

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

As the summer comes to a close, it is refreshing to see Buyers taking a few minutes to enjoy a leisurely walk through an Open House or taking the time to make a quick call checking on a new listing or a recently published price reduction. Buyers and Sellers are still keenly interested in all manners of real estate including what is happening monthly. The sales numbers for August may seem low, but if viewed traditionally, they are in line with expectations. Buyers' biggest concern now seems to be about their purchasing power given the interest rates in the news and as we are still moving towards a balanced market, Sellers need to ensure they are pricing their properties accurately as an invitation to Buyers who are still actively looking.



Teresa Steenbakkers  
Broker of Record

Price Reduced!



Brand new, absolutely gorgeous **Model Home** with well-chosen finishes reflecting a professional Designer's touch along with thousands in upgrades incl. appliances. A bright, open concept floor plan with lots of windows, lots of natural light. Lovely and welcoming family home. \$1,085,000.

Buying  
or Selling?



Call  
**613-806-2541**

Truly a rare offering!



Need something special? Brand new 5 Bedroom home featuring a multigenerational suite with ensuite bath on the main floor, separate from the 4 br, 2 Bath second floor. **Stunning Kanata home**  
Price reduced \$1,258,000

Experienced Realtor and Long Time Calabogie Resident

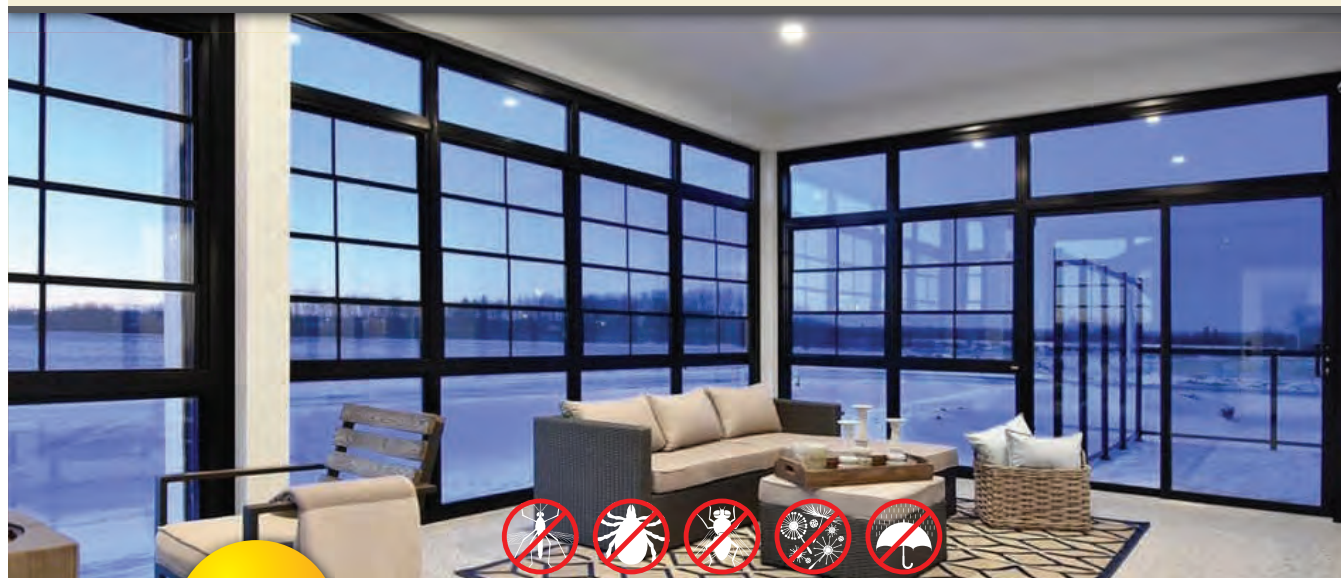
**TSB** Teresa Barbara Steenbakkers Brokerage

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

ASK  
ABOUT OUR  
SPECIALS

Vertical-4Track - ViewFlex Vinyl - 7 colours

www.ccsunrooms.com



SUNSPACE

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

613-433-1397



**carnegie custom**

THE MADAWASKA HIGHLANDER September-October 2022 EMBRACE THE PAST ~ ENCOURAGE THE FUTURE ~ ENJOY TODAY

# The Madawaska Highlander

Sept-Oct  
2022

FREE Vol.20 Issue 5

Next issue Oct.19, 2022

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

## Welcome!

...To one of our four favourite seasons in the Highlands as the weather cools and the colours warm into gold and crimson, beckoning hikers and campers to the open trail. It's easy to Be a Happy Camper in Fall Weather if you follow Survivor Guy's advice to hit the trails safely and in comfort. If you love your trails, then Vote for Trails as Lesley suggests in Highlands Hiker. Make trails and their connections an election priority.

You know there's an election coming when you hear these words a lot: transparency, accountability, and full disclosure. Antonia wonders if anything comes with Full Disclosure in Rural Vignettes, a light-hearted look at the ways of politicians, puppies, and kittens.

Are you light-hearted or a little down in the dumps? Derek connects Food with Mood in Wellness. Is your mood telling you something about your food? Your body sends you messages all the time, so What is Your Breath Telling You? Tamatha tells us bad breath could be caused by illness rather than the usual suspect of tongue fungi. Something to look into.

But don't be mad at fungi! Fungi clean our messes as Colleen explains in Highlands Hiker, Toxic Soils? Fungi to the Rescue! They absorb and break down toxins, so choose a clean trail for mushroom foraging.

There was a time when all we had were trails, before we became a nation of Hewers of Wood and Miners of Yore, as shown in Cloyne Historical. Minors of a different sort are learning about bygone times and a whole lot more as Ruth finds fun ways for kids to learn their letters in Library Matters.

Letters of a different sort are the main topic for former Griffith & Matawatchan contributor, Garry Ferguson, as he returns to his old post at the news desk to write us a story of Old Post Office - All around the Circle in Memories of Vennachar. And Ernie tells us about one Old Log Cabin and how it got to where it is now in The View From Here. No matter which road you take or what your journey brings you...  
Enjoy...



Evening sky after a storm - The Greatest Show on Earth, pic by Kirby Morrison



Hurds Lake sunset - Nowhere else we'd rather be. pic by Steven MacNabb

## Jim Hemlin

for **Mayor**


### Greater Madawaska Township

Griffith-Madawatchan    Dacre    Calabogie

---

Unifying      Hardworking

Accountable      Strong Leader



visit  
[www.jimhemlin.com](http://www.jimhemlin.com)

Paid for by the Jim Hemlin campaign





# 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:  
Oct. 7 for Oct. 19 publication**  
madawaskahighlander.ca for previous issues

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

**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 for your support.

Ernie Jukes	David Arama	Danielle Jacques	Ruth Jones
Skippy Hale	Lesley Cassidy	Derek Roche	Garry Ferguson
Antonia Chatson	Colleen Hulett	Tamatha Strachan	

Agnes Macphail became Canada's 1st female MP in 1921, the first year that women could vote federally. Macphail managed to win the nomination in her riding against two-dozen men. The riding executives met with her and tried to get her to step back, probably because they thought a woman couldn't win. Macphail's work as an MP focused almost entirely on helping those she saw as the underdog: farmers, miners, the average worker and, later, people in prison. The latter would become a cornerstone of her legacy of nationwide prison reform, shifting the focus from one primarily of retribution toward rehabilitation. She was a noted pacifist, which gave rise to editorial cartoons such as this one.



The Montreal Daily Star, 6 August 1929

The Montreal Daily Star depicts Agnes McPhail feminizing the government. From the top clockwise: Papier maché swords, rifles, and bayonets. Guns that won't go off. Militia demobilization Orders. Powderless cartridges. New uniform for citizen soldiery of Canada. My speeches, Hansard. Proper text books for military college cadets. Book titles - Decline and Fall of Man, Emancipation and Rise of Woman, Little Rollo, How to Grow Flowers, Embroidery. Unexplosive shells.

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

✓ **ALL your building needs and MORE!**  
**BMR PRO**

Fishing tackle, Camping supplies, Campfire wood, RV supplies, Work boots, Rubber boots, Live traps, BBQs, Cleaning supplies, Bird feeders & Seed, Toilet paper, Paper towels, Deer feed, Food plots, Wood pellets.



## FALL FLOWERS ARE IN!



**WOOD PELLET SEASON is coming. Order pellets now.**



**Don't miss out! BOOK FOOD PLOTS NOW!**



**BMR PRO Griffith Building Supply Inc.**  
613.333.5596 613.333.1121  
griffithbuilding@xplornet.com

Mon - Fri 8 am - 4 pm Sat 9 am - 1 pm Closed Sundays  
**25937 Hwy 41, Griffith, ON K0J 2R0 bmr.co**



# NEWS & VIEWS - GRIFFITH & MATAWATCHAN & DENBIGH & VENNACHAR

By Danielle Jacques



A fine gathering at the Matawatchan Hall to hear amazing talent at the Open Mike Night on August 20



Robin Ellins discovered this tri-county marker behind his home where Frontenac, Renfrew, and Lennox & Addington meet. We wonder who put it there and when.



Geoffrey Cudmore at the Lions Show & Shine to create awareness about the Griffith Terry Fox Run on September 18. We will read about how it went in the Winter edition of the Highlander.



Lion Gail Holtzhauer presenting awards for 1st, 2nd, and 3rd prizes (left to right) at the Show and Shine on August 27. Judging by the crowds and the number of participants, everyone was happy to be able to get out and meet again.

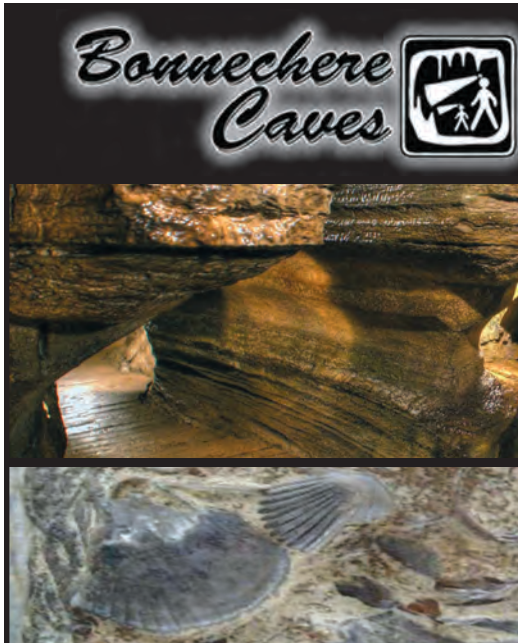
Driving around our community, hints of Fall are everywhere and the weather is setting us up for cooler nights and shorter days. I always found a quiet reassurance in the changing of the seasons and this year is no different. Soon, we'll be changing swimsuits and flip flops for lumberjack shirts and hik-

ers. I'm guessing this year's Fall colours will be spectacular. Always something around here to make you feel so grateful.

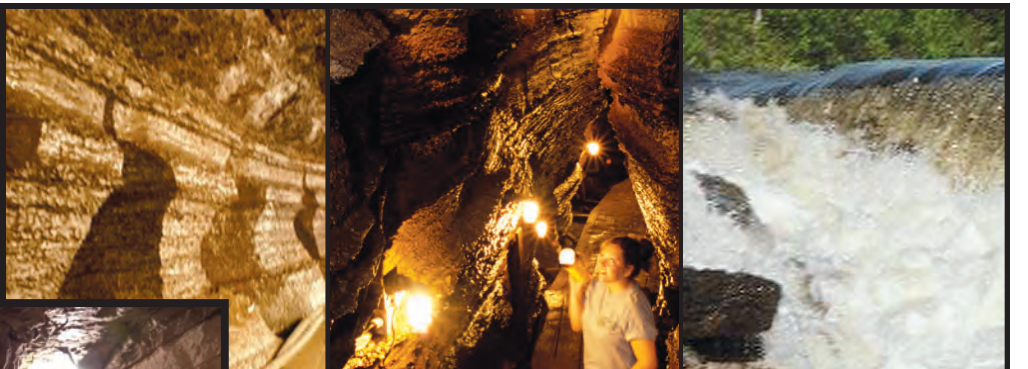
With the changing weather comes a **change in Ward Councillors**. **Glenn McPherson** is not running for another term. After being our Ward

Councillor for 8 years, Glenn McPherson is hanging up his councillor hat. I asked him about his accomplishments and he preferred to say that he was very happy with the work that has been done to Matawatchan Road and is pleased that it should be completed in 2023. He spoke of some property issues he helped

resolve around here, of the local rink that should be paved this summer and the significant road projects that were undertaken, mostly by grant money, and not tax dollars. He points out that these road projects such as Ferguson Lake Road and Barret Chute Road were a team effort across the municipality.



**Bonnechere Caves**  
1-800-469-2283  
1247 Fourth Chute Road  
on the Bonnechere River  
Eganville Ont.



Open weekends until Thanksgiving (Saturday, Sunday & Monday)

*Unforgettable!*

Take a 1 hr. guided tour. See Fossils. Shop. Walk the Trails and Picnic by Fourth Chute Falls  
[bonnecherecaves.com](http://bonnecherecaves.com)





Lion Maurice Graveline receiving the BBQ from Shawn Davidson donated by BMR.

Lions were on the prowl again on September 2, asking for those loonies and toonies you keep in your car's console.

His advice for the next councillor is to keep their eye on the big picture and to remember that strength comes from working together. He is honored to have had the privilege to serve the community and is still struggling with the finality of this decision however he still works full time and his priority needs to be his family. We say 'thank you' and wish him well.

