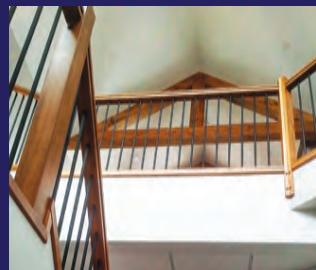




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Welcome!

...To another phase of our trip around the Sun as we approach the Summer Solstice and the end of blackfly season. Yay! Colleen reminds us that we are stardust and so is everything else, in Highlands Hiker. Love Your Stardust Neighbours!.... especially while camping. Survivor Guy gives us some Crown Land Camping and No-trace Tips. Be kind to your stardust campsites!

Going off grid can be a lot of fun as Joe writes in The Hills are Alive with... The Arts, featuring Off the Grid Productions - Food, Music, Friendship. But you don't even have to get off your bum to enjoy nature, as Lesley explains in Happy Hiker - Armchair Outdoor Adventures for Everyone. Nature shows, movies, books, and podcasts have value, but we go one step further in Watershed Ways where we learn The Economic Value of Green Infrastructure. We win when nature's on our team.

But camping isn't for everyone. Many people prefer a nice comfy bed. The Bolton family knows that very well, as they continue the story of The Northbrook Hotel, in Cloyne Historical. Still, even with a bed fit for a king, sleep doesn't always come when needed, but Derek bids us to Put Your Sleeping Troubles to Bed, in Wellness. Zzzzz. Then after a good night sleep we can be up early and be Pitching in on the Farm, as Antonia relates in Rural Vignettes - In Mind of Alice, Part 2.

Or we can do as Tony does and get up with the birds to see and hear a whole new generation of Spring Chicks & Kits as he writes in Wild Things. If you like to take photos of wild things, check out Library Matters to see how you can join Tony & Nina for Wildlife Photography Classes in August.

Photography not your thing? Not a problem! Morgana and Charlotte pack plenty of things to do in Bogie Beat and GMDV News, and Renée and Caitlin give us Greater Madawaska Township Updates for even more. But wait! There's still more! Don't skip the ads for things to do, like the one below, just inches from your nose. And most of all... Enjoy!...



This beautiful pony at home in White Lake, paused to greet us before moving back to grazing, noting there were no carrots in our hands. Pic by Lois Thomson



Even the local ducks seem to enjoy this peaceful sunset on Calabogie Lake at Barryvale. Pic by Morgana Dillingham

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June 2025
FREE Vol.24 Issue 2
Next issue July 9

The Madawaska Highlander

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CONTRIBUTORS THIS ISSUE Thank you everyone!

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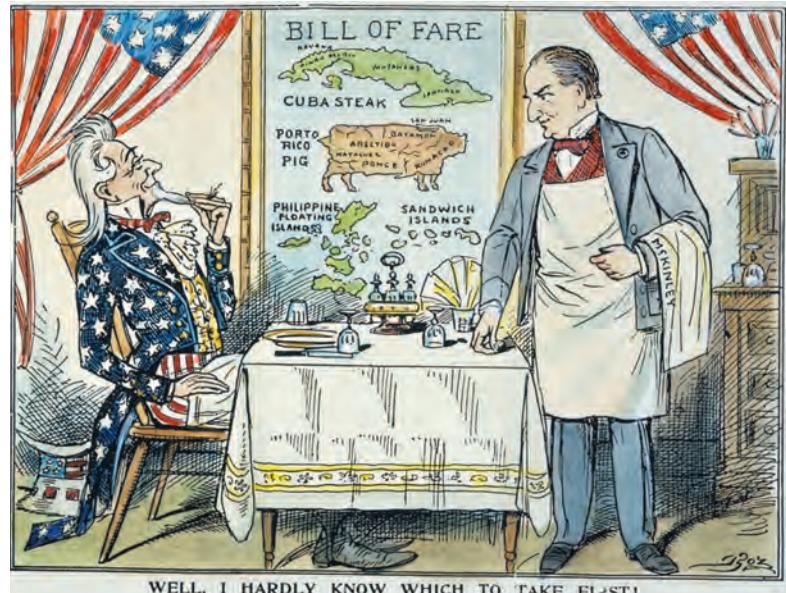
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Chantal Lefevre

Fenian invasions, threat of the American invasion — and the burden of new American tariffs — spurred Canadian Confederation in 1867. Similar threats are hardening our resolve for independent national unity in 2025.

American President McKinley is seen serving a menu of Cuba steak, Porto Rico Pig, Philippine Floating Islands, and Sandwich Islands. Uncle Sam says, "Well, I hardly know which to take First!"



1783 – American Revolutionary War ends. Canada-US border drawn. United Empire Loyalists, and Indigenous Peoples who honoured Treaties with the Crown stream to Canada. British troops were given land, stay in Canada.
1803 - Louisiana Purchase from France.

1812 – US invaded British North America (Canada) unsuccessfully.

1819 – Florida East and West purchased from Spain.

1826 – Treaty between The US and the Sandwich Islands, signed at Honolulu.

1840s – US invades Mexico, annexes Texas, California, Nevada, Utah, New Mexico, most of Arizona and Colorado.

1865 – American Civil War ends, bringing with it a renewed interest in American expansion.

1866 – US Annexation Bill called for the annexation of British North America (Canada) but did not become law.

1866 to 1871 – The Fenians (Irish American) invasions of Canada.

1867 – The purchase of Alaska from Russia in the aftermath of the Crimean War in May.

1867 – The first phase of Canadian Confederation takes place, draws the Canadas together under threat by the US.

1898 – US invades and wins Puerto Rico during the Spanish American War.

1898 – Spanish American War ends. Spain ceded the Philippines, Guam, and Cuba to the United States.

1898 – Hawaii annexed to the US amid economic pressure and high tariffs on cane sugar.

1899 – American Samoa annexed in settlement with Britain and Germany.

1904 – Virgin Islands purchased from Denmark.

1917 – US controls the Panama Canal Zone until 1977. Phased release ending in 1999.

1947 – Mariana Islands, Caroline Islands (Micronesia), Marshall Islands, Palau in 1994 – US/UN Trust Territories

2025 - US takes aim at Panama, Greenland, and Canada while applying economic pressure and high tariffs.

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Calabogie Folks & What they're Up To By Morgana Dillingham



I gathered some nature sightings from residents and visitors from the past month to share. L - R: Rick Levitsky - Cherry Blossoms at Calabogie Highlands. Sunset View on the patio of the Social House at Calabogie Highlands by Debbie Den Boer Double Rainbow at Norcan Lake by Ashley Langhammer. Foraging Finds with Jenneth & Bee



The Township's Seniors Active Living Program (SALC) kicked off its very first event with a "Blooming Adventures" day trip to the Ottawa Tulip Festival. The SALC mission is to create accessible, stress-free experiences where residents aged 55+ can reconnect with old friends and meet new ones while experiencing something special. Once you attend your first SALC event, you become a member of the program—and more fun is already in the works! It's clear that this is the beginning of something really wonderful for our 55+ community in the whole township. For more about the Blooming Adventures, see Caitlin's story on page 6. Pic by Morgana Dillingham

Calabogie is more than just a scenic escape—it's a place full of character, connection, and community spirit. From legendary locals and epic adventures to blooming new programs and heart-warming acts of kindness, there's always something happening in our corner of the valley. This month's roundup is packed with stories that reflect the charm and pulse of Calabogie—whether you're a long-time local or passing through.

Weekly Happenings

- Lions Euchre runs Mondays at 7pm at the Community Hall.
- Open Art Studio is Tuesdays from 10am–12pm at Treehouse Art Studio in Calabogie Lodge.
- Pickleball is on Tuesdays and Thursdays from 5:30–7:30pm at St. Joseph's, or anytime at the outdoor rink courts.
- Archery meets Thursdays from 6:30–8pm at the United Church.
- Wine Tastings on Thursdays at On The Rocks. Head over to the lake-side lounge and see what they're opening; every Thursday they do a mini series where they include two tasters from two new wines paired with a couple of small plates.
- The library hosts weekly programs too — Yarn and Scrabble Tuesdays, chess and walking club Wednesdays, plus Play & Learn for preschoolers.
- And with spring here, MAD River Paddle Co.'s Paddle Club is back on Thursday nights.

What's Coming Up

Tom Irwin Adventure Tours has

launched a **Two-Hour Sunset Tour around Calabogie Peaks Ski Hill & Resort**. It runs Friday and Saturday evenings at 4:30pm and includes a \$50 gift card for Calabogie Peaks Resort. And yes—they have exclusive access to the ski hill trails, which makes the experience even more special.

Mad River Paddle Co. is open with a great season planned on the water; **Weekly paddle club, lessons, rentals, a summer camp and so much more!** The first night of their paddle club takes place on June 5th right at the Mad Shak (1022 Madawaska Street). Follow them on Facebook for updates and details on all things Mad River Paddle Co.

Calabogie Motorsports Park is gearing up for an exciting summer with two major events on the horizon. First up is the inaugural **Guitars & Gasoline Festival**, taking place from June 6–8. This unique event combines high-energy motorsports with live performances from top Canadian artists, including Blue Rodeo, Josh Ross, Theory of a Deadman, The Trews, and The Headstones. Attendees can enjoy a variety of camping options, from general admission sites to luxury glamping, all set against the backdrop of Canada's largest racetrack.

Then, on July 26–27, history will be made as the **NASCAR Canada Series** makes its debut at Calabogie Motorsports Park. Racers will tackle the challenging 2.8 km Stadium Track Layout, promising high-speed thrills and non-stop action. This event is a significant addition to the NASCAR Canada schedule and is expected to draw fans from across the region.

Barnet Park Butterfly Garden renewal before and after. Pics provided by Calabogie 55+ Club. Pics from Gale McRae



The restaurants in Calabogie put on a show for Mother's Day. We were fortunate to get together with four generations at Canthooks. The potatoes were amazing, that classic seasoning and crisp. Oh-El-La hosted a waffle picnic in collaboration with Tavola Escapes, a new table spaces company launched in the valley by Kayla Dick. I also heard amazing things from people who had brunch at the new Highlands Social House. On The Rocks had a wonderful afternoon and evening service out on the patio and inside the lounge to celebrate Mother's Day, the perfect way to have an elevated evening. Pics of Oh-El-La Café, above left, and Canthooks, above, by Morgana Dillingham.

ings and Mad River Paddle Co. Camp afternoons August 5 - 8. In addition, Michaela Hardy has been developing a new youth-focused initiative called Roots and Wings, and she'll be collaborating with the Township this summer to help support and shape the Calabogie programming. It's exciting to see new energy and ideas being poured into youth opportunities in our community. Register early at greatermadawaska.com!

Free Meditation Class with Attila Kallo — June 28 at the Library. Join local mindfulness guide Attila Kallo for a free introductory meditation class at the Calabogie Library on June 28. Attila weaves together a variety of meditation techniques to help participants connect with their inner world and develop simple, practical tools for finding more peace and presence in everyday life. Whether you're brand new to meditation or looking to deepen your practice, this is a welcoming space to explore and recharge.

Canada Day in Calabogie is one of those traditions that just feels like home. I've been going since I was a kid, and now I love getting to share it with my own family. It's the kind of small-town celebration that brings everyone together, year after year. This year, the fun kicks off Tuesday, July 1 with a **Pancake Breakfast** at the Calabogie Community Hall from 8:30–11am, hosted by the GMPLLC (library) with help from the Greater Madawaska Fire Department. Then from 4–10pm, head to Madawaska Street for the main event organized by the Canada Day Committee — **axe throwing, lumberjack and fire department demos, live music,**



Babycino Buddies participant admiring the artwork on a coffee at Oh-El-La Cafe. Pic by Morgana Dillingham



Keep an eye out for turtles on roads. Pic provided by Tom Irwin Adventure Tours.



Pucker Street is back open thanks to the incredible crews with the Township of Greater Madawaska. After a beaver dam washout near Inglis Rd. and Ashdad Rd. It was quickly reported by residents who were lucky not to be washed away. When I drove by recently the road looked very well repaired.

inflatables, a dunk tank, tug of war, beer garden, food vendors, bingo, face painting, and more. And don't forget to check for Canada Day specials and events hosted by local businesses too — there's always something extra popping up! Check the Greater Madawaska Canada Day ad on page 6 for more events happening in the township.

Greater Madawaska Landscape Artist of the Year — July 19 at Barnet Park 10am - 2pm. It's a free outdoor art competition for amateur artists of all ages — from little ones in JK to

passionate adult hobbyists. Artists will be creating live, inspired by the natural beauty of Calabogie Lake and the surrounding landscapes. Any materials, any style — the goal is to make something on-site that celebrates the place we call home. I'm really hoping to attend — it's such a beautiful way to spotlight talent across the township, welcome visitors, and show off what makes this community so special. Pre-registration is required at greatermadawaska.com — so grab your art supplies and come join in the creativity!

