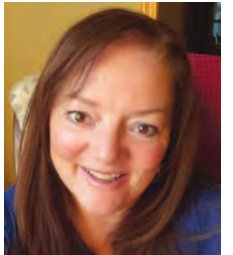
The link between hypertension and oral health has been established by numerous studies. One of the primary ways hypertension affects oral health is by reducing the blood flow to the gums. Reduced blood flow to the gums can lead to gum disease, which is a bacterial infection that damages the tissues and bones that support the teeth. Gum disease is a serious condition that can cause tooth loss if left untreated. In addition to reducing blood flow to the gums, hypertension can also cause dry mouth, which is a condition where the mouth does not produce enough saliva. Saliva is essential for keeping the mouth clean and healthy by neutralizing acids and washing away food particles and bacteria. Without enough saliva, bacteria can thrive, leading to tooth decay and gum disease. Another way hypertension affects oral health is by increasing the risk of oral infections. Hypertension weakens

the immune system, making it harder for the body to fight off infections. This can lead to oral infections such as tooth abscesses, which are pockets of pus that form at the root of a tooth. Furthermore, some medications used to treat hypertension can also have an impact on oral health. **For example, some blood pressure medications can cause dry mouth, while others can cause changes in taste or gum overgrowth.**

Blood pressure checks are an important part of a dental hygiene appointment to ensure that it is safe to proceed with your dental cleaning. So, next time you go for a dental hygiene

appointment, don't be surprised if your dental hygienist takes your blood pressure – it's just another way we are looking out for your overall health.

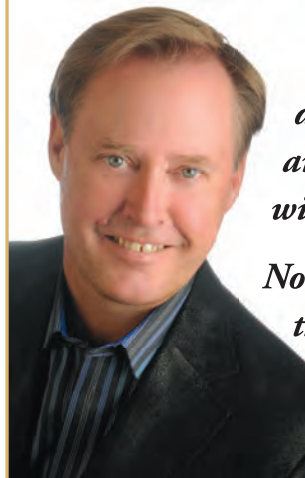
Tamatha Strachan is a registered dental hygienist with the College of Dental Hygienists of Ontario. She is the owner/operator of Calabogie Smiles Dental Hygiene Services located in the Calabogie Medical building.



CRAIG
Armstrong
sales representative
A Name You Can Trust!

Thinking of
Selling or Buying
in 2023?
Let's Get Started!

There's no doubt you have heard about a shift in today's housing market. After the frenzy of the past few pandemic years, the real estate landscape has changed, and the market is correcting and adjusting. If you're wondering how this change impacts you, please reach out to me.. I welcome the opportunity to sit down and chat about the market, answer any questions you have. And of course without any obligation.



Now more than ever it's important to trust the services of an experienced Realtor who is adept at navigating changing markets.

Contact me & schedule a
**FREE REAL ESTATE
CONSULTATION**

Cell: 613-818-9751

Toll Free: 1-800-307-1545

Email: CraigArmstrong@RoyalLePage.ca



WHITEWATERPESTCONTROL.COM

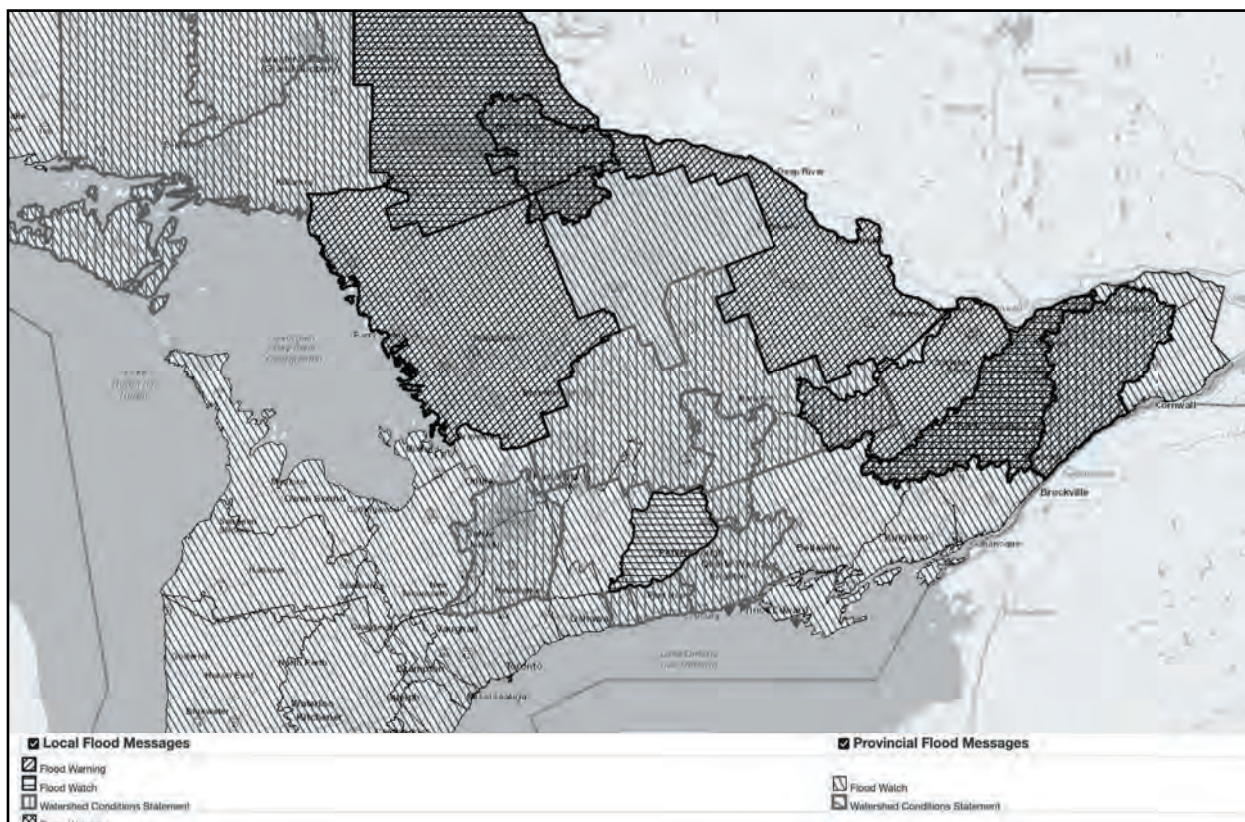
Local, Family Owned 613-312-2218
Guaranteed Services

24 Hours / 7 Days a Week
Licensed Technicians
Senior & Military
Discounts

CONTROL:
Pests
Wildlife
Rodents
& More

**WHITEWATER
PEST CONTROL**

Are you Prepared for an Increasing Frequency of Disasters? By David Arama



Even if your own neighbourhood is high and dry and not prone to flooding, before you travel, be sure to check the flood map for where you will be going. Search for Ontario Flood Map and destination flood maps online.