This October, you will have three candidates to choose from for Ward 3 Councillor: Lois Thomson, Dave Beauchamp and Mark Tomlin. There will be three candidates for Mayor, Debra Giffin, Jim Hemlin, and Rob Weir. Lucie Perrier withdrew from the race to devote more time to her business. Voting will be by telephone (not cell) and Internet only between October 11 at 10 am and October 24 at 8 pm. All eligible voters will receive a Voter Information Letter by mail. This sealed envelope will contain: a Personal Identifi-

cation Number (PIN), instructions on how to vote using the internet or telephone voting system, a telephone access number and Internet address for voting, dates and hours of voting, and locations and phone numbers of the Voter Help Centres. You can vote if you own or rent property in Greater Madawaska and in any other municipality where you own or rent. Get out there (or stay home) and vote!

The Denbigh-Griffith Lions will host a "Meet the Mayoral and Councillor Candidates" event on Wednesday, September 28 from 7 to 9 pm at the Community Centre in Griffith. Candidates will speak about why they are running, followed by a question and answer session.

On August 27th, Denbigh-Griffith Lions Club hosted their much-loved Show & Shine event. Although posted to start at 10 am, cars starting arriving just before 8 am. The Fire De-

partment was on hand doing rescue demonstrations and the kids were able to have a look inside the fire truck. Over 250 people attended and more than 140 cars had registered to take part in the People's Choice Awards. Bob Stufko of Renfrew took 1st place with his 1954 Meteor, Ken Riopelle also of Renfrew took 2nd place with his 1970 Dodge Challenger, and Conrad and Christine Peloquin of Madoc got the 3rd place with their 1963 Pontiac Bonneville. Lions Vice President presented the awards which were kindly given by Snider's Tent and Trailer Park, Griffith General Store, and Denbigh Recreation Committee.

Terry Fox Cudmore Team was on site that day to rally up support and donations for the September 18th Terry Fox Run. Geoffrey tells me registrations would be starting at 9am but that donations for this run can still be made online up until March 2023 at run.terryfox.ca/3438.

The GM Seniors Housing Corporation held their last yard sale of the year on the day of the Car Show so patrons could have a look at those 4-wheeled beauties and meander on over to the yard sale to see what they could find. Juliette LeGal, who has organized these giant yard sales for years and has worked tirelessly to raise funds for the GMSHC, announced this was the end of the era for large yard sales. Many people looked forward to these so they could load up boxes (at \$7 a box - you can't miss) but also to meet with people and spend time together. Juliette tells me that we haven't seen the last of her yet, the GMSHC is working on developing other plans and activities, so... stay tuned! The Board of Directors extends a warm thank you to all its volunteers and patrons, these yard sales could not have taken place without them.

The Denbigh Griffith Lions Club conducted a Toll Road fundraiser on Friday September 2nd. Toll roads were set up in both Griffith and Denbigh. Area students volunteered alongside of Lions members to achieve their community service hours. The weather was great and the donations were greatly appreciated as they are targeted for local hospitals.

Congratulations go out to our township youth, Austin Bennett and Lily Snider, who received bursaries from the Denbigh-Griffith Lions Club for their post-secondary studies.

Denbigh Griffith Lions would like to thank BMR for their generous donation of a new BBQ. Lion Maurice Graveline received the BBQ from BMR Manager Shawn Davidson.

The Fish and Game Club is holding a buck and doe contest this fall. The weigh-in station will be at Rosie's from November 7th to the 19th. Tickets will be \$5 each. There will be a draw prize of a \$500 Cabela's gift card. Largest buck prize is \$500, largest doe \$250 and a Mystery Weight of \$100.

The Fish & Game Club's Hunter's Ball is back and will be held on November 12th at the Matawatchan Hall.


A second Open Mike Night was held at the Matawatchan Hall on August 20 with great success. Participants were in awe of the high caliber of talent who came out to share a song or two. We are so lucky to live in a beautiful place with such talented people!

The Ontario Festival of Small Halls is returning to the Matawatchan Hall on Saturday October 15 at 7 pm with Juno nominee Kelli Loder and Willie Stratton. Get your tickets online early. They have sold out every time. Festivalofsmallhalls.frontgatetickets.com

The Matawatchan Hall's AGM will take place on November 1 at 7 pm at the Hall, 1677 Frontenac Road. It is vital that the community comes out to either run for a position on the Board or vote for others. The Hall belongs to the community, bringing great events and activities for the social, physical, and mental health of the community since 1952. Please come and share your ideas.

Danielle Jacques and her husband Michel retired here in 2016 after falling in love with the Centennial Lake area. Danielle is fluently bilingual, a lover of nature and has developed an expertise in genetic genealogy. She is looking forward to capturing the essence of this community by meeting and talking to people, gathering their stories, news and events, and highlighting them in the Madawaska Highlander.

*Welcoming New Patients*




Accepting Insurance and Payment Plans.  
Offering 20+ Years of Experience, Prioritized  
Patient Comfort and Enhanced Safety Protocols.

# CALABOGIE

# SMILES

## DENTAL HYGIENE

Love your smile with convenient, affordable and compassionate  
preventative oral care in the heart of Calabogie, Ontario.





**KIDS HALLOWEEN  
COLOURING CONTEST**

Find out how to enter by visiting our Facebook page or website.

Founded and operated by Tamatha Strachan, R.D.H.  
Clinic located at 4984 Calabogie Road  
calabogiesmiles@gmail.com | 613-220-6534

book at ease today via our website!  
www.calabogiesmiles.com

**VOTE FOR  
Royce  
Rosenblath  
Ward 1 Councillor  
Addington  
Highlands**

**October 17 to October 24**  
vote online or by touch-tone  
phone (not cell phones).

Watch your mail for how to vote  
from home and how to get  
assistance at polling stations in  
Flinton and Denbigh.



## Bogie is a Happenin' Place!

This is our column. Contact me to report on anything you find interesting. 613-433-1131 maryjoanhale@gmail.com



You never know what you will find at the Calabogie Market, like Berry Lane Outdoor Furniture and Trailers. It was a terrific season



I had the pleasure of touring Don McArthur's Whitetail Taxidermy and got a glimpse of what goes into the art of taxidermy. He's quite an artist!

The news to start is not new to you by now, but we are mourning the loss of our Queen of Canada. While not unexpected, it still came as a shock when I heard it on the radio. I immediately switched to stream the news on my computer. Just two days before, she was welcoming the new Prime Minister of Great Britain! She lived a life of duty to her subjects and her family to the end. What a role model for us in this day and age when self is often put above others! One could say, it was a life of privilege, but still duty prevailed in a role never expected. Her father the Duke of York was thrust on the throne when his brother abdicated and he became George VI. Since her Mother Queen Elizabeth, and her father the King had no sons, she ascended to the throne at 25. I remember when her father died. I was only six years-old and the Coronation occurred when I was in Grade two. We all received Coronation coins and sadly, I don't know what happened to mine. Though a few years older than Prince Charles and Princess Anne, I really grew up at the same time. The Royal Family was much more a part of our lives in the fifties and the school

roll-down maps showed the countries in pink as we learned about the British Empire. Under Queen Elizabeth, the Empire evolved into the Commonwealth and countries became less influenced by Britain. In 1965 we flew the Maple Leaf for the first time, not the Red Ensign and our armed forces began to serve under the red maple leaf. The Centennial Year, 1967 was another step in our coming of age after the two World Wars. With the British North America Act being replaced by our Charter of Rights and Freedoms in 1982, the Constitution came home to Canada. We are a Constitutional Monarchy and yet are independent, so our Privy Council had to meet and declare Queen Elizabeth II dead and King Charles III as the new sovereign after it was agreed on by the Accession Committee in Great Britain and pronounced by the Royal Herald at St. James Palace. It was fascinating to watch and to learn all the levels of protocol and see our Herald make the proclamation outside of Rideau Hall. I did not know we had an Official Herald. I suppose I should have, but I did not. Canada has our own Crown, so had to do it separately as did all the other members

of the Commonwealth, as opposed to the Empire which it once was, and all of our provinces and territories also had to go through the same procedure. After 70 years, dusty files needed to be found and updated. Seriously, there are contingency plans available to be put into practice when important events happen. As a history buff and lover of pomp & circumstance, it has been an interesting learning experience. When all is said

and done, we have lost our Monarch, but the Windsors have lost a beloved family member. May Queen Elizabeth II Rest in Peace! God Save the King!

**Calabogie and Area Home Support provide wonderful service to the Seniors of our Township.** Before I had a car, they drove me to appointments and even to the Fallowfield Train Station in the middle of a blizzard and I arrived early! (Thanks Mike Maw!) In

## Dale Levi Rosenblath

September 26, 1950 ~ August 17, 2022



Passed away peacefully at Madawaska Valley Hospice Palliative Care on Wednesday August 17, 2022 at the age of 71. Beloved husband and best friend of Denise Rosenblath (nee Deschamps). Loving father of Steven (Tanya) and Joseph (Jenelle). Proud grandpa of Paige (Dalton), Brittany (Nathan), Terri-Lynn (Cody), Caleb and Addison and great grandfather to Hunter, Maci, Layla, Bentley, Myles and Colt.

Pre-deceased by his parents Lawrence and Helen and loving brother Mark (Tammy). Dear brother of Floyd (Kathy), Ralph (Frances), Rodger (Sharon), Sharon (Cecil), Ronnie (Pamela). He will be fondly remembered by his many nieces, nephews, extended family and a multitude of friends.

Dale will be greatly missed by the community of Denbigh. He was actively involved with his family and loved by so many friends. He worked in the forestry and construction industry and when he wasn't working he was enjoying the outdoors.

Visitation will be held at Vennachar Free Methodist Church on Saturday, September 24, 2022 from 1:00-2:00p.m., until the celebration of life service at 2:00pm interment to follow.

If so desired, memorial donations may be made to the Madawaska Valley Hospice Palliative Care or Canadian Cancer Society. Tributes, condolences and donations may be made online at [www.heubnerfuneralhome.ca](http://www.heubnerfuneralhome.ca).

1677 Frontenac Road  
in Matawatchan

**Nov. 1 at 7pm  
Help plan Events  
and Activities for the  
Community at the  
Matawatchan Hall!**

The Hall is  
community owned,  
which means YOU  
are an owner!  
Want to see more  
or different programming?  
Join your community at the AGM and vote or put  
your name in to be a director. WE have done this together  
since 1952. Let's keep it going!  
Coffee & cookies provided.

**It's YOUR Hall after all!**





The Calabogie Community Hall was packed for a public meeting on August 24. Greater Madawaska council heard from a number of residents who shared concerns and information about private docks along the waterfront across the street from homes on Madawaska Street. It was strictly an information gathering session for the next council's consideration. Those who have deeds for their part of the waterfront will bring their deeds to council. It was pointed out by the public that the old public dock needs to be brought up to par to make the waterfront a truly public space for swimmers and boaters.



Beautiful public waterfronts are key to the success of any municipality, especially ones with tourism economies. Some of these docks have been there since the 1930s and are on private property, others are there because the public dock is inadequate and no one told them they couldn't put a dock across from their home. Others were told by their real estate agent that they could put a dock in.

the early days of COVID, I was contacted by Marg Neudorf, the former Home Support Program Coordinator to ensure I was well. The Board of Directors are all volunteers as are the Drivers. Contact the President Mike Maw if you wish to drive. Mileage is covered. Clients pay a minimal fee depending upon the distance. I found all drivers polite, friendly, and prompt. **One important addition is their frozen meals!** I have been buy-

ing them since the start. Call or drop into the Office to place your order. The Office is right beside the Post Office but get there before noon when it closes. I have a passion for their Mac'n'Cheese, but there are so many other nutritious meals to choose from.

**Marg Neudorf retired as the Home Support Program Coordinator** recently after years of faithful, cheerful service. Marg started as a driver

## OUR COMMUNITY OUR COUNCIL

**OCTOBER 11 - 24, 2022**

**VOTE  
ROB  
TRIPP**

For more  
information  
visit  
[robtripp.ca](http://robtripp.ca)



**COUNCILLOR**  
**Ward 1**  
**Greater Madawaska**

and when the position as Coordinator became available, she was hired. As a Board Member and Client, I saw how dedicated she was to her work and her concern for the needs of the clients. She was responsible to arrange all of the drivers for the clients, do all the paperwork regarding clients and volunteers: Application forms, Police check forms and making sure the volunteers did their monthly reports, for which as a Board Member, I badly needed a nudge. She represented Calabogie Home Support at the meetings of the Champlain Community Transportation Collaborative and also at the meetings of the Renfrew County Community Support Services and was responsible for paying the drivers each month and taking the client fees and depositing them in the bank. She says she misses the Drivers and Board members and thanks them for their dedication. She misses the interactions with the clients, some of whom she has served for years. Thanks Marg! I will miss our chats. Enjoy time with your family especially wee Leara.

As with most organizations, COVID affected the number of volunteers and fewer folks were going out since doctors were having fewer in-

office appointments, but still many had to go for cancer treatments and other necessary appointments. Since many of the drivers were over 60, some were reluctant before vaccines became available. They were supplied with sanitizers for the cars, hand sanitizers and masks. Now all drivers are required to be vaccinated. **Along with the other effects caused by the Pandemic, it affected Home Support's ability to raise funds. If you can spare it, please make a donation to their coffers.** You will receive a Tax receipt no matter how small or large an amount you give.

**I had the pleasure of taking the friendly sisters from Stillpoint on a tour of Calabogie.** I started at Barret Chute and we wended our way to the Golf Club with all of the places of interest in between. They just loved all the Faerie Doors in the Enchanted Woods, and I was delighted with all the new additions! The highlight was the clothesline with the long johns complete with trap door! As a reward, they treated me to a delicious Ice-Cream Cone at Scoop Dog's. Cheline Collier was on duty, and it was a delight to see her!

I would like to correct the article from last issue. Stillpoint offers Silent



Retreats with Spiritual Direction.