Babycino Buddies is a cozy coffee club for mamas and littles to sip on lattes and connect over motherhood. Join us the last Wednesday of each month from 12-2pm at Oh-El-La Cafe. **Cala Mamas** is an initiative I started last year to create a sense of community for new moms in and around Calabogie. We host a few other events such as photoshoot playdates, spring sales, and I am looking to start up a monthly mom's night out this summer. We are active on Instagram and have a private Facebook Group if you feel called to build your village with the Cala Mamas.

The Sasquatch Family Fishing Derby is back on Saturday, July 26 at the Barnet Cottage on Calabogie Lake! After last year's great turnout, it's officially found its home here. Even if you're not casting a line, it's worth coming out for the lakeside vibes, free picnic, fun competitions (including the putting championship!) and tons of great draw prizes. I went last year and loved it — hoping to drop in this year. Keep an eye out for more details closer to the date! Contact Walter Zielinski for any questions.

As Seen on Calabogie Folks

Returned to Angler: A Young Fisherman's Story with a Calabogie Ending. What started as a heartbreak moment for one young visitor turned into a shining example of the kindness and community spirit that makes Calabogie so special. During a recent stay at Somewhere Inn, a 10-year-old boy brought along his brand-new tackle box and green fishing backpack (Christmas gifts from his grandfather) for a trip to Barnet Park. While he and his family looked away, it disappeared. The family had not found the tacklebox by the time they checked out, so the head concierge, Emma, decided to reach out to the community to see if anyone had seen anything. That's when the Calabogie community showed up in full force. With a post in the Calabogie Folks Facebook group the response was immediate and overwhelming. Businesses and individuals alike were ready to pitch in. Bogie General Store, Mad River Paddle Co, and Ryan's Powersports and Marine all offered to donate gear or tackle. Local residents offered up tackle and rods from their own collections. Mad River Paddle Co also reminded everyone about their TackleShare Program, available for anyone who needs gear to enjoy the outdoors. And then came the best part.

Later that day, a nearby neighbor walked into the Inn with the boy's belongings he had found. After seeing the Facebook post, he returned everything—and even filled the tackle box with new lures. To top it off, the team at Bogie General Store gave the boy a new Calabogie sweater to replace what was lost. What a great memory of Calabogie!

Are The Bugs Worse This Year?

A newer resident shared that it was their first summer in the area and seemed surprised by the amount of bugs. Yes, they expected it, but this many? Some resi-

dents have found the bugs such as black flies, mosquitoes and ticks to be much worse than prior years. Others were well seasoned to the bugs and took this post as a chance to let their humorous side out. I did notice some helpful comments with suggestions for products you can buy to deter, such as thermacells that are battery operated and keep bugs away without a spray. There were also recommendations for local natural bug sprays such as Formosa Aroma, DeGroot's Farm, Susan Veale — Wellness Natural Health Centre, and Mountain Road Homestead. What are your thoughts? Are the bugs worse this year? I'd love to know.

Christine Maxwell from the Lanark Landing posted to the group searching for the perfect welcome gifts to share with her short term rental guests. She stocks her rental with small gifts that reflect on some of the local businesses we have such as honey, syrup, fudge, candles, soaps, art, etc. There were so many incredible ideas left in the comments. I loved this idea! What a great way to extend a little bit more of Calabogie with your guests and hopefully encourage them to support more of our local businesses.

In Other News

A Garden Grows in Calabogie. Thanks to the support of Ontario Power Generation's Power for Change Project, the Calabogie 55+ Club has refreshed the **Butterfly Garden at Barnet Park**. Originally planted in 2008, the garden had grown a little wild over the years. With funding from the OPG Regional Empowerment Grant, the club added edging to keep weeds and grass at bay, replanted with native species, and topped it with mulch to keep everything looking beautiful and thrive. Some of the grant helped cover the heavy lifting, but the heart of this project came from community members. Club volunteers planted 96 native flowering plants by hand. A true labor of love and a beautiful example of what community care looks like.

Go Out and Have Fun!

As the summer season unfolds, it's clear Calabogie is buzzing with energy, new opportunities, and familiar faces doing extraordinary things. Whether you're hitting the trails, brunching by the lake, or just soaking in a sunset, there's no shortage of ways to enjoy the beauty—and heart—of this place we call home. Until next time, keep sharing your stories, and I'll keep telling them. If you've got something to share—photos, stories, events—I'd love to hear from you. Contact me at thebogiebeat@gmail.com.

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

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By Charlotte Dafoe



It's nice to see a dock and outhouse installed by the Township of Greater Madawaska at the Centennial Lake Boat Launch by the bridge.



The Canadian Tall Boys got the crowd up and dancing on May 24 at a dance planned by Denbigh Recreation.



Youth Volleyball at the Addington Highlands Community Centre was a hit. Watch for more dates over the summer.



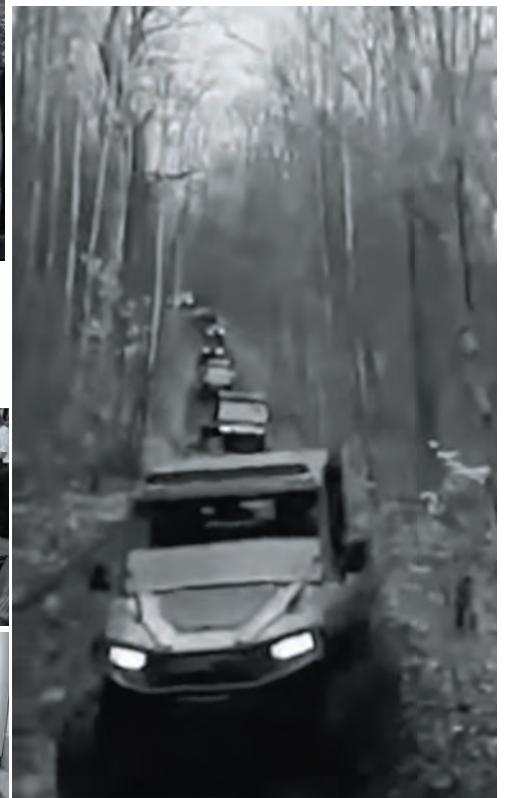
The rewards for doing the work of a Lion are many, but the occasional Award to recognize great Lions Club members is nice too.



The Lions Club's Toll Road (and blood donor clinic) was a huge success even in an exceptionally buggy season.



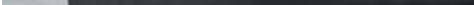
Hamming it up for photos at a very busy Mother's Day Tea (above and below) in Denbigh on May 10, chaired by Karen. Awards: Brei for Best Dressed Adult, Francis for Best Adult Hat. Lyndsey won Best Dressed Child, and Nicki received the award for Best Child's Hat.



Thank you so much to all who contributed and supported Denbigh Recreation's Poker Run. A special thank you to the volunteers who made this possible. Despite the rain and mud it was a great time, maybe even better! Winners of this year's poker run are: 1st (\$200) - Perry Peacock. 2nd (\$150) - Trevor White. 3rd (\$100) - Shane Jackson. We will be holding another Poker Run this fall!!! Poker Run Birds Eye View of the trails pic taken from a video shared by Shane Jackson.



The Denbigh-Griffith Lions Club hosted The Spring for Hope Tea fundraiser for Children's Cancer on April 27. Thank you to everyone who came out and donated to the cause and enjoyed the music, food, tea, and each other's company!



Pancake Breakfast at the Matawatchan Hall on April 19 brought joy with all that friendly community spirit. Of course, the yummy local maple syrup helped!

What's Coming Up

It's shaping up to be a busy summer in Griffith, Matawatchan, Denbigh and Vennachar!

JUNE

- Denbigh Recreation is hosting their **2nd annual Horse Pull** on June 7th at Heritage Park (48 Lane Street, Denbigh) starting at 1pm. Featuring light and heavy classes, admission is \$10/adult, children under 12 are free. A canteen will be available and a 50/50 draw will be held. For more information, contact Bonnie Thompson at 613-333-5571.
- On June 10th, 17th and 24th, Vennachar Free Methodist Church is offering **Griefshare, a support group** for anyone dealing with the death of a loved one. For more information, call Pastor Laurie Lemke at 613-920-7642.
- Denbigh Recreation is hosting **youth volleyball games** on June 12th and 26th from 7pm - 9pm in the Addington Highlands Community Centre gymnasium (31 Central Street, Denbigh). Youth ages 12-18.
- The volunteer caretakers of the **Matawatchan Hall** are seeking your help on June 14th from 1pm-4pm for a **work bee** to help freshen up the entryway, yard, bandstand and gardens for the busy summer ahead. The Matawatchan Hall is owned and maintained by members of the com-
- munity.
- The Denbigh-Griffith Lions Club is pleased to present a **Night with Elvis** on June 14th. John Cigan, along with his two sons Mason and Ryan are Elvis impersonators from the Pickering area. Doors open at 6pm and the show starts at 7pm. For tickets call Theresa at 613-333-1984, or e-transfer DGLionsclub@hotmail.com. Tickets are \$25 each.
- On June 20th at 6pm, you can enjoy an adult **potluck and games night** at Vennachar Free Methodist Church.
- June 21 from 11am - 3pm **Greater Madawaska Business Showcase**. See the ad opposite page for all the fun details.
- On June 28th from 12pm to 4pm, **Canada Day Celebrations** will be in full swing at the Matawatchan Hall. A barbecue, beer tent, facepainting, games and live music featuring **The Fabulous Heartbeats** (specializing in the nostalgic music of the 1950's and 1960's) are on the itinerary.
- The following day, June 29th from 10am-3pm, Adams Berry Farm & Market presents **Artisans @ The Market**. Purchase items from local vendors and artisans and enjoy a live performance by special **musical guest John Allaire** starting at 1pm. Bring a lawn chair! If you would like to be a vendor at this event, contact Melissa at 403-846-8891 or adamsberryfarm.events@gmail.com. See

their ad on page 10 for more events.

- The **Denbigh Wellness** group meets on Tuesday mornings at 9am for coffee, tea and conversation. In June, July and August, the group will meet at Rosie's Café, 22353 Hwy 41, in their outside seating area.
- A reminder that the **Denbigh Community Food Bank**, located within the Addington Highlands Community Centre is open the 2nd and the 4th Tuesday of every month from 10am-11am. Call Gail at 613-333-2224 for more information.

JULY

- Interested in participating in a day of fun and exercise? Head to the Matawatchan Hall on July 1st for their **Fun Run**. Registration begins at 8am with the 1K walk/run/stroller starting at 8:30am and the 5K walk/run/stroller starting at 9am. Dogs on a leash are welcome. In lieu of a registration fee, a donation to the Matawatchan Hall is requested. This event will proceed rain or shine. For more information email matalcanrun@gmail.com.

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- On July 5th from 10am – 1pm, the Griffith and Matawatchan Fish & Game Club is hosting a **Kids Fishing Derby** at the Aird's Lake boat launch. Open to youth 17 and under, participants can fish from shore or in a boat. Participants are responsible for adult supervision (18+ years old), proper safety equipment if fishing from a boat, fishing licenses (if applicable) and rods. The Fish & Game Club will supply worms. The local fire department will be in attendance providing demonstrations. Barbeque food items, ice cream and drinks will be available. For additional information or to volunteer at this event, please reach out to gmgcgb@yahoo.com.
- On July 12th from 7pm – 1am, the **Ghost Town Cryers** will be hitting the stage at the Matawatchan Hall. Dance the night away at this great **Canadian kitchen party**. Cash bar and \$10 entrance fee. Must be 18

- years or older to attend.
- On July 19 from 10am–2pm **Greater Madawaska's Landscape Artist of the Year** at Barnet Park. Free outdoor art competition for amateur artists of all ages. Any materials, any style. Register at greatermadawaska.com
- July 21 - 25 **Griffith/Matawatchan Day Camp**. \$150 for a week of fun. Register at greatermadawaska.com
- A **Celebration of Life for Patrick Healey** is planned for July 26th, 2pm at Vennachar Free Methodist Church. We hope you can join in sharing stories and favourite memories of Pat.

AUGUST

- Denbigh Recreation is planning a **Community Corn Bash** on August 9th. Details are forthcoming.
- The Denbigh-Griffith Lions Club's **17th annual Show & Shine** is scheduled for August 23rd from 10:00am-2:00pm.

