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THE MADAWASKA HIGHLANDER September-October, 2019 EMBRACE THE PAST ~ ENCOURAGE THE FUTURE ~ ENJOY TODAY



The Madawaska Highlander

Sept-Oct
2019

FREE Vol.17 Issue 5
Next issue October 23, 2019

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

This is a favourite time of year for many in the Highlands. Warm days, crisp nights, leaves beginning to turn, and it's time to bring in the harvest.

Welcome!



Wow! A rainbow over Hurds Lake, promise a great day and a pot of gold.
Pic by Steven MacNabb

...To another wonderful edition of the Madawaska Highlander! As the leaves morph into their fall regalia, change is in the air and our talented volunteer contributors embrace it, as old ways become new again and youngsters grow older.

Noreen celebrates an important resurgence with the return of the once forbidden Pow wow in Home on Native Land. Never stop dancing and staying active! Lesley actively describes the transformation of the Ottawa Valley Rail Trail from an old bumpy rail bed to a smooth new trail in, you guessed it, Happy Trails.

Derek tells us why autumn is so darned inspiring in Wellness, and Ernie inspires seniors to make the most of the autumn of their lives in The View from Here. Ken encourages people to practice the old ways in new ways in Out and About - Sustainable Living Choices. Antonia remembers the old ways of farming in Rural Vignettes as she revisits quirky old vets who visited her farm.

We learn that formerly boarded up businesses are booming anew in Denbigh-Vennachar Dispatches. And check out Sharon's account of a boom in check-outs that prove once again that Library Matters.

Colleen goes out on a limb in search of perfect mushroom-tree pairings in Highlands Hiker and Survivor Guy tells us what we need to know before we go out for a paddle.

Geoffrey tells us the Terry Fox "out and back" run in Griffith wasn't about how fast you can go, but how much you can make for cancer research in Out and About. But sometimes you want to go as fast as you can - on the Internet. An important notice from Greater Madawaska Township gives us the first step to getting truly high-speed Internet. Ready, set, GO! Don't miss important notices in GM News and Bogie Beat too.

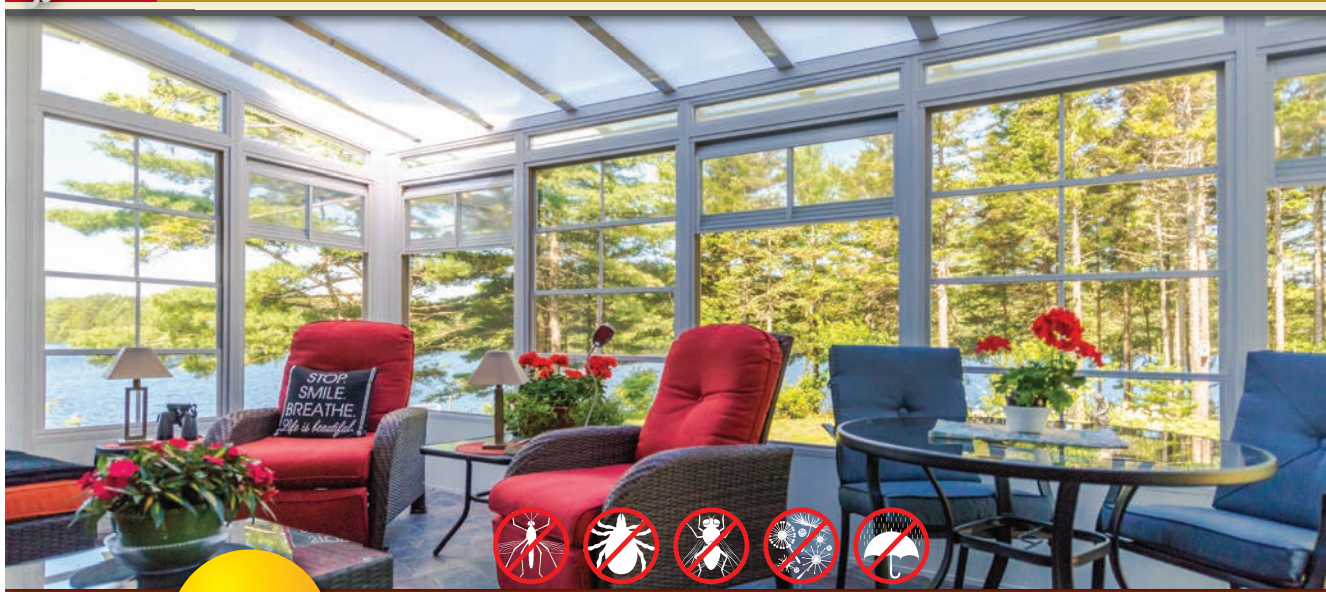
Time speeds by, but Howard Popkie shows us we can go back in time in Up the Line to the Front Line. Good dog Shep! Pete goes back too to try to solve what was Behind the Tunes and the mysterious instruments in his father's closet. Time to get reading! Enjoy!...



Wild Turkeys sunning themselves on a crisp September morning in Matawatchan. One of them preens, while the other one takes in the view.
Pic by Lois Thomson

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

**Next advertising deadline:
Oct 11 for Oct 23 publication
Short Story Contest Special Edition**

Message from the editor:

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

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

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

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

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Uncle Sam stands beside an American Flag and the specter of William McKinley while a ship "Direct From the Slums of Europe Daily" releases rats representing "undesirables" Italian immigrants (Mafia, Anarchists, Socialists, Murderers)

- The Unrestricted Dumping-Ground, by Louis Dalrymple, Judge Magazine 1903

Successive waves of immigrants and refugees have been seen as "undesireables" by established groups, based on fear of "the other". Will that ever change?

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By Anne Dougherty & John Neale



The Red Hill Valleys got a big crowd up and dancing on a hot night on a hot August night. The Tall Boyz opened and Riley MacPherson sang two songs, one to open, and one of them with the main act. Bravo!



Wendy MacFarlane was recording a water devil (waterspout, or small cyclone) on Centennial Lake when a boat towing a water skier went right through it. It lifted the boat up, just like going over a speed jump. It was shared to The Weather Network for a moment of fame.

If you have been wondering who has been making and putting up those fantastic signs for Matawatchan events at the Hall and the church, we caught him in the act changing signs. We know who you are, John Neil, and we appreciate it! Bill Graham is the other official sign-changer in "town". He keeps the G'Day board by the mailboxes in Downtown Matawatchan up to date. Good work!



After the amazing Festival of Small Halls concert at the Griffith Hall on September 20, Cassie & Maggie joined in, front and centre, in solidarity with the Friday Climate Strike. It doesn't make sense for people to drive to Parliament Hill when we already have gatherings here. We will do the same at the Devin Cuddy concert on September 27. See the editorial for insights.



Show N Shine winners. L - R: 1st place 1968 Camaro. Trophy donated by Snider's Tent & Trailer, presented by Gail Holtzauer to Robert Moore from Cloyne. 2nd place 1935 Ford pickup. Trophy donated by Griffith General Store, presented by Gail Fritsch to Denzil Keller from Kingston. 3rd place - 1968 Road Runner - Trophy donated by Denbigh Recreation, presented by Betty Bass to Carman Mondello from Havelock.



A family of bears has been sighted near Blueberry Lane, joining the white moose family at the Pine Valley Restaurant.



Calabogie Road was closed on the afternoon of the Show N Shine, we had to detour all the way back through Griffith, but still don't know what happened there.

Late summer or early fall... which one is it? The weather has continued to baffle most Canadians, but the leaves are putting on their fall wardrobe. We of the Madawaska Highlands experienced an unusually hot dry summer. The fire ban was partially lifted on September 9, so many summer family gatherings went on without the traditional campfire or fireworks - all for the greater safety of our

communities and to safeguard our tinder dry forests. Teens hoping to earn money cutting grass were out of luck this summer since the grass didn't grow much. And to top it all off Environment Canada just issued an overnight frost warning!

Other weather news was featured on The Weather Network in a video captured by local resident Wendy MacFarlane. She was out on the water

near Griffith when she filmed a water devil on the Madawaska River. While filming the unusual sight, a boat pulling a water skier was captured sailing right through it! Was that you?

Lions News: The 12th Denbigh-Griffith Lions Annual Show and Shine went off without a hitch on a beautiful sunny Saturday August 24 at the Hall in Griffith.

There was a record 145 vehicles registered, with a few more just showing up. This event has really put Griffith on the map! The NU2U annual garage sale, the Volunteer Fire Department and the OPP also participated. The high-school youth of our community logged some volunteer hours by helping with set-up and tear down as well as traffic flow and collection of cash donations for the Lions'



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(oil cans, signs)

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good works. Another new addition to the volunteer workforce was the Hilltop Team lead by Pastor Steve Green of the Hilltop Church. These volunteers sported their freshly minted yellow T-Shirts. The Lions really appreciated all the helpers for the Show and Shine. So many hands made light of the work involved in this annual event. The 1st place People's Choice Award was presented by Gail Holtzhauer to Robert Moore for his 1968 Camaro. The 2nd place prize was presented by Gail Fritch to Denzil Keller for his 1935 Ford Pickup truck. It was good to see Barry Dicks back in the saddle giving generously of his time and effort. The famous Lions BBQ (with caramelized onions to put on burgers and hot dogs!) did not disappoint; nor did the indoor bake table and the fabulous vendors inside and out.

Also, the Terry Fox run happened on September 15, starting from the Lions Hall this year. Article page 7.

Road News: The pavement is done, and the lines are painted! The road between the Centennial Lake bridge and the Misty Morning Cottages is now a joy to drive on! In Griffith, the speed monitor on Highway 41 seems to have been turned off, but remains in place. Hopefully the information collected will be used to help lower the speed of traffic passing through Griffith. Our safety on this stretch of road is important and speeding cars and trucks are a huge danger to all.

Music Happenings:

The Red Hill Valleys played to a capacity crowd of locals at the Matawatchan Hall on the evening of Wednesday, August 21.

Local musicians (Riley MacPherson and The Griffith Tallboyz) opened the concert. Riley was even invited back on stage to do a Shania Twain cover with the Red Hill Valleys. A fabulous time was had by all.

The M-Hall will be hosting another Festival of Small Halls concert this weekend featuring The Devin Cuddy Band on Friday, September 27th at 7:30 p.m. Sandwiches will be available at the Hall, or perhaps plan to have dinner at either Calvyn's Pub and Eatery or The Pine Valley Restaurant in Griffith. Tickets are available through thefestivalofsmallhalls.com and at the door, if available. The Festival also brought the musical talents of Cassie and Maggie to the Denbigh Lions Hall on Friday September 20, 2019 as well as Gordie MacKeeman & his Rhythm Boys to the DACA Centre near Dacre.

The very first River Concert was hosted by Pete and Debbie Licari on a stage built by Pete for the occasion on Sunday, August 18 from 2 to 5 pm. The audience watched from pontoon boats on the water or docked on the Licari's sandy beach. Fans of Riley McPherson, The Griffith Tallboyz (Derek Roche, Peter Fischer, Pete Licari and John Neale), Pete Chess, David Guest and John Corey also rocked it out. There are plans to do this annually. It's fantastic to finally have an event that features our beautiful Madawaska River and local talent. This is the first event ever that really caters to our Centennial Lake cottagers in their boats!

Upcoming Events: St. Andrews United church in Matawatchan will host their annual Harvest Supper on Saturday,

September 28 at 5pm. This meal will feature turkey with all the trimmings and an assortment of pies (of course!). Kids under 7 are free, kids 7 - 12 are \$7 and adults are \$15.

Village Voices Choir: Our non-auditioned secular Village Voices Choir held their first rehearsal of the season at 11:00 a.m. on Friday, September 13, 2019 at St. Andrews United Church in Matawatchan. These rehearsals will now be happening weekly, same time, same place. Choir Director Barbara Creelman welcomes all to share the joy of music with her by joining the choir.

The Senior's Housing AGM is on October 20 from 3pm to 6pm at the Lions Hall. All are welcome. Join them for a silent auction, the raffle draw and an Apple Crisp judging competition! Sounds like tasty fun!!! The AGM portion will be very short and preceded by a folksy acoustic set performed by local musicians. See the ad below.

Matawatchan Hall AGM Tues. Oct. 8 6:30 - 7:30 at the Hall.

Watch out for the **D-G Lions Christmas Craft Fair is coming up on December 7.** Also, the first bingo happened on September 17 and every two weeks thereafter. **The Children's Christmas party will be on December 15.** For those new to the area, the the D-G Lions hold their events at the Giffith Hall at 25991, Highway 41 between the Pine Valley Restaurant and BMR Building Supply.

The Hilltop Church Heartsease group is having a monthly Women's Group which is open to all women. Remember their High Tea last spring? The first event of this season occurred on Monday, September 9 with a movie and popcorn evening, billed as Mom's Night Out. Great turnout! The next monthly Heartsease group will host local artist Reina Coulthart leading a Paint & Nibble Night where all women in attendance can enjoy Pumpkin Spiced Lattes or Herbal Tea. This free event will be happening on Monday October 7 at 6:30 pm at the Hilltop Church on Highway 41, just south of Griffith (on the hilltop!). A \$5.00 donation will be accepted to defray the cost of the art supplies, which will be provided. Come out and paint the town autumn!

Communities are on the alert after home and cottage break-ins in the area! The OPP hope to get tips of any activity. Call 911 if you see or suspect that a crime is in progress or call the Renfrew OPP detachment at 613-432-3211 to report information after the fact. Let us all help keep our community safe.

Hydro Rates may be going up for many cottagers if the proposed elimination of the seasonal rate class goes through. The Ontario Energy Board (OEB) has directed Hydro One to develop a report on the elimination of the seasonal rate class. This could mean that some seasonal customers would see their bills increase by about 129% over the next several years. Hydro One has been advocating that the OEB consider an alternative solution, to protect seasonal customers from a steep bill increase. On July 19, 2019, Hydro One submitted an updated report to the OEB, including a proposal that would meet the OEB's objectives, while keeping the seasonal rate in place. Regardless of the outcome of the OEB's decision, Hydro One will not see any increase in revenue. Hydro One anticipates that the OEB will direct it to send a notification to customers, which will likely provide details on how customers can participate in the review of this proposal, along with information on how individual customers would be affected if this rate class is eliminated.

Rosalee Thomson thinks she might have had money taken out of her purse at the Cemetery Service. Please let her know if you saw anything.

High Speed: Our G.M. township is working with COGECO to monitor internet speeds in our township. See G.M. facebook page for a link to a survey regarding your current speed. The township is not affiliated or committed to Cogeco, but Cogeco has offered this online tool so the township can identify what we have now, and where. **See page 23 for more, "Important Notice - Greater Madawaska Township".**

Federal Election has been called for October 21 Your polling station will be on your voter info card or Elections Canada's Voter Information site online after Oct. 2.



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

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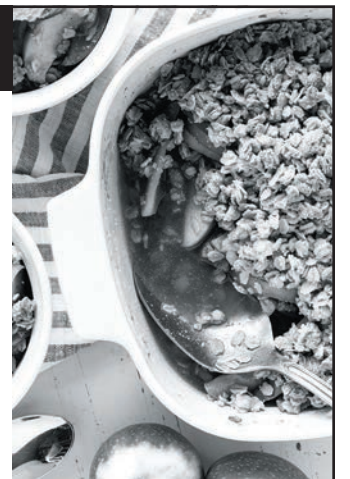
Enjoy live music, Find treasures in the silent auction, See if you won the 50/50.

Vote for your favourite dessert.

Sunday October 20, 2019

2-4 pm Griffith Community Hall

GMSHC Annual Meeting will be 2:30 pm during the fun. Hosted by GMSHC



Coffee and Dessert Live Music Silent Auction . 50/50 Draw

The last of a generation of Valley lumber pioneers has died. Dowdall Murray was the youngest son of Thomas and Hannah Murray, joined Murray Brothers Lumber in 1947.