Well, another year of the Calabogie Summer Market has wrapped up and was successful as a rebuilding year after a two-year absence due to COVID. There will be a Christmas Evening Market on November 19. Watch for notices on Facebook. We all owe Stacie Ross a big debt of gratitude for taking on the role of Market Manager. She had many innovative ideas and many new vendors. I can't imagine the frustrations she must have faced making up the floor map, only to have the odd no-show or last-minute cancellations. She faced it all with great humour with Mickey, her sidekick and Market mascot ever in attendance and full of cuteness! I know that she was given immense support and help by Janet Stanley who had her own booth as well.

Calabogie has come of age with its first Pride event, so I wonder what surprises are in store for next year! Stacey has consented to take it on again. Thank you and I remind everyone, this is a Volunteer position, so maybe a few folks could offer to place a few signs, blow up some balloons and give her a hand next year.

One of the neatest parts of writing this article, is the people I meet! Today, I interviewed a local taxidermist, Don McArthur. Don met his mentor when he was 25. He has been lovingly preserving animals for 40 years. It started out part-time in his basement in the evening as he worked at his career during the day. He retired six years ago and now it is his full-time occupation, a labour of love. He has been a life-long hunter and fisherman whose love of the outdoors and nature led him to a mentor who trained him in this magnificent art and has been a dear friend for decades.

I had no idea what was involved in the process. I thought it was similar to embalming. Boy, was I wrong! It is an art and very labour-intensive. The clients bring the hide and the head to Don. A butcher prepares the cape which is the hide. Don tans the hide into leather to preserve it and kill any bacteria before he begins the long process of preparation of the animal for the client to display their trophy. The tanning chemical locks the hair follicles so that the fur will remain intact. It is far better to have the cape prepared by a butcher so enough of

the hide will be available for the process. Don has taught many local butchers to do it correctly. A knowledge of the anatomy of each species is important for the fin shed moose, deer, bear or other animal. He loves doing birds and mammals, big and small. As he spoke, his face showed the pride and love of his art. I wondered about the eyes and his wife Patti brought me some of the glass eyes. They were different sizes for different animals. They must be placed in proper proportion to the face. He needs to build up the nose, so it is as natural as it was when the animal was alive. He builds in the musculature to enhance the correct form of each animal. It is a skill which must be learned and honed over many years. It takes dedication. Obviously, a couple of paragraphs do not do justice to the work and skill of Don's artistry, but I hope I whetted your curiosity to learn more and perhaps with hunting season coming up, you now know that we are fortunate to have a practitioner of this dying art right here in the 'Bogie!

Check out his website, whitetailtaxidermy.ca. His Facebook is @whitetailtaxidermy or phone (613) 884-3025.

I was saddened by the passing of Bridget Dedo. She was a lovely woman and judging by the turnout at the funeral and the comments in the Book of Remembrances online, much loved. Blessings to Jerome, Matthew and the Dedo Family.

A correction is needed regarding the Hardy ladies from last issue. Karen is the Mom and Jasmine and Elizabeth are the daughters. It caused much humour and teasing by the siblings! Elizabeth's time as the female head of the Hardy family was short-lived!

*This is your paper.*

*If you have notices, events, births, marriages and deaths, I will post them.*



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!

## LIBRARY MATTERS

By Ruth Jones, Greater Madawaska Public Library and Learning Centre - Young Readers a Priority

We will continue this year with weekly class visits and the Weekend Reader program, which launched in 2021 as a way to encourage reading at home. Participants in this program take home pre-selected library materials on the weekend, and exchange them the following week. Each Weekend Reader package contains a collection of books and/or magazines, a bookmark, and a craft or activity sheet.

Pic by Ben White unsplash.com

### Children's programming this month

Wednesday 9 am - 11:30 am | St Joseph's class visits

### BEGINNING SEPTEMBER 21:

Wednesday 3:30 pm - 4:30 pm | Lego Lounge - drop-in

Friday 10 - 11 am | Tots Storytime drop-in

Saturday, September 24, 10 am - noon | Fun & Games - drop-in, self-directed

September 19-23 is Science Literacy Week! The theme this year is 'M is for Mathematics'. Check out some of the activities available. If you are up for another kind of science challenge, visit Little Inventors to test your ingenuity.

This month's science kit from Let's Talk Science: Vacation in the human body (each kit includes a glider, a world map, and information describing our various organs and the function of each one).

We'd like to launch a parent-child craft activity in the afternoon, evening, or weekend. If you are interested in such a program, please let us know what times on Tuesday, Wednesday, or Saturday suit you best by emailing the library at [gmpl@bellnet.ca](mailto:gmpl@bellnet.ca)

### TD Summer Reading Club

The 38 children who registered for the TD Summer Reading Club read a total of 492 books over the summer. Troy was our top reader at 48 books with Emily a very close second at 47 books. Wow! Congratulations to all Super Summer



Readers for your hard work, and thank you to each of you who participated in our on-site programming as well. We'll hope to see you again next year.

### Baby Book Bags

Do you have a new family member born in the past 18 months? Register your little one for a Baby Book Bag through the library. Bags are distributed in the beginning of November and include baby's first library card, a book, and some baby necessities. This program is in memory of the late Nancy Gorra who dedicated herself to supporting young families and children's programs in the community.

Many thanks to The Bogie General Store for generously donating shelf brackets to the library. We appreciate your assistance with selection and ordering as well!

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

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

**LARGE 3 TOPPING PIZZA \$16**

With this coupon. One per customer. Offer valid until September 30, 2022

LOCATED AT  
**TRAILS EDGE**  
CALABOGIE

**ALPINE**  
BIG RIVER CANNABIS

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



**Hewers of Wood, Miners of Yore**

A few Mining and Logging Gems from Flickr.com/CDHS  
Explore to find many, many more!

Follow us on Flickr, YouTube, Facebook and Instagram. For updates, membership, and (excellent) newsletters visit our site: [pioneer.mazinaw.on.ca](http://pioneer.mazinaw.on.ca)



**Bon Echo's Largest Tree Might Be the Most Obvious**

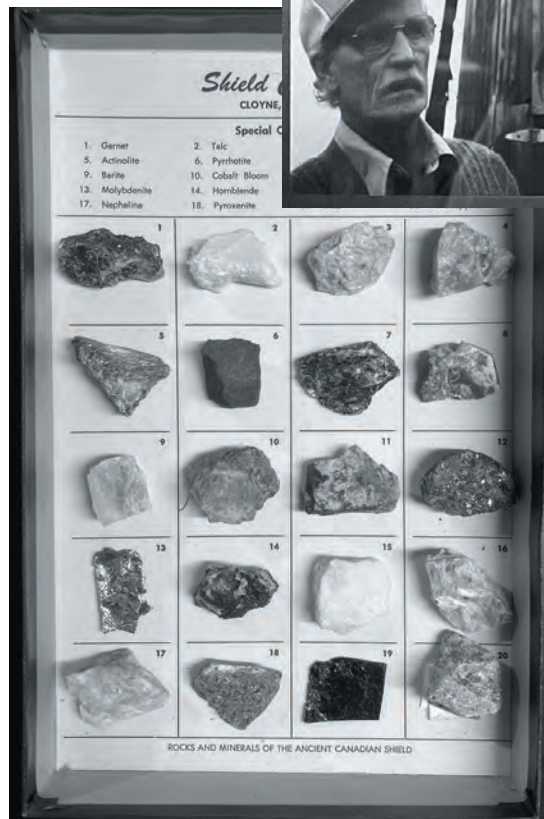
Possibly the largest tree in Bon Echo, this mammoth White Pine stands at the entrance to the lagoon near the main beach. Several people need to reach with outstretched arms to cover the tree circumference.

We know the lumber rights around the Mazinaw area were purchased by Peter McLaren around 1880. The Mazinaw area was first opened to logging in the 1850s when the Addington Colonization Road was established. Majestic White Pines estimated to be 400 years old dotted the area with a density of 500 to 800 trees per hectare. Many were 38 metres high with a diameter of one metre or more. The tree in this photo is over one metre in diameter. The age is unknown but is likely a few hundred years old. It may have been left behind from the logging operations because of its split leader (the trunk splits in half part way up the trunk) making it unsuitable for squared timbers that were cut in 30.5 metre (100 foot) lengths. Source: The Mazinaw Experience by John Campbell.

**Al Banner at The Ore Chimney Mine Near Harlowe**

This photo is displayed at the Pioneer Museum in the mining section. Al Banner, owner of the Ore Chimney Mine near Harlowe, poses for a quick photo.

The back of the photo reads: "Mr. Banner, thanks for being so hospitable. Burns MacLeod and Jan Philips, Summer 1986." Photo was contributed to the Museum by Phyllis Britton, May 2003.



**Shield Collectors - Nadine Brumell**

Nadine Brumell, one of the founders of the Pioneer Museum, had extensive knowledge about rocks and minerals, even though she was not a professional geologist.

In the 1960s, she established a company called Shield Collectors, which sold display collections of rocks and minerals to schools and universities. After collecting samples by driving miles and miles along dusty roads, she would return to her home in Cloyne and prepare the collections. Two of Ms. Brumell's collections are on display in the Pioneer Museum. Part of the Nadine Brumell and CDHS Archives Albums.

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

*We really are MORE than a FEED STORE!*

**GATES & HARDWARE:** wood pellets, leaf rakes, snow fences, culverts

**POOLS:** leaf covers, closing chemicals

**FEED:** bird seed, feeders, deer feed

**CLOTHING:** Carhartt clothing, lined gloves, rubber boots

**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



**Rich Rock (Golden Fleece Mine) 1937**

This historic photo from Mary Lloyd Johnson's collection was received by Marsh Hawes in Nelson, British Columbia in 1996. It is one of the few photos of the Addington (Rich Rock) Mine in 1937. All that is remaining today is a few foundations and piles of rubble (private property). Mary recorded the history of her photos on the front and back with small but meticulous handwriting. Often the handwriting is difficult to decipher. Here is some of the legible handwriting: Jack Kingston, Mining Engineer and Bill Wallace, Medical Doctor joined us often for tennis in our Court in Northbrook. In earlier years (1920s) Daniel Fletcher was Manager of this mine in Flinton, Ont. At some time, his brother Anson E. Fletcher was Manager of Ore Chimney Mine near Northbrook. Back of photo:

Note: Three Gold Mines on same vein. 1. Addington (formerly Golden Fleece) Flinton 2. The Lily Mac? (Kaladar Addington) in Northbrook 3. The Ore Chimney Mine between Cloyne and Northbrook (Harlowe). Joe and wife Dorothy lived in 'Fletcher House' in Northbrook. This mine (gold) was found by a Lloyd - not related to our Lloyds. First known as Golden Fleece Mine. The 'Lily May' Mine was not very deep (Kaladar in Northbrook) was first named 'Lily May' by her dad.

Unfortunately, much of the writing is open to interpretation. Perhaps viewers can piece together history from the writings.



## This Old Log Cabin

By Ernie Jukes of Old Camp J



Many folks live in our beautiful Madawaska Highlands for many reasons. Many were born here and many have come by choice. Camp J is somewhat of a mix of all that. The logs were born here but the evolution of its rebirth was by wise selection. This was the early log pioneer home of the Johnson family originally hewn and built in the Quakembush Lake area which was named after early German immigrants. Many settlers came to our district from Kingston by horse and wagon along the Frontenac trail and others traveled by raft and boat up the Madawaska.

Naturally, homesteaders used the huge pines of the forest as their obvious construction choice for buildings with rocks for corner stones, stoops, floors, and root cellars. This two-storey log house was located back in the bush for about 140 years, establishing the Johnson Scots in the area. The latter 50 years of that however it was sadly sitting abandoned. It has now been in its present attractive setting between the church (now sold) and the Matawatchan Hall for the past 65 years, but how did it get here? And why?

My Dad and inspiration, W. Walter Jukes had been hunting and fishing in the area since 1919. Like many outdoorsmen, he had always wanted his own log cabin and many years later he came upon one while hunting. On a crisp autumn day, while watching for whitetail through the trees, he suddenly saw the sunlight on a partial roof. There it was – a two-storey log house – exactly what he had been searching for – derelict but still becoming.

Walt had many friends in the region like Billie MacPherson, Barnie Snider, Billie Thomson and the McLarens who helped in its recovery. Soon the owner was located, and the house was carefully marked and dismantled, log by log. It was then moved to its current site on the back of Keith MacPherson's logging truck. At that time, it would have been reasonably close to the general store for gas and supplies and on a ploughed road at snow time.

Interestingly, while taking the "old girl" down and due to it being empty for so long, I noticed there were no floorboards upstairs or down. Only one remaining stair riser flapped in the breeze. Just the heavy beams survived the porcupine's onslaught. Even most window trim and doors had been eaten away. But beyond all that, as the logs were lifted off their corners and rolled

outward, the dried wallpaper fell off inside. This brittle whitewashed covering revealed on its backside actual Kingston-Whig Standard newspaper reports of the War of 1812. You remember the war with the US that we won by a score of 18 to 12?

Walt sure enjoyed his log hunt camp until his death, appropriately after harvesting his last deer in November of 1950. He died within its walls. My inheritance included this log cabin with all its memories of hunting with my father so many times. What tales these logs could tell of birth and death, of laughter and sadness over the centuries of time!

Earlier he gave me and my friend Lynn McLaren the job of building its stone chimney. We hauled the stones from Colin John's meadow where the Matawatchan Hall is today. Well, being just kids, what we knew about chimneys you could put on a postage stamp, but hey, it is still standing and usable today.

For some years following, my mother Eleanor happily used it as her home. She offered summer cottage stays to friends and relatives until her death. It was a gateway of introduction to our valley for a great many that liked what they saw and became local taxpayers later on. We all found serenity here. Since our retirement, our Camp J has been the residence of two rovers. It is our perfect place for scribbling my articles and daubing my paintings. Audrey is happy to invest time on her quilting, bridge, and her garden. Of course, we still welcome our weekly horseshoe players each Wednesday and in season, both fishing and hunting groups, and many drawing and painting folks.