THE SUMMER AT A GLANCE:

- JUNE 7 - 1pm - DENBIGH RECREATION HORSE PULL
- JUNE 10 - 10am - VENNACHAR FREE METHODIST CHURCH GRIEFSHARE
- JUNE 12 - 7pm - 9pm - DENBIGH RECREATION YOUTH VOLLEYBALL
- JUNE 14 - 1pm - 4pm - MATAWATCHAN HALL WORK BEE
- JUNE 14 - 7pm - 11pm - DENBIGH-GRIFFITH LIONS CLUB NIGHT WITH ELVIS
- JUNE 17 - 10am - VENNACHAR FREE METHODIST CHURCH GRIEFSHARE
- JUNE 20 - 6pm - VENNACHAR FREE METHODIST CHURCH ADULT POTLUCK & GAMES NIGHT
- JUNE 21 - 11am - 3pm - GREATER MADAWASKA BUSINESS SHOWCASE
- JUNE 24 - 10am - VENNACHAR FREE METHODIST CHURCH GRIEFSHARE
- JUNE 26 - 7pm - 9pm - DENBIGH RECREATION YOUTH VOLLEYBALL
- JUNE 28 - 12pm - 4pm - MATAWATCHAN HALL CANADA DAY CELEBRATIONS
- JUNE 29 - 10pm - 3pm - ADAMS BERRY FARM PRESENTS ARTISANS @ THE MARKET
- JULY 1 - 8am - MATAWATCHAN HALL CANADA DAY FUN RUN
- JULY 5 - 10am - 1pm - GRIFFITH AND MATAWATCHAN FISH & GAME CLUB KIDS FISHING DERBY
- JULY 12 - 7pm - 1am - MATAWATCHAN HALL SUMMER DANCE WITH GHOST TOWN CRIERS
- JULY 19 - 10am - 2pm GREATER MADAWASKA LANDSCAPE ARTIST OF THE YEAR
- JULY 26 2pm - VENNACHAR FREE METHODIST CHURCH CELEBRATION OF LIFE FOR PATRICK HEALEY
- AUGUST 9 DENBIGH RECREATION COMMUNITY CORN BASH
- AUGUST 23 - 10am - 2pm - DENBIGH-GRIFFITH LIONS CLUB SHOW & SHINE

GREATER MADAWASKA TOWNSHIP UPDATES

Grow Greater Together By Renée Mask, CAO

Guided by the 2023–2026 Strategic Plan, the Township of Greater Madawaska is committed to building a resilient, inclusive, and sustainable community. The Strategic Plan outlines a clear Vision, Mission, and Core Values that focus on responsible growth, enhanced quality of life, and strong community partnerships.

Vision

The Township of Greater Madawaska strives to be an inviting, safe, and inclusive community that values and protects its rural character, heritage, and natural environment.

Mission

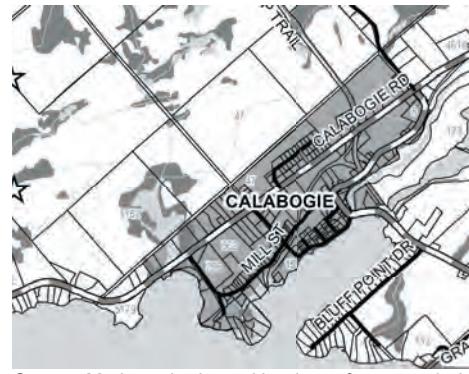
We will deliver services and policies that reflect community needs through communication, collaboration, and engagement

Core Values

Accountability – Transparency – Respect – Innovation – Sustainability

The Strategic Plan outlines clear objectives and actions to meet the evolving needs of our community. Guided by these priorities, the Township is moving forward with initiatives that reflect the values and goals of our residents.

While Calabogie is the launching point, Grow Greater Together is designed to guide planned growth across the entire Township of Greater Madawaska.



Greater Madawaska is seeking input from people in the whole township to provide ideas for the Grow Greater Together planning that begins with the development of a Secondary Plan in Calabogie (the darker area of the map on the left). Property has been purchased on Calabogie Road (map on the right) behind the school and church to provide space for expanded community services based on needs and priorities identified by the community.

This is just the first stage in a long-term effort to ensure that all areas of the Township grow in a way that is coordinated, sustainable, and beneficial to residents.

Planned growth means thinking ahead — making sure that as new homes, businesses, and community spaces are developed, they are supported by the necessary infrastructure and services. That includes everything from health care and education to transportation, recreation, and emergency services. It also means preserving the natural environment, respecting the Township's rural character, and creating walkable, livable communities where people of all ages can thrive.

By taking a proactive approach, the Township can manage growth responsibly. It's about building strong

foundations — ensuring that as Greater Madawaska grows, it does so with the services, amenities, and vision needed to support residents now and into the future.

The Township is developing a Calabogie Secondary Plan to guide future growth. This plan will help shape where and how development occurs within the Village, ensuring that new projects reflect community needs, preserve our natural assets, and enhance the overall quality of life. It will identify residential, commercial, and community growth and development areas, as well as walkable community areas, and establish design guidelines.

One of the Township's most significant recent steps is the acquisition of 6.54 acres of strategically located land in Calabogie, situated along the old railbed

and linking key community assets such as the Community Centre and Rink, the School, and the Daycare. This investment, made possible through funds set aside for growth through efficiencies, creates a valuable opportunity to establish a community area that will be developed based on needs and priorities identified by the community to improve health services and mixed housing options (i.e. Affordable housing).

A key priority for this land is the potential to develop a Health Services Hub, expanding services in the Township's current facility. The Township is well-positioned to strengthen partnerships with health service providers and advocate for enhanced support at the provincial and federal levels. The vision is to create a facility that brings together a range of health and community support services in one convenient, accessible location.

The Township will actively engage the community to provide input to these exciting projects and to explore additional development opportunities that can enhance and contribute to the overall vision.

Community Engagement

Your voice matters. Get involved in the Grow Greater Together initiative to help shape a sustainable, connected, and resilient future for our community.

Please stay tuned for community engagement dates.

55+ Seniors Active Living Program Kicked Off with a Blooming Good Time at The Tulip Festival on May 13 By Caitlin Norton, Program Coordinator

The excursion brought together seniors from across the township, including residents from Griffith/Matawatchan, Dacre, Calabogie, and even some from Denbigh, for a day filled with vibrant colors, delicious food, and enriching experiences.

They were greeted by breathtaking displays of tulips painting the festival grounds in vivid hues of spring.

Alongside the floral spectacle, attendees indulged in a variety of culinary delights. Some opted for the convenience and variety of on-site food truck vendors, savoring street-style treats, while others enjoyed meals at nearby restaurants, adding a flavorful highlight to the outing.

The Legacy Walking Guided Tour was a captivating journey through the festival that provided historical in-



The scenic beauty of the Tulip Festival made for perfect photo opportunities and peaceful moments of appreciation for nature's artistry.

sights and deeper appreciation for Ottawa's long-standing tulip traditions.

This event marked a successful start to the Greater Madawaska 55+ Seniors Active Living Program's latest series of activities, setting the tone for

Create beautiful Fused Art with Janet Springer on June 23.

more enriching outings and shared experiences ahead. As spring continues to bloom, so too does the spirit of community and adventure among Greater Madawaska's senior residents.

Coming Up

GM 55+ SALC is excited to collaborate with Janet Springer from Lake View Design to host a **Fused Glass Workshop!** Create a stunning 3" x 4" fused glass panel and a 6" plant poke! Monday June 23 at 1pm. Only \$10

DACA Community Centre, 111 Flat Road Dacre. You must be age 55+, a resident of Greater Madawaska, and Seniors Active Living Centre Member.

To become a member go to greatermadawaska.com and click on the Seniors Resources link from the Living Here pulldown menu to find the SALC-Seniors Active Living Centre page. Or email salc@greatermadawaska.com or call (613) 752-2849 and we'll set you up with a free membership.

NEWS CLIPPINGS WE HAVE GATHERED

Algonquin community wins part of court challenge over nuclear waste dump near Ottawa River. Nuclear regulator to renew consultation with Kebaowek First Nation

Cementation Canada (mining) and Big Grassy First Nation LP win Indigenous Partnership Award for equitable access to employment, training and education.

European research team estimated private jet pollution rose 46% from 2019 to 2023.

PARIS — The world's wealthiest 10 per cent of individuals are responsible for two thirds of global warming since 1990.

World's Top 111 Corporations Have Caused \$28T in Climate Damages. Study authors seek to hold individual corporate polluters accountable.

World energy companies' methane emissions, monitored in space, near record high in 2024 despite easy solutions like plugging leaks, capping abandoned wells.

Bill Gates pledges his remaining fortune to the Gates Foundation, which will close in 20 years. The pledge is among the largest philanthropic gifts ever.

Mark Zuckerberg plans to donate 90% of his wealth via the Chan-Zuckerberg Initiative, which focuses primarily on education, science, and social equity.

Cornell University-led research developed a way to generate green hydrogen through solar-powered electrolysis of seawater that also produces potable water.

Scientists Crack 70-Year Fusion Puzzle - How to accurately contain high-energy particles within fusion reactors, paving the way for clean energy.

Agri voltaic setups protect farmers' livelihoods while giving them a new, more stable source of income combining stable profits of solar with the agricultural market.

Rogue communication devices found in Chinese solar power inverters could skirt firewalls, switch off inverters, destabilise power grids, damage energy infrastructure.

Real-world geoengineering experiments revealed by UK agency. Trials will test ways to block sunlight and slow climate crisis that threatens to trigger tipping points.

As wind farms expand, large farms can accidentally "steal" each others' wind – causing worries over some countries' energy transition to net zero.

Canada's regulators pause effort to force corporations to be more transparent about how climate change will disrupt business, following anti-climate moves in the U.S.

BCs General Fusion lays off staff, seeks investment after US dismantled and blocked clean energy plans amid trade issues.

B.C. company wants to open \$300M made-in-Canada sand mine to fuel anticipated fracking, LNG boom and replace sand bought from US mines.

U.S. federal agencies removed information on climate change from more than 200 government websites - Environmental Data and Governance Initiative

McGill platform, SUSANHub.com becomes safe space for conserving U.S. climate research, as scientific data that is on the chopping block is uploaded to the platform.

China moving toward leading in green energy with advanced electrolyser technology with deep underground storage and large-scale renewable power integration.

China emerging as top customer for Canadian oil shipped via Trans Mountain Pipeline amid a trade war and U.S. sanctions on crude from Russia, Venezuela.

German company ditches Offshore Wind project in the US, citing rising costs, hostile regulatory environments, and a spike in its required return on investment.

As US cuts funding, Toronto's University Health Network and other foundations devote \$30 million to recruit 100 young scientists from the US and elsewhere.

Denmark's Ministry of Climate, Energy and Utilities has signed a memorandum of understanding with Alberta Innovates to collaborate on carbon capture technology.

Air Canada Significantly Expands its Schedule to Latin America this Winter with Four New Destinations, 13 New Routes and 16% More Capacity.

WestJet halts 9 U.S. summer routes as Canadians fly elsewhere.

"Exciting news for all of us travelers! United, Delta, and Air Canada will accept Find My item locations to help track delayed bags, with more airlines coming soon."

Niagara wine boom: The Buy Canadian movement and removal of U.S. alcohol from LCBO shelves is having a massive impact on the industry.

Americans are trying to match with Canadians on dating apps: switching locations since Donald Trump was re-elected, sometimes in an effort to move for love.

MEC, formerly Mountain Equipment Co-op, the B.C.-based outdoor equipment retailer, was bought back from a US company by a group of Canadian investors.

Brexit tore the United Kingdom and the European Union apart. Now, President Trump's America is prodding them back together militarily and economically.

Clearly it's needed: Hundreds let it all out at 'euphoric' scream event in Toronto in May

Crisis of our times: Health and Homelessness Fund for Change gave \$5M to Thames Valley Addiction and Mental Health to help create 115 highly supportive apartments

Toronto's unsold condo rate has reached 'an incredible level': expert

Nature Canada certified Saint-Laurent QC, Camrose AB; King Township ON; and Halifax NS as Bird Friendly Cities for measures that protect birds.

Canadian-made disinfectant, if used daily on farms, protect against avian flu. Prevail, or accelerated hydrogen peroxide, disinfects organic material.

Scientists discovered CBD in a Brazilian "weed", that doesn't have THC, opening potential new avenues to produce CBD without legal issues in many countries.

Canadian researchers launched a study to fight ALS in a new way, using a specially designed helmet that delivers medication into the brain using low-dose ultrasound.

Conductor with Parkinson's Gets Brain Stimulation Device to Stop Shakes so He Can Lead Orchestra Once Again, 11 years after first diagnosis.

Research reveals how inflammatory compounds in processed foods may be driving the alarming rise in early-onset colorectal cancer in youth.

The Ottawa Hospital uses AI ambient voice capture to reduce physician burnout by 70%, achieve 97% patient satisfaction. AI turns what the doctor says into text.

Canadian Dental Care Plan applications now open for people under 35.

New Canada Disability Benefit being will increase people's benefits by \$200 unless you live in Alberta where they will reduce provincial benefits by the same amount.