Although we get warnings that tornadoes, microbursts, or derecho storms are a possibility on any given day. Their exact paths are unpredictable. Take warnings seriously and prepare to take shelter. Most importantly, stay off the road.

Our regions are facing increasing frequency and severity of extreme weather disasters. In the past year they left property owners and businesses reeling with extensive damage, injuries, and some fatalities. Recently, the Ontario Provincial Government announced \$5.5 million in emergency grants for 22 af-

ected townships hit by last summer's tornadoes and storms. This is for the municipal governments, not directly for the individual victims, and at that, it's a tiny drop in the bucket that has destroyed many properties and left a tinderbox of dead trees – perfect fuel for forest fires.

There's not enough money from our GDP to possibly handle large-scale disasters across the country. This has been proven over again, with the 2019 Ottawa Valley and Eastern Ontario Floods, the COVID Pandemic, and with the 2023 Derecho storms. You need to be prepared, rely on your own survival preparedness plans and

insurance coverage, and have a war chest of funds.

This spring also saw ice storms hit Eastern Ontario and Western Quebec, major flooding in many watersheds, and there was the Christmas snow disaster that closed highway 401 from Quebec to Windsor, leav-

613-570-4983
 Homemade Sauces
 Fresh Ingredients
FREE LOCAL DELIVERY
 Out of town available
 Gluten Free & Vegan options

GREAT SELECTION OF PIZZAS, BURGERS, SANDWICHES, SUBS, QUESADILLAS, NACHOS, PASTA, WINGS, FISH & CHIPS AND MORE

LARGE 3 TOPPING PIZZA

With this coupon. One per customer

LOCATED AT

Calabogie Pizzeria
 4983 Calabogie Rd. Calabogie
613-570-4983

WANT A PART TIME JOB?

The Greater Madawaska Seniors Housing Corporation (GMSHC) is developing a list of people that are willing to help seniors with a variety of jobs that include but are not limited to:

- Driving seniors to medical appointments
- Snow removal
- Wood chopping, stacking or bringing to the house
- Cleaning services:
 - house, garage, windows, eaves troughs
 - Grass cutting
 - Household garbage removal
 - Minor repairs to doors, locks, windows
 - Install or fix grab bars, banisters, railings, smoke detectors, curtain rods, screens etc.

The list of workers will be sent to 150 members of the corporation and the seniors will call you when needed.

The senior and the worker will agree on the cost per hour or per job.

If interested please email: gmshc99@gmail.com or call Juliette at 343 943-7690

ing thousands of travellers stranded. Hundreds camped out overnight at Walmart and on Via Passenger Trains.

Survival Tip: *When a storm warning is issued, with highways being closed, postpone trips.*

Cancel travel plans when there are extreme weather warnings. During the 2022 Derecho Storms, and last year's Christmas snowstorm debacle, there were widespread Environment Canada Warnings and Cellphone Red Alerts. Still, thousands of Ontarians ignored all warnings and ended up stranded and in life-threatening scenarios, straining the abilities of first responders to get to them all. During the Derecho storms, people at some parks e.g., Bon Echo Provincial Park, had no warnings due to poor and non-existent cell phone coverage. The result was catastrophic. These parks should have a cell booster tower installed asap.

Should you rely solely on the authorities and governments in disasters? The preparedness authorities and municipal emergency teams are involved in giving out information to help you prepare, but that wealth of information is useless if you wait for a disaster to find out what you should have done. Things like emergency shelters, fire evacuations, sandbags, etc. are essential, but it's up to all of us to know what to do and how to access help.

When a disaster stretches the capacity of municipalities, they declare a state of emergency. This removes the ordinary level of service requirements mandated by the province. Things like clearing side streets of snow on time will have to wait while equipment is used where it's needed. It also allows them to get more resources from other orders of government and put the municipal emergency plan and team into action.

The Ontario Government's Emer-

gency Measures Website had many useful preparedness tips. It's continuously being upgraded, and EMO is taking the idea of disaster preparedness much more seriously than in the past.

ontario.ca/page/emergency-preparedness

Municipalities also provide valuable resources and information pertaining to disasters that are likely to occur in their areas. Download your municipality's emergency management plan and get to know what they put into play after a state of emergency is declared. Some plans are more robust than others. You don't just need to know what the township's emergency team will do, but what you should do. It could be as simple as having a battery-operated radio and knowing which radio stations will share information from your township. It's a good idea to check out emergency plans in municipalities where you cottage or vacation. They also post warnings from Conservation Authorities and Ontario Hydro for dam-controlled waterways that you should pay close attention to. They are becoming much more proactive than in the past, partly because of changes to provincial laws that require them to have emergency plans, but also because of the urgency of what climate change is doing to us.

***Tips during power outages*:**

- Rotary landline telephones don't require hydro to work, unlike most modern landline phones, so have one available. You can find them in junk stores.
- Careful with Candles, the fire department is well aware of the increased risk of fires as a result of too many candles being lit during a power outage.
- Be aware of the risk of carbon monoxide poisoning. Candles need to be in heat-proof glass containers, or get oil lamps.

- Never use Portable Generators or BBQ's indoors or in Connected Garages, since there is a huge risk of carbon monoxide poisoning. During the recent ice storm, hundreds of victims were admitted to hospital emergency departments in Eastern Ontario and Quebec, and there was a fatality.

- Have Battery Operated Smoke and CO2 Detectors, since the wired-in ones won't work during blackout.
- Have a Woodstove, it doesn't require hydro.
- Get a battery powered radio.
- Have Subzero Sleeping Bags and Wool Blankets, and a supply of warm layered wool and fleece clothing on hand.

- For flood-prone areas, know where to get supplies of sand-

bags. The site will vary depending on the location of flooding, so listen to the radio for news.