This camp has been a place of encouragement and learning. Young lads have shot their first deer here, learned the Canoeing "J" stroke, made their first ringer, split kindling, piled wood or painted their first painting. It has been perfect for Scouting and Outward bound. The camp has become a landmark for all the activities but particularly for its welcoming atmosphere. It's a bit of a tongue twister left from early settlers that may have called it "Gemutlich", or place of comfort and tranquility, but it fits.

You know a "Camp" is many things in the Madawaska Highlands. It can be a cottage, it may be cabin, or a few buildings, or a special retreat but not only a tent camp as many of our British and mainland European visitors may believe.

Next time you're driving along Frontenac Road perhaps to our Matawatchan Hall, why not stop and visit

Camp J Art Gallery? Most days between 10am and 4pm. Call (613) 333-2350 just to be sure we are there to greet you.

*An old log cabin on Carswell's Mountain is still waiting for us there. To enjoy again its enduring pleasures for all of us to share.*

*A place that remains unchanged offering constant peace of mind.*

*A special space to rekindle our spirits while taking us back in time.*

*From this retreat, generations have wielded axe and paddle, rod and gun, as well as brush and pen. Its environment inspires recreation while leading us to nature again.*



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

cabin on Frontenac Road in Matawatchan. Visitors Welcome.

613-336-0117

1005 Marble Lake Road, Cloyne



Marble Lake Lodge's

**THE HUNGRY MOOSE RESTAURANT**

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](mailto:info@marblelodelodge.com)

Open 7 days a week 11am - 8pm until Labour Day



# Food for Mood

By Derek Roche

Pic by Hello I'm Nik unsplash.com



Diet is such an important component of mental health that it has inspired an entire field of medicine called nutritional psychiatry. Several recent research analyses looking at multiple studies support that there is a link between what one eats and our risk of depression. Your brain is one of many organs that need the right chemicals to stay healthy.

I think that we can all agree that it has been a rough couple of years. A number of factors have stressed the entire human race to the breaking point; including the pandemic, the war in Ukraine, the global environmental crisis and resulting weather events, political polarization around the globe and an economy characterized by rising interest rates and inflation, to name a few! For many of us, times are hard. Studies are showing that these stressors have put a strain on the mental health of both young and old. It may be time to start talking more about a growing, and powerfully debilitating emotional disorder, depression.

Major depression is one of the most commonly diagnosed mental illnesses. Everyone feels sad occasionally – a full range of emotions is part of what makes us human. Depression, however, is not just sadness. It is characterized by symptoms such as low or sad mood, diminished interest in activities that used to be pleasurable, weight gain or loss, fatigue, inappropriate guilt, low self esteem, difficulty concentrating, and recurrent thoughts of death.

Growing evidence indicates that positive psychological wellbeing seems to be associated with reduced risk of physi-

cal illness, and studies that follow individuals over time have found that people starting out happier may indeed end up healthier and less likely to get sick. **So mental health does appear to play a part in physical health, and visa versa, which is why it's crucial to support both our minds and our bodies.**

**So what can we do? We can start by realizing that both mental and physical health can be greatly impacted by the food we eat.** Common foods from leafy green vegetables to your basic garden-variety tomato may positively affect your brain chemistry and help ward off depression. Today, greens are considered one of the healthiest vegetables, and they're inexpensive. (However, more expensive organic greens may be slightly healthier than non-organic greens due to their defensive response to getting bitten by bugs.) **In addition to consuming plants, smelling certain plants can bring about a positive mood.** Many aromatic herbs and spices provide potent mood enhancers. These herbs include thyme, oregano, basil, cilantro and many others! Choose your own favourites. Even smelling the common spice saffron may improve your emotional state.

Studies on emotional health and mood states of those eating plant-based diets suggest that eating less meat may not only be good for us physically, but good for us emotionally too. Subjects eating plant-based diets appeared to experience significantly fewer negative emotions than omnivores. Those eating better also reported feeling more "vigour."

One traditional explanation of how depression works, known as the monoamine theory, proposes that the condition arises out of a chemical imbalance in the brain. The levels of an important class of neurotransmitters called monoamines, which include serotonin and

dopamine, are controlled by an enzyme called monoamine oxidase, (MAO) that breaks down our excess monoamines. People who are depressed appear to have elevated levels of this enzyme in their brains. Thus, the theory goes, depression may be caused by abnormally low levels of monoamine neurotransmitters due to elevated levels of the neurotransmitter-munching enzyme.

So how do we reduce this enzyme? Many plant foods, including apples, berries, grapes, onions, and green tea, contain phytonutrients that appear to naturally inhibit MAO, as do such spices as cloves, oregano, cinnamon, and nutmeg. This may help explain why those eating plant-rich diets have lower rates of depression. Even on a day-to-day basis, studies have shown that the more fruits and vegetables you eat, the happier, calmer, and more energetic you may feel that day—and this positivity can spill over into the next day.

Avoiding the blues is not just about eating your greens, though. There are also components in certain foods that may increase the risk of depression, such as arachidonic acid. Arachidonic acid is blamed for mood impairment by inflaming the brain. The top-five sources of this inflammation-promoting compound in the Canadian diet are chicken, eggs, beef, pork, and fish, with chicken and eggs alone contributing more than all the other top sources combined. There is data suggesting that people with higher levels of arachidonic acid in their blood may end up at significantly higher risk of suicide and episodes of major depression. Therefore, reducing these foods is an important step towards greater vitality and happiness. Finally, if you or someone you know is struggling with depression, it may be useful to seek professional help.

As we prepare for the long winter months ahead, when loneliness can tend to creep into our daily lives, it is important to maintain contact with your most positive, uplifting friends and family. Why not join in community activities such as aerobics or choirs, painting classes, book clubs and walking groups? Reach out to people who might appreciate a conversation or a few laughs, and finally, eat your greens!



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



**Canthooks**  
Restaurant



**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



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

Mon - Wed 9:30 - 6:00	Thurs - Fri 9:30 - 8:00
Sunday 10:00 - 5:00	Saturday 9:30 - 6:00

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

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



## What is Your Breath Telling You?

By Tamatha Strachan

Pic by Rainer Bleek unsplash.com



One way to test your breath is to cup your hands over your mouth like a mask and exhale into them, then take a whiff. The pandemic taught us another way to check our breath. If you can't stand the smell of your mask it's likely others won't like the smell of your breath. You might need a mouth rinse, or it might be an indication of a deeper problem your breath might be trying to tell you about.

Do people take a step back when you are talking to them? **According to the Canadian Dental Association, bad breath affects about 25% of the population.** Halitosis, the medical term for bad breath, is the third most common reason that people seek dental care, after tooth decay and gum disease. You can check how your breath smells easily using the sniff test. Hold your hand over your mouth like a mask and exhale. Sniff. What do you smell?

You might think that bad breath comes mostly from eating foods like garlic and onions. However, it is bacteria in the mouth, especially on the back of

the tongue, that is the biggest cause of bad breath. **Poor oral hygiene accounts for 90% of halitosis cases.** Gingivitis is an inflammation of your gums that can cause redness, swelling and bleeding. It is caused by plaque, a sticky film that builds up on your teeth. Brushing and flossing removes it. Untreated gingivitis can lead to periodontitis, which permanently damages the supporting structures of your teeth and can lead to tooth and bone loss. Without proper oral hygiene and routine dental cleanings, harmful bacteria invade your mouth and multiply out of control. These bacteria produce and emit volatile sulphur com-

pounds, which smell metallic or like rotten eggs.

**Good saliva flow cleanses the teeth** and tissues and is essential to keeping the mouth healthy and in balance. Certain medications can inhibit good flow. These include blood pressure medications, antidepressants, sleeping pills, diuretics, and antihistamines. Many asthma sufferers are mouth breathers and use medicated inhalers which can contribute to dry mouth. If you snore or have sleep apnea, you may have severe drying of the mouth because of breathing through the mouth and not the nose. Sjogren's syndrome is an autoimmune disease that can lead to muscle pain, dry eyes, dry skin, and dry mouth. Skipping meals is a sure-fire way to have bad breath. That's because when we do not eat, we do not produce as much saliva. Low carb and high protein diets change your body's metabolism and in some cases your body will release sulphurous gasses as it metabolizes the proteins in low carb diets. There are several other conditions that account for the other 10%, including: **Head and Neck cancer:** Radiation treatment can result in salivary glands that no longer function properly.

**Gastroesophageal reflux disease (GERD):** This condition is caused by acid coming back up the esophagus, causing a burning sensation in the chest or throat. Breath that smells sour, excessive burping and belching may be warning signs.

**Stomach ulcers:** Bad breath can be caused from the bacteria, helicobacter pylori, which causes stomach ulcers.

**Tonsil stones:** Around the tonsils are pits and small crevices that some-

times get clogged with bacteria and food debris. This can turn into a tonsil stone or tonsillolith.

**Sinus infections, allergies, or post-nasal drips:** These can cause the mucus in your mouth to resemble the smell of mould or mothballs.

**Diabetes:** People with diabetes have an increased risk of gum disease, which can make it harder to control diabetes because it can increase blood sugar. A sweet, fruity odor can signify ketoacidosis, an acute complication of diabetes.

**Liver or kidney disease:** When your liver and kidneys are working properly, they filter toxins out of your body. In people with liver or kidney disease, these toxic substances aren't being cleared out. Liver disease can cause a musty smell. Kidney disease may cause a fishy odour.

**Bowel obstruction:** This occurs because nothing can move down your intestinal tract. Everything inside the digestive tract ferments and produces a bad odour that escapes through the mouth.

**Pay attention to your breath. It might be trying to tell you something.**

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.





FULLY LICENSED AND INSURED

**SPECIALIZING IN PROPANE!**

**SALES & SERVICE ON ALL PROPANE FIXTURES & APPLIANCES.**

**FURNACES, FIREPLACES, HOT WATER TANKS FRIDGES, STOVES & MORE**

---

**PLUMBING**

**Repairs, Renovations & New Housing**

**HOT WATER TANKS, SUMP PUMPS, TOILETS**

**SUBMERSIBLE WELL PUMPS, EVERYTHING!**

**SALES, SERVICE & INSTALLATION**

---

**HEATING & AIR CONDITIONING**

**Sales, Service & Installation**

**BOILERS (NATURAL GAS & PROPANE)**

**10 YEAR PARTS & LABOUR**

**FURNACES, FIREPLACES**

---

**613-433-1111 RENFREW**

**WHITEWATERPESTCONTROL.COM**

**Local, Family Owned 613-312-2218**

**Guaranteed Services**

**24 Hours / 7 Days a Week**

**Licensed Technicians**

**Senior & Military Discounts**



**WHITEWATER PEST CONTROL**

**CONTROL:**

**Pests**

**Wildlife**

**Rodents**

**& More**



# On October 24 Vote for Trails!

By Lesley Cassidy

Imagine riding or hiking along a narrow dirt trail, pines towering above, the noisy, busy world left behind when you stop at an intersection. Hmm... Left, or right? No trail signs or cell coverage to check the online map. Do you ever wonder what it would take to add better signage through your favourite single-track network? Perhaps a facility at the trailhead for when nature calls? Or maybe an Automated External Defibrillator in case of an emergency. It's municipal election time in Ontario. Do your candidates even think about trails?

Making things happen for trails involves volunteers. People contributing their time are the backbone of trail clean-up days, Facebook community pages, keeping an ad-hoc group or members of an organization up to date on current events and developing partnerships with businesses and local governments. This all happens to improve the trail experience. Volunteers may interact with elected officials to accomplish specific activities (for example, installing a sizeable information-packed sign at a trailhead), share plans and information, present to the council, or receive approval or support for a trail activity or trail development.

Monday, October 24th, 2022, it's Ontario's municipal election day! Ontario's municipal system consists of 444 governments, with the majority comprised of five elected members, including the head of the council. Municipal staff support the elected officials who form the council and help to implement their decisions, among other responsibilities. In the 2018 municipal election leadup,



Volunteers from Crag Care of Ottawa after a busy clean-up day at the Eagle's Nest climbing and bouldering areas. Trails are recognized by municipalities as important assets. Help them understand what they can do to improve them. Pic by Crag Care of Ottawa

6,645 people put their names forward for election. A whopping 67% were new (or had been on council years previously but not the past four-year session). This is a huge percentage of new contenders with unique voices, passions and fresh ideas. The municipal election truly impacts day-to-day life, almost more so than federal and provincial elections, as they make decisions on issues such as water, buildings, senior housing, fire, bylaw, waste disposal, sidewalks, snow removal, public libraries and recreation, among others. We must not forget trails - they are integral to our daily physical and mental health. Sometimes we have to wait until the weekend to explore; other times, a path close to home provides a quick nature boost, a spot to walk the dog or take the kids for a ramble after dinner.



Sign installed by Crag Care of Ottawa at the Eagle's Nest Lookout. Pic by Crag Care of Ottawa



Trail Signs identifying where riders can enjoy snowmobiling and ATVing. It's collaboration between volunteers and elected officials that make them possible. Pic by Lesley Cassidy

"Ontario has the second-largest trails network in Canada, with about 2,500 trails spanning over 80,000 kilometres that support recreation, tourism and active transportation," according to the provincial government website. And it further states that "in 2014, hiking expenditures by Ontarians added \$559 million to Ontario's GDP and created more than 18,000 jobs across the province with an annual economic benefit of nearly \$1.4 billion." Add dirt biking, snowmobiling, cycling, equestrian riders, cross-country skiing and All Terrain Vehicles (ATV), and you get the picture - trails deliver enormous economic support to rural areas and small businesses. And that's only the financial picture. Trails provide well-known physical, psychological and quality-of-life benefits. A report written for the Municipal District

of Taber in Alberta on Trends and Issues Affecting Rural Recreation in 2019 highlighted that a fulfilling quality of life directly results from the recreation opportunities available in rural areas. So, why wait until the voting's over?