Private clinics in Canada are selling access to personal health data without patients' knowledge to clients in the pharmaceutical industry who pay millions for it.

We Emit a Faint Visible Light That Vanishes When We Die - Surprising New Study. all living things – including humans – could literally glow with health, until we don't

Competition Bureau suing Canada's Wonderland for allegedly advertising park tickets and other items at a lower price than what consumers actually have to pay online

Proposed ON legislation will allow police to search and seize illegal items that could be used to steal a vehicle - key fob programers, fob scanners and some phone apps.

Salt Lake City and Boise Adopt Official Pride Flags after Utah and Idaho passed laws barring unofficial flags from being displayed on government property.

Quebec must recognize families with more than 2 parents. Superior Court ruling gives Quebec 1 year to amend Civil Code to account for multi-parent families

Quebec's language watchdog will stay away from 'Go! Habs Go!' from now on after backlash even in the Quebec Legislature. "We've been saying it for 100 years!"

Quebec National Assembly unanimously voted to cut all ties with the monarchy.

Privacy Commissioner says AB government has procedures and policies that allow government employees to wrongfully deny freedom of information requests.

Hoverlink secured a Toronto docking site and is set to become the first large-scale hovercraft transit system in NA. Will move across Lake Ontario in 30 minutes.

Microsoft, owner of Skype, has shuttered the service to focus after 21 years, on its alternative calling service, Teams.

Your outdated smartphone can be your home's new security device. Download a Security Camera app like Alfred and monitor your old phone through your new one.



Fresh Baking Saturdays

Milk
Cheese
Groceries
Ice cream

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

**BOTTLE RETURN
POST OFFICE**

Mon - Sat 9 - 7 Sun 10 - 4

Milligan's Meats
Loads of Fresh Produce



LIKE us on 

In Mind of Alice - Story 2 of 6 “Pitching In on the Farm”

This story is based on things Antonia Chatson's Mother-in-law, Alice Chatson, relayed to her over the years.



We now come to the male domain of agriculture. Well not quite exclusively! With a family of girls, we all had to chip in where needed. Some of my sisters were not so inclined to help on the farm, but I did not mind. My father always said of me, “Alice is the best man I’ve got”. As with everyone else back then, each family had a few pigs, some chickens, some sheep and of course a few head of cattle. We always kept about 10-15 head.

I was never fond of cattle and what did I do but marry another farmer who kept cattle! My father would do the milking, feeding, and mucking out, but when he was away in the wintertime working in the shanties, these jobs were left to us girls. Our 100-acre farm was very rocky, so the hay had to be cut by hand. My father always did that except for one year when he was away working as a forest ranger, and he had to hire someone to cut it. I’m not sure they were too pleased to have to do it all with a scythe. My father was a very excitable man. His common retort if he heard of anything was, “Boys o boys o boys”. Whenever there was a thunderstorm, he would insist that we all get on our rubber boots and sit around the kitchen table. To this day, I am not quite sure what that ritual accomplished.

We always had fresh eggs, then as autumn progressed and the chickens began to moult, my mother would keep back several dozen eggs and store them in salt for the winter. The milk from the cows, we drank or gave to the calves and pigs, and the cream would be picked up and taken to either the cheese factory or to a creamery in a larger center like Tweed, Renfrew, or Eganville. The drivers of these creamery trucks were a friendly lot. If you wanted to bum a ride to where they were going, they would gladly take on a passenger. And if you wanted something particular from these centers, he would

gladly bring it back for you. I often wondered if some people took advantage of their kindly nature, but I guess they soon learned to figure people out.

My father, and I guess my mother too, were real home bodies. They lived all their lives on that 100-acre farm, apart from two years when they moved “out front”. Joe farmed out front and as the land was better and less rocky, he thought his Brother-in-law might find life a little easier out there. Mother and Father stayed out there for two years, then turned tail and returned to Vennachar, very glad to be back home, glad to be back with his 10-15 head of cattle and his few sheep and pigs. As with most other families back then, the farm sure put food on the table, but it did not generate much cash. So, my Father worked out as a shanty-man and a forest ranger most of the time and was also secretary-treasurer of the school board for many years. The job of forest ranger consisted of going from house to house checking on fires. One year he was so busy that he hired someone to cut his hay which had to be done by scythe as the land was so rocky. At that time the girls could not help much as they were all down with the measles.

We never had much, and it was all hard work. But when we worked up an appetite, as you can see there was lots to feed it. With God providing such bounty, we never went hungry.

My mother’s parents were Margaret Thompson and Matthew Rogers. My grandmother was born and brought up in Rose Hill. My father, George Hughes was born in Vennachar, suitably being born in an outbuilding on the farm where he spent most of his life. My father’s mother was a tailor and even made suits for men. In a farming community I am thinking

that she would not get much business! Nancy Jane Gregg was my grandmother and her family consisted of my father, George, and another brother and sister. Her husband died when my father was ten years old. I always remember the tragedy of my father’s brother and two other young lads, one of them being Stan Gregg’s brother, who had gone to spend the night in a cabin, beyond where Ethel Paul lived. The cabin caught on fire and all three of the young lads died. Such a tragic loss. My father’s father died of appendicitis. Back then they did not know what it was, so they put heat on it and I am assuming that it burst.

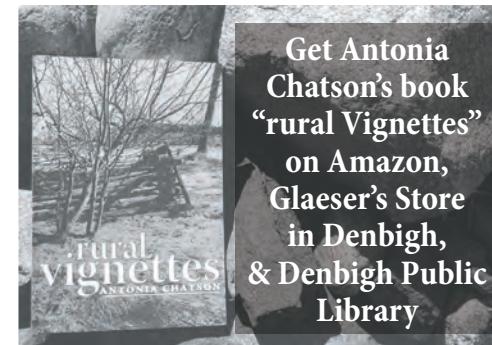
After Wilson Gregg (Alice’s father) died, his wife Nancy remarried Fred Ball and they proceeded to produce five children, Martha, Lily, Herb, John (who was killed in WW1) and Minnie. My one claim to fame was that David Hughes, my great grandfather, was the first clerk of the township.

My family was a large one consisting of Susan, Louise, John Elinor, Everet, Clancey (who died overseas) Everet, Roy and Joe.

My mother and father were married in 1898 and it was 5 years before their oldest girl was born, Norah. After Norah, there were twins, a boy and a girl, one dying at birth and one shortly after. Then there were Nina, Minnie, Emma, Alice, Janet, Theresa and Olive. There were no doctors to assist at births, only midwives. Olive, the last of my sisters to arrive, was born while my mother was going through the change. Olive was always a sickly child, and my mother was never well after that. So after I had passed my senior fourth at the Vennachar School, I stayed home to help care for mother and Olive and do the chores on the farm.

There was no high school in Denbigh then. Norah went to the school in Vennachar which was located where the Free Methodist parsonage is presently located. That school burnt and they built another one on the opposite side of the road. Norah was very clever at school and went out to Odessa where she attended high school and stayed with Granny and Grandpa Rogers. She then taught at the school at Glenfield, and some of the students were older than she.

The school grades back then were 1st, 2nd, 3rd and 4th grades, the Jr 4th and Sr 4th which would have been the equivalent of grade 8. Teresa and I never went to high school, but my sisters did. As the high school was in Denbigh, my sisters boarded with folks in Denbigh during the week, often with the Steins.



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.

LIBRARY MATTERS

Greater Madawaska Public Library News

By Ruth Jones

Library Outreach

We will be participating in a number of community events:

- Greater Madawaska Business Showcase, Calabogie June 21, 9am - 3pm
- Greater Madawaska Canada Day Pancake Breakfast, July 1 in Calabogie
- Calabogie Market, 9am - 2pm: June 7, July 19, Aug 16
- Griffith & Matawatchan Fish & Game Club's Kids Fishing Derby July 5, 9am - 1pm

We will be distributing new educational materials on the topic of water safety developed by Ontario Power Generation this summer at each event.

TD Summer Reading Club (TDSRC)

Registration begins June 9. The theme this year is 'around the world'. Tuesday afternoons 1:30pm - 2:30pm. There are many activities available online for readers through the TDSRC site as well. For info: tdsummerreadingclub.ca

Wildlife Photography with Tony Beck & Nina Stavlund

of Always An Adventure Inc. at a discounted rate. Three sessions; with the first and last sessions mid-week in St. Joseph's School gym and a session in the field on a Saturday.

- 1- Wed. Aug 6, 5pm - 9pm
- 2 - Field Trip - Sat. Aug 9, 9am - 12pm
- 3 - Wed, Aug 13, 5pm - 9pm

10 people max. Discounted to just \$45 for 3 sessions.



Thank you to Ottawa Valley Community Arts for visiting us again this year at Barnet Cottage and to Greater Madawaska Township for allowing the library to use this facility. Many thanks also to Councillor Taylor Pokie who led an informative talk about local tree species including their properties, uses, and distribution.

FREE workshops

Tuesday, June 10, 6pm - 7pm: Healthy Eating on a Budget with Elizabeth Fournier - This workshop will be held in the library. Healthful eating doesn't have to break the bank. Get some tips and tricks for making the best food choices for your budget. Please register before June 3.

Saturday, June 28, 9:30am - 11:30am: Introduction to Mindfulness & Meditation with Attila Kalo - This event will be hosted in the school gymnasium at 12629 Lanark Road, Calabogie. Bring a yoga mat and a water bottle. We will focus on breathing, mindfulness, alignment, and movement. Please register before June 21.

Friday, July 4, 10am - 11am: Let's Talk Science (Ottawa University/ Carleton University) - This visit will be hosted in the library. Come meet some amazing science students doing what they do best - sharing the joy of scientific discovery! For ages 6-12. Please register by June 27.



Available to Borrow

...with a valid library card (free). Non-resident fee is \$20. It's a great deal!

National museum passes (2 adults, 3 children) - Ottawa's 7 National Museums

Ontario Parks passes (1 vehicle & occupants) - We have 7 provincial parks within 1.25 hours of the library

Nature Discovery backpacks - Kits contain tools to help you explore Greater Madawaska shorelines and learn about the plants and animals that live here as well as a workbook that you can keep.

Water Rangers Water Test Kits for individuals and groups to collect water quality data for Ontario lakes and rivers.

Medici TV This Summer

Access the very best of classical music as well as opera, jazz, and dance. The link to Medici TV will be posted on the library's e-resources page all summer.

Library Materials Exchange

Gives west end patrons access to GM-PLLC's physical library resources. Call or email to order books, DVDs, activity kits for pickup/drop-off at the Pine Valley

Addington Highlands Public Library News

By Bonnie Leoen

Clinton Programs

- Adult book club 1st Saturday of the month 9:30 - 11am
- Woolly Wednesday is the 3rd Wednesday of the month 10am - Noon
- Children's Story Craft program Saturday June 14th 10:00 - 11:00am

Denbigh Library Programs

- Children's Story craft program Wednesday June 11th 6-7pm
- Both branches will be running the TD Summer Reading Club this summer, watch for the dates
- Looking for something to do this summer with the family? Addington Highlands Public Library has Ontario Parks and Quinte Conservation Day Passes, and passes to the Museum of Lennox & Addington, National Gallery of Canada and Canadian Museum of History and War.



A Big Thank You to everyone for their continuing support and contributions to Clinton Library's 2025 Walk-Run-Bike-a-Thon. You raised \$1720 to support the continued growth of the Clinton Public Library and a new library lending program to come later this year.

PANCAKE BREAKFAST

Tuesday July 1
8:30am-11am
Calabogie
Community Hall

Hosted by Greater
Madawaska Public Library
and Learning Centre &
Greater Madawaska Fire
Department

MATAWATCHAN

Saturday June 28
12pm-4pm
Matawatchan Hall
BBQ, Beer Tent, Face Painting,
Horseshoes and Cornhole,
Live Band, Scavenger Hunt

CANADA DAY GREATER MADAWASKA 2025



FUN RUN

Tuesday July 1, 8am
Matawatchan Hall
5K & 1K Run, Walk, Stroller

For more details refer to our website www.greatermadawaska.com
and find us on Facebook and Instagram



BANDSTAND
SPONSORS

ONTARIO POWER
GENERATION

DACRE

Tuesday July 1
2pm-Dusk
DACA Centre
Horse and Wagon Rides,
Horseshoe Tournament, Kid's
Games, Bouncy Castle, BBQ,
Fireworks

CALABOGIE

Tuesday July 1
4pm-10pm
Madawaska Street
Live Band - The Front Porch Sitters,
Chainsaw Carving Demos, Axe
Throwing, Lumber Jack Demos, Fire
Department Demos, Food, Beer
Garden, Tug of War, Dunk Tank, Face
Painting, Bouncy Castles, Bingo

Canada

Off The Grid Productions - Food, Music, and Friendship

Q&A with Lynne Epps

By Joe Sornberger

Lots of people love to hear music performed live. Not many, though, are enamoured enough to turn their living rooms into concert halls. That's what Lynne Epps, a retired nurse, and her husband John, a doctor, coroner, and town councillor, are doing at their spacious home in Eganville. Through their Off The Grid Productions, named after their solar-powered home nestled in 47 acres of forest just off Highway 60, they have routinely hosted acoustic music shows at their home and at nearby churches and rec centres. She does it because she loves bringing people together. Those people come together not just for the music but also her sumptuous food, much of it sourced from the many producers of The Ottawa Valley Food Co-operative, where Lynne has volunteered for close to 20 years. What follows is an edited and condensed conversation with Joe Sornberger at her dinner table.