Canada apologized for killing thousands of sled dogs between 1950 and 1975. Inuit in the Baffin region were moved from mobile to permanent communities.

Federal Court approves Indian day schools class-action settlement. Compensation of up to \$200K for abuse is 'fair and reasonable,' judge rules.

Indigenous Children Separated By Welfare System Eligible For \$2 Billion: "deliberate social services underfunding" by Canada resulting in separations rather than services.

U of Ottawa study shows absence of sleep, abundance of screen time in teens can lead to impulsive behavior connected with mental health issues, a key part of ADHD.

Teen charged after viral video of him tossing a traffic sign onto QEW from overpass.

Study: Adding a workout to student's routine will help with focus, stress levels, speed and flexibility of thought, neuron growth, and overall academic performance.

Video gamers are switching to board games as 3D printing is allowing life-like pieces to be made. The trend is helping fuel a boom in board game versions of video games.

Twitter removed over 900 accounts it said originated in mainland China to "sew political discord" in Hong Kong, where pro-democracy protests are ongoing.

Unrest in Hong Kong fuels speculation of a second wave of immigration to Canada because of fears Hong Kong one day would be a city of China.

Inmates are helping to prepare for the return of Canadian prison farm program. Animals have returned to prisons in Joyceville and Collins Bay, in the Kingston area.

Jacob, Brandon, and Alisha Thomson, and Andrew MacDonald had more than 200 charges stayed for several break and enters in the Ottawa Valley in 2017. Judge ruled the Crown had failed to bring forward evidence in a timely manner.

Officers from the Lanark County OPP investigated 8 break and enters and vandalism along Highway 511 near the villages of Balderson and Lanark on Aug. 31.

GREENLAND'S glaciers are suffering a "one-two punch" of warmer waters and a warmer atmosphere, accelerating the rate of ice loss.

Why Trump wants Greenland: Shipping lanes and minerals are becoming more accessible through global warming. China and Russia want it, and shipping lanes, too.

Group fights Ford's carbon tax stickers with ... more stickers. They say Ford ignores that average household will also get a rebate greater than tax paid, so is misleading.

Indonesia picks new site for capital city as Jakarta slowly sinks into sea.

Environment is high priority in federal election, despite more than one in four Canadians classified as "climate skeptics", and fact-checking is unlikely to change their minds. 45% of Conservatives are climate skeptics, 22% Liberal, 16% NDP.

David Koch's death drew out critics of the billionaire industrialist brothers who have been among most influential deeply conservative corporate lobbyists for 40 years.

Groupe AXOR and Axor Experts-Conseils paid \$450K for political contributions to both Conservatives and Liberals 2004-2009. Employees were reimbursed for contributions made on the companies' behalf. Canadian Companies can't contribute.

All Environmental Science consultants interviewed by National Observer, got pressure from developers to overlook evidence that might affect projects to get approved.

Kenny changes "Labour Day" to "Alberta Day", then orders schools to remove public from their names. No explanation, but "Orwellian" appears often in social media.

Amazon locks in capacity in Canada with strategic Cargojet deal. The deal indicates how important e-commerce is becoming in the world of shipping and logistics

Transat shareholders approve Air Canada taking them over, now in regulators' hands.

Experimental device that tingles the tongue during workouts is used for neural therapy, expected to lead to neuroplasticity and new neural connections in MS patients.

Research revealed a hormone in the gut, triggered by high-fat meals, actually induces the body to keep eating, leading to obesity.

\$50,000 raised for Child Poverty Action Network in Renfrew County. Top prize was a 2019 Honda CHR donated by Jimmy Lapointe in memory of his son Zachary.

Traffickers lured 300 victims from Poland to the UK, with free travel, accommodation and jobs, but enslaved them in squalid conditions instead. 8 gang members jailed

The federal government is putting up tens of millions to fight human trafficking

Spray-on Hydrogels produced by bacteria are emerging as a promising tool for closing and healing internal wounds and protecting them from infection after surgery.

High-tech equipment purchased for Vancouver Hospital allows lung transplant teams to "test drive" donor lungs and even recondition them before they are implanted.

The Manitoba Lung Association warns people not to vape amid reports of a mysterious lung illness that has hospitalized dozens of e-cigarette users in the US and Canada.

US planning to ban flavoured e-cigarettes that are attracting children to smoke.

1,475 opioid-related deaths in Ontario in 2018 — far greater than the province's 650 related to motor vehicles or 200 homicides. 64% of them were fentanyl related.

Johnson & Johnson to pay \$572.1 million for fueling an opioid epidemic by deceptively marketing addictive painkillers, less than expected, driving up J&J's shares.

Redbull sued due to less caffeine than advertised. Canadians who prove they bought Red Bull between Jan. 2007 and 23 July 2019, and didn't "get wings", will get \$10.

Study: Shingrix Shingles Vaccine 96% effective for 50 to 59 year olds, and almost 98% effective in patients greater than 70, lasting 9 yrs. Zostavax less effective in seniors.

AGCO names 42 winners of cannabis retail location lottery. Random draw produced three stores close by on same street in tiny Innisfil. Owners could enter often at \$75 each time. Average winners submitted 24 bids, average loser submitted just twice.

American tourism to Canada hits 12-year high. Other top visitors to Canada are the U.K., China, France, Mexico and Germany. Canadian tourism to the US is declining.

YELLOWSTONE volcano has seen 133 earthquakes rock the park over the last month, leading to fears that the massive caldera could blow.

Six people were injured at PGA tournament when lightning struck a 60-foot pine at the Tour Championship where they were taking cover from rain.

12-year-old golfer Michelle Liu of Vancouver was the youngest to compete in the OPGA CP Women's Open at Magna Golf Club in Aurora, Ont. in its 47-year history.

The new Ontario sex ed curriculum will be much like the old. Teachers Federation is still concerned about the opt-out clause. "You do not get to opt out of human rights."

Cities want federal parties to pour billions more into Canada's decade-long housing strategy for affordable housing for seniors, urban Indigenous, and low-income.

'Shortsighted' and 'wrong': Ontario moving forward with municipal funding cuts. Cuts to public health, child care and land ambulance funding will take effect Jan. 1

Hydro rates could soon more than double for some seasonal property owners if Hydro One eliminates the seasonal class proposed by the Energy Board.

CRTC significantly lowering wholesale rates smaller Internet resellers pay to access infrastructure built by major providers like Bell Canada, to make Internet cheaper.

New customers must get used to higher separation standards at the Ottawa Valley Waste Recovery Centre than at recently closed Beaumen WM, or face higher costs.

VW recalling 117,000 cars in Canada. Cars with automatic transmissions could have switches that don't require car to be in park before key is removed, causing rollaways.

Honda reinvents airbag. They look soft in slow motion, but they punch the face. New design envelops passenger's head like a catcher's mitt, outer chambers cradle it.

Edmonton installed LED photo-radar-style equipment for monitoring noise, but pulled it because motorists were deliberately revving engines to get a high score.

Toronto will begin crackdown on vehicle noise on Oct. 1. "We will continue to monitor and look at best practices and new technology moving forward," – spokesperson.

Google to move US-bound smartphone production out of China into Vietnam. Labour costs are rising in China. Sino-U.S. trade tensions could be factors.

Companies now chosen to get \$2.6B to develop space vehicles to explore the lunar surface during the first U.S. mission to land on moon since Apollo.

Astronaut admitted to accessing her estranged wife's bank account from the ISS. A new legal framework may be needed as space tourism draws closer. Space is lawless.

MYSTERIOUS radio signals from deep space have reached Earth, prompting some to speculate about their potential alien origin.

Eagle-eyed space fans spot letters 'E' and 'T' on Mars in NASA satellite photo.

93-year-old Queen Elizabeth was walking with her protection officer at Balmoral Castle in Scotland. American tourists, not recognizing her, asked if she lived near there, then asked if she had met the Queen. She said no, but this policeman has.

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

By Skippy Hale



Kids B Kids, inside and outside.



Weather reporting has been like riding on a rollercoaster. However, it now feels like we are in a period of wonderful fall weather with a Harvest Moon tonight. I saw a Semi truck driving by today with large rolls of hay. The Market's farmers are loaded up with more of this year's harvest. My deck plants are being covered to protect from Jack Frost's early cool breaths.

My teeth feel clean and shiny thanks to Tamatha Strachan of Smiles. She is a busy lady with her office here and working in Kanata in another Clinic. She was voted President of the Lions this year, so that too, keeps her on the run!

I popped in to see Melanie Brown at KIDZBKIDZ. How lucky we are to have a safe place to bring your children while you are at work! Melanie

and other staff members are Certified Early Childhood Educators with CPR and First Aid Certification. She offers an interesting curriculum in a clean safe environment. Children are offered individual education plans based on their ages and abilities. School readiness and Nursery school programs are offered to those age groups. There are Crafts, Reading and Writing offered in bright colourful rooms full of age-appropriate toys. Wee ones are separated for safety from the older children by a see-through gate. There's no danger that the teenie-tinies will be in the Lego box! It is definitely "A Child-centred Place."

Age groups are infants, toddlers, pre-schoolers, kinders and school-age children. Parents can bring their children as early as 6am and pick them up



Thank you Love Lena's Gardens! I hope you did well at the Summer Market, because we had fun.

as late as 6 pm. Since many folks work outside the village, this is a wonderful service. For a scheduled tour, contact Melanie at (613) 312-5437.

The Valley Food and Drink Company Restaurant in the Calabogie Lodge is under new management. When I visited the restaurant, at the tables were seated Seniors seriously clutching their cards, counting trump and laying their cards down in anticipation of besting their opponents and hoping they read their partner's bids correctly. There will be special fund-raising, live music, and Karaoke nights. Breakfast is served daily. Friday is Fish and Chip Night; Wednesday is all day Wings and a Pint with other wing specials as well; and Sunday is Pasta Night. The restaurant is open from 10-10 Monday to Saturday and 9-10 on Sunday.

Menus include gluten-free, vegan and vegetarian meals. There are special allergy-specific deep-fryers so there will be no cross-contamination. Kids can enjoy their own special menu. There are a variety of Craft Beers, Calabogie, White-water and Beau's on tap as well as Domestic and Premium Beers available.

The Staff welcome boaters to their new dock to eat-in or take-out and look forward to ATVers and Snowmobilers.

The fall weather means that the **Calabogie Summer Market** is winding down. It has been an incredibly successful season. The Slack family have outdone themselves with Johnny being the hard-working Manager, PR and idea man. The evolution over the summer is hard to describe in one sentence. Vendors have come from all over to sell their wares. Every week there were new artists and artisans coming from afar just because they heard about it on the grapevine and also from the constant research by Johnny to find many and varied persons and activities to make the market more and more great every week. As well as the newbies or one-timers, there are the regulars who have come every week. I was away most weekends, but plan on finishing up the last three weeks. The ambience is intoxicating! September 28 is the last day and Johnny has promised to go out with a bang! It will be hard to top all of the other Festival days, but he always comes through with finesse!

Calabogie Pickleball is now on Tuesday and Thursday nights at St Joseph's School from 6:00 to 8:00 pm. from



It's almost the end of the season for the Summer Market. September 28 is the last one. People will miss all the plants and animals, and especially the people. See you in the spring!

September 3 until the school closes on June 25, 2020. Pickle Ball enthusiasts have put some posters up at various locations in the community and the information is also on the township website.

Between 6 to 16 people play twice a week and a good time is had by all. It is open to anyone 18+ and it is not a league of any sort. It is a time for anyone who likes to be active and take part in a fun sport. The school gym has the Pickle Ball lines on it, but it is a somewhat smaller size than a regular court. In August they had the pleasure of playing outdoors at the Calabogie Lodge Resort court. They had resurfaced their tennis court and affixed regulation Pickle Ball lines on it. Teri Leigh McDonald, from the Township Office, contacted the Lodge to see if perhaps our group could use their outdoor court. After a couple of discussions, they had the pleasurable opportunity of enjoying the sport outside. The group supplied the township nets, paddles, and training and Calabogie Lodge Guests 18+ were welcome to join them to either play or learn the sport. It turned out to be a win - win opportunity for everyone. They hope to obtain permission to do the same next summer. Note: The Calabogie Lodge court is intended only for their guests and not open to the public, except for scheduled Pickle Ball nights. The St. Joseph's school nights are open to everyone.

I popped into the pharmacy and spotted 'Vials of Life'. They are free and provided by Calabogie and Area Home Support. It contains a form to fill in your medical info in case of a Medical Emergency. Fill in the form; place the vial on the top right shelf in your fridge. They provide two stickers to place on your front and back doors so that EMS or anyone coming to your aid will know where to look. I believe Home Support drivers and the Home Support Office will have them. Call the Home Support Office for more information.

(613) 752-2828 calhs@renfrew.net

This is your paper, send me announcements, babies, engagements, marriages, community events. bogiebeat@gmail.com.

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iyacarson@gmail.com
613-867-5631



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



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

OUT AND ABOUT

2019 Terry Fox Run in Griffith Tops \$7,000 Once Again

By Geoffrey Cudmore



Registration in the comfort of the Griffith Hall. Thank you Lions!



Everyone, human, canine, and clown ready to start



Jan Roche and Dakota enjoyed the walk.



Laurie Hardage stopped to visit with Lizzie



Pine Valley's cook, Amine Moutia, came out for the run, but found himself in a 10Km race with 12-year-old Gregory Cudmore, who hasn't caught on to the fact that it's not a race.



Denise Leckie volunteered at the 2.5Km water station



Scott MacDonalds family, riding by smiling. What a fun day!



Sue Lafleur happily volunteered at the Griffith Hall



Stephanie Harris joined us for her first ever 10Km run, and finished looking good!

A sunny cool morning greeted the runners, walkers, cyclists, and volunteers for the 8th annual Terry Fox Run in Griffith on Sunday, September 15th. This year's run set a new record of over \$7,300 raised. Our Terry Fox Runs have now raised over \$45,000 for innovative cancer research since 2012.

Thanks to the Denbigh - Griffith Lions Club for hosting us at the Griffith Hall. Being inside and warm made registration a more comfortable experience

for participants and volunteers alike.

Our top fundraiser was once again Gary Guilmette, who brought in over \$2400! Gary is such an effective fundraiser, that Sunday afternoon when I was collecting the run signs, Don Adams, who was loading canoes at the park, came over and gave me the \$10.00 that he had promised Gary. Scott MacDonald, Bridgette Hoffmann, Roberta Prahll and Pat Strong all added to the total in a big way too, as did our Team Cudmore.

It was nice to welcome some new faces. Amine Moutia, who is the cook at the Pine Valley Restaurant came out for his first Terry Fox Run and found himself being chased for the full 10K by my 12-year-old grandson Gregory, who has yet to grasp the concept that the Terry Fox Run is NOT a race. Also joining us for the first time in Griffith, were Laurie Hardage and Stephanie Harris, who also ran the 10K distance.

The run couldn't happen without our volunteers from the Lions Club. Thanks to Denise Leckie and Bill Shipley who helped with water stations and marshalling on the course, and Sue Lafleur who helped out at the hall.

Sunday, September 20th, 2020 will be the 40th anniversary of Terry's run. Please save the date.

-552
(333-5523)

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- Sundays 8am - 7pm

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Sustainable Living Choices

By Ken Birkett

Often, the simplest solutions are the best. Let's explore them together.



Please join us, no matter what your skill level is. The informal Sustainable Living Choices group meets every 2nd Monday from Sept 23rd on at 7:00 pm at the Matawatchan Hall, 1677 Frontenac Rd. Call me at 613-553-1109 to discuss, or just drop by the Hall.