According to the Merriam-Webster dictionary, advocacy is "the act or process of supporting a cause or proposal". Volunteering to help keep a trail open and accessible is advocacy - it's investing time and energy into a cause. One organization, Share the Road Cycling Coalition in Ontario, prepared an election toolkit that outlines everything you need to know to meet with local candidates - how to set up meetings, questions to ask and it supplies an explanation about the provincial political system. It could readily be adapted for municipal elections. Eleanor McMahon

 <p>Century21 Eady Realty Inc. Brokerage 29 Raglan St. Renfrew 613-433-2254 <a href="http://www.vincentjohnston.com">www.vincentjohnston.com</a></p>		 <p><i>My heart is in the Highlands. It's where my family comes from and where I like to be. I promise to do my best to ensure details are looked after and everyone is satisfied with the sale. You can trust me to list your home and help you find your dream property. New listings welcome!</i></p> <p>- Vincent Johnston, Sales Representative</p>	
 <p><b>HURDS LAKE WATERFRONT!</b> 207A High Lane Waterfront lot on Hurds Lake \$349,900 MLS1245638</p>	<p><b>INVESTMENT OPPORTUNITY!</b> 13.33 Acres on Wilson Farm Road Investment opportunity on the road to the Calabogie Motorsports \$199,900</p>	 <p><b>HURDS LAKE ACCESS!</b> 18 Lauraine Crescent Log home in Hurds Lake Hamlet with lake access MLS1306509 \$449,900</p>	<p><b>IN THE PINES IN GRIFFITH!</b> 7 Eastern Ave Neat and tidy bungalow MLS1296259 \$334,900</p>
<p><b>NEW LISTING!</b></p>  <p><b>SOLD</b> 2855A Highway 132 2 storey with a huge high ceiling attached garage, smaller attached garage, lower unit - 1 bedrm living area with full bath. 2nd floor unit - 3 bedrm with full bath, ensuite MLS \$359,000</p>	<p><b>CALABOGIE COMMERCIAL!</b> 5057 Calabogie Rd. Over 5 acres of pristine commercial land with a Highway Commercial Zoning \$599,900 MLS1257456</p>	<p><b>PRICE REDUCED! WATERFRONT BUILDING LOT!</b> 155 Frost Lane on Virgin (Dempseys) Lake \$359,900</p>	<p><b>PRICE REDUCED!</b> 505 Gladstone St. Calabogie MLS1290383 \$479,900</p>
<p><b>BUILDING LOTS!</b></p> <p>Kennedy Road Building Lot \$128,000</p> <p>Pheasant Run Building Lot \$129,900</p> <p>Stones Lake Building Lots 2.5 acres MLS424900</p>	 <p><b>INVESTMENT OPPORTUNITY DOUGLAS!</b> 5235 Queen St in Douglas. 2 Buildings. Well cared for 3 bedroom 2 bath home with old Blacksmith Shop converted to a Cafe \$449,900</p>	 <p><b>SOLD</b></p> <p><b>NEW LISTING!</b> 1812 Frontenac Rd. 10 acres in Matawatchan \$325,000 MLS1305447</p>	



Waiting to Vote pic by Elections Canada

Screenshots of Greater Madawaska's Election web page by Lesley Cassidy.



2022 IS ELECTION YEAR!!		
Voting Period	Voting Method	Voting Period
2 to August 19, 9pm	Internet and Telephone Voting only	October 11, 2022 10:00am to October 24, 2022 8:00pm
(no paper ballots)	(no paper ballots)	
Positions Available		
1 Mayor		
2 Councillors Ward 1		
1 Councillor Ward 2		
1 Councillor Ward 3		
Contact the <a href="#">Clerk's Department</a> with any questions and to make an appointment to submit nomination papers.		

Don't assume you will receive a paper ballot in the mail. The pandemic was a catalyst for many townships to move to internet and telephone voting only. Make sure to check the mail for a letter that shows you how to vote and where and when you can get voting assistance. Contact your township clerk if you have questions.

started this coalition after her husband, Ontario Provincial Police (OPP) Sergeant Greg Stobbart, was killed cycling near Toronto in June 2006. Though work with elected officials and staff, she has been instrumental in changing the Highway Traffic Act and working with the Ontario Coroner to develop recommendations that will lead to safer cycling. She also played a significant role in updating Ontario's cycling strategy in 2017.

The toolkit offers detailed, point-by-point, easy-to-read information on engaging with elected officials and candidates and specific messages about cycling. Focus on what the "ask" is – i.e., what are you looking to accomplish when meeting with candidates specifically. The Cycling Coalition's toolkit recommends sticking to one is-

sue (despite many priorities the organization or a group of volunteers might like to discuss). It emphasizes staying non-partisan. Another suggestion mentions "know your audience" by researching the elected official or contender. Or host an event and invite those running for council. They also prepared a sample letter to write to local representatives or candidates, a template for writing an opinion piece in local papers and sample questions to ask. Adapting this toolkit for different trail users would be straightforward.

Several organizations representing Ontario's dirt biking, snowmobiling and hiking activities have an advocacy element to their governance structure. These focus on educating members on specific issues and building partnerships with various levels of government, par-

ticularly township or county levels, for assistance and information sharing – all to address issues to improve access, safety, and amenities on their trails. As volunteers organize, it's common practice for outdoor enthusiasts to work with appointed officials and municipal staff. For example, Crag Care of Ottawa, a community of rock climbers working to keep climbing areas accessible and safe, approached a councillor in the Township of Greater Madawaska regarding the Eagle's Nest. Most hikers view the valleys and ponds from high up on the cliff's ledge, but the climbers spend hours scaling the almost one-kilometre-long rock walls beneath the lookout. At times, climbers dodge rocks and garbage thrown over the ridge, impacting the safety of their adventure. They discussed the issue with a councillor, worked with staff and the Ministry of Natural Resources and Forestry and received support to install signs informing people that climbers are below the lookout. The group installed the signs in June 2021. "The projects we have undertaken have gone well", Crag Care of Ottawa shared. "Our interactions with councillors have been great; they have been very receptive to speaking with us and aiding our efforts".

The Renfrew County ATV Club has worked with the county and City of Pembroke Council and staff over the years. This past spring, Renfrew County Council implemented a trail pass system on the Algonquin Trail (Ottawa Valley Rail Trail). Fines are in place for riders who do not have a pass, and the OPP conducts patrols of the trail. County Council requested that staff work with the club regarding a contribution towards the maintenance of the trails. In

the club's August newsletter, the club shared the following: "It is always the riders' responsibility to know where, when and what they can ride and whether a permit is required or not. Please ensure you are familiar with the By-Laws for the County of Renfrew and Lanark County... RCATV and our sister club the Ottawa Valley ATV Club continue to work with county staff to try to bring a seamless ride for riders." This is just one of many examples of the work volunteers complete with staff and councillors.

Enjoy the trails this autumn! Councils, elected officials and trail opportunities do mix. To ensure access and amenities, outdoor enthusiasts and their organizations should advocate for their activity and work with municipalities. One approach involves talking with candidates and finding out how they might help you or the organization you volunteer with to achieve improvements to your favourite trail. If we ask questions now, it might help us decide who to vote for in the upcoming municipal election.



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

# 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



**Be a Happy Camper in Fall Weather**

By David Arama

**After a hot summer, most of us are not acclimatized for cold wet conditions. Proper clothing and footwear are essential as temperatures fluctuate wildly during the day.**



The transition between summer weather and winter weather is not a smooth one. It seems that the cycle repeats every day. Cool mornings, hot afternoons, cold nights, and unpredictable precipitation. That acrylic sweater might have been cozy in the morning when you were hiking, but just won't keep you warm after it soaked up some sweat. It's not just a matter of comfort. It's a matter of survival.

Now that the leaves have started to change, and as we approach the autumnal equinox, cooler damp weather is the reality facing outdoor enthusiasts. I love the fall season, my favorite time of the year, with fresh crisp air, fewer bugs, decreasing crowds of humans, cool nights, and the scenic fall colours that we experi-

ence in the Great Lakes-St. Lawrence Mixed Woods Forest Zone. In many ways, it's the easiest time to go hiking, camping, fishing, and ATVing. However, in some ways, especially when we get to late fall, weather and water conditions can become hazardous. And certain activities like hunting can lead to mishaps and disaster.

**One of the keys to outdoor activities in the fall climate is staying warm and dry.**

**All fall outdoor pursuits should at the very minimum, include the following:**

Clothing and Footwear are the most important aspect of preparedness for fall conditions. Instead of dressing for fashion, load up on waterproofing, layering, and woolens. Be ready for any potential hostile weather, by having a warm wool hat, wool socks, and wool long johns, plus woolen sweater, or jacket. Wool works as a great insulator even when it's wet. Have you ever seen a sheep shiver in the rain? Nope.

Make sure you have a weatherproof outer shell, comprised of Gore-Tex or similar synthetics. Also, I like waterproofed hiking boots, or even rubberized boots with wool liners to counter nasty late fall conditions.

**Good clothing can save your life in hostile conditions.**

**Survival and Safety Gear should include the basics in the following list:**

- Satellite tracing communication device e.g. SPOT locator, and/or cell phone booster e.g. Wilson's WeBoost
- Magnetic compass, topographical maps, and a Garmin 64 or 66 handheld GPS unit
- Solar or space blankets
- Waterproof tarp e.g. MEC Scout, Woods Camp, Chinook
- Ferro and magnesium fire starter e.g. Light My Fire, Stormproof matches, butane windproof lighter
- Tin can for boiling water, Aquatabs or chlorine water purification
- Folding saw
- Large knife e.g. K-Bar
- Swiss knife or multitool
- High-energy foods, e.g. granola bars, trail mix
- First aid supplies e.g. gauze dressings, burn pads, assorted bandages, triangular, Kling wrap, surgical scissors, tensor bandage, moleskin, quick splints, preferred painkillers and personal medications
- Paracord, duct tape

Land Activities survival kits can be kept in small backpacks and fanny packs. Everything inside can be placed in waterproof zip lock bags.

Water Activities' survival kits should be packed in waterproof, inflatable con-

**CRAIG Armstrong**  
sales representative  
*A Name You Can Trust!*

*Looking to buy or sell your home or cottage? As your Royal LePage REALTOR® I will listen to your needs and put my expertise to work to guide and support you every step of the way.*

**ROYAL LEPAGE**  
**Team Realty**  
Independently Owned and Operated, Brokerage  
Helping you is what we do.™

*Let's work together!  
Please contact me today*

Cell: 613-818-9751  
Toll Free: 1-800-307-1545  
Email: CraigArmstrong@RoyalLePage.ca



## SURVIVOR GUY

It's not just about survival. It's also about comfort. Being prepared with hot and cold weather survival gear, along with the usual ability to navigate and communicate, will make you a happy camper.



The list of essentials on the previous page might look like a lot, but it all fits neatly into a backpack. You never curse what you brought with you, only what you leave behind.

tainers e.g. Drysack, small olive barrels. It is important for all water activities, for you to wear flotation devices. Even inflatable water toys require you to wear flotation devices.

RV'ing and cottaging should have all the above, plus wool blankets and sub-zero sleeping bags. This is also a good time to check smoke detector batteries, and clean out woodstove chimneys.

*Enjoy the wonderful fall, and stay safe!*

*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

## 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**

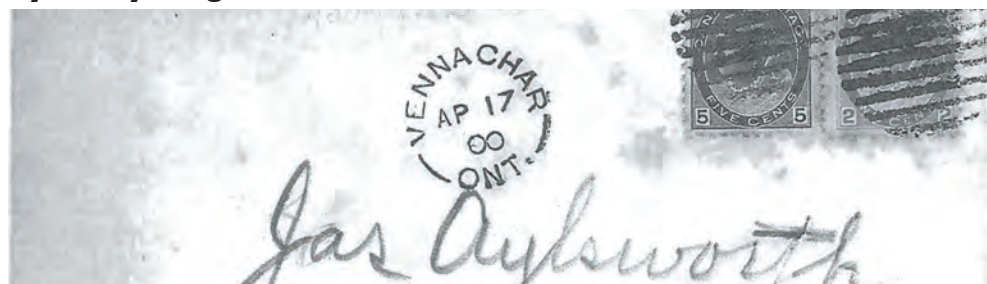
**We've been building in The Highlands for over 30 years  
 Renovations and Remodeling • Building Dream Cottages • Constructing New Homes**



# MEMORIES OF VENNACHAR

## Old Post Offices – All a round the Circle

By Garry Ferguson



Letter (provided by Bill McNaught) was processed at Vennachar for Tamworth in 1900 and was cancelled at every stop along the way.



**Preface:**

It's so true: you can run but you can't hide. Too many birthdays and a crap-load of pension cheques have come and gone since I forsook my lonely perch at the "Highlander" (snicker) Griffith & Matawatchan News Desk for the anonymity of Quinte West. I was quite happy to continue my accelerating drift toward – in no planned order – laziness, flabbiness and illiteracy. Guess I was a tad bit delusional in thinking that I had been completely forgotten back in the Valley and that only Amazon and Instacart knew my coordinates – but Lois never forgets.

When she rooted me out and asked that I do an article on old post office around the "Golden Circle" – Griffith, Denbigh, Vennachar and Matawatchan - I was about to launch into my standard "whining and wheedling list of excuses" when, from somewhere in the diminishing grey matter, that sobering thing about the pen being mightier than the sword, flashed. As a columnist-publisher-editor-of-a-widely-distributed-newspaper sort of person, she wielded a mighty huge pen and so could be dangerous. I only meant

to clear my throat to give me time to think and to concoct some debilitating ailment, but the sound that came out sounded something like "Yaaarrg." Not sure how she could ever mistake that for "Yes," but, to be honest, I was relieved that the squawking did, somehow, come out in the affirmative. Th t was after she cut through the fog and made me understand the reason for THIS article at THIS time.