Q: Do you play music yourself?

A: I played piano a little bit. My husband and I went to folk festivals. I think that's where my love of live performances came from. Mostly, it's the entertainment of the performance that I am drawn to. I grew up in a family where there were lots of parties. My Mom and Dad always had a New Year's Eve bash for everybody in their tiny, little basement. Some of my relatives played fiddle and some played guitar, but mostly it was just music: they'd put it on and there'd be dancing and lots of food.

Q: So how did you come to be here, in Eganville?



Terra Spencer performing for an attentive and appreciative group at a recent concert held in Lynne and John's Off The Grid home near Eganville. The great food and social aspect of a home concert makes it special for all.

A: I left Hamilton and went out to Edmonton in 1980 as a new nurse. I met my husband, John, who was a medical student. We went to Newfoundland and started our family. He started training as a family doc. Then we went to Kirkland Lake three or four years later and had our next two children. Eight years later, we moved to Pembroke where (John) went into anesthesia. That's where we spent 25 years and raised our kids. We

decided we wanted to build an off-grid home, so, we came here in 2015. I don't think we built it with the idea that we were going to have concerts: that was never in the cards. But when we got in, I looked at it and said, 'You know, John, this is perfect for concerts.'

Q: When did you start?

A: In 2017; so, it's eight years this year. A local guy in town that we got to know is a session musician named Jon Park-

Wheeler. I said, 'I'm thinking of doing concerts and I understand you're a musician. Would you play here?' He said, 'Oh, I'd play, but you don't want me: you want some major talent.' He hooked us up with Dave Carroll (of Sons of Maxwell) for our first concert and he accompanied him.

I had never done shows; never sold tickets or talked to artists. It was all brand new. I just asked Jon to guide me through this. He said, 'Here's the basics; you just tell them what you have and what you can do for them and they will comply.' That was the way we started. For every one of these shows, I would put out an email to a group I knew and we would sell out. And I would serve a ton of food – so that's the other half of it. I had a local chef that I knew as a friend. She came and put out professional platters of food: beautiful stuff, not just your average deviled eggs: they were deli eggs. The first show, everybody went crazy over the food and the wonderful entertainment and said, 'When are you doing another one?' So, I did another one. And it just went from there.

A few shows later she got a full-time job and said, 'Lynne, you can do this food. I'll show you a few things.' She showed me a few standbys I do at every show and then I just added on. Instead of doing chef calibre, I go with home-made, old recipes my mother gave me.

Q: What do you serve?

A: I serve butter tarts. If I don't serve them, people are annoyed. I do chocolate chip cookies, sausage rolls, a trout dip, an asiago dip – things like that. We put it all out on the table. Tons and tons of food.

UPCOMING EVENTS:



Sunday June 29 10am to 3pm
2nd Annual
Artisans @ The Market

Live music @ 1pm
by Ottawa's
John Allaire

Great food, and treats for the
kids provided by Fun-Days

In a beautiful outdoor setting with Talented Local Artisans
and a supportive, family-friendly crowd

Vendor Registration: adamsberryfarm.events@gmail.com

Monday June 30 Outdoors at Dusk on the Big Screen
"The Greatest Showman" **Movie @ The Market**

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THE HILLS ARE ALIVE WITH... THE ARTS!



Lynne welcoming us into her home. They book arenas and community halls for larger crowds, always with home cooking.

Q: How many people do you get out at a concert?

A: About 45 to 50.

Q: And what do you charge?

A: It depends on the artist. We had Terra Spencer (\$45 ticket price) recently. I think we paid her \$1,500-\$1,600. The cost of the food is about \$200. I have to pay SOCAN (which issues licences for the public playing, performance, communication, and reproduction of music) and a bit of insurance. I can make \$1,800 at the door. I usually come out even.

Q: So, is that the idea: that it's a break-even operation?

A: Yes. I just love bringing people together. I love promoting local food. The music is something that brings people here, but then they all eat together and they all talk. It's just a fantastic evening. People connect in the community. I'd say food is about equal to the music.

Q: But there is something about live music, isn't there? Something magical happens when people sit down and listen to a performer.

A: Yes. Everybody is quiet. They're all listening. The artists are so grateful; they always thank me and thank everybody for being so attentive.

Q: It's a little different than playing in a pub.

A: Absolutely. Here, it's all relational. The food is relational and sometimes they (the performers) stay overnight and have breakfast with us the next morning.

Q: Who have been your favourites?

A: Oh, boy. Every time we have somebody we always say, 'How are we going to beat that?' Over The Moon (an acoustic roots duo from Alberta). Dave Carroll. Lynne Hanson – she's been here three times. Lynn Miles has been here twice. Terry Tufts is coming back in June.

Q: Is that the June 21st show? I thought that was Tripod.

A: Tripod is Terry, his wife Kathryn Briggs and their daughter Beth.

Q: You also did a Valdy concert.

A: That was out at Rankin Cultural Recreation Centre. Some of these musicians are too big (for a house concert), like (Juno Award-winning singer-songwriter) David Francey. I can't afford to pay them here (in the house). I'd have to charge \$75-\$80 and too many people

would want to come. I've rented out the Rankin Centre four times for different groups. I serve food over there, but I do different things – like I do potato wedges baked in the oven and people go nuts over them. It doesn't have the ambience, but it's bigger, wheelchair accessible, and has lots of parking.

Q: So, for you it's a labour of love. Does your husband John feel the same way?

A: He does. He was feeling a bit pressured when we were doing things in the winter because he had to keep everything clear – getting the snow ploughed. So, we stopped doing them (in winter). He's been pretty helpful: he does all the lugging of the chairs upstairs and he's a bit of a performer himself.

Q: What does he play?

A: He played banjo in his med school band. But he likes standing up in front, telling a few jokes, introducing the performer. He doesn't mind standing up in front of a big group and doing the introductions. He's a bit of a ham, so he does that part while I look after the logistics and make all the other stuff happen.

Q: Other than Tripod on the 21st, what have you got coming up?

A: I am launching large concerts at Festival Hall in Pembroke. I do the contracts, get the hotels organized and talk to the manager at Festival Hall – he sells all the tickets. I have to make sure everyone is talking to one another. The one on August 26th is StepCrew. It's 10 people (including the Ottawa Valley's Jon and Nathan Pilatzke) who have performed all over the world. They're coming the week of the Pembroke Fiddle & Step Dancing Contest and they're going to put on a show.

I've booked the Sultans of String on Oct. 16. They're like world music/fiddle/guitar-based – really eclectic. They are doing Walking Through Fire, a collaboration with Indigenous People to address reconciliation.

I have a really important friend, Jane Hebert, who is an ex-newspaper reporter who looks after promotion. She writes the articles and helps me with the larger stuff. When I do home concerts she does the tallying of the tickets. Without her I would double my workload.

Q: Is she a volunteer?

A: Yes. I have great volunteers. I have a guy show up at every concert, Mike O'Grady who's an optometrist in Pembroke. He phones me every night before the concert and asks, 'Do you need me at the door?' And I say, 'Yes, Mike.' He comes, gets a bowl of soup, then sits at the door and takes tickets. People help with the parking. I have a couple of women come in and help me do the food in the morning. And people during the show come up to say, 'Do you need me to serve during intermission?' There's a guy who comes and does coffee. People just show up.



Joe Sornberger is a writer and editor who splits his time between Ottawa and Calabogie. His work has appeared in most Canadian daily newspapers and he is the author of *Dreams and Due Diligence* (University of Toronto Press), which tells the story of the Canadian discovery and development of stem cells.

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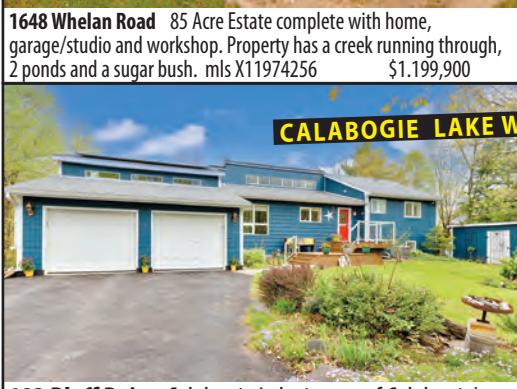
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Spring Chicks & Kits!

By Tony Beck



Adult male Purple Finch Purple Finches erupted into our area in early spring. Their bubbly song and the male's brilliant burgundy plumage kept us company throughout the past season.



Northern Flying Squirrel Fairly common, but rarely seen. Flying Squirrels are nocturnal and easily avoid detection. We have two species in the region – Northern and Southern Flying Squirrels. Almost identical, the Northern is slightly bigger. However, size is difficult to determine without direct comparison.



Adult male Rose-breasted Grosbeak A fairly common species, they breed in our deciduous and mixed woodlands. They often come to bird feeders.



Adult male Baltimore Oriole Baltimore Orioles have arrived from Tropical America to nest in the province. Look and listen for them, especially near open water. Photo courtesy of Greg Roche in Matawachan.



Common Loon with chicks The Highlands are a playground for summer vacationers. Its many lakes also attract loons. Their haunting yodels exemplify our great Canadian wilderness. Watch out for adults with fragile young, especially through June and July.

We're finally done with winter. The emerging vegetation transforms the region into a tapestry of green. For local nature lovers, June is peak breeding for birds. Migration grinds to a halt while early nesters care for their offspring. Meanwhile, warblers, flycatchers, and other late migrants have just arrived. Many birds engage in song throughout our forests, wetlands, and countryside, often before sunrise. Courtship, pair bonding, and amorous behaviours abound. Our region rings with lyrical voices from shy species like Black-billed Cuckoo, Wood Thrush, Blue-headed Vireo, Ovenbird, Pine Warbler, Scarlet Tanager, and many more.

Bird activity varies from one part of the region to another. Each species prefers a specific habitat, even during migration. Some birds follow river courses like the Bonnechere and Madawaska. This spring, migration seemed slow compared to last fall. Dramatic changes in temperature with extended cold snaps caused minor delays. The stage was set here by mid-April when our woodlands erupted with wildflowers, frogs, and bugs. Regardless of weather, migration unfolded generally on schedule with some birds even arriving early. By mid-May, the blackbird and finch flocks had dissipated. But many flycatchers and warblers were still enroute. All local breeding birds should be here by mid-June. But don't blink. Some birds are already leaving by Canada Day.

Although summer nights are brief, nocturnal wildlife entertain us with their distinctive sounds. On calm nights, listen for Ruffed Grouse, American Woodcock, Great Horned, and Barred Owl, Saw-whet Owl, Sandhill Cranes, and Trumpeter Swans. Frogs call through spring and summer. Typically heard, but not seen, are the common species like Spring Peeper, Wood Frog, American Toad, Gray Tree Frog, Northern Leopard Frog, Mink Frog,

and Bull Frog. During night excursions, listen for animals like Coyote, Red Fox, Porcupine, Eastern Whip-poor-will, and Common Nighthawk.

Since our region is dominated by Canadian Shield, we have northern birds like Canada Jay, Black-backed Woodpecker, and various finches. Small numbers should be present in our local coniferous forests and swamps.

This is loon country. They're present every summer on most of our lakes. Look for Common Loon families enjoying sheltered bays as they dive for small aquatic creatures. Adults typically have one or two chicks in June. Cottagers will appreciate their many different vocalizations, some with haunting qualities symbolic of Canada's northern wilderness. Joining loons on our lakes are various waterbirds. Behaving similarly to loons, Common Mergansers breed in the same habitats. Females with several young often pass by local cottages. Our abundant wetlands attract a variety of ducks and other waterbirds. In summer, look for Hooded Mergansers, Ring-necked Ducks, Wood Ducks, Mallards, and Black Ducks.

Finches, sparrows, and blackbirds became abundant in May. Purple Finch often dominated with plenty of American Goldfinch and a few late Pine Siskins. As expected, we attracted dozens of ravenous blackbirds. The deafening finch & blackbird chorus included a variety of whistles, trills, squawks, and sweet melodies.