- Also, invest in emergency water pumps, and have an emergency source of power to keep sump-pumps working, e.g., lithium backup powerpacks, solar, and portable generators.

- **Extra-Good Tip:** *Invest in a Generlink generator that hooks up to your hydro meter box. These retail for \$1,500+ depending on the amps and surge protection features. And first check with your electrician to see about local electrical regulations.*

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

Remember, be prepared, you are biodegradable.

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



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

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

GLEN'S

Country Car Sales & Automotive Repair

Low overhead
= Low prices

ALL
MAJOR REPAIRS

531 Whelan Road
(6 kms South of Hwy 41
West of Renfrew)
613-432-9480

Experience
= Excellence

- LICENSED MECHANIC
- DUAL EXHAUST SPECIALIST
- CUSTOM PIPE BENDING

Check us for tire pricing!

Safety inspections, Flex joints, Catalytic converters,
Brakes, Shocks, Struts, Tires, Batteries, Gas tanks,
Front end repairs, Walker Mufflers & Radiators

Can't find a part? We make 'em.
Foreign Vehicle? - Save big \$\$\$ on Exhaust work,
Maintenance and Repairs.



**GLAESERS
STORE
COUNTRY**

**HOME BAKING SATURDAYS
& SOUPER SUNDAYS**

Milk
Cheese
Groceries
Ice cream

Fresh Produce - Confectionary
Bacon - Sausage - Eggs
Art & Giftware
Hunting & Fishing
Fresh Brewed Coffee
Vintage & Thrift Shop too!

**POST OFFICE
BOTTLE RETURN**

7 days a week 8 am - 7 pm



**Milligan's Meats
Loads of Fresh Produce**

LIKE us on  for recipe ideas

156 Bridge Street, Denbigh 613-333-1313

Why Write? Why Enter?

“What I eventually realized is that the real business of books is not done by awards committees or people who turn trees into paper or editors or agents or even writers. We’re all just facilitators. The real business is done by readers.”

- Author: John Green

The blank screen stared back at me, defying me to despoil it with black marks that would mar its perfect surface. I prevailed. I fired my opening salvo, breaking down its defenses as words began to flow freely. Eventually the screen surrendered as my story came into existence...

It took me two days to finally settle on what I think is a great opening for this article. But is it a great opening? Is it a little overwritten? Will it flow into the next part? I have only myself as the judge at this point. The true telling will be when others read my story. You, the reader, are the true judge of anything ever written – anything ever read.

Writers rehearse in an empty theatre. No applause, no laughter, no gasps, no tears, no feedback. No work of art means anything until it is shared, critiqued, judged, read. That’s why literary awards are important, and it all starts with staring that screen down. Take the story that is in your head and give it life. Be not afraid of the blank screen. It is yours to conquer.

The purpose of the Madawaska Highlander’s Short Story Contest is to provide an incentive for readers to write and be read, to get feedback from judges and the general public, and perhaps to start a career. Why not?

Five hundred dollars in prize money is a lot for our at-cost publication, especially when you consider that it doesn’t cost anything to enter. Major awards are a step up. They can make a writer’s career, boost book sales, and inspire them to go on. That’s why we are so proud that Ken Puddicombe, one of our short story judges, won a prestigious prize for his book, *Down Independence Boulevard*.

When you read the story below, you will note that Madawaska Highlander contributor, Garry Ferguson, was a member of the Brampton Writers Guild along with fellow short story judges Michael Joll and Ken Puddicombe, who both offered their books as short story prizes in previous years. I can’t think of better judges for this contest. They regularly shared their stories and honed their skills with feedback from others in the guild. Feedback is never about cutting down. It is always about building up.

So, conquer that blank screen and give life to the story that’s in your head. Enter the Madawaska Highlander’s Short Story Contest without fear. The only bad stories are ones that didn’t get written. You might win, but you can never lose.

Ward: *Which would you rather have, a National Book Award or a Hugo?*

Le Guin: *Oh, a Nobel, of course.*

Ward: *They don’t give Nobel Awards in fantasy.*

Le Guin: *Maybe I can do something for peace.*

- Author: Ursula K. Le Guin

Categories and Prizes:

Adult Fiction – one prize of \$200

Adult Non-Fiction – one prize of \$200

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

People’s Choice: – one prize of \$50

Judges:

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

Kenneth Puddicombe, author

Garry Ferguson, writer, editor, former Madawaska Highlander contributor

Diane Bickers, writer, and enthusiastic reader

Dr. Max Buxton, physician, writer

Entries: No charge to enter. One entry per person. Open to Highlander readers including volunteer (unpaid) Madawaska Highlander contributors. Youth entries must state the age on their entry email and must be under 15 years on September 29, 2022. Youth 15 and under are eligible to enter either as youth, stating their age, or as an adult, without stating their age, but not both.

Stories must be:

Primarily in English. Original. Never published before. 1200 words maximum not including the title. Should not include your name or identifying information. Should only include category and title

Sending Stories:

Enter any time before September 29, 2023.

Email your story as an attachment to info@reelimpact.tv

Include your name, address, email address, phone number, story title, category, and age if under 15, in the body of the email

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



Writer and Highlander Judge, Ken Puddicombe, Scores Big

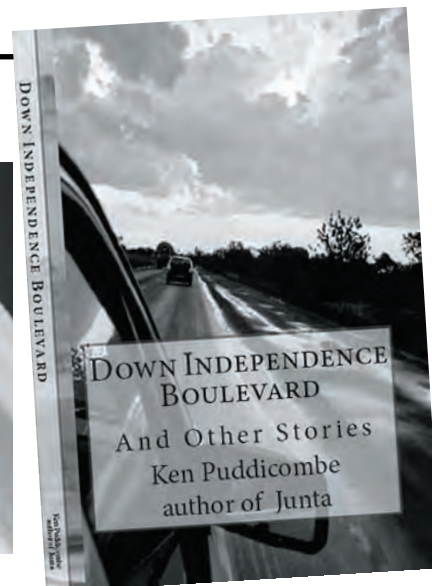
By Writer and Highlander Judge, Garry Ferguson



Ken Puddicombe receiving the 2022 Guyana Prize For Literature for *Down Independence Boulevard*, from The Prime Minister of Guyana in Guyana.



Ken Puddicombe on the news, giving his acceptance speech. What an honour!