As the old song goes, "Yes, we got no post offic today." She sounded so stressed and mournful that I had no choice but to get on board without another whimper.

*After all these years, it's a head-scratcher that the folks of Griffith/Matawatchan have no post office. NO POST OFFICE? Folks now have to drive to Denbigh for a stamp or to Renfrew to pick up a parcel. According to Elmer Strong's "Matawatchan," that almost happened once before when storekeeper, John Thompson (Johnny Miller) threatened to throw anything to do with Can-Post out into the yard. I'll say now what locals would have said back then; "Ain't that jist a corker? Turble all t'gether."*



Sandford Fleming designed the 3-pence stamp, which was the first stamp for the Province of Canada in 1851. A beaver building a dam was symbolic of beaver pelt currency and the people building their country for Britain.

**Post Offices – Past Tense**

It has been decreed by those history-bent denizens of musty repositories that the fi st to get into the mail business was the Brits sometime during Charlie Two's turn at the wheel, thought to be around 1660. The oldest post offi , still in service, is in a place called Sanquhar, Scotland. (Try that one on with a Scottish accent.)

Though there was mail activity under the British system, we out here in the howling wilderness of the Colonies didn't get in on the act in earnest until a year after the uniting of the two Canadas in 1840. According to my Dollar-Store calculator, that would be 1841 when service was established across the Canadas, New Brunswick and to the USA. All well and good, but looks like our ances-

tors back here in the boonies were still sucking a hind whatsit for some time; mail-wise that was.

The fi st real Canadian postal stamp, issued in 1851, was named the Th ee Penny Beaver. Sir Sandford Fleming took some time out from cogitating on his soon-to-be-released "Standard Time" to design the Beaver. That, of course, was in the days when the government kicked in, long before Canada Post was a Crown corporation raising all its loonies and toonies the hard way. Other than the fact that Griffith is post-office-l s, there are no big complaints from our little patch of The Great White. Can Post service is a bargain – but the cost these days is from a loonie on up – way on up. It costs a buck and 94 just to get the "Highlander" to me.

By the fi h birthday of our

EVERY SATURDAY & SUNDAY!  
9 - 4 PM

# MEGA YARD SALE

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

**1142 Overton Road  
on Buckshot Lake**

Off Buckshot Lake Road  
between Plevna and Vennachar.

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

Weather permitting (It's a better drive on a nice day)

**GLAESER'S 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





The long-abandoned Bill/Isabella Wilson home, the site of the First Wilson Post Office in Matawatchan but called Wilson. The house is situated on the MacPherson Farm in Matawatchan. For a lifetime, I have been convinced that this was the first Wilson Post Office site but in all my digging for the accompanying article, I could find no evidence that this was true. My grandfather, Walter Hutson was raised here by the Wilsons and told me many stories about those early times but since he died in 1967, much has become hazy. My impression may be correct but all who may have answered my questions have passed on. Pic by Mark Ferguson 2009



JP DeGrandmont and Juliette LaGal's Matawatchan Road home where Trefle Belanger became postmaster in 1925. The first Camel Chute Post Office (1890 - 1891) was situated on the same property but in an earlier dwelling.



The original log section of Joe and Catherine Grant's modern home along the old Addington Colonization Road, near Denbigh, was built in the 1860's, where Mr. Hughs was the postmaster in Deutsch, now Denbigh.

red (not like in "Commie" but like on Mercator's) Dominion, 01 July 1872, we had post office in Vennachar where William Hanes was the postmaster, Matawatchan, John McGregor postmaster, Denbigh, Samuel Lane and Griffith, William Aird. According to the Can-Post lists of the time, Wilson and Camel Chute had not yet received their invitations to the club. Same for Balvenie, Khar-tum and, yes, even Rose Hill. Important thing is that they all did get there, eventually.

Notice that the title of "Postmaster" was, in most cases, bestowed upon the misters in the families but everyone knew, darn well, that the title should have been "Postmissus" because guess-who did all the post-offic g. However, there was a practical reason for this. Most of those misters were also hard-working farmers 16/7/365, so having them interrupt their mucking out of cow byres to serve patrons, in well-fertilized bib overalls, would have been, even back then, pretty odious business practices.

In 1890, however, Camel Chute got the nod and Alexandre Dubreuil was anointed the first postmaster. I mentioned the second to wear the crown (1892) only because of the reoccurring screw-up between the pee and got-no-pee Thompsons/Thomsons. John Thompson is recorded, however, no John Thompson that I know of existed in Matawatchan at that time. John Thomson (my great, great grandfather as well as Mark Thomson's) lived in the area so I'll get wildly daring here and claim that it was our G, G, Grandpa "No-Pee" John.

His home was on the site now known as Dodge's Spook Hill, across the Matawatchan Road from the late Annie (Thompson) Thomson's house.

I guess the job wasn't that appealing because it was passed around like a hot potato for the first few years even though the driver delivered to the post office only three times each week. Added to that was the fact that there was, apparently, some dissatisfaction with the service and in the second year (1891) of the Dubreuil run at it, a petition was circulated to have the Dubreuil post office closed. It must have brought results for John Thomson took over (1892) shortly after. Looks like Matawatchan didn't escape who-evers' wrath either because the same petition demanded a change of site there. In spite of this Can-Mail version of musical chairs involving a number of homes, most of those private dwellings have gone the way of the Three Penny Beaver - with the exception of JP DeGrandmont and Juliette LeGal's home beside the Matawatchan Road. Here Trefle Belanger served as Post Master - the sixth - in 1925/26. André Dubreuil's post office was on this same property but in an earlier and long-gone dwelling. The last structure in a long line, Lapalm's Store, now Eagle's Rest Cabins, of course still remains.

It is reported that John McGregor (He built the log house in Matawatchan where Bill Graham lives, married my great, great grandmother's sister and is listed above as the first postmaster) was also the first mail driver - that would be from Griffith to Camel Chute and then on to Matawatchan - but during my ankle-biter years it was the Tinian Fam-

ily, usually sons Tom or McCabe, who did the run.

Some time after John Hunter established the Matawatchan Store, he became postmaster then passed the post on, with the sale of the store, to Charlie Strong. I found out from Gail (Snider) Holtzhauer, Charlie's granddaughter, that the rack of wooden mail slots, bearing names of many of my ancestors, was made of fitted-together, wooden packing boxes in which yeast was shipped to his store. This priceless antique structure was moved to the United Church when the store closed and now has a home in the Matawatchan Hall.

The post office went with the ownership of the Matawatchan Store on down to John and Gladys Thompson. To differentiate from the other John Thompsons/Thomsons, John was known as "Johnny Miller" because he was raised across the line in Miller Township. When he no longer wanted to be bothered with the effort required - he ran a store, a sawmill and hauled with his "Internarsh-ionul" lumber truck - the office went to Hannah (McLaren) Carswell who ran it from the home that still stands south of the Matawatchan United Church. Hannah's husband, David Carswell - known locally as Davey Bill to differentiate him from his Carswell cousin Davey Pat - drove the mail from Griffith.

In 1947, my father decided to buy a FWD Willys Jeep and was assigned a red model. A day or so later, we stopped to talk to Davey in front of his house, as folk often did back then, and it was love at first sight. "This is just what I need to run the mail," Davey beamed. When my fa-

ther agreed, Davey said, "I want this one." Apparently, he preferred the red variety. Fortunately for Davey, Dad's purchase with the dealer had not been quite completed - never happen these days - so my father settled for a green and Davey got the red. His belief in the reds being the best might have had some validity since his was still shuffling mail long after Dad's green had cashed in.

The second postmaster in Griffith was a Mr. Joyce who owned a store somewhere around town. My great, great grandmother, Mary Ann (MacPherson) Thomson (notice, no pee) married him after the death of her husband, John. She was grandmother to my grandmother Maggie ([Thompson] notice the pee) Hutson who referred to her as "Grandma Joyce."

Not to wound the historical pride of the good folks of Denbigh but before Denbigh was a Denbigh, the first post office in the area was 20 minutes by shank's pony to the south at Deutsch (1864 - 1869). Deutsch (that's German for German in case you hadn't guessed) was in the area that lies along the old Addington Road between the present-day Highway 28 and the bottom of Eagle Hill. A Mr. Hughs was the post master. During my early-fifties high school days in Denbigh, I often hunted partridge along the overgrown southern section of this road; abandoned once Highway 41 was built.

Gotthard Raddell was the driver bringing the mail up from the south. The original log section of Catherine and Joe Grant's Addington-Road home was built by that same Mr. Raddell of yore. The inter-



...continued from previous page



Top to bottom, left to right: 1) The Godin home in Griffith was the site of the local post office for two generations, now gone. 2) Strong Post office, now gone, was on Donnie and Marg's property on the Matawatchan Road. 3) The Matawatchan store, now a private residence in the Village of Matawatchan, was for many years also the post office. Other than the years during which Hannah Carswell served as postmistress in her house to the south of the Matawatchan United Church, the post was held through several owners. It was here that Charlie Strong built the mailboxes (next page) - now on display in the Matawatchan Hall, made from boxes used to ship yeast cakes to his store.

section at the foot of Eagle Hill was/is known as Ferguson Corners. (Not much to do with this tale but an excuse to squeeze in the name "Ferguson.")

\*Note to self: Have Joe check nooks and crannies of their house for old misplaced mail - perhaps even an old remittance cheque.

When harking back to the bad old days of our post office around The Golden Circle, it was "the gittin' 'er there" over those trails that still drives my limited imagination into "OVERLOAD." Imagine those old-time carriers coming from Renfrew to tackle the Batson Road up to the Aird (or Joyce) Griffith Post Office or Gotthard Raddell working his way, from southern climes, north to the original Hughes's Post Office in Deutsch. Try to picture yourself gazing at the exhaust end of a horse all day long as the poor beast(s) hauled you around stumps, over corduroy, through clouds of mosquitos, mud holes or lunging through snow drifts higher than the belly bands. Some areas even resorted to carrying mail by horseback.

Eventually, when newer roads allowed, Can Post contracted out to stage coach companies with established routes. Jackie (Strong) Jenks remembers hearing of her Uncle driving for a stage coach company that carried mail from some of the outlying villages into Bancroft. Denbigh and Vennachar were among the lucky sods that got to enjoy this luxury before horses were finally turned out to pasture and coaches became museum pieces.

Recorded history has been a little vague regarding the posties

at our remote ends of long-distance deliveries so it has been necessary to recall some - from the long past and perhaps not always complete or chronologically accurate - reminiscences to gather associated highs, lows and the amusing. Losing the office in Vennachar, when Wesley Connor's store and post office were destroyed in the big fire of 1903, was one of the tragedies. I believe that Simon Ball became the post master and was still active during my lifetime. Several successful keepers-of-the-post followed Mr. Ball but the loss of "Oh Thee" was never forgotten.

It's interesting to note that the "Oh Thee Fire" swept down the Colten Creek Valley into Matawatchan Township, passing within the width of a field from soon-to-be Wilson Post Office. It consumed a neighbour's (William Strong) hay stacks and saw mill before giving Black Mountain its name then burning itself out farther on near Schooner Lake.

Simon Ball liked to tell of a tight-as-bark-on-tree customer (I remember the man) who one day in the forties came by horse and buggy from his farm into Vennachar to do some postie business. Back at home the fellow discovered that he did not have three cents due as change, so he re-harnessed for a second run. The three cents were still on the counter. A tired old horse, a half day on the road with a half day's work lost; but on the other hand, three coppers in the pocket.

My grandfather, Walter (Wottie) Hutson was raised by the Wilsons in the still-standing, but long-

abandoned, house near the barns of the MacPherson farm. I was always convinced that here Bill and Isabella had set up the first post in that area locally known as "The Settlement." I have now fallen into grave doubt since I can find no official evidence of a Wilson Post Office before the spring of 1913 when Jim Avery was named post master. His wife Myra (Wilson) was raised within fifty feet of their home. Unfortunately, all my forbears who could have eased my troubled mind have changed their address to, "General Delivery, Pearly Gates P.O."

Though still in Matawatchan Township, it was named the Wilson Post Office to differentiate it from the other post office right down town. This address, and the fact that a great number of Wilsons were kicking around the area, gave rise to a place called "Wilson" though it didn't have fixed boundaries ("Pretty much from the cemetery, or maybe the old MacLeod place, on south to somewhere around Hamilton's Corners, eh," doesn't really serve well as official boundaries) and the post served a few folks in two different townships in two different counties. It is, however, marked on maps and was painted on the doors of my father's 48 Chevy truck, so that makes it official enough to qualify, at least, as a suburb of Matawatchan. After the Averys, the Wilson postal duties were passed on to Tommy Strong, Norval Strong and Edna Strong but always remained the "Wilson Post Office" until it went the way of the "creamery truck" and "sittin' up" in the parlour.

During the summer of 1941,

long after Mrs. Avery had left an impressive string of seasons in her wake, my family moved into her house (across the driveway from the original Wilson site and now home to Andy and LeeAnn MacPherson) with some sort of agreement that she would live with us. By that time, Mrs. Avery was having what was referred to as "spells" during which she seemed to be doing a teeth-grinding rehash of some ancient argument - maybe over the price of Thee Penny stamps - scaring my poor mother to the brink of diarrhea. Needless to say, that agreement fell apart long before freeze-up.