A group of 12 or so have met three times now to share ideas, worries and knowledge around the broad topic of healthy, sustainable living choices for these times. We make sure that everyone present is heard, has a chance to speak and is respected. There are no doubt many in our community who are concerned, curious, confused or saddened by the state of our planet. We have had a few good ideas now including helping each other to learn about food growing techniques like permaculture, work-

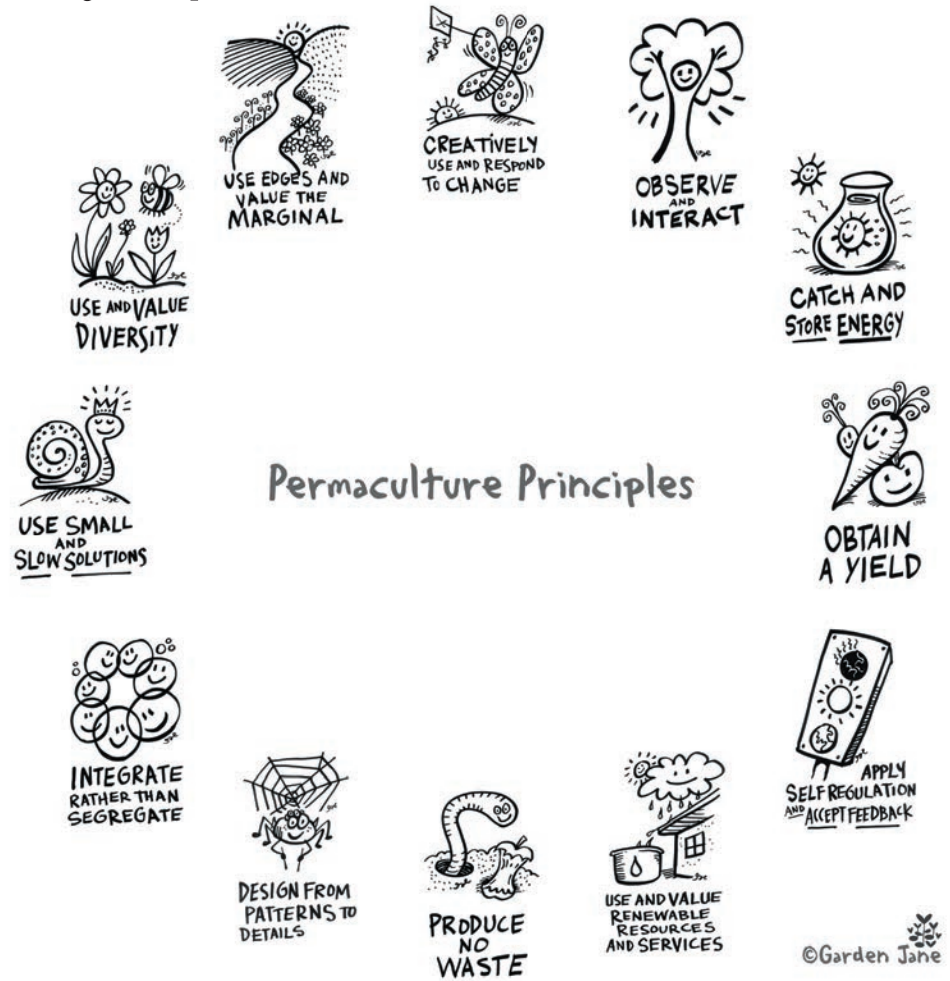
ing together to help each other to make work enjoyable (remember old-fashioned working bees?), and sharing resources like transportation and equipment. We all agreed that building healthy and inclusive communities is the most important principle that must be part of all endeavours.

We are planning a visit to a nearby permaculture garden to learn more about this way of growing food so please call Ken at 613-553-1109 if you are interested.

Are you interested in talking and learning about choices we can make in our lives to create sustainable and healthy communities? Everyone interested is heartily welcome to come out and attend a meeting. We are very informal and hope that more folks might see value in doing this. Meetings are kept to one hour.

We meet at the Matawatchan Hall every second Monday at 7:00 p.m. and the next meetings are September the 23rd and October 7th.

Many good thoughts, insights and ideas have already been shared at the first meetings and we hope you might think about joining us.



Map of Permaculture principles from gardenjane.com, which is a great place to connect online. The Matawatchan Hall is a great place to connect and share all principles of sustainable living choices in person.

UP THE LINE TO THE FRONT LINE

Shep and the Groundhog

By Howard Popkie

Howard turns 85 in September. He isn't sending stories to the Highlander anymore, but we have a treasure-trove of stories about his life in Black Donald and the Korean War that we insert from time to time. Happy Birthday Howard! Thank you!

In the 1940s, my father Reuben Popkie had a silver fox farm and I fed the foxes with dry fox feed that came in a bag. Mom said they needed fresh meat to have a treat, so Shep and I would kill any groundhog we could find, to feed to the foxes. When we found a groundhog hole in the field we knew the groundhog hole would have an escape hole. Shep watched at the escape hole and I poured pails of water down the other hole. When the groundhog came out Shep would throw

him high in the air and the groundhog would come down fighting. Now a dog has to meet this snarling whirlwind face-first. He would yelp when the groundhog bit first, but when the fight was over Shep was always very proud because he would win in the end.

Shep and I always went to school together and one day on the path to school we found fresh sand where a groundhog was just starting a new hole and didn't have the tunnel made yet for



an escape hole. Shep stuck his nose in the hole and smelled groundhog, so he started digging. Now, to get at the groundhog Shep had to make a hole big enough to fit his body. He was the size of a big police dog, so it was going to take a long time to dig. Shep chewed off roots and shoved his nose deeper and deeper into the groundhog hole. He knew he was getting close by the smell. By the time he pulled the groundhog out of the ground he had a hole big enough to fit his whole body. We were there a long time by the time Shep got the groundhog, so we shared

our school lunch and had fresh meat for the foxes. By then it was too late to go to school so we went back home with our prize.

Mom always had to write a note to the teacher when we missed school, so Shep and I went to school with a note for the teacher that read, "Dear Miss Windle, Please excuse Howard's absence from school yesterday. He spent the day digging out a groundhog with his dog for fox food." Signed, "Yours Truly, Mrs. Bea Popkie." I bet that was a new excuse for the teacher.

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

CHURCH SERVICES:

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

Griffith Hilltop Tabernacle

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

Vennachar Free Methodist Church

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

Denbigh St. Luke's United Church

Sunday Worship and Sunday School
 10:00 a.m.

The New Apostolic Church

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

St. Paul's Lutheran Church

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

Schutt Emmanuel United, 8:30 a.m.

Burnstown

St. Andrew's United Church

Sundays at 10:30 a.m.

Calabogie

St. Andrews United Church

1044 Madawaska Dr. (on the waterfront)
 Sunday Worship 8:30am
 Communion 1st Sun. of the month

Most Precious Blood Catholic Church

504 Mill St., Father Kerry Brennan
 Sunday Worship 8:30 a.m.

Mount St. Patrick

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

REGULAR EVENTS CALABOGIE:

Youth Sports Night

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

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

Well Baby Clinic

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

Public Library Book Club

Last Wednesday 11:00 to 12:30

Falls Prevention Program Chair exercises

Seniors 65+ Mondays and Wednesdays
 8:30 a.m. to 9:30 at the Calabogie Community Centre
 Contact Susan 613-752-1540

Pilates and More

Monday evenings and Thursday am

Back Fitness and Stretch

Mondays 3:45

Mindfulness Meditation

calabogiemindfulnessmeditation.com

Calabogie Seniors Dinner & Meeting

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

Renfrew South Women's Institute

www.rsawi.ca CalabogieWI@gmail.com
 Branch meetings held at Calabogie Community Hall 2nd Thursday 7:30
 Contact: Sara MacKenzie, Pres.
 613-432-3105 Guests and new members welcome!

Calabogie Arts and Crafts

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

Lion's Club Bingo every Wednesday,

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

The Calabogie and Area Ministerial

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

SPECIAL EVENTS CALABOGIE:

Final Calabogie Summer Market

Saturday Sept 28 9 - 1 at the Calabogie Rink, 574 Mill Street

Fall Roast Beef Dinner October 26th

4 - 6:30 Calabogie United
 Jean Libbey 613-752-0014

REGULAR EVENTS

GRIFFITH & MATAWATCHAN:

Matawatchan Hall Events, 1677 Frontenac Rd.: Check calendar at matawatchan.ca

Aerobics and Cardio Dance to suit all fitness levels at the Matawatchan Hall. \$5 Hall donation appreciated.

Mondays and Saturdays 10am - 11am check matawatchan.ca for changes

Matawatchan Walking Club

Wednesdays April to Oct. 9 a.m

Nov. to Apr. 10 am Start at the G'Day board mailboxes. Brigitte 613-318-8308

Sustainable Living Choices Group

2nd Monday of the month starting Sept. 23 at 7pm at the Matawatchan Hall. Contact Ken Birkett at 613-553-1109 or just show up. Free.

Matawatchan Book Exchange at the

Hall any time it's open, or contact a Board member. Sign out a book and return it later. No membership required.

Denbigh-Griffith Lions Club Events at the Community Hall Hwy 41 Griffith: Bingo every second Tuesday at 7:30

TAI CHI at the Griffith Hall 613-333-

1423 Beginner's, Mondays 12:45 \$10, Holiday Mondays, Thurs @ 9:00 a.m.

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

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

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

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

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

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

SPECIAL EVENTS

GRIFFITH & MATAWATCHAN:

90th Birthday celebration for Gerry Marshall Sunday October 6, 1 - 3 pm at the Pine Valley Restaurant

St. Andrew's United Church Harvest Supper September 28, 5:00 pm Turkey dinner with all the trimmings, plus World famous pies and other desserts. Gluten-free and sugar-free desserts available.

Fall Dessert Challenge, Sunday Oct. 20 2 - 4 pm at the Griffith Hall. Live music, silent auction, 50/50 draw, coffee and desserts. Vote for your favourite apple crisp. GMSHC Annual meeting at 2:30. Hosted by the GMSHC. See ad page 4.

Matawatchan Hall AGM Oct. 8 at 6:30 at the Hall, 1677 Frontenac Rd.

October 26, 8pm Halloween Dance, Matawatchan Hall, 1677 Frontenac Rd. \$7 cover. Live band, The AshDads, cash bar, sandwiches available. Prizes for best costume. 19+

Fish & Game Club Hunter's Ball - Saturday, 9 November 8pm. DJ, Licenced. Everyone welcome.

FESTIVAL OF SMALL HALLS:

Matawatchan Hall Sept. 27 Doors open 7pm, The Devin Cuddy Band at 7:30 general admission. Cash only at the door. Cash bar and sandwiches available. Fully accessible facility. Tickets \$25 at thefestivalofsmallhalls.com or the door

REGULAR EVENTS DENBIGH & VENNACHAR:

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

Denbigh Diners meal Supported by

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

Denbigh Recreation Euchre,

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

Meals on Wheels is available in the area; contact Bev 333-9852, or Lori Cuddy at Community Services 613-336-8934/1-877-679-6636 for all the details.

Land O Lands Community Service Exercise on Tues. at 9:30, Denbigh Hall basement after Wellness (not July and August) Contact Mary McKinnon 613-333-2791 **Coffee Time Friday mornings at Heritage Park from 8am-10am** Denbigh Recreation sponsor

LOLCS Exercise Program, Tuesdays 9 - 10:30 Denbigh Hall basement Marlene Dacuk 613-336-8934

LOLCS Denbigh Craft Group, 2nd and 4th Wednesday of each month from 1pm-3pm Denbigh Hall, Marlene Dacuk 613-336-8934

SPECIAL EVENTS DENBIGH & VENNACHAR:

Denbigh Diners Club will start on Monday, September 9th with a Roast Chicken Dinner, followed by an Octoberfest Meal on October 7th.

DACRE REGULAR EVENTS:

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

FLINTON, CLOYNE & NORTH-BROOK REGULAR EVENTS:

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

Land O'Lakes Garden Club meets at the Pine View Free Methodist Church, **7pm, on the second Thursday** of the month from April to November

Bingo, Mondays at AH Recreation

Centre, Flinton, Lower level - doors open at 5:30pm Contact Joel (613-336-2666)

The Cloyne & District Historical Society meet on the **3rd Mondays Sept, Oct, Nov, Jan, Feb, March, April and May 1:00 p.m.** in the Barrie Hall, across from the Cloyne post office. Everyone is welcome. Our program is inspired by local history. info: www.cloynepioneeremuseum.ca

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Pow wows Return

By Noreen Kruzich



Men doing Traditional Fancy Dance will wear two big bustles — one on the shoulders and one on the lower back. Often the fancy dancer will wear a feather roach in their hair as well. And, of course, dancers wear moccasins, although you might not notice them with all the beautifully coloured regalia to look at. Fancy Shawl Dance: The shawl represents butterfly wings. Jingle Dancer: Wears regalia featuring many jingles or metal cones that knock together to make a beautiful sound. Grass Dancer will wear leggings and headbands. Some carry shields and rattles. Some regalia has bells that make noise when they dance. It depends on the dance. Traditional dancers wear hunting and warrior-inspired regalia.

Photos by Jenny Johnston

In the year 1534, the first recorded account, by Europeans, of native dancing was witnessed by Jacques Cartier. He first arrived at the mouth of the St. Lawrence River. He witnessed there seven canoes of Indian warriors dancing; at the same time the women were knee-deep in the water dancing as well. These Indians were said to be Algonquin.

This past month, the Pikwakanagan Algonquin First Nation in Golden Lake held their 32nd Traditional Pow Wow with a record-breaking crowd. This year's theme was **Honouring and Embracing Traditions**. Just 69 years ago, a Pow Wow at Pikwakanagan was forbidden. Algonquin Anishinaabekwe, Sherry Dion says she remembers when she was about seven or eight, hearing of a group of people who were determined to bring back the Pow Wow. Dion, whose maternal ancestry comes down the Bernard-Kohoko line at Pikwakanagan, is the daughter of Fern Kohoko, of Pikwakanagan, who recently passed on. Sherry believes the return of the Pow Wow in the area was held at Moodie Drive in the west part of Ottawa.

The 1876 Indian Act directed its goal at assimilation. Subsequent amendments to the Indian Act set the stage, prohibiting Potlaches, a gift-giving feast practiced by Indigenous peoples of the Pacific Northwest Coast of Canada. This provision was expanded in 1895 to include dances and ceremonies in which gift giving was practiced. The reasoning was that the ceremonies were looked upon as reckless and wasteful of personal property. In essence, the cultural celebrations undermined the government's assimilation policy. In the early 1900's, Father Joseph Hugonard, a principal of the Fort Qu'Appelle Indian Industrial School (residential school) in Lebrét, Saskatchewan fought to have pow wows and all other cultural ceremonies banned. Hugonard persuaded Duncan Campbell Scott, (Deputy Superintendent General of Indian Affairs from 1913 to 1932), to send out letters to Indian Agents with these words of admonition:

"It is observed with alarm that the holding of dances by Indians on their reserves is on the increase, and that those practices tend to disorganize the efforts

which the Department is putting forth to make them self-supporting. I have, therefore, to direct you to use your utmost endeavours to dissuade the Indians from excessive indulgence in the practice of dancing. You should suppress any dances which cause waste of time, interfere with the occupations of the Indians unsettle them for serious work, injure their health or encourage them in sloth and idleness. It is realized that reasonable amusement and recreation should be enjoyed by Indians, but they should not be allowed to dissipate their energies and abandon themselves to demoralizing amusements. By the use of tact and firmness, you can attain control and keep it, and this obstacle to continued progress will then disappear..." (See the rest of the letter on the opposite page.)

A 1921 letter signed by Duncan Campbell Scott uses all these words and more. 1921 was not that long ago, not in generations of family. Not being able to honour or embrace your own cultural traditions means a loss of identity and meaning and affects generation after generation. It also disposes of the intri-

cacies of the culture, and in which ceremony itself allows for many things.