Congratulations to Ken Puddicombe, (feel free to imagine deep genuflecting with headgear removed) writer of fascinating truths, tomes and tales, known to our readers as one of the “eminent” judges covering the annual Highlander Short Story Contest. He was recently awarded the prestigious **Guyana Prize for Literature (Fiction)**.

I first met Ken getting along to three decades ago when I joined the Brampton Writers Guild and was quickly struck by his descriptive abilities. His understanding of composition, as well as his ability to change his writer’s hats back and forth between a novelist and creator of the short story. It is an uncommon blessing among the scribblers that I know.

In the Guild, we took home a copy of each other’s weekly presentation and sweated over credible, constructive critiques. When I read Ken’s published works, I often smile when I come across

some familiar passage.

Rather than have readers suffer my rambling, I will defer to Ken’s own word as contained in his official bio:

Bio: [as written by Ken]

Ken Puddicombe’s first calling was in the Accounting profession. He’s a Professional Accountant {CPA, CMA} who provided controllership for a number of companies in the private sector before he retired to pursue his love of writing. His hobbies include travelling and he is slowly covering all five continents, having travelled to South East Asia, Africa, South America and Asia. He considers himself a people watcher and loves to observe all aspects of the human psyche. His writing has appeared in newspapers and literary journals. Originally from British Guiana [now Guyana] in South America, he immigrated to Canada in 1971 and lives in Brampton, Ontario with his wife, two

daughters and two grandchildren. *Racing With The Rain*, his first novel, is set in British Guiana, Cuba, Canada and Guyana was published in 2012. His second novel, *Junta*, was published in 2014 and is set in the fictional island of Saint Anglia.

His collection of short stories, *Down Independence Boulevard*, was released in 2017 and won the **GUYANA PRIZE FOR LITERATURE (FICTION)**. His first book of poems *Unfathomable and Other Poems* was released in May 2020. His genre is fiction based on international locations but especially focused in Canada, the Caribbean and Guyana. He is a member of several Writers’ Groups and the Owner/Operator of www.middleroadpublishers.ca and publishes for other authors seeking an outlet while he continues to write his own stories.

Ken sure did make it easy on this out-of-touch, out-of-shape and out-of-style scribbler by also sending the following back cover write-up of his prize-winner:

Back Cover Write-Up for Amazon:

A taxi driver sees changes in Independence Boulevard after freedom from Britain. A free-wheeling spirit spends time gambling and engaging in riots. A man is sentenced to death for the murder of his lover. Two women escape racial conflict and seek a better life at home and abroad. A housewife faces the last straw with her husband. A mailman is caught in the World Trade Center attack. These are some of the characters encountered in this engaging collection of sixteen short stories, some previously published from author Ken Puddicombe.

Bravo! Keep ‘em coming Kenny.

Of Mice and Woman!

By Antonia Chatson

Pic by The National Library of Medicine Unsplash.com

1993 was a good year for mice - that is if you were not trapped or eaten. Things came to a head when my husband and I were sitting at the kitchen table. We heard a shuffling sound. Looking around, we saw an albino mouse scratch its way out of a bag of flour and scurry across the kitchen floor, showing not one bit of shame at being caught in the act. We had been hearing mice running up and down between the walls of the house, no doubt honing their acrobatic skills on the electrical wires. We could hear them in the walk-in attic above the kitchen, so after this brazen affront to our privacy, I decided to set traps in said attic. At this stage there were no felines in the house.

I decided to set three traps to give the mice their pick of peanut butter. Often by the time I had reached the bottom of the stairs, I could hear one of the traps snap. We caught 85 all told that winter. A neighbour who also lived in an old farmhouse, stopped counting at 100. Our closest neighbour Morgan said he would check his trap line every few hours. One day he had a hankering for oatmeal porridge. He bent down to retrieve the bag from a lower cupboard. As he pulled it out he noticed dark specks in amongst the oat flakes. Upon closer examination he realized the black specks were mouse droppings.. As he bent down to have a closer look, all he could see was a large amorphous plie of speckled oat flakes. He said it took him a week to clean the place up and sterilize it.

Thirty years later, it looked as if we were going to have a repeat performance, As I sat on my Lazy-boy watching TV, with several felines on my lap and others draped over various pieces of furniture, there would be a most audible noise coming from the dropped ceiling in the living room, All eyes shot upwards and all heads moved in unison, following the noise. I am not sure where the expression, "quiet as a mouse" originated but it had to be from someone who had never been up close and personal with them. All heads would then nod into sleepy submission, then be startled anew with another round of hockey. It was not an unusual sight to see one of our felines traipsing through the living room with a mouse dangling from his mouth, followed by several wanna bes, hoping to at least share in a culinary delight, One day I noticed two cats at two corners of a cupboard in the hallway keeping watch over the two sides that were not adjacent to the wall. Every four hours, the shift would change and two other felines would give the sentries a break. I was assuming that an errant mouse had taken up refuge there. Somehow or other the mouse managed to sneak into my bedroom, because four cats moved in there with it, When the mouse was scurrying around they just watched him, heads nodding in unison. But when he went into hiding in one of my slippers, they chased the slipper all over the room. Sometime in the night they became exhausted and left my bedroom. I reminded myself that I should check my slippers before I put them on the next morning. One was a little heavier and when I shook it, out popped the now deceased villain.



Two of our young lads, Marco Polo and Covey took it upon themselves to rid our neighbour's barn of pests. Marco left his corpses in front of the door to the house and Covey left his outside the barn door. They were obviously not motivated by hunger. They must have been reading Oscar Wilde's opinion of fox hunting, "The unthinkable in full pursuit of the uneatable".

I figured this had gone on long enough, but the worst was yet to come. Our TV was screwed onto a shelf at one end of the living room. One kitty got behind the TV and when he heard the tell-tale noise, he leapt up towards the ceiling, but knocked the TV onto the floor in the meantime. I wept as I perused the mangled remains of what had been a brand new TV but 5 months ago and I vowed I would catch every last one of the critters.