Since life could be drudgerous (apologies for that one) and dull in those early days, a trip for the mail could be a real outing and sometimes you got to see "things" happened. My grandfather Walter Hutson told me of a big brouhaha among some of the local lads who agreed to meet and skin a few knuckles at the post office, a very public place where no "ganging up" could spoil the fun. The event was to settle some grievance caused by someone crowding someone's team and sleigh on the snow-clogged road. A goodly crowd gathered on the scheduled day but went home having to settle for an hour or so of mitts-on, mitts-off, snorting, posturing, ranting and roaring. The event must have been impressive though for Grandpa to talk about it two generations later.

In summer, the Tinian Family - they lived on the farm where Iona McClaren lived - usually drove the mail in their Model A coupe but since winter and spring roads put the kibosh on that luxury, they fell back



## MEMORIES OF VENNACHAR



When the mailboxes from Chas. Strong's General Store were moved from St. Andrew's Church (now a private residence) to the Matawatchan Hall, the drawers were removed to make it easier to lift. They discovered printing on the undersides. On the left: Instructions for storage of Royal Yeast, and C. Strong Calabogie, which was where he would have picked up the yeast on the K&P RR line.



The Matawatchan General Store mailboxes from about 1911, now on display at the Matawatchan Hall, are numbered 40 to 79, with one slot in the middle for outgoing mail. They are in alphabetical order from Bebee to Smith. Could the first post office in Matawatchan, that was called Wilson, have another set of boxes from 1 to 39?

on their dependable cutter and buggy – powered by a one-horse-power unit of course. A friendly wave to the grinning tots by the road from car or cutter, on its way to Wilson, usually made us frantically return the nicety but, during the spring runoff, we were not such happy little friendlies. I'm so hoping that we didn't shake our tiny fists because the Tinians were nice folk.

I, along with the Thomson boys and my young brother, manipulated the runoff from the big thaw by carving up the graveled hill in front of our houses into marvels of engineering – or so we imagined. That evil equine seemed to have some malicious sense of humour – we swore to each other that he grinned at us around his bit - that inspired him to zig zag the buggy over as many of our mud dams, diversions and reservoirs as possible in one pass. We despaired in dumb silence (I hope) for a spell but usually forgot by the time the old hay-burner was out of sight around the Big Rock Turn.

My favorite post-office story is one involving Gillie Godin, fourth Griffith Post Master at the time. The story was related to me by a grandson of a long-passed community member who did not meet the approval of many because he shunned the drudgery of farming and steady work for a life of hunting and trapping to support his family. On a long-ago day before one Christmas, he travelled to the post office to check on a C.O.D. parcel from Eaton's or Simpson's containing gifts for his young family. The good news was that it had arrived: the bad news was that a much-anticipated cheque from the Hudson Bay

Fur Company had not. No amount of talk could make Mr. Godin break the rules and release a C.O.D. without payment so the discouraged man went home empty-handed. Being a man of great faith however, he still maintained hope and believed in miracles.

Though not Catholic, he knew that Mr. Godin would be attending Christmas Eve Mass that midnight and prayed that the Lord and the solemnity of the service might inspire him to come up with some solution, but after midnight came and passed, they hit the hay. Sometime around three in the morning, the parents were awakened by the sound of a sleigh crunching frozen snow in the yard. It was Mr. Godin with the parcel he'd released with his own money.

After hearing the sad news that the last post office in the area has been shuttered, I got to thinking of the days when I would go with my mother to pick up the mail and sit a spell in Mrs. Strong's tidy kitchen for a chat. Often we would be joined by Mr. Strong (Tommy) who would sometimes be between chores and looking for some political discussion. I found his conversations fascinating even though he could have told us that Sir John A. was still on the throne and neither I, nor my mother, would have known the difference.

There were some good memories from those days but most would have considered any kind of forward progress "a betterment." It's hardly surprising that, in our limited world, we could have never conceived of a version of progress that ran in reverse gear.



Along with names that continue to be found in the area are boxes for Teacher, Minister, and Cheesemaker who might have changed from year to year.

### Credits:

Here's to all the great folk who, with info and photos, helped in bringing some sense and order to my ramblings.

To: Researcher-extraordinaire Lois Thomson, Mark Ferguson, Catherine Grant, Raconteur Gail Holtzhauer, Margie McAlister, JP DeGrandmont, Kevin White, Jackie Jenks, Bill McNaught and, of course, Canada Post, thanks, eh.

Info was also gleaned from Christina Hermer's "This Was Yesterday," the Townships of Griffith and Matawatchan's "Along the Madawaska," Elmer Strong's "Matawatchan" and last but not... Well okay, maybe least; my trusty iPad.

## "The Only Place to Go"

**BEST PRICE**

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

**BEST GUARANTEE**

Smitty has been keeping customers happy for 40 years

**BEST SELECTION**

In the appliance business and Smitty plans to be around for another 20 years!

This PROVES Smitty has the BEST

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

Same-day Delivery, Seven Days a Week

We sell Gas Refrigerators, too!

**IN-HOUSE FINANCING AT NO INTEREST**

These are just a few of the many reasons to visit

**BEST SERVICE**

Smitty's for your new or used appliances

**BEST QUALITY**



# SMITTY'S

## "KING OF APPLIANCES"

(613) 969-0287

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



**Full Disclosure?**

By Antonia Chatson

Pic by Andrew Wise Unsplash.com

Pic by Jamie Street Unsplash.com

Pic by Alvan Nee Unsplash.com



Of late I have had a couple of expressions rattling around in my head. They are “transparency”, “accountability” and “full disclosure”. And I think we all know what demographic of society is wearing these terms out.

Once upon a time there was a bus load of politicians who were being transported to some place so they could do some politicking. Going around a sharp curve too fast, the bus overturned into a deep ditch on a farmer’s field. Bodies were strewn all over the field, but by the time the first responders arrived all they could see was an exhausted farmer learning on his shovel, panting heavily. They asked the farmer what he had been doing. He said he had buried them all. The paramedics enquired if there were any survivors. The farmer replied, “Well some of them said they were alive, but you know how politicians lie.”

Any correlation between paragraph one and paragraph two is purely coincidental and may not necessarily reflect the views of the management.

Then I got to thinking that not too many things in this world come with full disclosure. Take dogs for example. Yes, dogs are good buddies. They keep deer away from my gardens and they warn of intruders. In fact, I can tell who is coming in our driveway by the way Laddie barks. It is sort of like a distant early warning system. Dogs are generally very friendly. In fact, we were thinking of hiring Laddie out as a greeter at Walmart in his spare time.

All would be well, except that no one warned us that he would spend many waking hours crouching by the side of the road waiting to attack township trucks. Laddie obliviously can’t read because he steals the cats’ food when he thinks we are not looking. Within two days of arriving here, he had made his way down to the beaver pond and got himself a beaver, which he proudly displayed

to us when he returned. Now mind you, there was little flesh on the skeleton and only a few tufts of fur. But that did NOT dampen his ardour, for a successful hunt.

Laddie is not too bad in the rolling department, but we did have one dog who rolled in animal excrement on a regular basis. After we washed him off, he considered it a carte blanche to repeat the performance. Dogs with full disclosure? Maybe no one would have one if they knew the negative outcomes of their expeditions.

And then there are the felines. Kittens are so cute, cuddly, and so playful that I could hardly imagine any downside of owning them. When after a week or so, when their eyes begin to open and they blearily try to focus in on our faces, that would melt the heart of any hardened criminal. They love to snuggle either in bed or on your lap when you are sitting in a chair. And they are forever grateful for all you do for them. Some can be reliable garden buddies, keeping me safe from coyotes and mosquitos. However, the full disclosure did NOT come with their arrival. Since we have so many permanent residents, they learn which piece of furniture is the best for scratching

and what curtains are best to climb. At one point we had three kittens and they would race each other up to the top of the curtains. After two of them had been given away, the third one continued to climb the curtains, but with no one to egg her on, she reached the top and looked around. After that, she decided she did NOT have to do this anymore.

The kittens were also instructed in how to kill a roll of toilet paper, how to mutilate a pillow, and how to throw teddies all over the living room floor. They also gave new meaning to the words scatter rugs. And speaking of rugs, they were taught how to distinguish between a dirty and a clean rug. You don’t vomit your hair balls on the dirty one. You save it up for the clean ones. I have witnessed cats backing up and retching on the open floor until they made it onto a fresh rug. Only then would they let her rip.

For additional exercise they would race from the kitchen through the living room at full speed and then slide from one end of the piano top to the other. I have my angel collection up there and by the time they were finished their run there were many Lucifers on the floor. I fixed that by placing my angels on the front part of the piano top, leaving the back part as a runway for them. Most of our cats are fairly well litter trained but some of the kittens feel compelled to

scour our premises for a more private hidey hole to deposit their excrement. But all in all, I believe the downside is well outweighed by the companionship the kitties and dogs offer to us.

And then there are people. I doubt if full disclosure would be a term that would fit any human being. The story is told of a woman who accompanied her husband to the doctor. After his check up the doctor called her into his office alone and said, “Your husband is suffering from a severe disease combined with horrible stress and unless you do these things he will die: Each morning, make him a healthy breakfast. Be pleasant throughout the day and make sure he is in a good mood. Make him something nutritious for lunch and at dinner time, prepare him an especially nice meal. DO NOT burden him with household chores. He had probably already had a hard day. And don’t discuss your problems with him. It will only increase his stress. In other words, try to satisfy his every whim. Do this for ten months and I think he will make a complete recovery.”

On the way home in the car her husband asked, “So what did the doctor say?” Looking him squarely in the eye, she replied, “I’m sorry to tell you this, but you are not going to make it.” Need I say more?

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

AUTHORIZED AGENT FOR:  
**LCBO**  
**The Beer Store**  
 Approved Retail Partner  
 APPROVED RETAIL PARTNER & AUTHORIZED EMPTY BOTTLE DEALER

**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!**

**NEW HOURS:**  
 Mon - Tues, 8am - 5pm  
 Wed - Sun, 8am - 7pm



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.

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



Trudeau appoints Ontario judge Michelle O'Bonsawin as first Indigenous person to sit on Supreme Court of Canada.

After some of the most coveted parcels of land in Vancouver were returned to three First Nations, they are becoming players in the biggest game in town — real estate.

Feds announce \$1.4 billion loan for Squamish Nation's Senákw project that will provide rental homes for their members and others on land returned by Canada.

The last man in an "uncontacted" Indigenous tribe was found dead in Brazil 26 years after the rest of his tribe was killed by ranchers clearing land for agriculture.

Invasive Species Centre hired students who rid Welland River of European Water Chestnut - also found near Wolfe Island and at Voyageur Park on the Ottawa River.

Massive batteries are being added to the energy grid to store excess energy when the sun is shining and the wind is blowing and keep the lights on when they're not.

Sharable electric car gives Ottawa Community Housing tenants a new way to get around town. Also useable by CommunAuto participants, but with a discount.

Patagonia founder to give apparel company to trust, direct profits toward climate crisis fight, 'We'll use that wealth to protect the source of all wealth.'

Ontario hovercraft company to launch 30-min transit from downtown Toronto to Niagara. There will be no outdoor seating. They can travel over water, land, and ice.

Between 2015 and 2020, the rate of worldwide deforestation was estimated at around 10 million hectares every year.

In South America, around 71% of rainforest has been replaced by pasture and a further 14% has been lost to the production of animal feed.

The proportion of meat eaters who have reduced or limited the amount of meat they consume has risen from 28% in 2017 to 39% in 2019.

Pastured land produces 4.76-6.99kg of protein/Ha. Planting trees hosting the milk cap fungus could produce 7.31kg of protein/year in the same size forested lands.

Hemlock woolly adelgid invasive insect discovered near Cobourg could pose risk for hemlock trees. If you spot them, contact the CFIA for confirmation and handling

The University of Prince Edward Island's School for Climate Change and Adaptation is using AI to create a more environmentally efficient approach to farming.

Free Kingston and Area Community Farm Training Project supports farmers, local food production, helps under-represented groups graduate into organic farm jobs.

7 youth fighting Ford's weakened climate law in court, claiming the climate emergency violates charter rights of "the last generation to see a partially stable climate".

Vancouver seaplane airline completes first point-to-point flight with prototype electric aircraft from the Lower Mainland to Vancouver Island.

During last summer's heat waves in western Canada some cities attached drinking fountains and misting stations to some of the cities' fire hydrants.

Over 7,000 daily US temperature records, 400 monthly records and 27 all-time records were broken this summer, fueling larger forest fires and intense droughts.

More than one third of Pakistan is underwater, according to satellite images, as deadly floodwaters threaten to create secondary disasters.

500,000 swallows flying over Ontario's Long Point appeared as a massive doughnut on American weather radar in Buffalo, N.Y., as they prepared for migration.

Dollar store products tested positive for toxic chemicals. 1 in 4 tested were positive for substances under environmental legislation, just under acceptable limits.

The Federal Electoral Boundaries Commission proposed a new electoral map that has Greater Madawaska residents voting in the new district of Lanark-Frontenac

Wendy's mascot has grey hair on its Canadian social media sites in support of CTV's Lisa Laflamme, who is rumoured to have been fired because she stopped dying hers.

NATO chief warns Canada that Russia, China have designs on the Arctic. Trudeau, Anand won't commit to NATO exercises on Canadian soil.

Hong Kong says it can target anyone in the world after Canadian journalist charged for "endangering national security", against its widely condemned security law.

Xiao Jianhua, Chinese-Canadian billionaire, sentenced to 13 years in prison for corruption, bribery. He went missing from Hong Kong after being charged in 2017.

Trump's Truth Social barred from Google Play store over content moderation concerns, meaning that 44% of smart phone users cannot download the app.

OPP arrests one man of no fixed address in connection to string of robberies in

Northbrook, Mississippi Mills, and Pembroke.

A video shows a person cycling on the 401 in Toronto and though they narrowly avoided getting into an accident, the police ended their biking escapade.