In looking at the roots of this cultural tradition, Dion, whose Algonquin name is Neegweema Makwa says, "It's significance was in re-connecting with family. It was a time to find a mate, for naming ceremonies, an opportunity to get news, political or personal such as to hear about deaths." And she also points out that every Pow Wow tries to teach as well.

Brad Bradamore, "Mahigan" of Haliburton, whose ancestry is Algonquin and Mohawk, and one of the many vendors at this year's Pow Wow cites that, "Pow Wow helps to maintain the culture, such as in helping to understand protocol." But upon reflection of government policy Bradamore admits it's beyond that, "It's a way for healing."

Gerry Benoit, a traditional dancer and Pikwakanagan First Nation member, residing in Pembroke, spoke of his dancing and traditional regalia, and in particular about his bustle, "Putting on a bustle is an honour, dancing for family is an honour." Benoit's bustle is adorned

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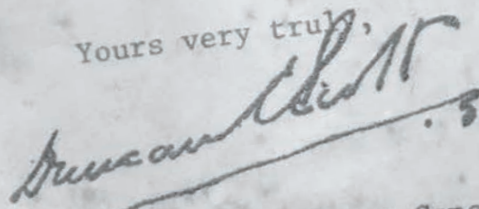
OUR HOME ON NATIVE LAND

enjoyed by their energies and abandoned. By the use of tact and firmness you can keep it, and this obstacle to continued progress will disappear.

The rooms, halls or other places in which Indians congregate should be under constant inspection. They should be scrubbed, fumigated, cleansed or disinfected to prevent the dissemination of disease. The Indians should be instructed in regard to the matter of proper ventilation and the avoidance of over-crowding rooms where public assemblies are being held, and proper arrangement should be made for the shelter of their horses and ponies. The Agent will avail himself of the services of the medical attendant of his agency in this connection.

Except where further information is desired, there will be no necessity to acknowledge the receipt of this circular.

Yours very truly,



Deputy Superintendent General.

Thos. Graham, Esq.,
Indian Agent,
Brockton, Alta.

Second half of a circular to Thos. Graham, Esq., Indian Agent, Brockton Alberta, 15th December 1921 from Duncan Campbell Scott, Deputy Superintendent of The Department of Indian Affairs. (First part is quoted within this article.)

with the traditional four colours and made up of Turkey feathers and Two Eagle feathers - one of which he was given when he passed traditions on to his son and the other was given to him for his work in the community. "To dance," says Benoit, "feeds the soul, it's peaceful, and

it is a way to celebrate the culture and its teachings."

Janice Brant "Kahehtoktha" of Tyendinaga Mohawk Territory agrees that being able to embrace the culture through Pow wow is healing. "People meet from other communities. It creates

an extensive network of unity." Brant embraces her culture through her art to explain teachings, and through gardening. She is a seed keeper in the tradition of the Kanyenkeha:ka Mohawk, and in fact her Mohawk name means, "She goes the length of the garden." But Brant remem-

bers at an early age when the Pow Wow was new to her community.

"I remember how exciting it was and how the young people gathered to learn and practice the songs and dances. I remember the special visitors that would come to help us learn." But Brant also recalls the mixed feelings. "I remember how my father, Roger Brant encouraged us to learn, because he did not learn these ways and in many cases were held in secret. I remember how it upset my Grandfather and he was still fearful. I would hear him tell my Dad that he feared we would be punished for practicing our culture and language. It was a big struggle."

Cultural practices and their teachings carry an immeasurable impact upon an individual's philosophy, character, beliefs and spirit and no doubt affects generations to come. As Brant puts it, "I'm so thankful that there have been people that held onto these teachings, songs, dances and ceremonies, so that we can continue them and live by them and share them to the next generation."



Noreen Kruzich specializes in First Nation and Metis genealogy/social history. She is the author of The Ancestors are Arranging Things (Borealis Press/Ottawa/2010) and is working on a second book. She was the history researcher for award winning documentaries, Colonization Road and Trick or Treaty. Her indigenous roots come from the Mohawk and Montauk of N.Y. and the Powhatan of Virginia.

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Fundraiser Yard Sale at Greater Madawaska Library on September 28

By Sharon Shalla

Goodbye summer, we will miss you, but now our thoughts turn to fall and what better way to welcome the new season than with a yard sale! It was originally scheduled for August 31, but due to unforeseen circumstances that day we rescheduled it to September 28th from 8 a.m. to noon. Come check out the various items including dining chairs, kitchen items, dishes, books, a coat tree, and more!

Are people still using libraries? You bet they are and I'm delighted to say that they are certainly using ours! We had a very busy summer, and in fact, we broke our record for the most books circulated in one month. In July of this year we checked out 1,038 items. In addition to that our patrons downloaded 160 electronic books in July to their computers and mobile devices. That's our best month ever since recording statistics. Our busiest month for checkouts prior to July 2019 was July 2018 when we checked out 1,008 items. If you haven't checked us out yet, come see what you are missing!

We celebrated our natural world this summer during our TD Summer Reading Club program. Our Storytime friends checked out nature books, participated in nature crafts and activities, and most of all had fun! We even got to enjoy the great outdoors at our Storytime on August 30th when the children headed out to the playground to try out their new, I Love Reading frisbees. A special



Greater Madawaska Library Storytime children pose with their "I Love Reading" frisbees on August 30th

purchase was made and each child attending Storytime that day received one. In no time at all we were outside playing with them.

I also want to send out a huge THANK YOU to the Calabogie Lions Club for their donation this summer of \$500 towards children's and tween library resources and services. It is such a joy to see the children and their families coming into the library to create with the LEGO sets that we purchased with the Lions Club's donation last year. You might ask why a library would have LEGO. Well, I'm glad you asked! Studies have shown that LEGO promotes and builds many transferable life skills such as creativity, attention to detail, problem solving, teamwork, challenging yourself, and perseverance to finish your creation. LEGO provides the perfect opportunity

for young children to develop their fine motor skills, along with their hand-eye coordination. When children manipulate the blocks, putting them together and taking them apart, they build those finger muscles which are so important for many different reasons. Come by and see the sets we have for varying age groups from 3 to 103!

With the fall comes the sound of children once again at St. Joseph's Calabogie School, and it is music to our ears! We sure missed seeing their smiling faces over the summer break, but they are back and ready to learn and read. Once again, the children will be visiting the library regularly throughout the school year and selecting a book to take back to class, but before doing so they are given the opportunity to find a comfy spot in the library and read for a while. I love to see their enthusiasm and eagerness in selecting their books.

October is Canadian Library Month! During this month, libraries and library partners across Canada raise awareness of the valuable role libraries play in Canadians' lives. Ontario Public Library Week will be celebrated, as well, in October and runs from October 20 to 26th. We will have some treats, free book draws, and we are also hoping to have a special guest visit us for the Storytime on October 24th. Stay tuned for more details and to find out who the mystery guest will be!

Just a reminder that the Interlibrary Loan service is back up and running and we are participating. Please feel free to make your request for an item that we don't have on our shelves.

Did you know that you can get a library card for free if you live in the township or pay taxes to Greater Madawaska Township? Proof of address is required to get a membership. Acceptable forms include your driver's license, a tax bill, rent receipt, utility bill, insurance document or landfill site pass. Your library membership also gives you access to a collection of electronic books and audiobooks that you can download to your home computer, laptop or device.

And last, but certainly not least, I want to express my gratitude to everyone that supported our book sale this summer by donating books and/or making a purchase. Your donations helped us to raise \$408.25. I also want to thank the community for your support of the library through group and individual monetary donations which make it possible for us to enhance our resources and programs. Many thanks, as well, to the Madawaska Highlander for your continuing support through these articles. THANK YOU EVERYONE!

NEW ARRIVALS:

Nonfiction

Son of a Critch by Mark Critch
The Art and Mystery of Brewing in Ontario by Ian Bowering
Portugal 2018

Fiction

A Better Man by Louise Penny
The Turn of the Key by Ruth Ware
Blood Ties by Barbara Fradkin
Tidelands by Phillipa Gregory
Their Little Secret by Mark Billingham

Youth and Juvenile

The Hollow Under the Tree by Cary Fagan
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By Angela Bright



Joey and Jenelle Rosenblath and their children proudly cutting the cake at the grand opening of Rosie's Café and General Store in Denbigh on August 31. They certainly attracted a crowd with music, prizes, cake, and a bouncy castle for the kids, turning this auspicious occasion into a real community celebration.



Above: Penny Wall, showing off her \$400 50/50 draw win at the Lions Show N Shine on August 24 in Griffith. Below: Garry Pickering with his \$275 win.



Look at the sign for Birchill Pizza, with a great big OPEN sign, behind the Addington Highlands Fire Department. It's another reason to celebrate in Denbigh!



*Come one, come all! Denbigh Diners will take place on Monday, October 7th at noon in the Denbigh Hall, with an Oktoberfest meal for just \$8. The meals are lovingly made by Land O' Lakes Community Services volunteers. Contact Bev, local coordinator, at 613 333 9852. Take some time to check out the LOLCS website, www.lolcs.com, for a complete list of all the services offered in our area, such as the transportation program, homemaking/home maintenance, foot care and adult drop-in(Northbrook). You can reach Marlene Dacuk at 1-613-336-8934 or 1-877-679-6636 ext 233 if you have questions about the Transportation program or Denbigh Diners. For info on Meals on Wheels, homemaking/home-maintenance, foot care and the Northbrook adult drop in, contact coordinator Lori Cuddy at 1-613-336-8934 or 1-877-679-6636 ext 229.

*Looking for something to do on Friday evenings? Euchre is back at the Denbigh Hall, for just \$2 admission. Contact Bev 613 333 9852.

*It was a beautiful summers day for the 12th Annual Denbigh-Griffith Lions Club's Show & Shine Classic Car Show in August. With a record number of entries, there was an amazing selection of cars, trucks, vans, some classics and some On top of all the great rides, the food was great, lots of vendors to shop, and good music too! Congratulations Lions on another wonderful show!

*On Sunday, October 6th, Vennachar Free Methodist Church will celebrate 125 years of ministry with an anniversary service at 3pm, with special music by Vocal Legacy and speaker Bishop Cliff Fletcher. Following the service there will be a light luncheon. For information contact 613 333 2318, or find us on facebook. Please note: there will be no morning service on this particular day.

*There will be a Grand Opening of the Lennox & Addington Forest Trails on Saturday, September 28th, 10am at 100 John Street in Flinton. The trails have been created for mountain bikers, so bring your bike and join in the fun! Admission is free. The Flinton Recreation Club will have a BBQ, with all proceeds going to the club. There will also be live music. For more info visit www.CountyTrails.com or 613-354-4883 ext. 3271.

*Gas is back in Denbigh (87, 89, and 91 octane) at Rosie's Café next to the LCBO on Highway 41. Joey and Jenelle Rosenblath completely refurbished the former Stop 41 and opened the café and general store in July. Ultramar fuels arrived a couple of weeks before their grand opening on August 31. Cars and trucks filled the parking lot and vehicles were lined up along the highway. Kids enjoyed the bouncy castle and cake and adults appreciated appearances and speeches by Addington Highlands Township council members and the Fire Department. The Rosenblaths

thank them, and local businesses and community members who donated prizes and gifts. There were prizes, a raffle, and a two-piece band that added to what turned out to be quite a community celebration! Motorcyclists, ATV, and snowmobile riders will really appreciate being able to fill their relatively small tanks locally again and everyone will appreciate that the gas at Rosie's is being sold at

reasonable prices, so we won't have to go to bigger cities to fuel up anymore.

*Also new in Denbigh is Birchill Pizzeria right beside Rosie's Café. With Glaezer's General Store, Gift Shop, Ice Cream, and Post Office, and two new eateries plus fuel, wouldn't it be great if someone got Berndt's Garage up and running again to complete the good news?





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Tree and Fungi Mutualistic Relationships

By Colleen Hulett

In a past issue, I discussed how fungi are the Earth's great recyclers. They chew through everything and anything. Incredibly they can even chew through rock and plastic! Current studies are focused on how Oyster mushrooms may be able to decompose the plastic islands man has created that are floating in our oceans and destroying life as we know it. My fingers are crossed on this one. Who doesn't love whales, tortoises and other water creatures? Ultimately, who doesn't like our fellow human? You definitely have blinders on if you don't believe plastics kill humans too. I don't know about you but this third rock from the Sun is an awesome place to live. Let's get off our addiction to convenience.

One of my favorite sayings is basically about how every invention is supposed to be an indicator of man's super intelligence over other animals, but really just reveals how lazy Homo Sapiens are and how we believe we are not animals. This inventive laziness is setting us apart from nature and alienating us from Earth's sustainability. Fungi's mycelium (root-like filaments underground) love to hunt fallen logs that are covered in bark and ultimately create balanced soil in order for plant and tree seeds to grow. Mycorrhizae is the symbiotic relationship between the fungi's mycelium and the roots of other plants. It's no secret trees and fungi share a mutually beneficial and symbiotic relationship between them. Basically, they live in close proximity to each other and need each other to thrive and survive. The mycorrhizae provide nutrients to the tree and can triple the trees growth thereby increasing its health. In kind, the tree feeds the mushroom carbohydrates (that's a sugar treat!) giving them a chance to produce sporing fruit bodies (toadstools and brackets) so they can reproduce.

Interestingly the tiny mycorrhizal filaments form a sheath around the tree's root tips where it accumulates minerals from the fungi that it wouldn't be able to get otherwise. As the trees absorb the minerals, they are also prompted to feed the fungi carbohydrates that scientists believe have been specifically produced for

this exchange of minerals and carbs.

Studies have shown how trees do not successfully establish themselves without fungus but grow and thrive three-fold when fungi are present. Fungi protect trees from disease, too, among many other benefits. Seeing a variety and volume of fungi in your forest is a good indicator of its health and sustainability.

Successful mushroom hunters know which mushrooms they will likely find while hiking if they know which trees and mushrooms share mutualistic relationships. They make a note of the trees they pass in the forest and can anticipate which fungi they most likely will find. For example, Birch Polypore share their symbiotic relationship only with Birch trees. Therefore, why would you look for this medicinal 'first-aid' polypore on a pine tree? Right? Knowing which trees and mushrooms hang together will make your hunt easier but please also know that some fungi are associated with more than one tree such as the Bolete family, for example, and also that timing and the right conditions for growth have to be present as well. Even if you don't see a birch polypore in a stand of Birch trees you can be rest assured there are miles of birch polypore mycelium directly under your feet waiting for the right conditions in order to emerge. Patience is a virtue for mushroom hunters as they may need to return to the tree stand more than once to find their prize.

For your benefit I have compiled a list of trees and mushrooms that will most likely be found in close proximity to each other. **Tip: Knowing the leaves, fruit and bark of trees is key to identifying them. Knowing the bark of deciduous trees is beneficial too for our local mushroom hunters in the late fall and winter when leaf-shedding deciduous trees can only be recognized by their bark. Tree bark can look similar to most people at first, but they do have recognizable differences in textures, patterns and colours. Beech tree bark is extremely smooth, for example, and Oak tree bark is rough and fissured. Incidentally Beech leaves stay on the tree all winter long making it a key identifying feature.**



Above: Birch Polypore, found only on Birch trees.

Below: Chaga can be found on several tree species but I commonly find them on Birches.



Birch (Betula spp.): Mushrooms: Chaga, Turkey Tail, Birch Polypore

Description: Birches are medium-sized trees that can have white, black, grey, silver or yellow bark. With the exception of the Grey Birch, the bark easily peels off around the tree horizontally. They have long catkins in the spring. The leaves are finely double-toothed and oval-shaped with blunt bases. The twigs when crushed have a wonderful wintergreen smell.