I figured the obvious place for a communal get together would be in an upstairs bedroom through which ran the Selkirk chimney. I set two traps liberally coated with peanut butter, left them overnight and checked my trap line in the morning. The pb was eaten off both traps but the one had claimed the life of one villain. Whoopee! So I reset the traps and waited another 24 hours. Mousies numbers 1,2,3,4,and 5 were a piece of cake. I had brought up a grocery bag in which to house the corpses but at this rate I was beginning to think I should have brought a township bag. Mouse number 6 proved elusive. Every night he would

lick off the pb but escaped unharmed. I smeared the pb on the top of the trigger pedal, then I smeared it underneath the pedal. I made sure that I had tucked some right into the crevice between the pedal and the hinge, then in desperation I smeared it all over the wooden platform. No luck. I decided to place the trap on an angle over a small stick thinking that when the mouse's weight pulled down the trap it would trigger it to go off, No such luck. So I put it on a larger item to ensure a greater bump from the mouse's weight. Finally after 10 days I caught him and I did a victory dance around his pitiful corpse.

Onward and upward. I did notice a peculiar phenomenon. I left the pb jar on a shelf by the traps. Twice I found the top unscrewed and on the floor, even though I had screwed it on tightly. So I

decided to cross thread the lid and that foiled the critters. I also noticed little bits of paper like snow around the jar, then noticed that it had been the label from the pb jar. I checked inside the jar and sure enough the remaining pb was streaked with little scratch marks. As a friend remarked, they had nothing else to do.

Mouse number 7 was hanging onto his life and on day five, I realized I had another Einstein on my hands. After day six I nailed him. Mouse number seven was a weird one. When I checked the traps, both had the pb removed, one trap sprung, but no body. When I picked up the traps to reset them, I noticed mouse number 7, lying nearby, belly up, feet in the air. I figured he must have died of a heart attack. Mice numbers 8, 9, 10, 11 and 12 were run of the mill. Mouse number 13 was another strange one. Again both traps were sprung and pb removed. Again I noticed mouse number 13 lying two feet away from the traps. When I went to pick him up, he went ballistic and started thrashing around. I figure he was suffering from some strange neurological disorder.

This was turning into a labour intensive job. A friend suggested that if I tied a piece of thread around the trigger pedal into the pb, the mouse would have to tuck into it to get the remaining pb. This is becoming labour intensive and expensive. One morning I went up and found no mice, no pb, no thread and no traps. The thread worked better but then I discovered that along with the pb the thread also had disappeared, Which put me in mind of a Salvation Army couple who moved into Denbigh. Max was very rough and ready, and I could see him tackling any situation with gusto, but Ann was a delicate, refined person, whom I could not see encountering many situations the Army might entail. She told us one Christmas, that they had put tinsel icicles on their Christmas tree, which proved too tantalizing for their cat who was consuming them at an alarming rate. She said that she spent several weeks following the cat around, pulling tinsel icicles out of the nether regions of their feline,

I have to date bagged 28 mice. I might yet reach another 85. Too bad there is not a bounty on them. I am certain that when word gets around of the high quality pb that is served up on a designer platter, there will be more takers.



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.



50 Years of History Preserving & History Making

By Ken Hook and Various CDHS Members



The members of the Pioneer Club in 1974 when *The Oxen and the Axe* was first published. Back L-R: Andrew Snider, Oscar Meeks, Harold Thompson, Irv Brown, Alf Wickware, Clarence Bishop. Middle: Lizzie Meeks, Ada Levere, Dorothy Thompson, Ruby Bishop. Front: Nadine Brumell, Elsie Snider, Gene Brown, Geraldine Wickware. Missing from the photo are Arleigh and Mildred Maitland. Photo: *The Oxen and the Axe*, Second Edition, Second Printing 2020.



The original Pioneer Museum was built of local cedar logs in 1982 and has two additions since then.

The Pioneer Club began in 1972 as a group of dedicated individuals wanting to collect and preserve the histories and photos of the families who settled in our area. The result was *The Oxen and the Axe* published in 1974. The book was edited by Gene Brown and Nadine Brumell. Assistant editor was Elsie Snider. It was printed by the Madoc Review with initial financing from The New Horizons Program. Four years later, a second book, *Unto These Hills*, now out of print,

was published. *The Oxen and the Axe* was reprinted by the club in 1978, 1983, and 1996, with a second edition in 2008 and second printing in 2020. It remains a very popular book.

Hwy 41 Looking Back is the most recent release of the Cloyne & District Historical Society. This little booklet will take you down memory lane on Highway #41, from Kaladar to Denbigh. In the 1930s the highway was built to roughly follow the Addington Colo-

nization Road. Author Marcella Neely conducted countless interviews along the route to bring an accurate history of the businesses that developed. Some of the stories appeared in this column of the Madawaska Highlander. It is packed with pictures and makes the perfect stocking stuffer for all those who love the area. Place your order through the website.

The original museum building was a 20 by 30-foot log structure made with local cedar logs. It opened in 1982. The first museum addition, completed in 2003, was built by local workers and

volunteers and overseen by Ian Brumell. 2012 saw the building of another addition to the Pioneer Museum. Funding for the project was made possible through donations and grants from friends, local businesses, The Trillium Foundation, the MacLean Foundation, The Davies Foundation, and the New Horizons for Seniors Programme. The project was guided to completion by Ian Brumell and crew, many of whom contributed work-in-kind.

In early 2000 the club ceased operating as the Pioneer Club and became the Cloyne and District Historical

WESTLAND & SONS INC.



MOBILE AUTO SERVICE & REPAIR

Ryan Westland
LICENCED MECHANIC

We're on our way!
Home, Workplace,
Where it is Convenient for You
Convenient ~ Worry free ~ Competitive rates

(613) 324-1762
Westland.MobileAuto@gmail.com

An ACRE of great deals on
EVERYTHING!
from electronics to garden art
TUCKED IN THE WOODS
at Buckshot Lake

NEW & USED!
Cash or E-transfer

It's a beautiful drive
through the Highlands
north of Cloyne!

MEGA-YARD SALE

EVERY
SATURDAY & SUNDAY
9 - 4 pm Starting May 20
Weather permitting
(It's a better drive on a nice day)

1142 Overton Road
on Buckshot Lake
Off Buckshot Lake Road
between Plevna
and Vennachar



Lions and Dignitaries at the Friendship Arch prior to attending the first Speakers' Forum that was held in Northbrook Lions Hall



Ray Charbonneau and Lion Doug Galt

Society. It was incorporated as a not-for-profit organization the following year.