G2 driver charged with stunt driving for third time in nine months, Ottawa police say, adding the driver had been posting their excess speeds on social media.

Ontario driver caught sleeping on the highway in a Tesla on Autopilot

Canadian Army investigating after soldier parachutes over Petawawa while drinking beer in viral video posted on social media.

The search continues for thousands to millions of counterfeit "camel-toe" toonies, (Look at the front right paw of the polar bear to see how they got that name.)

RCMP investigating following alleged exorcism at Sask. children's bible camp. Worker admitted to domestic abuse, pornography addiction and previous firing

Canada has developed measures that will respond to key priorities for Canada's diverse 2SLGBTQI+ communities in the first-ever Federal 2SLGBTQI+ Action Plan.

Grade 1 teacher who said boys and girls no different in 'gender fluidity' lesson cleared by rights tribunal. It may mark the first legal ruling of its kind in Canada.

Ontario's population could increase by as much as 6M over 20 years. Experts warn governments need to start "playing catch up" on building necessary infrastructure.

Startup makes pre-fab high rises like Boeing makes airplanes, aiming to reduce carbon emissions 30% to 40%. Components are premade then and clipped together.

The City of Belleville has awarded Not Alone Team Quinte \$25,000 to develop a plan for a community made of tiny homes and report back by the end of the year.

A planned tiny home (300 sq. ft. each) "Homes for Heroes" supportive village to provide housing for homeless veterans promises a new standard for community.

Prime Minister Justin Trudeau announced a \$200-million investment in a five-year rent-to-own program under the Affordable Housing Innovation Fund,.

Ontario school buses are now equipped with new amber lights that indicate they are preparing to make a stop to pick up children on their routes. Be prepared to stop

Ontario passes 'strong mayor' legislation, giving Toronto, Ottawa mayors veto power, preparing city's budget, appointing CAO and some department heads

A couple videotaped in an apparent sex act at the Rogers Centre during a Blue Jays game. They seem to have made it past third base and were heading for home.

More than a dozen couples took their marriage 'to go' as the Town of Erin, Ont. hosted a one-day-only drive-thru wedding ceremony, due to a ceremony backlog.

Toronto's Pearson International Airport dubbed worst in the world in July with 35% of flights departing on time.

U.S. Customs and Border Protection Mobile Passport Control app permits eligible travellers at major airports to file customs info 4 hours ahead and skip the lineup.

Bill C-20, if passed, will create an independent public complaint and oversight committee for RCMP and CBSA. Formal complaints will be reviewed within 6 mos.

Karen 60s style diners are coming to Canada, offering rude service and a bizarre dining experience that people are eating up. They just don't care about you Karen.

Juul to pay \$438.5M for their role in the teen vaping crisis, funding education in schools, not marketing to youth, not misrepresenting nicotine levels.

Moderna to supply 12M doses of Omicron-targeted COVID shot to Canada.

B.C. researchers make insulin pill 'breakthrough' that could improve the lives of 300,000 Canadians who take insulin injections to manage Type 1 diabetes

Tiny 'Drug Factory' Implants Can Eradicate Tumors in Mice in Just Days. the signs are promising for tackling aggressive mesothelioma lung cancer in humans.

Canadian Food Inspection Agency recalling Mr. Right Kaempferia Galanga Powder due to aconitine contamination that sent 12 Markham restaurant diners to hospital.

Ontario patients to pay \$400/day to stay in hospital instead of moving to LTC.

Lotto 6/49 Is Being Transformed Across Canada & You'll Have A Chance To Win Even More Money. The new "Gold Ball Jackpot" can reach over \$60 million!



## Toxic Soils? Fungi to the Rescue!

By Colleen Hulett



Oyster mushrooms mycoremediate absorb a multitude of manmade toxins.

Turkey tail degrades PJs, TNT, organophosphates, and mercury.

There is a renewed interest in a future for bioremediation of pollution from our land and waterways because of the hottest research in mycoremediation. Fungi to the rescue, again. It is actually really good news when you consider the fact that bioremediation has been shockingly deemed overall to be less desirable to our present methods. Archaic methods which include expensive extraction, manufacturing of solid containment materials and risky transportation to dangerous toxic dumpsites where they are buried, almost never decompose, and seem to be forgotten by everyone except the

unfortunate people, flora, fauna and watershed in the area of the dump. These are toxins known to cause cancer and neuropathy.

Paul Stamets sinks this into us with a 2001 report on the blood of Bill Moyers. An analysis by Mount Sinai Hospital found 84 of 150 known industrial toxins in the blood sample, many of them carcinogenic. If his blood had been analyzed in the 1930s, only lead would have been detected. Yikes, that was 21 years ago. There are surely more than 150 known toxins now.

Bioremediation is the practice

of eliminating pollutants from the land using natural biological techniques with plants (phytoremediation), animals, bacteria and fungi (mycoremediation). How could quickly eliminating toxins in mere weeks with mycoremediation as opposed to leaving toxins festering underground for hundreds of years be the least cost effective method to mankind? It is mind boggling to me. Who are these people?

What I do know is which type of product or processes emit deadly toxins into our land. They are dyes, pesticides, benzopyrenes, wood preservatives, fluorene, naphthalene,

incinerators, transformers, lighting fixtures, paper products, chlorine bleaching, paints and coatings, treated wood, chemical warfare agents, forest fires /wood burning, coal-fired plants, preservatives, DDT, oil, tar, gasoline, diesel and many others. We are all vulnerable to the above toxins in our lives. Being human and at the top of the food chain, we suffer by ingesting toxins consumed by organisms lower on our food chain. Mycelia can destroy these toxins in the soil before they enter our food supply!

Why is mycoremediation the star player in bioremediation techniques?

## WINTER STORAGE

PROFESSIONAL WINTERIZATION – ALL MAKES  
PROFESSIONAL WRAPPING SERVICE

ON SITE storage

PICK UP service available

BEST RATES in the entire area

Book online at [www.urban-sport.ca](http://www.urban-sport.ca)  
Click Storage. Send us an email.

**WRAPPING SERVICE**  
**COMPLETE WINTERIZATION**

*Tuck those babies in for the winter!*

5056 Calabogie Rd. (the old Buckhorn!) 613-632.4410

Space available at our  
Calabogie location

**URBAN** Sport  
CALABOGIE, ONT.

613-623-4410  
In the Heart of FUN COUNTRY!

The Urban Group. Local People Supporting Local People and Living Right Around the Corner.





Fungi break down and absorb minerals, including toxins. They aren't just pretty, but hard-working soil cleaners.

Shaggy Mane are known to bioaccumulate mercury in its fruit. Beware of where you forage.

Mycoremediation performed first on a contaminated site, as opposed to starting with phytoremediation techniques for example, is the key according to mycologist Paul Stamets. It turns out that the mycelium of many mushrooms can decompose and clean up our most recalcitrant toxins! Mycoremediation works first by denaturing toxins such as petroleum products and second by absorbing heavy metals. Many contaminated habitats contain both. Stamets states that with mycoremediation, toxic fields can be reborn as green fields, 'turning valueless or even liability laden wastelands into valuable real estate.' How? Stamets discovered how when he realized mushrooms were on the planet scene long before flora and fauna were created. He also realized that flora and fauna kingdoms perform better when assisted with mycelium. We know that mushrooms wrap their mycelia around the roots of plants like a sock, where they exchange minerals for photosynthesis products like carbs. The minerals allowed the plant to perform at their optimum.

During a research study Stamets covered oil laden soil with straw sprayed with oyster mushroom spawn and then covered the straw bed with cardboard. Watering often. After just eight weeks the 'brownland' turned into a 'greenland' The oysters ate all of the toxins by releasing enzymes that dissolved the toxins. Then insects and animals came followed by bacteria then came the plants! What was exciting in the experiment was these plants were able to have time to build their own resistant enzymes against toxins while the mushrooms did the hard work. The mushrooms cleaned the soil and then Nature ran its course creating a 'greenfield' from a 'brownfield'. The new ecosystem was also now better equipped to fend for itself.

These enzymes are not just any gobblers... the government of Canada fact sheet says "these enzymes are able to catalyze the degradative attack on a variety of organic contaminants such as pesticides, conventional explosives, semivolatile organic compound, and

other recalcitrant contaminants such as PAHs, PCBs, DDT, PCP. Metals are not degraded by enzymes but accumulate in the fungi fruiting bodies." Hmm, Canada is in the know... now what?

- **We know different mushrooms degrade different compounds.**
- **Pearl oyster degrades PCBs, PHAs, kalium, mercury, dioxins**
- **King oyster degrades agent orange**
- **Shiitake degrades PHS, PCBs and PCPs**
- **Turkey tail degrades PJs, TNT, organophosphates, and mercury**
- **Button mushrooms degrades Cadmium**
- **King Stropharia degrades E. coli and other biological contaminants**
- **Shaggy mane degrades arsenic, cadmium, and mercury**
- **Elm oyster degrades dioxins, wood preservatives**
- **Phoenix oyster degrades TNT, cadmium, mercury and copper.**

So now that you know how valuable mushrooms are to the health of your land, how can you participate in mycoremediation? Do you have a brown field on your land and want to turn it into a green one? The first thing you need to do is to get your soil analyzed. Look at the list above and match the mushroom with the toxins in your soil. Inoculate your soil with the mushroom and when it grows get it analyzed for the metals it has absorbed. If the reading exceeds health Canada acceptable levels then your land is toxic. According to Paul Stamets one can easily mycoremediate their toxic land parcel or 'brownland' simply by covering the area with a layer of straw that is inoculated with mushroom spawn. Cover with cardboard and thoroughly wet. Keep moist. Repeat if necessary. Mycoremediation methods for clean streams can be made by stuffing mycelia inoculated straw, cardboard and coffee grounds into burlap sacks to intercept and filter out toxins in the waterway. So very simple but effective. Someone please tell the city council as

it sounds really cheap to do, too.

Wow, those oysters are superstars, eh? They are superstars in our diet, too, so never forget this nutritious cancer-fighting wonder mushroom must be foraged on known land with no history of industry. It's much safer to go hunting in an old growth forest on Crown land where you are at least guaranteed that no industry ever established itself. Never eat anything you don't know what it is. Don't forget to mind your own business in the forest if you see another animal so they can mind their own business. Carry on.

Source: Paul Stamets Mycelium Running 10Speed Press, Berkeley. pp. 86-113

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



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



**56 Erindale Ave, Renfrew** In one of the nicest neighbourhoods in Renfrew with beautiful grounds and lots of room. Enjoy the pleasant view from the front porch or you may prefer to sit in one of the more secluded areas on the property. The original portion of the home was built in 1922 and was the only home in the immediate area at that time, your chance to own a piece of Renfrew's history.



**430 Dominion St, Renfrew** Welcome to this well maintained home, centrally located in Renfrew. Large, bright living room with 2 good sized bedrooms on the main level and lots of space downstairs. Detached single garage. MLS # 1298478 304,900.

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



**190' of prime Calabogie Lake Waterfront.** Four season dwelling features enclosed porch across the entire front with a wall of windows facing Calabogie Lake. The interior has had many updates including new cabinetry and quartz countertops in the galley kitchen, main floor bath has been totally updated. Wood burning fireplace in the living room and two good sized bedrooms on the main level. The upper level is a huge loft that is divided into sleeping area, an office, a sitting area, and a reading nook. Well worth taking a look at!



**Ready by the end of 2022** Stunning 1600 sq/ft home on over 2 acre lot on Pinnacle Road on the outskirts of Renfrew. Upgrades include stone fireplace in the great room, hardwood floors, double garage, covered front porch as well as covered back deck. Lower level drywalled and electrical in place. \$849,900 MLS 1295609

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



FROM TOP



TO BOTTOM



AND EVERYTHING IN BETWEEN



WE HAVE IT ALL!

Trust the experts at Renfrew and Burnstown Castle to help you choose from a wide range of options to meet your aesthetic and performance requirements.

**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**

**Faucets and Shower Systems**  
are the stars of your  
kitchen and bathrooms.



Your trusted building  
& hardware supply partner

J.LACOURSE  
**CARPENTRY**

& SON Inc.

613.333.1042

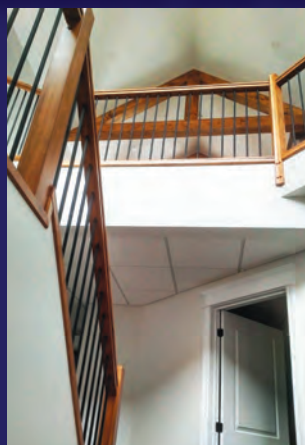
over 30 years  
of quality work

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!**

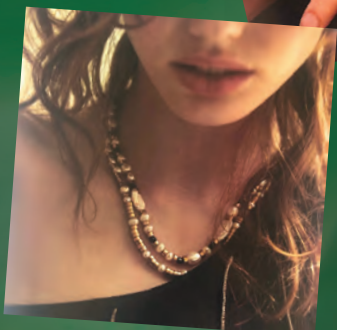
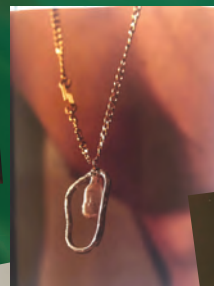
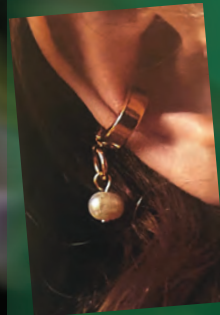


**NOW OFFERING ENVIRONMENTALLY FRIENDLY  
BLOWN IN CELLULOSE INSULATION**

Fall  
*in love...*

and explore the debut of the  
new autumn collection of

**ANNE  
- MARIE  
CHAGNON**



Open  
Wednesday to Sunday  
11 to 5  
And by appointment

NOW AT

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

**bittersweet**  
FINE CRAFT & ART