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HIGHLANDS HIKER

Study this list of common trees in our area and the fungi associated with them. Research the tree's bark leaves or needles, and next time you are out foraging for mushrooms check your guide to find out what is in season and which tree it

shares a mutualistic relationship with. Start searching around and within the specific tree canopy and you will have your best chance of finding what you crave. You will also find through your research the wonderful medicinal and

edible features of trees that foragers also know. Remember to go out the day after a good day or two of rain. The day you go out should be milder than the rainy days before it. Good luck everyone, and please bring your children with you when you

go foraging, so they can benefit from the Earth like their ancestors did before them. Show them what poison ivy looks like and be on your way. Prepare to be shocked at how innate foraging is in children!



A towering Eastern White Pine Stand is a great place to find Boletes and Morels.

Eastern White Pine (*Pinus strobus*):
Mushrooms: Morels, Boletes, Chicken Fat, Painted Suillus

Description: Up to 130ft high. Bunches of 5 skinny needles is a distinguishing feature of this pine tree's leaf structure. The pine cones hang down from the branches and are 8-20cm long. Good seed crops aren't produced until the tree is over 20 years old and then only every 3-5 years. The bark is greyish-brown with 2-5cm thick ridges and the young tree has smooth bark.



Above: Chicken Fat Mushrooms (*Suillus americanus*) can be found in a pine stand. Below: Edible Painted Boletes (*Suillus spraguei*) can be easily found near Hemlocks.



Eastern Hemlock (*Tsuga canadensis*):
Mushrooms: Ganodermas, Chanterelles, Boletes, Suillus, Hedgehog

Description: up to 70ft high. Needles are ½ in long with flat splays and white undersides. Cones are tiny and less than an inch long. Bark is rough and dark. Lives in hilly or rocky woods.



Colleen (that's me), with a find of Dryad's Saddle

American Elm (*Ulmus americana*):
Mushrooms: Morels, Dryad's Saddle, Elm Oyster

Description: Up to 100ft high, the bark is grey, deeply furrowed, rough and coarse with intersecting ridges. The leaves are dark green oval-shaped and rough to the touch, toothed with an asymmetrical base. The seeds are in a small cluster and flat and circular.

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Above: Beech trees have very smooth bark and usually have bear claws scratches or carvings on them. Below: Hericium spp. can be readily found in a stand of Beech



Beech (Fagus grandifolia):
Mushrooms: Hen of the Woods, Chanterelles, Lion's Mane, Bear Head, Hedgehog

Description: Tall tree with smooth silver-grey bark and coarsely-toothed elliptic leaves. Leaves are 1-5 inches long. Fruit is small triangular nuts enclosed in a burr-like husk containing three nuts. Nuts are a favourite of bears and many older trees have distinct bear claw scars on them. Leaves hang around on the tree all winter. 60-80ft high and 2-3ft in diameter.



Above: Turkey Tails are often found on oak trees, as are Chicken of the Woods, below.



Oak (Quercus spp.):
Mushrooms: Hen of the Woods, Chanterelles, Chicken of the Woods, Honey mushrooms, Turkey Tail Polypore, Black Trumpet, some Boletes

Description: A large widespread group of trees with a large variation in size and leaf shape but all have the presence of acorns. The acorns have cup-like caps on them all. White and Red Oaks have tell-tale leaves that are 2-9 inches long with many lobes that can be rounded or pointy. Mature Oaks are 60-80 feet in height. 2-4ft in diameter. Bark is grey and furrowed in the Eastern White Oak (Quercus alba) and the bark of the Northern Red Oak (Quercus rubra) is grey and patchy.

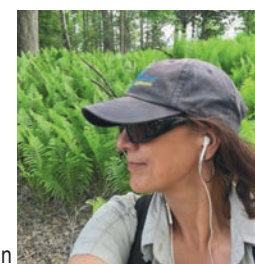
The shape of a Spruce tree is easy to identify. Look for king Boletes or Chanterelles around this tree.



Spruce (Picea spp.):
Mushrooms: King Bolete, Chanterelles

Description: Steeple shaped tree with short, stiff, sharp-pointed 4-sided needles that grow all around the twigs. Cones are drooping, brown and woody. Bark is rough and dark.

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

By Derek Roche

The Autumn season is upon us, and winter is not far off. Daylight hours are scarcer, temperatures are dropping, our gardens are wilting with frost, firewood is stacked and stored, and the sweaters are out of storage. It is both fascinating and important to understand the intimate connections between ourselves as human beings and the changing seasons.

In traditional Chinese medicine, all of the seasons correspond to various elements. The Fall season corresponds to the Metal Element. Our personality, emotions, preferences and activities are all influenced by the world around us. The emotion related to the Metal element is grief. In this season of transition from the warmth and light of summer into the dark and cold of winter, we may feel a mild sense of grief as we let go of the summer activities, the warmth and laughter, relationships with our friends and neighbours and move into a quieter, more meditative and hibernating winter season. We may find that we engage more in quiet contemplation, perhaps remembering people no longer with us, and memories from our past.

The Fall season is also about inspiration. One of our favourite activities before the snow flies is to hike up to the lookout and take in the spectacular view and the beautiful colours as the trees change. This is the season where we are able to more fully appreciate beauty in all of its forms, from literature, poetry, paintings, architecture, the sparkling sun on the water



View from Dan's Mountain in autumn, Matawatchesan. photo by William Jukes

and even the soft mist rising from our coffee cup on a cool morning. It is as though, without all of the distractions of summer, we begin to reconnect with the divine in all things.

We may also notice a change in our dietary preferences. We are moving away from a summer season of hot and dry into a winter of cold and damp. All of the fresh fruit and salads from the summer may no longer feel appropriate. We begin to crave warm nourishing foods as we prepare for the winter months. I start to think about hot oatmeal porridge in the mornings, perhaps with the warming taste of cinnamon or ginger.

It is perfectly natural and healthy to sleep more. Hibernation is not only

for the animals around us. With fewer hours of daylight, we begin to produce more melatonin. For many of us it is a little harder to get out of bed on a cold, dark morning. While we are not yet into the long dark days of winter and the water element, we are transitioning into a time of quiet, nourishment and rest so that we may burst forth in the Spring (the Wood Element) along with all of nature.

One mistake that modern society makes is to ignore the seasons and carry on as though we are in a perpetual summer. The constant distractions of TV, parties, entertainment and WiFi can help us to ignore our bodies natural tendencies. By staying too busy and active throughout the Fall and Winter, we may find our en-

ergy reserves low in the Spring. With all of nature bursting forth around us we may feel tired and lethargic because we have ignored the winter resting period. I have observed that, in general, people who live in the rural areas, surrounded by nature are more in touch with the seasons than those who live in the busyness of large cities.

Finally, I will let you go with letting go. The metal element is also related to letting go, which is related to both grief and inspiration. On the one hand, grief is a form of letting go, finding peace in the cycles of life and accepting change in all its forms. Further, in order to truly take in and appreciate inspiration in our lives, we must let go of all thoughts and emotions that no longer serve us, so that we may grow and take in the new.

I wish you all a warm, healthy and happy winter and look forward to reconnecting in the Spring.



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

WHAT IS THIS?

THE BROAD AXE

By Elmer Strong

This broad axe came from the farm of Thomas Strong (1869-1951). It is not known if he was the original owner or perhaps his father William (1843-1912) owned it earlier. Thomas and his three brothers, William, John and Joshua all spent the earlier part of their lives working in logging shanties around Matawatchesan.

Broad axes were used in the making of square timber. Only the largest and flawless white and red pine trees were used for square timber. These huge trees were felled by axe up until the mid-eighteen hundreds, when the crosscut saw became popular for this purpose. The felled tree trunk was assessed to determine the maximum size of square timber it contained and the proposed timber's outline was drawn with a blue chalk line. A scoring axe was used to chop a vertical cut every ten or twelve inches, along the log, to a depth near the chalk line. The tree was then squared by highly skilled axemen using the broad axe.



You can see here that the broad axe and handle are flush with the wall. There is no bevel on the flat side, but you can see the sharp bevel on the cutting edge. A sharp axe and strong accurate strokes were key to creating square timber - not an easy skill to acquire.

The squared timbers, some as long as seventy or eighty feet, were moved by horses or oxen to streams

where they could be floated down to the Madawaska or Mississippi River and hence down to the Ottawa River.

Here they were assembled into huge rafts and taken down to Quebec City to be loaded on sailing ships bound for Britain. Square timber was also used to build log homes in the area.

During the period, from 1820 until the very early years of the nineteenth hundreds, there was a great demand from the British government for square timber, for shipbuilding and other purposes. The Ottawa Valley had some of Canada's largest stands of original white and red pine. The logging companies seeking the very best of these pine trees suitable for making square timber, logged their way up the Ottawa River tributaries' such as the Madawaska, taking only the very best trees and leaving huge amounts of waste behind.

A number of companies set up forges and other equipment to manufacture broad axes in Eastern Ontario. Take note of the completely flat surface on one side of the axe coming to a sharp chisel cutting edge, and the offset handle to allow the axe to remain flat with the wood.

From Ballast and Bumpy to Buttery Smooth An Update on the OVRT

By Lesley Cassidy



Trail separation at Carleton Place with paved side only for cyclists and pedestrians. All others including dogs and horses stay on the gravel. If you bring an animal, please, pick up after them.



Track ballast is only good as a track bed to support railway ties, and it's a far cry from what is needed on a multi-use trail. It makes a good route, but the surface is almost unpassable



In a few short years, the OVRT has gone from a dream and purchase from CP Rail, to a section of 94 continuous kilometers of firm, smooth stone dust surface.



Above: This is not the OVRT trail, but the very popular 600-kilometer-long Kettle Valley Rail Trail in BC. Compare the smooth surface on the OVRT trail to this and you will appreciate just what a gem we have here.

Smooth as butter, you say? If you ride a bicycle or an ATV along the Ottawa Valley Recreational Trail (OVRT) in Lanark and parts of Renfrew County, the trail is wide, uniform, without coarse black stones and overhanging brush. The idea of a path smooth enough to be used by cyclists, runners and walkers, as well as ATVs and snowmobilers was just a dream a few short years ago, and it is now fast becoming a popular trail in the Ottawa Valley.

We decided to test it out. Setting out one rainy morning in late June, I convinced a friend to cycle the OVRT from Smith Falls to Arnprior. There was supposed to be a short rain shower, but the downpour continued for almost an hour. We had arranged a ride at the other end, so we couldn't delay any longer. It took a bit of time to find the start of the trail, but just north of the train station, off Highway 15, the OVRT starts. As we mounted our bicycles, the rain turned into a fine mist that settled on our brightly coloured cycling gear. Within less than a few kilometres of pedaling, we flew along faster than we had ever cycled on a rail trail – this new stone dust surface was our friend. Stone dust is a coarser version of sand, and our tires didn't sink in, even with the wet weather, and it wasn't rough like gravel. Fishing holes and marshes

pushed up against the trail, and a blue heron stood silently observing us when we stopped for a sip of water. Carleton Place, our first town along the path showcased its charms with water swirling under the bridge and views of the town hall clock.

It's hard to believe that only nine years ago the Canadian Pacific (CP) railway discontinued the line between Smith Falls and Sudbury. Three municipalities (County of Lanark, Renfrew and the Township of Papineau-Cameron) purchased the section between Mattawa and Smith Falls and the new Ottawa Valley Recreational Trail (OVRT) was born. Nearly 94 continuous kilometres of the wide stone dusted trail is now fully multi-use and accessible to cyclists, pedestrians, horses, dog sledding, cross-country skiers, ATVs, and snowmobiles from Smith Falls to Renfrew. Between Laurentian Valley and Pembroke and a few other shorter segments work has been completed on widening the trail and resurfacing.

Jason Davis, the Forestry and GIS Manager in Renfrew County, shared that feedback regarding the OVRT has overall been positive. People have been commuting by bicycle between Petawawa and Pembroke. And this past winter, one hotel in Pembroke was fully booked three weekends in a row with a parking

lot stuffed full of snowmobiles. This is good news for tourism in the area. Davis also commented that counters have been installed near Arnprior and Pembroke/Petawawa to confirm how many people are using the trail which will help with decision making and future funding support. Darin McRae, President of the Beautiful Eastern Association of Snowmobile Trails (BEAST) in Lanark County, received feedback from numerous snowmobilers about how much safer riders feel travelling on the OVRT rather than beside the roads. With the OVRT Partners Group winning the Lieutenant Governor's Award for Economic Development Excellence this past year, this confirms how vital the trail is for tourism, developing stronger economies and healthier communities in the Ottawa Valley.

But the question on every trail user's mind is simple - when will it be complete and open to Mattawa? This requires a longer explanation. Establishing a trail of this distance requires a significant amount of funding and work to brush, clean-up, re-surface, improve bridges, and install signs and gates. And that's only the physical, visible work to be completed - there is a substantial amount of work happening behind the scenes to finish the few gaps along the trail and the last long stretch north.

The three municipalities continue to discuss OVRT trail management issues and held a meeting late this past summer. Renfrew County is negotiating a long-term lease to open the Garrison Petawawa section, which is an approximately 12-kilometre segment that will require signage and bridge work. Renfrew County and the Township of Papineau-Cameron are building partnerships with other organizations to help fund and support more trail work. Renfrew County applied to a Federal Government program - the Canadian Experience Fund - which focuses on projects that promote tourism in communities. As well, the County is applying to other federal programs that support infrastructure for recreation.

Another critical partnership is the Counties' work with the Discovery Route Trails Organization, founded in the 1990s and based in North Bay. Discovery Route connects communities in the Near North by multi-use trails and has developed and linked more than 1000 kilometres of paths through work with trail clubs, economic agencies and government departments. One of their current projects, the Voyageur Cycling Route, launched in 2017 to connect Northern Ontario to Eastern/Southern Ontario through the Ottawa Valley. Much of the planning



Bridge over the Mississippi River in Almonte



There are so many beautiful stopping places along the OVRT, such as this bridge over the Mississippi River in Carleton Place.



All aspects of the OVRT are designed around safety and a memorable cycling experience, but people need to observe and obey the rules to make it work as designed



Of course it's not just about the trail, it's the things you see beside the trail that are the reason for getting out and exploring the trail in the first place.



Above: Bridge at Pakenham

Below: Some sections of the OVRT are paved.

work has been completed, including an assessment using the provincial Ministry of Transportation criteria and traffic data of potential safe cycling roads between the North and Eastern Ontario. The final Voyageur Cycling route will link together paved shouldered roadways, quiet country roads and multi-use trails.

Unfortunately, 123 kilometres of the cycling route travels on Highway 17 between Mattawa and Deep River. There are no alternative cycling roads or pathways. And this is where the OVRT shines – it is a safe option to travel between Mattawa and Deep River for cyclists, as well as ATVs and snowmobilers who would like to access the North and the many trails it offers. Talks between all the partners including this northern trail group support the idea that 195 kilometres of the trail could be used as part of the Voyageur Cycling Route and larger Ontario motorized and non-motorized network connecting the Ottawa Valley to Northern Ontario. Particularly for cyclists, sharing the pavement on Highway 17 where high speeds reach over 110 km/h and commercial and truck traffic is heavy, safety is a grave concern.

Close to Mattawa, the OVRT

follows remote and rugged country along the curves of the Ottawa River. Jason McMartin, the Chief Administrative Officer and Treasurer of the Township of Papineau-Cameron commented: “there is strong interest in seeing the trail open by snowmobilers and the Discovery Route Trails Organization that started the Voyageur Cycling project”. The Township in partnership with the Discovery Route organization (who provided significant funding) completed an engineering assessment in late 2018 to determine how to bring the trail to cycling, as well as multi-use trail standards. The report revealed that to fully complete about 23 kilometres of the OVRT would cost \$2 million to repair and replace two bridges, improve the surface and complete trail work. Another challenge is that the OVRT ends about two kilometres outside of the Town of Mattawa in the bush. For access to the trail and potential tourism, this doesn't work. The Township is working with CP to develop a solution.