Broad-winged Hawks continue soaring above our forests. They're excellent hunters, taking small mammals, birds, insects, and even frogs or snakes. We've also had visits from a ferocious little Sharp-shinned Hawk. If you're lucky, you'll be graced with a visit from a stealthy American Goshawk or Red-shouldered Hawk.

We have some interesting mammals here as well. Northern Flying Squirrels visit us every night. We even

had a surprise visit from a Fisher. We had no small mammals in the yard for nearly an hour after.

Always irritating, biting insects have unleashed their fury onto the region. It's not just mosquitoes & blackflies. We've already removed several Deer Ticks from our bodies – a potential carrier of Lyme Disease. Don't let them ruin your summer. Take necessary precautions.

In May, we offered a Basic Birdwatching Course through the Renfrew Public Library. It included a delightful hike through Ma-te-way Park. Its trails provided easy hiking while revealing several species. We enjoyed views of Red-tailed Hawk, Bohemian Waxwings, Eastern Meadowlark, and several wood-warblers.

Migratory waterfowl, gulls, and sandpipers often rest in open areas that include shallow water and mud. A Wilson's Phalarope, a rare shorebird in the province, was briefly observed feeding in a rain pool on a farm field near Douglas.

Greg Roche reports that he's enjoying birds at his bird-feeding station in Matawachan, including Canada Jays. Check out Greg's colourful photo above of a brilliant adult male Baltimore Oriole. Their sock-like nest is usually in the upper parts of a deciduous tree. We're still waiting for them to visit our place.

Have you seen any interesting wildlife this year? Have you captured any wildlife photos you'd like to share? We'd love to include them in the next issue. Please send your sightings and photos to: TonyFMBeck@gmail.com

Enthusiastic Naturalist/Tour-Guide, Tony has taken groups across North and Tropical America, Tropical Pacific, Africa, and Polar Regions. His work appears in many books, websites, magazines & calendars. As a professional photographer, he teaches Birdwatching and Nature Photography through many institutions and is currently a Nikon and Vortex Ambassador. Tony and his wife Nina Stavlund run Always an Adventure: alwaysanadventure.ca



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Armchair Outdoor Adventures for Everyone

By Lesley Cassidy



Setting up a podcast requires surprisingly little technology: just a computer, headphones, a microphone, and some editing software. Pic by: Sincerely Media, Unsplash.com,

Technology is everywhere outdoors.

From fish finders to hiking navigation apps, technology can be incredibly helpful for outdoor enthusiasts. Technology is also used to share outdoor adventure stories and teach new skills, all right at your fingertips, accessible on your phone.

Podcasts tell these stories. Some

discuss adventures gone wrong, while others provide useful tips, how-tos and recipes or where to find a new fishing hole. Most interview local or international outdoor enthusiasts or experts with extensive knowledge and experience. As a result, podcasts are increasingly replacing TV and other sources of information.

In the late 1980s, a small group of individuals created audio blogs to share their thoughts and opinions on



Fishing is an incredibly popular podcast subject with many series covering how to cook fish, sport fishing tips, lures and knots, interviews with weekend warriors and professionals, and discussing favourite fishing holes across North America. Choose a podcast and enjoy an afternoon of talk about all things fishing. Pic by: W Rockwell

various subjects. The main challenge back then was getting these "shows" out so other people could listen to them. Then, iPods and MP3 players were invented.

In 2004, David Winer and Adam Curry developed a program called the "iPodder," which allowed anyone to download online radio broadcasts and play them on their iPods. This technology allowed people to create their own digital radio shows that others could download, which led to the current-day word "podcast" - a combination of "iPod" and "broadcast." Not long after, YouTube was invented, which provided the visual element for those who wanted to include video content in their broadcasts.

As of 2024, more than 14 million Canadian adults tuned into podcasts. Almost 11 million Canadians listen to podcasts at least once a month. Spotify, Apple, Google, and others offer access to thousands of podcasts, most free, with a few including paid subscriptions to reduce advertising.

For outdoor enthusiasts in the Ottawa Valley, here are a few podcasts worth listening to or watching:

The Outdoor Journal Radio Podcast was launched by two Canadian guys in 2022. The hosts banter back and forth and cover topics that may interest all outdoor enthusiasts but generally focus



There's nothing better than an afternoon of ice fishing along the Ottawa River. Need some tips? A podcast can share lots of information. Pic by: W Rockwell

on fishing, hunting, and related subjects like invasive species and conservation. Peter Bowman and Angelo Viola produced the Fish'n Canada Show in the past and have both been inducted into the Canadian Angler Hall of Fame. This podcast is produced twice a month. It features entertaining interviews with celebrity fishermen, scientists, Ontario Ministry of Natural Resources and Forestry (MNRF) personnel and more. They have over 160 episodes to enjoy, most approximately 1.5 hours long.

In Episode 144, they interview four of the biggest names in bass fishing (Bob Izumi, Cooper Gallant, Scott Martin, and Jeff Gustafson). Episode 143 includes an interview with Dr. Brent Patterson from the MNRF regarding the status of Ontario Moose populations.

If you like the visual aspect of YouTube, you'll love the **CanoeHound Adventures Show**—a podcast focused on bushcraft and canoe tripping. Hosted by Dennis since 2020, the show discovers remote canoeing destinations like Killarney, Temagami, Grassy River, Quetico, and Algoma and promotes outdoor activities and conversations about the backcountry, bushcraft skills, fishing, bears, winter survival, and other related topics.

Adam Shoalts, Les Stroud from Survivorman, and Jim Baird. Episodes are released every week or two, each lasting nearly two hours. Episode 2 of Season 3 features Les Stroud and is not to be missed.

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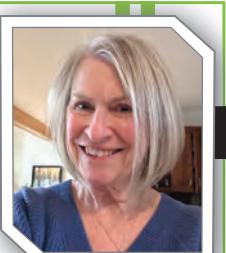
Have you noticed the construction cranes on Parliament Hill? Sue Lounsbury is an Engineer who brings extensive expertise in strategic and financial planning, as well as risk management, through her role as Senior Business Advisor to Public Works Canada for the Parliament Precinct, providing critical support for major Crown projects.

Free admission. Land O' Lakes Lions Hall, 12341 Hwy 41, Northbrook
Doors open 6:30. Light refreshments. Presentation 7 to 8 followed by Q&A.
Presented by the Lions Club of Land O' Lakes and Cloyne and District Historical Society, funded by Lennox & Addington County Activation Fund.

July 23 - Emma Fuller, Biologist-Naturalist "How To Get Into Birding"
August 27, Professor Graham White

"Canada's North: The People and the Politics"

September 24, Nicholas Nakhel, Electrical Engineer
"Electrical Vehicles Penetration in Canada"





There are podcasts on virtually every subject. For example, "Under the Canopy" has an interesting episode about identifying wild mushrooms and understanding how to forage for them. Pic by: L Hardage

Under the Canopy is an informative, nature-focused podcast hosted by the former Ontario Minister of Natural Resources, Jerry Ouellette. For example, he interviews scientists about mushrooms (healing properties, how to forage, etc.) and the head of the Ontario Woodlot Association about invasive species and how woodlot owners can maintain the health of their forests. This podcast has been in production since 2022, its format is conversational, with episodes lasting from 40 minutes to almost an hour. Grab a coffee and tune in.

Listen to Episode 85, where Jerry interviews Mike Holland, who held the same position as he did, but in New Brunswick. They chat about how the government contributes to conservation.

Love all winged friends? You'll want to check out **The Warblers Birding Podcast**, hosted by Andrea Gress of Birds Canada. Since 2021, this award-winning podcast has aired one to two podcasts a month, ranging from 25 minutes to 40 minutes in length. Andrea has interviewed many experts, including Alexandre Terrigeol, a biologist from the Tadoussac Bird Observatory and chatted with Julie McKnight, a Species at Risk Recovery Biologist with the Canadian Wildlife Service in Atlantic Canada, and many others in the over 70 episodes available.

Be sure to listen to Season 4, Episode 13, which explores Canada's bird popu-



If looking at a photo like this can make you feel the way you do when you are out there, so can a podcast. Find a comfy spot, put in your earphones, and prepare to drift along. Pic by: L Hardage

lations with a doctor from McGill University. Or Episode 5, Season 1, about a cute but deadly predator known as the Northern Saw-whet Owl.

Love canoeing, kayaking, or standup paddleboarding? **Paddling Adventures Radio**, hosted by Sean Rowley and Derek Specht, is your show. This podcast features over an hour of content, with a new episode released each week. They cover various topics through funny banter related to paddling escapades and exploration; they share helpful tips and review both the positive and negative aspects of new regulations and more. With nearly 500 episodes available, there's something for everyone who enjoys paddling.

Be sure to tune into Episode 469, which features a discussion with Ontario's Kevin Callan about canoeing on Lake Superior. You might also enjoy Episode 303, which includes content about Wilderness Tours in the Ottawa Valley and access fees.

The Good Family hosts the **Super Good Camping Podcast**, where they delve into all types of camping, from car camping to backcountry. They provide valuable tips and tricks for water purification, essential items for your first aid kit, recipes, how to camp with your pet, detailed gear reviews or how to find the perfect campsites at various Ontario Provincial Parks. The Good Family answers questions, and podcasts are about 30 minutes long and packed full of information.

Check out Season 2, Episode 22, where they talk about camping with your dog or pet, offering plenty of tips and gear ideas. Or tune into Season 2, Episode 11, where they cover a story about one adventurer's 22-day canoe trip in the Yukon.

Are you passionate about hunting? Mark and Curtis Hall launched the **Hunter Conservationist Podcast** in 2019 and release two episodes each month. Along with host Dana Dykema, they discuss current wildlife issues. Through interviews with experts and outdoor enthusiasts, they cover hunting ethics, homesteading, the controversy over the cougar hunt in Alberta and challenges like managing urban coyote populations. Episodes typically range from 30 minutes to an hour and a half.

Don't miss Episode 137, where they debate whether auction tags are good or bad for hunting. In Episode 139, they interview Dr. Douglas Clark and examine trophy import bans, polar bear conservation, climate change, its effects on the polar bear population and its impact on hunting.

The publisher of Canada's self-propelled outdoor activities magazine, Explore, created a podcast. David Webb hosts the **Live the Adventure Podcast** for those who love gear reviews, camping, environmental stewardship, and trails. With nearly 40 episodes, each about an hour long, the podcast features interviews with outdoor wanderers covering a variety of subjects, such as ca-

noeing, Arctic exploration, and a chat with Curtis Matwishyn, a wildland firefighter and wildlife photographer who has encountered hundreds of bears.

Check out Episode 33, which features a review about cold plunging with Michael Spivak and Daniel Mazour, co-founders of Coldture, a Canadian company that manufactures cold plunge equipment for home and commercial use.

Are two wheels more your thing? **The Bikepacking Adventures Podcast** began in 2019 and offers over 200 episodes, with a new episode released every two weeks. Host Chris Panasky has cycled everywhere. He interviews event organizers, bike packers, and others on how to pack their two-wheels for trips, where to ride, how to organize multi-day tours in other countries, best tried-and-true gear for the gravel road, banters with endurance athletes, and more. Episodes range from half an hour to over two hours.

Listen to Episode 203, where Chris meets Dominick Menard, a mountain bike racer who just returned from bikepacking to Patagonia.

The last podcast, **DirtBag Diaries**, is one of the longest-running American podcasts, started in 2007. It covers topics related to trails, hiking, camping, climbing, and more. Outdoor writer Fitz Cahall hosts the 500+ episode podcast where he has interviewed everyone from Alex Honnold, the climber featured in the movie Free Solo, or tells in-depth stories about athletes and their outdoor pursuits. Episode lengths range from 30 minutes to well over an hour.

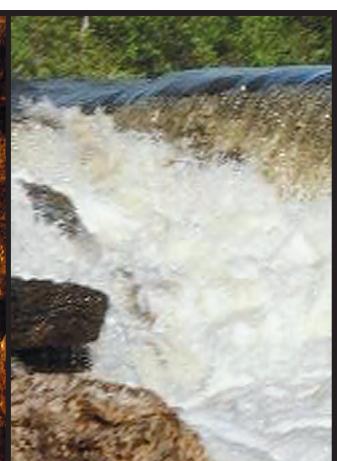
If you can't get outside, explore the outdoors from your armchair and sample an easy-listening podcast this spring!



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



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Crown Land Camping Safety and No-trace Tips! By David Arama



Nearly 90% of Canada and Ontario is Crown Lands. You might feel all alone when camping, but these lands are open to many uses, including logging, mining, military use, hunting, trapping, ATVs, and snowmobiling.

Benefits

- Costs are likely the biggest motivator, for wanting to seek camping experiences on Crown lands. A Canadian resident can camp on Crown lands free of charge, for up to 21 days at one site, after which you must relocate a minimum of 100 meters to a new location. Non-resident fees are \$11/day.