In March 2003, the first Pioneer Times was produced. Most of the information in this article was sourced from the Spring edition of that newsletter.

On April 12th, Lions, former Lions, and friends of Lions gathered to celebrate the Inauguration of the Friendship Arch erected in Northbrook. The Lions Club of Land O' Lakes was chartered in 1969 and today is stronger than ever with over 70 members. Local dignitaries attended the celebration and then followed inside to listen to the first speaker of the newly formed Speakers' Forum.

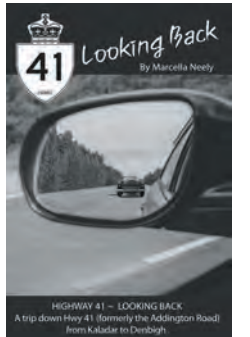
In current news, the Speakers' Forum is a new educational/cultural event in partnership with the Lions and the Cloyne and District Historical Society. Generous funding for the event series was provided by the L&A Coun-

ty Activation Fund. Each month from April to September, a different speaker will address an audience on general interest topics. On April 12th, art expert and restorer, Ray Charbonneau spoke on his experiences working in museums and galleries across North America. As an art restorer and gallery consultant he explained some of the most challenging aspects of his career.

Other speakers will include experts on geology and the history of local mines, international cargo, search and rescue, climate change, fraud, and scams, and lastly, the intricacies of naming an executor in your will. Mark May 15th on your calendar for Wayne MacLean's presentation on the Spicer family. Attendance is free for each session, but pre-registration is required. Register online: lolspeakers-forum.eventbrite.ca or register by phone: Ken (613-336-3211) or Nawar 778-384-3381.

A Bring a Thing and Tell a Tale Event was held on April 17 at the Annual General Meeting in the Barrie Hall in Cloyne. What exactly is a thing? It is whatever you want it to be. People brought objects from the past that are part of their history. It was well attended. Many great stories were told about amazing things that were unearthed.

On June 19th CDHS members are going to carpool to The Rock of Ages, a 100 year old monument carved in granite near Flinton.



Above left: The original edition of The Oxen and The Axe, now with a second edition for sale. Right: The newest publication, Highway 41 Looking Back. Both books are available through pioneer.mazinaw.on.ca and at the Pioneer Museum Hwy 41 Cloyne.

You can become a Patron of the Museum (\$25 per household) or a Member of the CDHS (\$10 per person for 2023). The fee can be paid from the website (Membership tab) or by sending an Interac e-Transfer to: cal21@mazinaw.on.ca

M&R Feeds and Farm Supply

RENFREW

MORE than
a Feed Store!

We really are MORE than a FEED STORE!

Huge Selection!

**GATES & HARDWARE, CULVERTS
POOLS, SPAS & SUPPLIES,
LOW PRICES ON FULL LINE
OF ROOFING STEEL**

*Need something special?
Give us a try!*



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

613-336-0117
1005 Marble Lake Road, Cloyne



Marble Lake Lodge's
**THE HUNGRY MOOSE
RESTAURANT**

Season Opens May 19
Take out, Dining Room, Patio

LLBO Licensed . Patio . By the beautiful Marble Lake
Call ahead or pop in
Stay up to date on our Facebook page

Amazing:

Tasty Poutines

Burgers

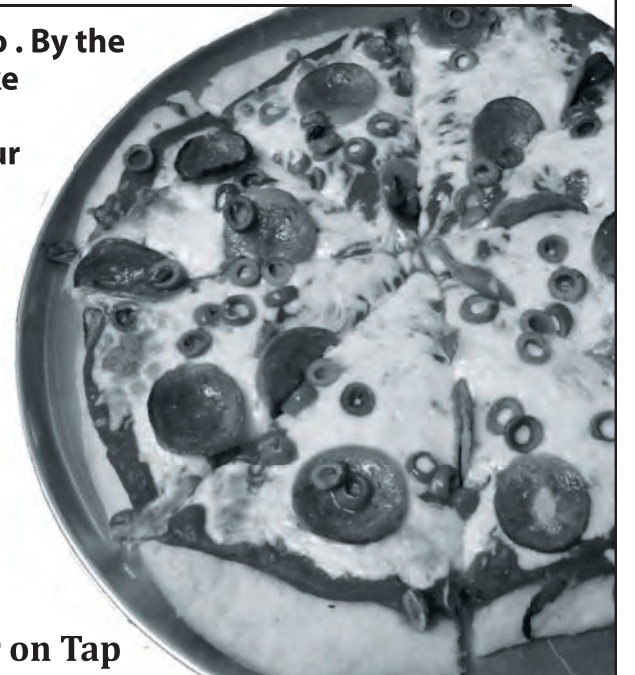
Club House

Fish & Chips

Handmade dough
stone baked

Thin Crust Pizza

Steamwhistle Beer on Tap



info@marblelodelodge.com
Open 7 days a week 11am - 8pm until Labour Day

HIGHLANDS HIKER

Let Nature's Timing Show You the Way

By Colleen Hulett



Above: Coltsfoot are usually the first on the scene.
Below: Bloodroot is my favourite indicator plant.



Above: Dutchman's Breeches
Below: Trillium, Ontario's official flower is a sure sign of spring



All of the above: Indicator plants tell you when the soil has warmed up, signalling an end to winter.



When flowers bloom, all is good in Northeastern Canada. Flowers are natural messengers of time and warm temperatures. Ephemeral wildflowers bloom to tell us it is the end of snow and arctic vortexes. Soils warm up enough for seed germination. Life begins. Ear-

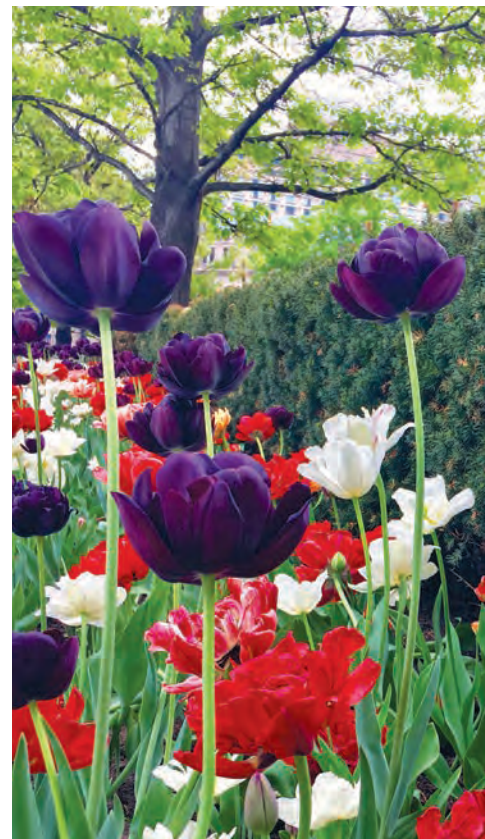
ly perennial wildflowers like trilliums, bloodroot, trout lilies and dutchman's breeches are great indicator blooms for warming soil temperatures in our region. Captive flowers like crocus or daffodils are helpful but unreliable as they are usually planted in warm weather-



Above: Chanterelles are associated with thick organic hardwood leaf matter, especially Oak Trees, and Tansy, below.