The next 67 kilometres of the OVRT, at the northern end of Renfrew County in the Township of Head, Clara and Maria, is in rough condition with coarse black rock

(ballast) and a narrow and uneven surface. The same applies to the next 23 kilometres through the Laurentian Hills between Deep River and the Garrison Petawawa, though a short section near Chalk River has been resurfaced. The last stretch between Pembroke and Renfrew has several short, improved segments, but most parts are still covered in sharp ballast rock.

As the three partners continue to manage the trail and search for funding opportunities, a recent conversation could be the catalyst to help complete the northern end of the trail sooner rather than later. Mayor Bob Sweet of Pembroke and the Director of Development and Property in Renfrew County, Craig Kelley met with the Minister of Transportation at a recent conference. Presently, there is a plan to harden the shoulders on Highway 17 between Pembroke and Mattawa at the cost of \$24 million. This is part of improving traffic flow management and providing a safer option for cyclists. They discussed the OVRT and how it is a safer alternative for all trail users through this northern section. The Minister committed to exploring the idea.

As you can see, it is busy be-



hind the scenes. And there are still many subjects that the OVRT trail managers must contend with including noise complaints, signage, assessing bypasses around towns, and horse and dog excrement.

It's a massive undertaking. As we cycled toward Renfrew on the smooth surface, the sun came out and reminded us of why we love the trails of the Ottawa Valley!



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

Seniors Hours in Town and Country

By Ernie Jukes - Artist, Writer, Rover

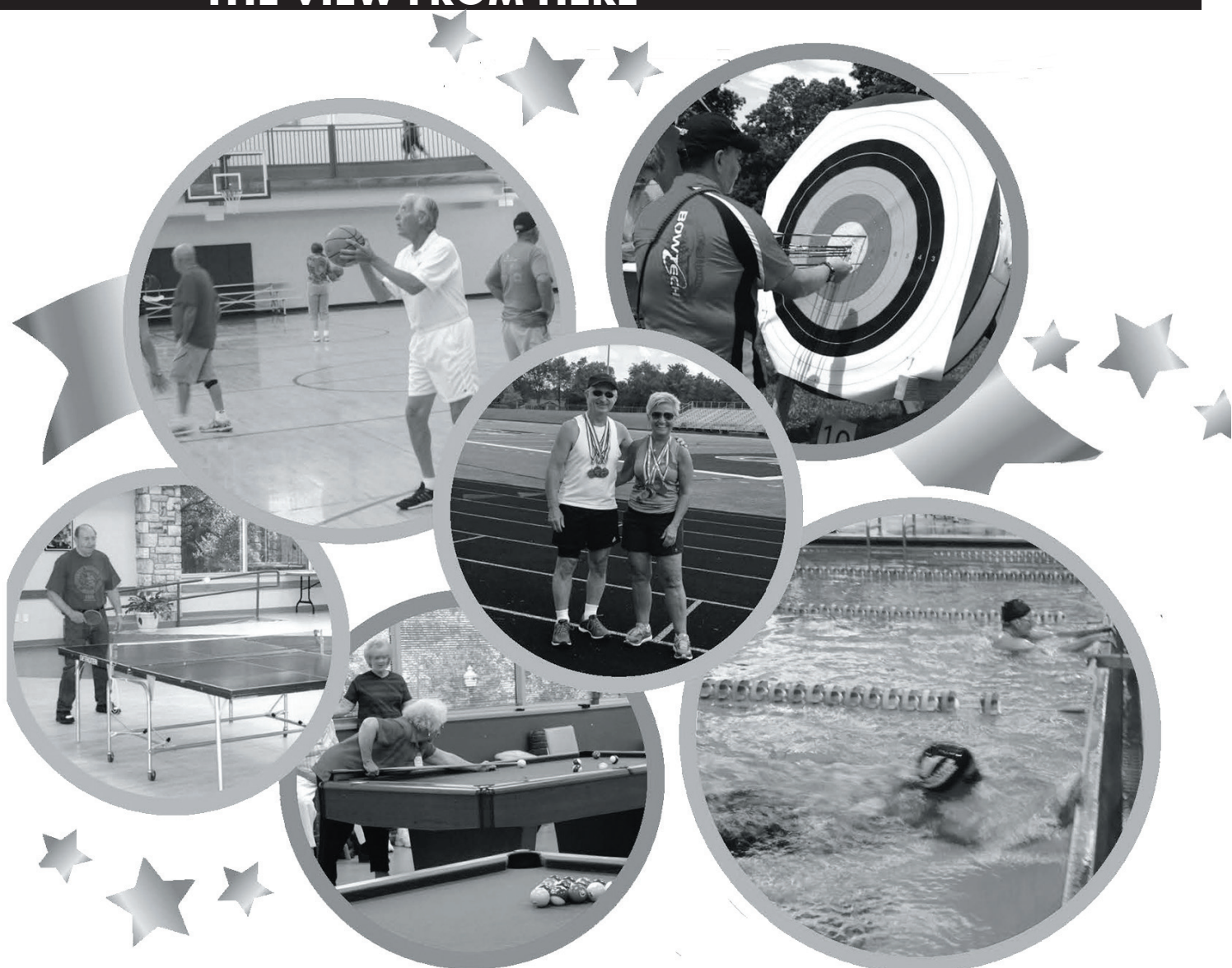
This wee tale can apply to most any area of Ontario, such as Oshawa, Kingston, Arnprior, the Frew or Eganville... even Plevna and Vennachar. Come along with us now and hopefully enjoy the wanderings of this old scribe and some of his pals, of about the same vintage.

Like many, we had just returned from a road trip south to escape the boredom of winter and cold. We saw lots, sketched some, and certainly spent some money with the ugly price of gas, hotels, and eating out for many weeks. However, we enjoyed seeing some old haunts and some, not quite as old, friends. Not to mention our yankee-noodle relatives that can't visit us here in Ontario (what they sweepingly call Canada,) unless they bring their guns. Anyhoo, somehow our days back home seem to be busier than when we left.

Today may be a fine example of a "big day" to an old guy. I just made it in time to the Foot care nurse, Roberta, at the Northview Senior's Centre in Oshawa. I thought I was going to be late after taking a wrong turn, thinking it was a short cut, and then finally finding a parking spot at the busy location. Well, she does a smooth job and we had a chance to talk about various subjects from art to car racing to travels. She said she may visit Matawatchan, our old logging community, and my painting studio at Camp J on Frontenac Road this summer. It's open to the public most of the time.

Sure, these Seniors Centres offer an amazing number of things to do for us oldies. From exercise to cards to lunch or just coffee and chat, there are endless attractions to get you out of the house or apartment. However, patrons are wise to attend those that have a sure and quick connection to a hospital, for obvious reasons. After 85, you just never know!

Before exiting the busy building, I picked up the Spring Activity Calendar. Yep there it was, right between Euchre and Mah-jong... Horseshoes was starting at the Conant Branch soon. That will definitely get me out of the apartment for some fresh air. I looked around and my gosh, the place was full of old crocks. I mean really old people! Folks attend these senior citizens centers for all kinds of activities.



A few, like Percy, just sit around with a coffee, gabbing. Others pretend they are busy playing dominos or cards, or Mexican Train, imagining what they might do next. Some of us simply talk a lot, but others simply can't remember what to say. Poor souls.

Well, suddenly I had to scramble to Frank, my barber for 40 years, and after going down a one-way street the wrong way, then cutting through a parking lot to avoid a cop, I found his new place. Sure, in his Italian dialect you really have to listen. He doesn't say much but usually makes sense when he does. Why is that? Particularly taxicab drivers and barbers seem to have really good answers to political problems! I've noticed this seems true the world over.

Golly, now I remember a friend Colin saying, years back, that old guys can build a day around a haircut. Craps. Here I am almost doing that. But in self-defence I must say that I also talked to a few other people at the senior's center. Sure, it counts for something. One lady wanted to know about my bad experience with eye surgery and also fixing her printer. Another told me all I ever wanted to know about Schumacher, Ontario, plus a really old guy wanted to know how to sign up for Foot care, but he was also searching for his wife. See? So, it wasn't all about a haircut. Right?

And now. Yep, right now, I find myself at Griffith, Ontario. Reckon that's what they mean by the term "rover", we sure keep moving. This handsome, woodsy village, with it's giant pines, is right on highway 41 and the ripping Madawaska River runs right through it. We come here every Friday morning to our Senior Men's Breakfast at Bert's Pine Valley Restaurant. It seems we have bought lotto tickets here forever but like so many groups have never won more than 10 bucks and a free ticket! Why is that Ardean? Did Earl give up? Can't say as we blame him! Harvey and I tested their "Toasted Western Sandwiches" half a century or so ago. Sure, they were good then too!

But hold it right here. Many seniors do get by surprisingly, quite well thank you, without any assistance from official centres. However, please remember that 87% of matures over 80 years of age in our great country just can't afford the luxury of assisted living in a retirement home. Sure, but we are absolutely more than capable of talking about it. We will also include talking about those hardworking nation building matures, that after 75 years must continue to pay taxes... and sadly too those regular youngsters who still have to pay for higher education, both are shameful in my opinion.

Elder advice, as I have written many times, includes building more bridges than walls. First of all, we are ALL immigrants. Yes, you could argue that every one of us is, or has descended from, an immigrant to these beautiful and special shores. And with so many of us growing old, we recognize that our population still needs new immigrants. Many arrive today seeking a residence, schools and health care. Most also learn our languages and become Canadian citizens. Yes. Become Canadian – or why come here, eh?

Well you can see that ancient Ern believes that's what old people should be doing with their remaining years; helping to build a better country! The land of the maple leaf has been good to us! Hopefully this magnificent place will continue to be "our land of the free".



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.

Fame Comes to Harlowe, Part Two

By Marg Axford

From the Fall 2011 Newsletter

The Harlowe Cemetery, near the gravestone of Rhena Pollard Cole and her husband Oris, was the site of a dedication of a plaque on Sunday, October 30, 2011. The plaque, erected by the Historical Society, North Frontenac municipality, descendants of Rhena and Oris and the Ontario Heritage Trust, was designed to honour the courage and determination which brought Rhena to Harlowe.

Over the past couple of years, we have become familiar with the details of Rhena's story, her early years of poverty and destitution in the England of the early 1800s and the intervention in her life of the famous novelist Charles Dickens, who in 1847 established a home for young girls who were without means. The goal of Dickens and his benefactress, Angela Burdett Coutts, was to educate these young women and then have them emigrate to one of the colonies. Over the course of the next 10 years, approximately 100 women had the benefit of life in this strict but welcoming home, a place of refuge from the hardships of the streets of London.

Unlike many of her housemates, Rhena emigrated to Canada and ended up in Buckingham, Quebec, where presumably she worked as a domestic. There she met Oris Cole. In 1856 they were married and then "followed the timber" west to Cloyne and Harlowe,



Sandra Chisholm, Laurie Gillies, Laura Delyea unveiling Rhena's plaque. Photos by Ian Brumell

where they established a home and raised their children.

At least a dozen of those children's descendants gathered in Harlowe for the dedication of the plaque to Rhena. From across the country, as far away as Terrace, BC, these people came to honour a woman whose spirit of courage and spunk continue to be alive in the family. Both tears and laughter were present at the gathering, as relatives who hadn't seen one another for many years, or who were meeting for the first time, exchanged stories about their connection to Oris and Rhena. Great grandchildren Sandra Chisholm of Terrace, BC and

Laura Delyea of Harlowe were joined by great great granddaughter Laurie Gillies and her daughter Alice of Toronto as they unveiled the plaque dedicated to Rhena.

The accompanying photographs show the plaque with those who removed the cover as Alice read the



text. Tea in the Harlowe Hall at the conclusion of the event offered a welcome respite from the cool wind and a further chance for relatives to exchange phone numbers and continue to chat at what appeared to be a very welcome family event.

The Historical Society urges everyone to identify their own photo collections and help elderly parents and grandparents do the same. This can be as simple as writing names on the back. Above all, do not destroy. You may not know who is in the photo but someone else may identify a missing link. We invite you to share photos with us for preservation in our archives. We take great care in handling and copying these precious items and return them to owners unharmed. They will be safely available for future reference. We also like to share history on the flickr website. Our flickr contact is Ken Hook. kenhook@45degreeslatitude.com CDHS Archives can be reached at pioneer@mazinaw.on.ca

MADAWASKA HIGHLANDER SHORT STORY CONTEST

By Lois Thomson

YOU BE THE JUDGE PEOPLE'S CHOICE ELEMENT

By now, all of the short story entries are in the hands and minds of the official judges, but the judging isn't over! We will be printing the top-scoring stories in the October 23rd Special Edition of the Madawaska Highlander and it will be *your turn to be the judge*.

We are asking you to let us know which fiction and non-fiction story you like the best. As we have seen with the People's Choice Awards for movies, the Academy doesn't always choose the same winners as the general public. Every vote will boost the average of the judges' score by one point. No author's names or judges' scores will be printed. It's your opinion that counts now.

Every vote adds one point to the judges' average score for each of the finalists that will be printed in the October 23rd Madawaska Highlander Special Edition

HERE IS HOW IT WORKS - EASY PEASY!

READ THEM. Read all of the stories in each category. You can't compare them if you don't read them all. You don't have to read to the end if it doesn't appeal to you, but we have had some great entries that we think you will like.

SCORE THEM based purely on how much you enjoyed reading them. Give one point to the story you like the most in each category (fiction and non-fiction). To help you, you might consider the following:

- Did the title spark your interest?
- Did the beginning of the story pull you in and make you want to keep reading?
- Did the story touch you emotionally (make you happy, sad, motivated, relaxed, etc.)
- Did the ending leave you satisfied?
- Was it written smoothly, so you understood what was happening?
- Was it a story you will remember and want to share with others?

Categories and Prizes:

Adult Fiction – one prize of \$250

Adult Non-Fiction – one prize of \$250

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

1st Runners-up "Down Independence Boulevard and Other Stories", by Ken Puddicombe.

2nd Runners-up: "Perfect Execution: and Other Short Stories", by Michael Joll

3rd Runners-up: "Persons of Interest", by Michael Joll, publication pending

SEND IN YOUR SCORES BEFORE OCTOBER 11, 2019

by email to: info@reelimpact.tv

by regular post to:

Madawaska Highlander
Short Story Contest People's Choice
c/o Lois Thomson
3784 Matawatchan Rd.
Griffith ON, K0J 2R0

Include your name and postal code, the number and name of one fiction and one non-fiction story, and one youth story.

Only one vote per category, per person. Do not vote if you wrote a story or know who wrote one, if you were a judge, or a paid Highlander contributor.

Old Vets Never Die. They just Spayed Away.

By Antonia Chatson

We had been married in the spring and I was most anxious to experience all aspects of farming. Although I had never seen a calf being born on the farm, I had had the pleasure of making some of their acquaintances while they were still very young. So, I was most excited when my husband put a heifer that was soon to have her calf, in the barn in mid-January. I watched her with unremitting vigilance, wanting to be right there when the first signs of her freshening appeared. Four days after we had hospitalized her, she started roaming around her pen, peering through stanchions and over doors with a vacuous expression. Then, just before supper one afternoon, she began to strain and shortly after that her water broke. We took turns going to the barn to check on her progress and even though it was extremely cold, I always lingered, hoping that I would be the first to notice when the hooves appeared.