- Less Humans and more solitude can be a benefit of camping on Crown lands, compared to national and provincial parks. Over the years, I had a list of favourite sites that I would go back to and enjoy. However, some locations can also be overrun especially on long weekends, and it can be a wild west since it is first come, first served. Usually these are the easy access sites. Also, Parking can be an issue, with some vehicle break-ins. During the Covid pandemic, many Crown land sites were heavily impacted. This shouldn't be an issue this year. A drawback with many Crown sites is a lack of thunderboxes and outhouses. Heavily used sites can be contaminated with toi-

let paper etc. everywhere. Also, be aware of competing uses such as logging, military shelling exercises. And traplines, which may have dangerous traps set up.

Tip: Due to habitualization and no hunting there are more issues with bear attacks at provincial and national parks, compared to Crown lands, .

Rules & Regulations

Typical civil and criminal rules that apply anywhere, apply to Crown. If there's a ban on open fires in a township, then that also obviously applies to Crown. Also, it's common for people to mistake private property for Crown. Or trespass on private property to get to landlocked Crown. Rules apply to everyone.

Tip: During hunting season, wear hunter orange garments to make yourself visible. At popular deer and moose hunting locations, it's strongly advised to avoid camping at all on many Crown lands sites. Hunters have only a few weeks per year to enjoy their adventures and can get annoyed with noisy campers interfering with the hunt.

Township shoreline allowances are a controversial topic, however, townships can manage the 66 ft/20 metre strip of Crown lands along a lake or river, and have by-laws with rules. They can create service campsites and charge overnight camping fees.

How to Find Crown Lands

- OMNR Crown Land Atlas free online maps are very popular since they are free to view and download/print. They can be handy to use when you're in cell-phone range also.

- Backroads Topo Canada Software Crown Maps are my favourite. They work with newer Garmin Handheld GPS Units, and the app can also be downloaded onto most newer smartphones. The selling point for me is that I can actually see that I'm standing on Crown land, versus guessing with printed Atlas maps.

- Garmin 62, 64, 65, 66 and 68 Models, and Montanas, work well with Backroads.

- Backroads Topo Canada Map Books are also handy to have.

- I-Hunter Map Software with Crown lands for Hunting, show hunting areas, Wildlife Management Units, and Crown lands.

Safety and Risks

- Navigational Skills and Gear: We recommend that in addition to having a Garmin GPS, to always have a magnetic compass and printed maps as backup. And carry survival & safety gear.

Tip: enroll in a GPS Navigation course, to be fully versed in how things work on Crown lands.

Environmental Ethics and No-Trace Tips

Respect the Crown land, and surrounding properties. Don't trash campsites and parking areas. Construct proper latrines, dig a hole and bury when done, and never near any waterway. Keep noise down after 11pm. If you can pack it in, pack it out!

- Firewood gathering should be away from a campsite, and not live trees.

- Safe campfires on Crown lands are extremely important. Always monitor



It's easy to construct a latrine or bury waste - no excuses. your campfire, don't leave it unattended. Dig down to the mineral or sandy layer, and/or cover with a rock base. Have garbage bags for water to fully douse the fire when done. Feel around for hot spots and embers that are buried. A recent forest fire on Calabogie Lake was caused by an illegal fire during an extreme burn ban that caused evacuations and resulted in a heavy fine.

Finally, don't post photos online of favourite Crown sites. This attracts newbies to overuse those locations, and cause frustrations for locals. Make it an adventure to search new locations.

We are offering a Free Digital Disaster Survival Book, \$20 Value, to Madawaska Highlander readers. Download at madawaskahighlander.ca



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. marblelakelodge.com wscsurvivalschool.com

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Put Your Sleeping Troubles to Bed!

By Derek Roche

When it comes to amount of sleep, every little bit helps and getting at least seven hours is ideal. Yet, as we age, many of us have trouble getting a "solid snooze". So, what's the best way to sleep better?

Let's begin with what NOT to do. Sleeping pills are a nonstarter. Those prescribed even less than 18 pills a year of so-called hypnotics, appear to have triple the risk of dying prematurely. Since up to 10 percent of the adult population is prescribed these drugs, that could mean a six-figure death toll every year. There are dozens of studies that have found a significant association between sleeping pills and premature death. When the principal investigator at the Scripps Clinic Sleep Center was criticized for reporting "alarmingly high death risks from these commonly used medications," he replied: "We cannot hide risks, even if they might frighten patients out of taking hypnotics. Patients have a right to know."

What's more, *non-pharmacological methods have been found to work as well or better than the drugs.* The recommended first-line treatment for insomnia is what's called "cognitive behavioral therapy," which combines conditioning techniques to re-associate the bed with sleep and with education surrounding optimal sleep hygiene.

Eight rules for better sleep:

1. Go to bed only when you're sleepy.
2. Only use the bed for sleep. No reading, eating, or screen-time.
3. If you can't fall asleep within about 15-20 minutes, get up, leave the bedroom, and don't come back until you're sleepy again. Repeat as necessary.
4. Get up at the same time every morning, no matter how little sleep you get. Although avoiding napping is often added, contrary to expectations, the majority of research does not show that daytime naps interfere with nighttime sleep.
5. Exercise regularly. The best time to exercise to improve sleep appears to be four to eight hours before bedtime, though it appears to be a myth that exercising right before bed is somehow disruptive to sleep.
6. Avoid caffeine, nicotine, and alcohol before bedtime. We used to think as long as you don't drink caffeine in the evening, it wouldn't affect sleep, but four cups of coffee's worth even six hours before bedtime can reduce total sleep time by more than an hour. Even just two cups in the morning, at 7am, can change what your brainwaves look like on EEG that night, although it's not clear if this has any clinical relevance beyond delaying the onset of sleep by an average of 10 minutes.

Late afternoon alcohol consumption (six hours before bedtime) may also impair sleep, even after it's cleared out of your system. Finally, nicotine, whether from gum, pill, patch, or cigarette, can also have negative sleep effects (though so too can active nicotine withdrawal).

Food-wise, low fiber intake and high saturated fat and sugar intake is associated with lighter, less restorative sleep. Meat intake is associated with needing a nap. This may be one of the



reasons insomnia has been reported as a side effect of low carb, ketogenic diets. Supplement-wise, a single megadose of vitamin D was found to improve sleep duration and quality in men and women ages 20 through 50 with sleeping disorders.

Unfortunately, there is no guarantee of the strength or purity of over-the-counter melatonin supplements, which have been found to contain impurities that "raise serious safety questions." Helpful are melatonin-rich foods such as pistachios, mushrooms, nuts, oats, corn, bananas, tart cherries, rice, Goji berries and fatty fish, such as salmon.

Foods that should be avoided include spicy food, coffee, chocolate, tomatoes, and pizza. Citrus fruits are natural diuretics and may have you getting up regularly in the night to go to the bathroom. Please note that anyone who has blood sugar problems or diabetes should avoid cherries or cherry juice.

7. Make the bedroom quiet, dark, cool, and comfortable. Nocturnal noise can adversely impact sleep even if we're not consciously aware of it. Within a few days, you can become habituated to noises such that they don't wake you up, but EEG studies and subjective sleep surveys show the quality of your sleep can still be affected. Thankfully, ear plugs and sound masking (like white noise machines) have been shown to help.

8. Establish a relaxing bedtime routine. Relaxation techniques such as massage, mindfulness meditation, and soothing music may also help. So may taking a relaxing hot bath or shower. One of the reasons late-night eating can delay sleep is that it may interfere with the drop in core body temperature that normally occurs about bedtime. That's thought to be one of the cues that it's time for bed. So, should you not take a hot bath before bed? Fortunately, as soon as you step out of the bath or shower, the rapid decline in skin temperature can accentuate the natural nighttime drop and improve sleep. Even just a warm footbath may help you fall asleep about 15 minutes faster.

Quality sleep improves health and promotes longevity. Follow the previous guidelines if you have trouble getting a solid 7-8 hours of sleep each night.

"Good night, good night. Parting is such sweet sorrow, that I shall say good night till it be tomorrow"

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



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Bolton Descendents Speak about the Northbrook Hotel The John & Elaine Years 1965-1994

On February 17th, 2025, Cindy and Elaine Bolton presented to the Cloyne and District Historical Society on the history of the Northbrook Hotel. They searched through thousands of photos to create a fascinating story of the hotel, filled with anecdotes that made the audience laugh. The meeting was held at the Barrie Community Hall in Cloyne to an audience of about 65 people. Cindy and Elaine provided a transcript, which is available on the CDHS website. Pioneer.mazinaw.on.ca. Here is part two of this fascinating story as told by Cindy and Elaine...



Joe and Granddaughter Cindy - 1963



Elaine & Cindy with old cookstove 1962



John, Elaine, Cindy and Mike Bolton 1967 The other boy is Blake Northey



We don't have any photos of the crews in the dining room but these photos of birthday parties and family parties in the day give you an idea of the set up.



These photos show some of those bottle openers and ashtrays from the family collection. We also include a photo of the other advertising from the day such as the iconic "so you think you got troubles" matchbook.

Elaine commented that Joe looked so healthy in this February 1963 photo with granddaughter, Cindy. His health was failing and by 1964 Joe's arthritis so crippling he became confined to the upstairs of the Hotel for over a year because he couldn't navigate the stairs. In 1965 Joe and Madeline agreed that John had matured enough to take over the business and in September 1965, John and Elaine and their two small children moved to the Northbrook Hotel. Joe and Madeline retired to their farm near Norwood. Sadly, Joe died in his sleep on Father's Day June 19, 1966. John & Elaine asked the Liquor Board for permission to close the day of the funeral, but liquor inspectors wielded a lot of power in those days and the family was ordered to open the beverage room by 6 p.m. on the day of Joe's funeral.

I often think how difficult it must have been for my mother those first years. She was 23 years old with a four-year-old and a 10-month-old and had to step in to cook for a house full of boarders as the boarding hotel was still a major source of income at that time. She remembers how kind everyone was and how one foreman cautioned the men that they would eat what she

put in front of them with a smile and a thank you. This encouragement and lots of on-the-job practice shaped her into a great cook.

One of the first changes made to help with this transition was to get rid of the wood cookstove in the kitchen and to install propane heat and two propane cooking stoves in the kitchen. The photo at the top predates their move to the hotel

but it shows the location of the cookstove. Madeline did most of her cooking on it.

When John & Elaine took over, the rooms were renting for \$3 a night. This was immediately bumped up to \$5 a night. Full room and board (breakfast, packed lunch and supper was \$15 a day.) When the Hotel sold in 1994, rooms were renting for \$21 a night.

The Beer Strike of 1968 (Northbrook Prohibition)

John's parents had been through a devastating beer strike in 1958 when the province had literally run out of beer. In spring 1968, John started to hear rumblings of another strike and he was determined that Northbrook would not run out of beer on his watch. He talked to the

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Harry Scanlan



In these photos Mike and the Butson Boys "David and Stephen" are on snowmobiles in the back yard. Bottom middle pic shows a group of snowmobile enthusiasts getting ready for a trip to NY state in a year with no snow.



Northbrook Hotel in the 1980s

local bank manager to secure a line of credit and started stock piling beer in earnest. Having the large, empty basement (the winter wood was gone) extra cases were quietly transferred from the beer fridge to the basement via a trap door that had been purposely cut. Later owners never understood why that trap door was in the beer fridge.

At the same time, Ferg had married Madeline and retired to the farm with her. Wanting to help, they made daily road trips to beer stores in Norwood, Campbellford, Marmora, Hastings and other surrounding beer stores stockpiling beer in their garage. As this beer was not purchased on the official Hotel license, it would be considered bootlegging for John to resell it. These would be identifiable as retail beer cases were decorated with brand names and hotel stock came in plain cases.

The strike was a devastating one, lasting from June 20-July 18th with Ontario running out of beer everywhere except Northbrook. As supply was running low one night, John and Alec Buchanan made a midnight trip to the farm to resupply. At 2 a.m., with 50 cases of beer tarped down in the back of Alec's truck they had a flat tire in front of the Kaladar Police Station. The adrenaline was pumping (and dad said the language was colourful) while they changed the tire and headed back to Northbrook where Stu and Elaine were waiting to unload. It seems hard to imagine now with beer so widely available, but the Hotel was the only game in town.

In 1969, the LCBO allowed the removal of the wall between the two beverage rooms, but the men and ladies section had to be separated by a 36" high railing. The LCBO also decided to clamp down on advertising particular brands of beer and all the branded ashtrays and bottle openers which had been in use for 40 years had to be removed and replaced with plain ashtrays, trays and bottle openers. Even signs like "Molson's on Tap" were forbidden. These are now collectors' items.