'[It] never made an ugly landscape. All that Sun shines on is beautiful, So long as it is wild.'
-John Muir-



Captive plants need human intervention to survive tough conditions. Although Tulips are a sign of spring, you'll never find them in the wild unless they were planted there.

protected sites like your yard or side of a building. They do not follow Nature's clock because they live in an artificial landscape and climate. Wildflowers, on the other hand, are closely following Nature's clock and their timing is directly related to soil temperatures. Flowers

have 'blooming times' that farmers have been using as a planting clock since 800 B.C.E. Today we call this Plant Phenology and it is a valuable tool used by dedicated mushroom hunters and plant foragers alike.

R.J. SELLE & SON

Sand & Gravel Ltd.

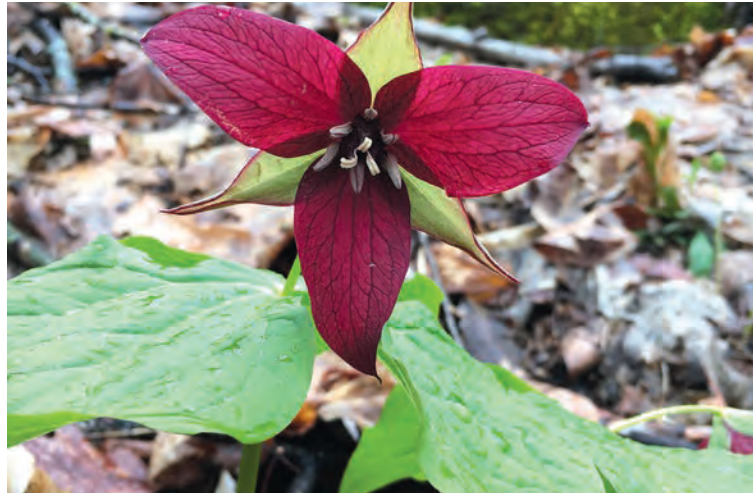
Snow Plowing
Excavating . Road Building . Topsoil



613-649-2688

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

**Nature, Time, and Patience
are the three Great Physicians.
-Old Proverb-**



Black Morels, above, are associated with Wake-Robins (red trillium) above right, and Dryad's saddle Polypores. When you see Wake-Robins it's time to go foraging for Black Morels.

Mycorrhizal Mushrooms and 90% of all plants are intimately connected to each other. They share a mutually beneficial complex relationship where underground, certain fungi (mycelia) wrap themselves around the roots of plants and insert themselves inside in various ways. Then, something wonderful happens, the fungi provide essential predigested minerals in exchange for photosynthesized products like sugar and carbs. They do this amazingly through their tube-like body called mycelia. Mushrooms travel and hunt for their food and need the energy created by photosynthesis in order to move through the soil and go on with their reproductive lives. Mushrooms have no chlorophyll making capabilities so they cannot make their own food from the sun like plants do. They like dark soil, and intermittently come up for air to birth a fruit body (mushroom) in order to release their seed-like spores. Many fruit bodies can come and go in a span of a week. Some stay underground for years waiting for the right conditions to pop. Understanding plant phenology as it is related to mushroom pop ups will go a long way in helping you become an efficient forager.

A habitat for a species must consist of all the resources it needs to live and reproduce. Resources like food, shelter, and the host plant, for example. Habitats are considered a scarce resource because our globe is finite. Therefore, many species share similar habitats or ecological niches in a forest ecosystem and have evolved to an outstanding symbiotic relationship. A co-operative community among mycorrhizal fungi and plants. Because we know mushrooms need plants to survive, and vice versa. We can make note of which mushrooms have partnered with which plants in a given habitat. We can calculate when the timing is right to go out foraging by observing the plant phenological cycles. Blooming times. leaf rollouts, budding

times, berries and the list goes on.

There is a lot of literature on the web about mycorrhizal relationships with mushrooms, trees and flowers especially when it comes to the elusive morels or chanterelles! It is important to know that no two hunters have the same sightings of plants and fungi because they hunt in their own microclimate or ecological niche. Weather patterns, too, play an unpredictable role in making your microclimate warmer or colder than a neighboring city. We know this firsthand in the Ottawa Gatineau region where Gatineau is a week behind in its natural clock than across the river in Ottawa.

The next time you go mushroom foraging, bring your camera, pen, and notepad. Take photos of the first mushroom of interest to you (top, bottom, stipe (stem) and root system (important) and spore print colour. Mushrooms coming out of half an egg sac are toxic and some deadly. Use your mushroom identification book to properly identify your mushroom. Jot down your surroundings and the plants in bloom. Collecting blooming periods is a great tool as opposed to collecting leaf patterns or bark patterns, for example. No two blooming wildflower plants are alike. Wild flowering plants are plants that live in their own habitats as opposed to captive who live in residential and urban places. It should be noted wildflowers are in the exact proper depth of the soil to take the temperature for living things their roots are like thermometers. Captive plants can live off water systems and store-bought mineral supplements. You need to babysit them for their survival. Be good to your plants.

Wild plants follow the rules of Mother Nature. Other notable topics to jot down include: Is there water nearby? A stream, vernal pond, or lake? What is the air temperature? Weather? Did it rain in the days preceding your hike? Landscape? Are you in a ravine, a cliff,

open field or in the forest? List the three most common trees, bushes and plants surrounding the mushroom. What stage are they in? Berries, mature leaves? Leaf patterns and stages. List all the blooming plants including tree and shrub flowers for every mushroom discovered. Do this until you uncover the mysterious mushroom's habits and can easily find them at the right time. Do this yearly and you will continue to understand when the conditions are right for your mushroom to appear.