Well, the poor cow strained and strained, lay down and got up, peered anxiously around, then contentedly chewed her cud in between bouts of exertion. At about midnight, my husband said that we should phone the vet as it appeared that things were not progressing as they should. In about an hour's time, the vet appeared and backed his covered half ton close to the barn door. He was a very tall, lanky gentleman, in his mid-fifties, with stringy grey hair and earrings, and when he rolled up his sleeves, his arms were pock marked with tattoos. Since I was new to the area, I was not sure if his appearance represented the standard uniform in the area for vets or whether he was an aberration. Never mind, he knew his business. He made a quick examination of the cow, then informed us that he would have to perform a Caesarian. He tactfully suggested that it might be expedient if I were to return to the house. Not on his life, I said. I was there to soak up everything agrarian that I could. I did however have a serious discussion with my stomach before he began.

As the cow was presently lying on her side, he did not have to position her. He gave her several needles of a local anesthetic, then sliced her down her side. The stomach popped out and continued to have a mind of its own. He delegated the job of containing the stomach in the general vicinity of the cow's midriff to my husband. Then he sliced through the uterus and proceeded to remove a beautiful, rather large bull calf that was dead. After heaving it out onto the manure pile, he continued with his procedure by stitching up the uterus, then the various layers of stuff that occupied space under the skin, then the skin itself. All this time, the cow chewed her cud and at intermittent intervals curled her head around to dispassionately watch the chain of events that were unfolding in her nether regions. When he had finished, my husband asked him why the cow had not been able to deliver the calf herself. The vet replied that the hip bones were too close together and that it would never improve. He suggested that we ship her next fall, which was a pity as she was a very nice and very large cow.

We invited him to the house to wash up and have some tea. As we were taking

some refreshment, he said that he had noticed numerous instruments on the living room wall as he passed by. He inquired who played them. My husband answered that he did. Well, said the vet, as he liked music could we give him a tune before he left. Bear in mind that it was now 4:00 a.m. So I sat down at the piano and my husband took his banjo off the wall and we played and sang, "Life is Like a Mountain Railroad." Of a sudden, I heard this beautiful tenor voice, singing directly into my right ear. After my initial shock, I turned around and found that the vet had drawn up a kitchen chair and was sitting in it backwards, hanging on to the back of it and leaning forward to read the lyrics on the page before me. We played and sang several more songs, then he went on his way.

The next time we called upon him, let's say his name was Jack, was when we had several seven- or eight-month calves suddenly sicken, not eat, then die, with no other apparent symptoms. As it was again winter, Jack came in his beaten up pick up. As we passed it by to go into the barn, I noticed that he had a passenger with him of the fairer sex. We went to the shed at the back of the barn where the cattle were sheltering from the elements. We explained to him what the problem was as he meandered through the herd. After he had observed them for some time, he issued the ultimatum that it was probably some virus or other that probably had infected the herd and that the best thing to do was to ship all of the cattle and start with a fresh batch. No sooner than he had uttered his verdict, he let a roar out of him followed by, "That damned cow kicked me." Now our cows are a lot of things, but kickers they are not. My husband and I glanced at each other and nodded. "Perhaps the man deserved it," we thought. I'd probably have kicked him too if I were a cow.

But courtesy is courtesy, and we invited him up to the house for a snack. The lady friend (since there were no rings, we assumed that) joined us. Very nice she was, and during our visit pointed out a key indication of how to keep on the good side of Jack. Chocolate. I must remember that.

The next time we had need of Jack's services was in the summer. He arrived on his motorcycle with a passenger. This lady was a little reticent about socializing. From a saddlebag on the motorcycle, she removed a blanket and spread it out under some pine trees near to the house, sat with her back leaning up against one of the pine trunks and read out of a rather large volume. She did not join us for a snack, but even from a distance, I could see that she was not the lady of the pick up.

The next time we had need of his services was a Christmas day. He said he would be at the farm at 3:00 p.m., so right after lunch my husband and I took a bale of hay into a field to feed the cattle. Imagine our surprise when we rounded the bottom of a field where we could see his truck pulled up by the door of the barn. But our surprise turned to horror when we saw Jack dancing a fairly good rendition of the Sailor's Hornpipe. He had a



Our gentle "Lady" licked and bonded with her new calf after quite a struggle to get her there, but the vet wasn't done yet...

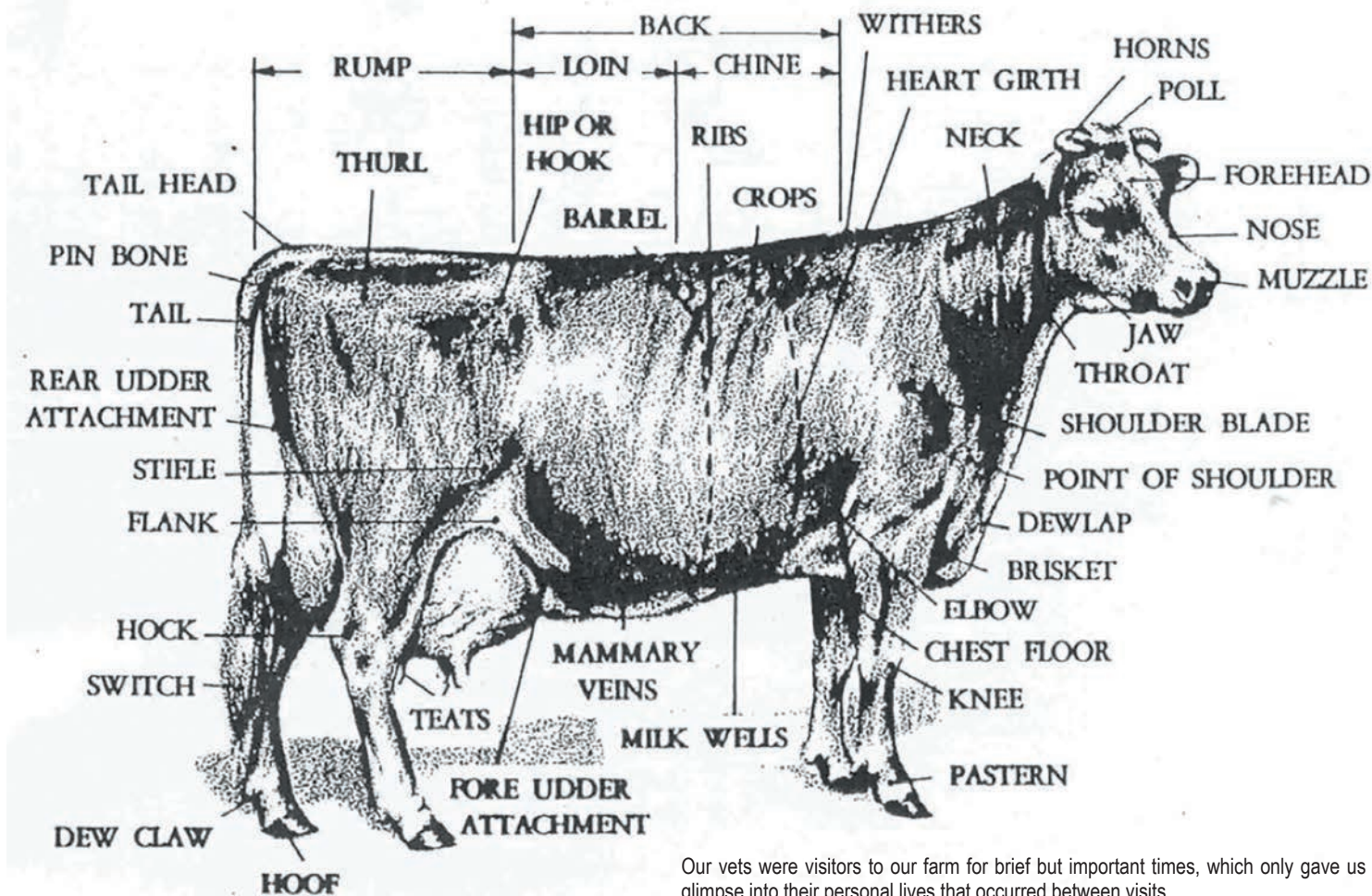
brush in one hand which he was swatting at our border collie, who was effectively snapping and growling at him, and the other hand was up in the air keeping his balance. We sped up to rescue him from our unpredictable dog. But we could see that he was only a few feet from his half ton and only a few feet from the door of the barn. All he had to do was to flee to safety at either one. No, he preferred to stay and fight it out. We had to admire his courage. He was in a fury when we arrived, yelling at us to call off our dog. He didn't stay long at that visit, but he did come to the house to wash up and for us to pay him. The lady friend did not accompany him, but I couldn't resist talking a good look at her to identify the fact that she was a different one from the other two. And I was glad that I had the foresight to make up for him a Christmas basket, which leaned heavily on the chocolate side of things.

It was several years later, that we had to have another vet remove a cancerous growth from a cow's eyeball. As we were sitting around the kitchen table, we mentioned something about Jack. This other vet began to chuckle. "Itchy feet, that one. I believe he is in Australia now. Yep, he was quite the lady's man. I could never understand it. And it was a different one every time you saw him." Well, we could vouch for that. "Never could figure out how he could lure so many in." My question would be, how did he get rid of the previous one, before setting a net for the next one. Then more speculation entered my mind. Did the ladies know

each other? Did they get together and talk about Jack? Did Jack discuss a previous lady with a new convert? Did one lady overlap another or was there a clean break? Did he ever return to a previous conquest? And did he travel to Australia solo, or did he take a side kick with him? Maybe he took more than one with him. And if he did, and if he decided to move on, was her air fare back to Canada guaranteed? Maybe he went to Australia to make a clean break. Intriguing.

We had another cow, a lovely creature with dainty and delicate habits, whom we just had to name Lady. That is as much as a 1,200-pound cow could emulate the ways of a lady. As it was winter again, we had put her in the barn in a pen by herself, as she was showing signs of coming in. We watched her closely for several days and finally her water broke. She was a big cow to begin with and she was rather wide with this pregnancy. She began by straining hard, then resting then straining some more. After twelve hours, she ceased straining, went to her feed and began eating ravenously. It seemed that she had completely forgotten the most crucial stage of her pregnancy, the delivery. We observed her as she chewed down a monstrous meal, drunk a five-gallon pail of water, then lay herself down on a mound of hay to enjoy her cud. This was not good. At 9:00 p.m. my husband phoned the vet who arrived an hour later.

He did a quick examination of the cow and seemed to assess the situation although he offered us no explanation.



Our vets were visitors to our farm for brief but important times, which only gave us a glimpse into their personal lives that occurred between visits.

He rooted around inside the cow for a bit then hauled out one hoof, hooked a chain to it and handed it to my husband. Then he rooted around some more and produced another hoof. He attached another chain to it and held onto it himself. He told my husband to pull when he said so. They pulled and soon out popped the tiniest calf I had ever seen. It flopped onto the floor and just lay there. The vet yelled at me, "Get a five-gallon pail of ice cold water. Quick!". I ran to the pump house and drew the water. He was at my side, grabbed the bucket and ran back to the calf that had not moved since he had

been pulled out. As I observed in horror, he grabbed the calf by its back legs and dunked the poor thing upside down into the bucket of water. I could only think that if the calf were not dead before it will be drowned now. I couldn't believe it when I noticed as he brought the calf out of the bucket that it shook its head, opened its eyes and looked around the barn for its Ma. The vet placed the calf on a pile of hay in front of Lady, and she commenced to lick it off. Then the vet went back to Lady, looked at us with a grin on his face, and said, "Let's see who else we can find in there". He stuck his

arm in again and hauled out another hoof to which he attached a chain, handed it to my husband, then fetched out another hoof. Between them they hauled out another seemingly dead calf which the vet again brought to life with the cold-water method. Now Ma had two calves to tend to. She took it all in her stride as if this were a normal procedure. The vet explained that she had ceased straining because everybody was all tangled up inside her and no one could go anywhere. It didn't take long for the little ones to get up and get down to business with supper. We watched the little ones for a few days

and we both realized that the heifer could only have the name of Effie. And if the heifer was Effie, then the bull's name could only be Unefficial.

It was always intriguing to watch the vets ply their trade, but it was even more intriguing to have a glimpse into their private lives.



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

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



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

IMPORTANT NOTICE - GREATER MADAWASKA TOWNSHIP

News Release September 13, 2019
Internet Speed Test

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

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

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

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

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



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

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



TEST

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

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

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

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

- Brian Hunt, Mayor Township of Greater Madawaska

The Immigrant

By Peter Chess

Introduction

This is continued from “The Almost Forgotten Harp Guitar” that appeared in “Behind the Tunes” in the August issue. It ended with this paragraph... A Larson Bros Dyer Symphony Harp Guitar with the new “Cloud” style headstock added in 1907, with 5 floating bass strings and a label signed by Chris Knutson, lay in its original hard case in the hall closet of the wartime house I grew up in. It was not alone. Tucked neatly in beside it was a Gibson custom Hawaiian steel guitar, circa 1910. Lying on top of these two was a small, faded green corduroy carrying case containing a gut-stringed mahogany C.F. Martin ukulele that I believe was built between 1917 and 1920. We were told as small children, without any sense of irony, not to play with them.

The Immigrant

The three instruments remained sequestered and invisible to us for reasons I will never fully understand and there is no one left to ask. They are just a small part of larger secrets our father kept, as most parents keep secrets from their children, and as children keep secrets from their parents. Perhaps our father's secrets were really just memories left unspoken, stories not told because they were not deemed important enough to be worthy of telling, of a past destined to remain in the past. Or perhaps he intended to shield us from something unspeakable. In retrospect, knowing what I do now of my father's life, I believe those musical instruments are symbolic of a much larger picture. They are symbols of a young man's need to overcome his otherness as the son of Russian Jewish immigrants, a fact he revealed to us quite casually when I was in my early twenties, during the course of an otherwise unremarkable conversation after a Sunday dinner. It was the first peek we had as his children into our father's secret world.

His story is a quintessential Canadian story of an impoverished family arriving on the shores of Canada, escaping persecution in their homeland, seeking shelter and the promise of a peaceful and prosperous new beginning. In 1912, my grandparents and their young children made the trek across Europe from the steppes of western Russia, fleeing yet another pogrom against the Jews by irate Catholic peasants who deemed the Jews to be the devil incarnate. The peasants were illiterate, superstitious and guided by the teachings of the Russian Church, who viewed the Jews as killers of Christians who drank Christian blood during their “pagan” rituals. Whenever their frustration of a miserable life as nothing more than chattels became unbearable, they turned on their neighbouring Jews with brutality. Destruction of entire villages, mass murders, evictions and torture were commonplace and condoned not only by the church but the state as well. Consequently, from the 1880's until the early 20th century, waves of Jews fled west, aided on their journey through Europe by sympathetic people. In a fashion not dissimilar to the underground rail-

way for escaping slaves in America, they reached their embarkation points for the cross Atlantic voyage, thousands of them heading for Canada.

Crowded into the dehumanizing squalor of a steerage deck for three weeks, my grandparents arrived with their children in Halifax, exhausted and weak. Hustled through immigration while suffering further indignities, they then boarded a train for Toronto where they were fed and cared for by Jewish aid societies only long enough for arrangements to be made to head to their final destination of Winnipeg. They went by rail to Sarnia, by boat across Lake Huron and Lake Superior, to Duluth Minnesota, and then again by rail for the final lap to Winnipeg.

Since 1882 there existed in Winnipeg a Jewish community who welcomed the new arrivals as best they could. It wasn't exactly the warmest of welcomes by the general population however, as the Jewish community remained stigmatized and insular out of necessity. Some Jews chose to remain Orthodox and some, like my grandfather, opted out to seek more freedoms that the generally Christian population enjoyed. In order to become more Canadian, he changed the family name to something more appropriate. In this manner, my father, Efraim Chazanov became Frederick Chess, or Fred to those who knew him well. My grandfather also instructed his children to learn English as quickly as possible and not to speak Russian or Yiddish except to family and other Jews.

Fred was a quick learner it appears, attended public school and enjoyed his childhood from the age of 10 in his new homeland while pursuing the oft times arduous task of becoming Canadian as best he could. As a patriot in the making, he identified himself as Presbyterian to those who asked, although I never saw



My grandparents and family in Russia during dangerous times for Jews. My father in front, who looks to be about 10-years-old here, is dressed in his school uniform.



An ad placed by the Government of Canada to encourage immigration from “desirable” countries in Eastern Europe. They sought people who were accustomed to farming in northern climates to farm the newly-opened lands on the prairies, after the completion of the railroad. In Swedish: Free land. 200 million acres in Western Canada for every farmer. Free land!



The feelings of joy and apprehension must have been very intense upon arrival in a new country after a difficult journey across the Atlantic in steerage. Although many Jewish Russians farmed, they were considered by Canada to be “less desirable”, because they tended to gravitate to cities, as merchants. This turned out to be a benefit. They created prosperous commercial hubs in prairie cities, including Winnipeg, where my family settled.

him set foot in a church except for weddings, funerals, and baptisms. He also had a good ear and a keen interest in music. He joined a high school band and somewhere along the line he got sidetracked by the new music that was all the rage. Exactly when he got his first taste of Hawaiian music is not that critical. It did, however, alter his life in ways he was not

aware of at the time. All he knew was he wanted to learn to play it, and I am sure he was aware of the effect he could have on the girls if he got a chance to do some serenading.

Unfortunately, his musical dreams were soon to be temporarily shelved. Although it is likely he would have wit-



Those mysterious instruments in the closet were a symbol of my father's secret life as a musician. It's hard to make out in these ads, but my father, Fred Chess, played live music, guitar and ukulele, to accompany popular silent films. We learned there was more...

nessed atrocities in Russia as a child, the knowledge of this would not have insulated him from what he was about to experience. In 1917, underage, but somehow still managing to convince whoever was responsible, he enlisted in the "Canadian Expeditionary Force" and headed for France and the unspeakable horrors

of trench warfare. Whether or not it was out of a newfound sense of patriotic duty, perhaps to impress a girlfriend in a macho way, or just for the adventure he felt awaited him, we'll never know. He made it intact into the crucible, was wounded in the leg by shrapnel and shipped to London for recovery. There, although he

had nothing to leave behind, he made two wills with two different women as his beneficiaries. We suspect they were his nurses. He returned to action in France, spent some time in the brig and was repatriated to Canada before the war ended.

He never told us about his war adven-

tures, but we saw the scar on his leg, and he suffered nightmares for the rest of his life, waking up screaming and scaring the hell out of us as kids. What little we do know comes from his war records, which were only released a couple of years ago. When he returned home, his adopted music was still as popular as when he left in 1917. Having fought for Canada, giving it all for King and country, wounded by the enemy, and the fear of persecution dispelled from his mind, he took aim at the future with his sights set squarely on becoming a Hawaiian musician.

An entire generation of Canadians, scarred by the war, were seeking some solace and a return to normalcy, and embraced this music as a salve. It was exotic, it was joyful, and it was a reminder of a more innocent time before the war. It was the cusp of a new decade that became known as the "Roaring Twenties" and Hawaiian music was the soundtrack for the pilgrims seeking redemption for the sins of their fathers. Fred Chess and the Hawaiians were itching to get on with it!

To be continued

stay tuned...



Peter Chess immigrated to Canada from Leeds, England at the age of 9 weeks. The family settled into a converted barracks at the local airport near St. Catharines for a couple of years before moving into a wartime house.

After serving in the Canadian Army Signal Corps, Peter restored antique furniture in St. Catharines, which is where he met his wife Gitte, her daughters Sheri and Belinda. They now live in Matawatchan and have two granddaughters, Emma and Natalie. Peter is a member of Coop de Ville, formerly called The Pickled Chickens String Band.

EDITORIAL

In 2015, all 195 countries in the world endorsed the Paris Agreement on Climate Change. At last we have a common enemy that all countries can band together to defeat! Climate stability and World peace should surely follow... or not. Unfortunately, states, countries, and industries that profit from oil and gas are taking action against climate action, some overtly, others subversively.

Dr. Mohammed Al-Sabban is Senior Economic Advisor to the Saudi Minister of Petroleum and Mineral Resources and participates in OPEC committees. This somehow qualified him to serve as Saudi Arabia's chief negotiator to the UN Framework Convention on Climate Change. During the 2009 negotiations in Copenhagen, he declared on TV that "There is no relationship whatsoever between human activities and climate change," and, "Whatever the international community does to reduce greenhouse gas emissions will have no effect on the climate's natural variability." It seems Al-Sabban has a pro-fossil fuels bias. He also has influence on a lot of influential friends. In recent tweets he said, "Trump will be in the office for another term to kill all of your nonsense climate lies." The Saudi Arabian prince is a Trump family friend. Perhaps the Russians aren't the only ones meddling in US elections.

Climate change is a key issue in the federal election in our oil-producing country at a time when Canada is work-

ing to increase oil production for international sale. This makes us a double target for foreign election meddling. They are sowing the seeds of climate change denial, while supporting resistance to pipeline expansion. Foreign powers hope to keep Canadians in a perpetual stalemate by pitting climate change deniers against people who are anxious about climate change. This schism is pitting provincial leaders against the federal government. A country or a planet divided will fall and while Canadians argue, the climate continues to change, storms grow worse, and foreign oil producers get richer.

Alberta oil sands extraction is more expensive than for OPEC, which is why the oil cartels are keeping the price of oil artificially low. It destroys the business case for private investment in infrastructure that is needed in order to increase oil extraction in the Americas. It seemed like the answer to this was to nationalize the Trans Mountain pipeline, but a nationalized pipeline faces the same environmental concerns as when it was privately owned. Concern about the environment is increasing and the longer it takes to begin to double the pipeline's capacity, the less likely it is that it will be built at all. That PhD Saudi economics expert sure knows what he is doing, but no one in Canada is going to accept his climate hoax rhetoric are they?

Dr. Tim Ball is a retired Canadian geography professor, climatologist, and climate change denier with a very

busy speaking schedule. He is co-founder of Friends of Science, a non-profit advocacy group in Calgary, largely funded by the fossil fuel industry. Dr. Ball denies that he receives any of that funding but gives a very convincing speech to prove that money spent on Paris Agreement goals is a waste of tax dollars - something easy to get behind. He is much more easily believed than a Saudi oil economist but serves the same purpose.

Michael E. Mann, American climatologist, geophysicist, and Director of the Earth System Science Center at Penn State University, has called Ball "perhaps the most prominent climate change denier in Canada." Mann pioneered techniques to find patterns in past climate change and isolate climate signals from noisy data. He published over 200 peer-reviewed publications, all disputed by Ball. He has also been repeatedly exonerated of charges of scientific misconduct brought on by climate-denying politicians in oil-rich states and by big oil.

Ball's supporters are currently celebrating the dismissal of a defamation case brought against him by Mann. The BC Supreme Court dismissed the case, saying that Ball's offending article lacked a sufficient air of credibility to make it believable and therefore wasn't potentially defamatory. That does not prove Ball's climate denial to be correct.

Cutting through all of this contradictory rhetoric is the small, but powerful voice of 16-year-old Greta Thun-

berg who recognizes that there must be disruption in the system before anything can change. She says the situation is so dire, we should all be panicking like our house is on fire - because it is. On September 18, Greta told US Congress she didn't have any prepared remarks. Instead, she referred to the Intergovernmental Panel on Climate Change's special report on global warming. "I am submitting this report as my testimony because I don't want you to listen to me, I want you to listen to the scientists," she said. "And I want you to unite behind the science. And then I want you to take real action." Her Friday school strikes for the climate have been taken up as an international cause by untold millions of people who feel equally worried but had no unified method of conveying their concerns until now.

Friday September 20 to Friday 27 is World Climate Action Week. It has been filled with huge marches and protests on both of the Fridays. If you can't join one, then do what you can to show solidarity to battle our shared monster.

Let's not let foreign influences divide us. Except for the climate-denying People's Party, politicians are listening. Let your party of choice know it is time to act on climate change. It's not IF we can get to zero emissions. It's a matter of WHEN. The Paris Climate Agreement is a treaty we can't afford to break. There is no planet B.

Canoe Tripping 101

By David Arama



Campsite Regulations:

If your Campsites are in a Provincial or National Park, you can book in advance online. As a Canadian resident, you can camp free of charge on Crown Lands for up to 21 days at the same location. Unless it's a Municipal Shoreline Allowance, e.g. North Frontenac Campsites, then you have to book a site, with the benefit of a fireplace and thunderbox for your usage. Prices vary from region to region.



My company, WSC Survival School, has organized and led canoe trips for over 35 years, with approximately 3,000 youth and adults. Some of the favourite short canoe trips in Ontario include the Frost Centre in Haliburton, McCrae Lake near Georgian Bay, Grundy Lake and the French River, and numerous scenic routes in Algonquin Park and Lake Superior Park. For some excellent ideas, refer to "Canoe Routes of Ontario", by Kevin Callan.

Having lived here in North Frontenac for nearly 10 years, I realized that I was long overdue to explore some local lakes via the canoe!

We are lucky to have many excellent Lakes and rivers in the Frontenac and Madawaska region, including vast areas of Crown Lands, Bon Echo Provincial Park, the scenic Madawaska River, Sharbot Lake, and Frontenac Provincial Park. After researching a number of

possible canoe routes in North Frontenac, I chose our route mainly out of the convenience of starting at Marble Lake Lodge.

During the recent Labour Day long weekend, I led a 3-day canoe trip in North Frontenac. We started with a workshop on backcountry camping and gear, followed by a flat-water paddling techniques practice, plus some basic portaging methods, and rescue-safety tips. We then embarked from Marble Lake Lodge, portaging at Meyers Cave, and wading through some mild rapids connecting into Kashwakamak Lake, continuing eastwards to our booked interior campsite. We ended at the boat launch in Browns Bay that has access to highway #506.

The overall trip was a fun adventure, with nice scenery, good campfires, and a positive growth experience for the novice adult canoeists. Some observa-

tions and concerns were, however, noted.

While many motorized boaters slowed down and gave our canoes a wide berth, there were also frequent sea doers and power boats that were speeding too close, creating some dangerous wakes. At the boat launch, we observed several boats with zero flotation devices, or emergency gear. One fishing vessel, with five guys on board, had no bailer, rescue rope, signal device, paddles, and no life jackets. Out of curiosity, we asked one of the occupants why they didn't have any flotation devices. He responded that they didn't need them! If added up, and being conservative, I figured that this one boat had at least \$2,000 in boating safety fines.

Another negative observation was the very small and hard to see campsite signage. It was a very small, square, with a white background. The almost impossible to locate signage should be replaced with more traditional rect-

angular bright coloured signage. Also, Campsites can hold up to a maximum of six persons. We saw one site that had over twenty occupants, several tents and large tarps setup for what I'm sure was a large party. I'm wondering, overall, if the authorities even know what's going on here. We saw no presence of law enforcement or conservation staff throughout the three days. They would have made a fortune collecting fines, and potentially some arrests.

Water travel via the historic canoe affords you a closer connection with nature, and time to think about the early Explorers, Native Peoples, and Voyageurs, who carved out the routes in this great country. And, you will experience some healthy physical activity that's actually good for you! Happy paddling!

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SURVIVOR GUY

If you're going to plan an excellent canoeing journey, here are some tips to make your experience a memorable one:



Canoe design and backpack design vary according to their intended use. For a river system camping trip that includes portages you should look for lightweight kevlar or graphite, comfortable seating, and a carved and/or padded yoke. Make sure to tell the outfitter how you expect to use your canoe and practice loading it, unloading it, paddling it, loading it onto your roof rack, and carrying it before setting out on your journey.



Canoe Selection:

Depending on the length of your trip, and portage difficulty, you're likely looking at 16 or 17 ft canoes. The lightest composites are Graphite and Kevlar, ranging in price from \$2,000 to \$6,000. Low cost, and heavy composites include Fiberglass and ABS Plastic. My favourite manufacturers include Langford, SWIFT, Novacraft, Mad River, and Old Towne. Economical canoes under \$700 include Coleman and Clearwater. But these are more meant for day use at the cottage. Same with the Sportspal. **TIP: there are many canoe swaps for used canoes, and typically in the fall, numerous listing on Kijiji.**



Canoe packs must be big enough to hold all your gear, and wide and fairly flat so they fit low in the canoe so they don't catch the wind or make the canoe unbalanced. They need handles so you can pull them out of the canoe with one hand. Ideally you should be able to access items from them easily, even while in the canoe. Images from canoestories.com



Personal Gear:

- canoe pack or barrel pack
- sleeping bag and underpad
- expedition tents, eg Eureka or North Face semi-dome designs, +footprint or ground sheet
- headlamp
- insect repellent, sunscreen, water bottle, metal mug
- layered clothing, warm hat, sunhat, Goretex rain gear, woolens, hiking boots, water shoes, bathing suit and towel
- personal hygiene and meds

2-tier Stacking canoe packs - Image from canoestories.com



Barrel pack

Group Gear:

- campfire grill
- large MEC tarps
- buck saw, e.g. Boreal Agawa Canyon Saw
- lantern and fuel
- camp stoves and fuel
- water filter pump, gravity filter e.g. Katadyn 10 litre
- mess kits and utensils, sponge and phosphate-free soap, eg sunlight
- guitar, deck of cards
- meal plan, eg instant camp meals in a pouch, high energy carbs and snacks

Boating Regulations and Safety:

For small watercraft, e.g. canoes, unless you place a motor on a square back canoe, you don't require any boating licenses or exams. At minimum, you do require the following, and fines for non-

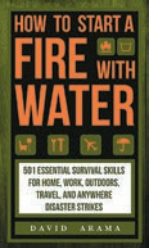
adherence can range from \$250 per infraction on up:

- approved and properly sized flotation devices, ULC stamped, in the vessel
- 50 ft minimum buoyant heaving rope
- wide mouth bailer, 1.1 litres+, and/or bilge pump
- properly sized paddles, and/or anchor
- signaling device, e.g. Fox-40 whistle, air horn
- wide angle head light for night travel

Also, fines can be laid for being over capacity for the boat, having open alcohol, and for other negligent behaviours.

TIPS: I prefer and recommend a Throw bag instead of a flimsy poly rope, and highly recommend wearing your POF or Lifejacket at all times (Good luck trying to put in on when you have been tossed into the water)

Go to madawaskahighlander.ca to download a free copy of my survival book, *How to Start a Fire with Water*, or purchase a copy to keep handy in an emergency.



Remember, be prepared, you are biodegradable.



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

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300/302 Bonnechere St, Renfrew MLS# 1166157 \$219,900 This 3 bdrm, 1 bath home features living room, kitchen and main floor family room as well as large rear yard. Rental unit has 2 bdrms, large eat-in kitchen and living room. Each unit has their own basement.

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1433 Brydges Rd \$474,900 MLS#1155853 Log bungalow on 95 acres. Holiday Creek runs along the rear of the property 3 bedrooms, large 20 X 30 detached garage Operational wood fired cookstove in the kitchen.

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Building Lot Griffith MLS# 1151225 29,900 Beautiful, level treed building lot on Pine Street in the Village of Griffith. Sandy soil, mature pine trees.

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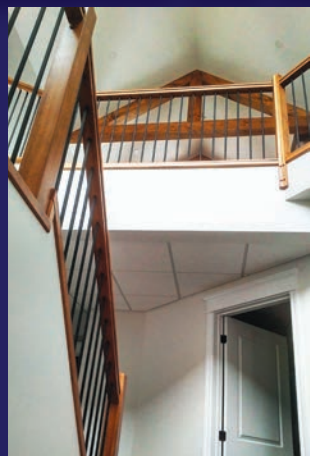
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