A simple example is the living conditions of morels and chanterelles. Both are terrestrial mushrooms that are found in deciduous mixed hardwood forests. Morels appear on the landscape Mid-April to Mid-June depending on the Morchella species. For example, Black morels pop up when wild lilac buds begin to open. The soil temperature needs to be at 15 degrees Celsius for at least a week before these mushrooms appear and lilacs open at 15 degrees Celsius and alert us to the underground soil conditions ripe for morels. The first sighting of a wild dandelion flower is

also an indicator for 15-degree temperatures. Chanterelles appear on the scene in August. Chanterelles love moisture, shade, and thick organic matter trenches, rain, and high humidity. They share their community with hardwoods like maple, oak hemlock, poplar, and some pines. So why when you come across the perfect location, you did all your homework, and there's no Chanterelles to be found? Never fear. Wait until the tansy and elderflowers are blooming then run out again and go to your site and you will find the jewel of the forest dotting the landscape. These are phenological indicators for me and my mushroom patches in soil zone 5b. Your list may differ. Maybe you have no wild lilacs in your neck of the woods?

According to Popular Mechanics, a 2018 survey of earth reported 95% of the Earth's biomass is made up of three things: plants at 80%, bacteria 13% and in third place is fungi at 2%. Humans are 1/10,000th of the earth's biomass! Numbers that may humble you. Plant and fungi phenology is a complex subject. Eighty percent of the earth's biomass is plants! We can't know them all. Of fungi, there are approximately 11.7 - 13.2 million species of fungi. We have described a hundred and fifty thousand species. Three hundred species can harm us. We eat three hundred and fifty of them for their taste and nutritional profile.

350 mushrooms are too many to try to tackle in the forest. Stick to your favourite three gourmet mushrooms and get to know them. It's not your responsibility to know the planet. Your responsibility is to know the place where you are. Take notes and photos of your surroundings and marvel at its complexity and beauty. Know where you are and honour your relationship to it. Let Nature's timing show you the way.

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 and Science of Herbolgy with Herbalist Rosemary Gladstar. Please contact Colleen for questions or to book a guided herb walk or hike. Photographers, Artists, and those seeking to de-stress are welcome, too. Hulett.Colleen@gmail.com www.calabogiehiker.com Twitter: Highlands Hiker @calabogiehiker



**Earn Money From
Your Woodlot**

**Quality
Natural White Pine
Red Pine/Spruce
Plantation
Thinning
Operations
Stacey Robertson**



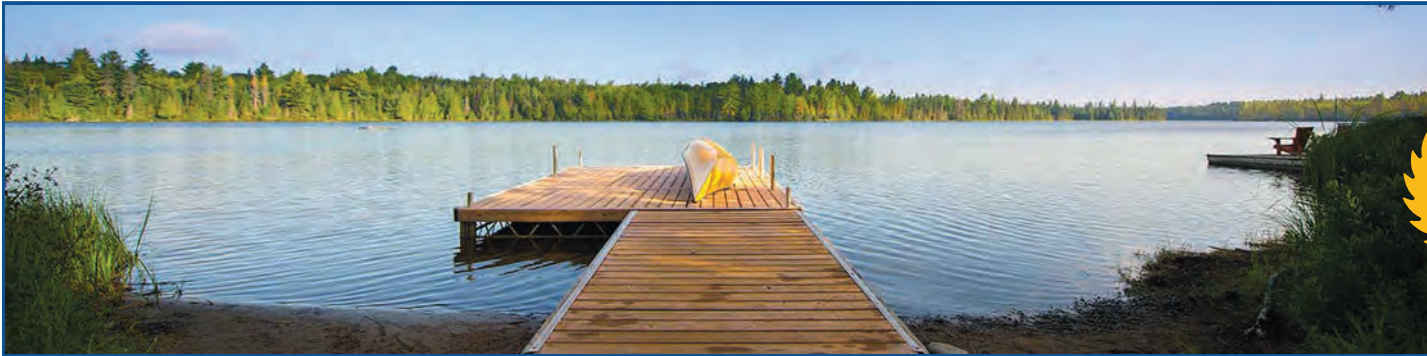
**WANTED
BUYING...**



**Old Wooden Decoys
and Vintage Fishing Lures**



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



DECKS AND DOCKS: Expand your outdoor living space with a deck. And let us help you choose the dock and accessories that best suit your boat and lifestyle.



OUTDOOR FURNITURE: Summertime and the living is easy... when you have comfy seating and a place for your summer novel and a cold drink.



SHOP AT HOME: Browse, order, and buy online any time of day or night. Looking for a special item? We'll get it for you for pick up, or arrange delivery

RENFREW & BURNSTOWN castle

Renfrew 1054 Gillan Road
613-432-4809
info@rbcastle.ca
Design Centre 305 Raglan Street S.
343-361-0026
design@rbcastle.ca

Burnstown 30 Building Supply Rd.
613-432-2449
info@rbcastle.ca

rbcastle.ca

Full selection of **Weber BBQs**
GE - FRIGIDAIRE - ELECTROLUX
Appliances Slate - Stainless - White
See you soon!



Your trusted building & hardware supply partner



**J. LACOURSE
CARPENTRY
& SON Inc.**
613.333.1042

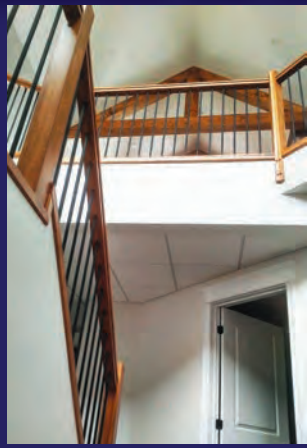
over **30** years
of quality work

Cell: 613.312.0704
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**

Step out...

IN
STYLE

WITH THE
2023 SPRING
COLLECTION OF..



**ANNE
- MARIE
CHAGNON**




COMING SOON TO
Bittersweet Fine Craft & Art
5 Leckie Lane . Burnstown
613.432.5254
www.burnstown.ca/bittersweet

bittersweet
FINE CRAFT & ART

Open Thursday to Sunday 11 to 5 and also by appointment