All through the 1960s and early 1970s the hotel continued as a boarding house but with times changing and infrastructure projects finishing, that type of business was tapering off. We had long time boarders who became lifelong friends. One even became family as a young hydro lineman, Harry Scanlan, fell in love with Elaine's sister Marian



who was waiting tables one summer. They just celebrated 53 years of marriage.

The rise in popularity of snowmobiling helped tremendously with the winter business. The snowmobile trail came right to the back door of the hotel making it a convenient stop.

The LCBO allowed John and Elaine to put in a juke box, shuffleboard and a pool table. Most people didn't have a TV at cottages or camps so groups would ride in to watch the hockey game on Saturday nights. It seems funny now because those TVs screens were quite small.

Many family photos show some of the uncles playing foosball and pool and some of the little cousins taking advantage of the ashtrays of marked quarters that we used to play the games on Sundays. When John passed away in 2023, so many of our cousins and friends remembered playing the jukebox and endless games in the bar while enjoying a little bottle of pop and a small bag of chips on John.

Renovation of 1972

In 1972 John and Elaine undertook a major renovation of the property. They booked a contractor and approached the Liquor Board for permission to close for January - April. Permission was denied (of course), so the carpenters built a plywood wall between the two sections of the lounge and business continued as usual on one side and then they reversed it. It ended up being a very busy time because everyone was curious about what was happening and came in to see. During that time, the contractor coined a nickname for Elaine when he said, "don't ask John, ask the Little General"!

When the work was completed, the Liquor Board granted a Tavern license, covering beer, wine and liquor. They also approved a Pub Menu, and the era of the Trapper's Lounge was born. Menu items included Dodge Burgers, Lumberjacks and Etta Perry and Betty Northey's famous meat pies. The Cocktails tied into John's pet names for the local towns drawn from the TV of the time... Northbrook was Dodge, Flinton was Tombstone, Kaladar was Boulder City, Harlowe was Hooterville and Cloyne was Upper Dodge. Favourites such as the Swamp Witch, Kai Ora Blast Off, Skootamatta Streaker and Sundown over Dodge were known far and wide,

remember the little cabin was ever there but we have some views of the yard and one of the yard sales that were so much fun.

To be continued...

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SHORT STORY CONTEST

20

And Then What Happened? What's the Plot?

"Plot is a literary convention.

Story is a force of nature."

- Teresa Nielsen Hayden

A short story, whether it's fiction or non-fiction isn't a legal document. Those are only interesting to lawyers and judges. A short story has to be compelling, and to make it interesting, it needs a combination of elements that include something that happens to characters we are emotionally attached to.

We have to care about what happens next as the plot unfolds. A good story should tell the truth about what didn't happen and/or add new truths to what did happen. It's what fiction and non-fiction have in common that other forms of writing do not have. Something happens to character(s) the reader can identify with. Then something else happens and a believable plot unfolds.

"Plot is just a fancy way of saying, and then."

- Erica Jong

And the plot should be the last thing a reader understands. If we know what's going to happen before it happens then what's the point of reading the story? If plots are the bones of stories, we want them to be hidden, never breaking through the skin. The whole "body", bones and all, only seen at the end.

This is not to say that every story should be an action story. Many of the greatest stories are highly character-driven and take place with very little

plot. The whole story could take place in a veterinarian's waiting room or at a bus stop. Think of the characters you meet or observe while waiting in line at the bank. Great characters and very little plot work way better than the most fantastic, action-filled plot that has poorly imagined characters who have no depth of perception or emotion to make the reader care about what happens to them.

"Character is half the reason we read. We're excited because of the plot, but we care because of the characters."

- Patrick Rothfuss

As you start thinking about writing a short story for this contest, first think about interesting people you know or have heard about. Consider what could happen to them that would make an interesting story. Or think about something that happened to you or people you know that affected them in some way.

The stories you like to hear almost always have those elements, so write the way you would want to tell the story or record yourself then write it down. Remember that plot differentiates short stories from other kinds of writing, but nobody cares about the plot if they don't care about the characters. Make them ask, "And then what happened?"

"All plot comes from the character's trying to get something, to achieve something, wanting, desiring, longing."

- Robert Olen Butler

Categories and Prizes:

Adult Fiction – one prize of \$200

Adult Non-Fiction – one prize of \$200

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

People's Choice (Adults Fiction or Non-fiction) – one prize of \$50



Judges:

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

Kenneth Puddicombe, author

Garry Ferguson, writer, editor, Madawaska Highlander contributor

Diane Bickers, writer, and enthusiastic reader

Dr. Max Buxton, physician, writer

Entries: No charge to enter. One entry per person. Open to Highlander readers including volunteer (unpaid) Madawaska Highlander contributors. Youth entries must state their age on their entry email and must be under 15 years on October 5, 2025. Youth 15 and under are eligible to enter either as youth, stating their age, or as an adult, without stating their age, but not both.

Stories must be:

Primarily in English. Original. Never published before. 1400 words maximum not including the title. Should not include your name or identifying information. Should only include category and title.

Sending Stories:

Enter any time before October 5, 2025.

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

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

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Economic Value of Green Infrastructure

By Chantal Lefevre

Natural Edge Regional Coordinator,
Watersheds Canada

Green infrastructure, which encompasses a range of natural and semi-natural designed features, provides ecological, economic, and social benefits. It has gained increasing attention in recent years as a key strategy for achieving sustainable and climate change resilient environments.

In Canada, where natural resources are abundant, green infrastructure has the potential to create significant economic value through various mechanisms, including ecosystem services, property value enhancement, and job creation. Municipalities across Canada are taking advantage and creating inventories of green infrastructure in their area. For example, Ontario Regulation 588/17: Asset Management Planning for Municipal Infrastructure, strives to standardize municipal asset planning while ensuring decision-makers consider the strategic benefits and drawbacks of assets, including natural and designed green infrastructure.

Ecosystem services, which refer to the benefits that people derive from natural ecosystems, are a major source of economic value provided by green infrastructure.

Examples of ecosystem services include: filtering air and water, regulating climate, increasing soil fertility, and stewarding biodiversity conservation. Infrastructure can include:

- parks, green roofs, stormwater ponds, street trees, and gardens in urban areas;
- wetlands, forests, conservation areas, lakes and rivers in rural areas; and
- non-natural assets such as renewable energy, rainwater harvesting.

Stormwater Ponds

These varieties of green infrastructure can help mitigate air and water pollution, reduce stormwater runoff and flood damages, and provide recreational opportunities, among other benefits. According to a study by the David Suzuki Foundation, the value of the ecosystem services provided by the Ontario Greenbelt's natural capital area is significant. This area conserves agricultural and natural landscapes in southern Ontario. The annual value of the region's measurable non-market ecosystem services are an estimated \$2.6 billion annually; an average value of \$3,487 per hectare.

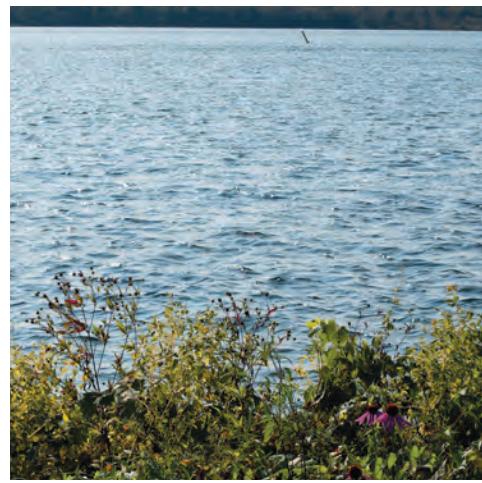
The Ontario Greenbelt's wetlands and forests hold the greatest value, worth over \$2.3 billion. Wetlands are worth an estimated \$1.3 billion per year (\$14,153/hectare) because of their high value for water regulation, water filtration, flood control, waste treatment, recreation, and wildlife habitat. Forests provide key services worth \$989 million each year because of their importance for water filtration services, carbon storage services, habitat for pollinators, wildlife, and recreation.

New Tech that Mimics Natural Systems

New green infrastructure technologies such as soil cells (e.g., silva cells) can improve the value of street trees and other green infrastructure. This innovation supports the maintenance of urban trees. Soil cells improve stormwater



Green infrastructure also creates economic value by enhancing property values. - Pic: Stephany Hildebrand



Green infrastructure, like vegetated shoreline buffers, can mitigate air and water pollution, reduce stormwater runoff and flood damages, and provide recreational opportunities. - Pic: Watersheds Canada



A stormwater pond is an example of green infrastructure - Pic: Getty Images Signature

taining a riparian buffer along the Elk-horn Slough river in Monterey Bay, California, USA.

Green infrastructure can save municipalities and taxpayers money by providing benefits that would otherwise have to be paid for by building and maintaining grey infrastructure (traditional built stormwater infrastructure).

In addition to these benefits, healthy water bodies and riparian buffers can also provide economic benefits through industries such as fishing, agriculture, and tourism. The recreational fishing industry in Canada generates billions of dollars in revenue annually, much of which is dependent on healthy river and lake ecosystems. Similarly, riparian buffers can protect farmland from erosion and improve soil fertility by keeping the nutrients on the land and not in the water, leading to increased agricultural yields and decreased risk of eutrophication (nutrient loading) in the water.

Overall, the economic value of waterbodies and riparian buffers is significant and can provide a range of benefits to society. However, the exact value will depend on the specific context and the services provided by the particular waterbody and riparian ecosystems. Countries are realizing these benefits and are investing in green infrastructure.

Green Infrastructure Examples

New Zealand has a \$1.1 billion program that aims to create 11,000 jobs through major investments in restoring wetlands and riverbanks, removing invasive species, and improving tourism and recreation services on public lands.

Another great example of municipalities using green infrastructure is New York City. New requirements in the 1990's mandated drinking water be filtered and meet certain requirements. City managers determined that a new filtration system would cost US\$6 to \$8 billion to build and another US\$300 million annually to operate. The alternative approach would include a watershed protection program including land purchase for conservation, pollution reduction, and conservation easements that would allow the natural ecosystems to purify the water. This would cost between US\$1 billion and US\$1.5 billion. New York City chose to invest in the natural ecosystem services of the watershed rather than building new grey infrastructure, based on calculations which determined that protecting the watershed had a better rate of return (90 to 170 per cent) and a shorter payback period of four to seven years. The complex network is the largest unfiltered

surface water supply in the world, supplying 1.3 billion gallons of water each day.

Enhances Property Values

Another way in which green infrastructure creates economic value is by enhancing property values. Research has shown that proximity to parks and green spaces can increase the value of residential and commercial properties. For instance, a University of British Columbia research report, "Corridors of Green and Gold: Impact of riparian suburban greenways on property values", attributes a 10-15% increase in property value for homes that are in close proximity to a greenway in urban areas.

Several studies examining house sale prices estimated the impact of water clarity changes on lakefront property values. Studies in Maine and New Hampshire, USA have estimated for every one metre change in water clarity depth, property values increased ranging from \$1,100 to \$12,938 per lakefront property. These findings highlight economic benefits of municipalities and individuals investing in green infrastructure.

Stimulates the Economy

Green infrastructure projects, such as wetland restoration, tree planting, and green roof installation, require a range of workers like ecologists, engineers, landscapers, and labourers. In 2018, it is estimated that Ontario's green infrastructure sector was responsible for generating \$8.6 billion in revenues and \$4.63 billion in direct gross domestic product, directly employing approximately 84,400 people. Factoring in the indirect and induced impacts, Ontario's green infrastructure sector was responsible for more than 122,000 jobs and nearly \$8.33 billion in GDP in 2018 according to a report produced for the Green Infrastructure Ontario Coalition and the Greenbelt Foundation.

Green infrastructure has enormous economic potential in Canada, not only through the provision of ecosystem services, but also through property value enhancement and job creation. By investing in green infrastructure, Canadian cities and communities can not only create more livable and resilient environments but also stimulate economic growth and development.

Article references available at watersheds.ca/economic-value-of-green-infrastructure

Crunching the Numbers

For example, The World Resources Institute estimates Wetlands and shorelands ecosystems across the world provides services up to \$15 trillion, including flood protection, fisheries habitat, and water purification. Another study by Rein, F.A revealed that a cost of \$23-\$727/hectare/year is avoided by municipalities and landowners main-

HIGHLANDS HIKER

Love Your Stardust Neighbourhood

By Colleen Hulett



When garlic mustard escapes into the forest, it crowds out and kills special under story plants like Trout Lilies (yellow flower), Liverwort (white flower), Trilliums, American Ginseng and more. First year plant has rounder leaves.



Second year garlic mustard bolts to 1m tall, topped with small white flower clusters. The leaves of the second-year garlic mustard are triangular in shape, growing alone or in colonies.



Seed pods forming from the flower clusters. The seeds can be ground into a tasty mustard.

I believe the most important role for humankind is to live in harmony with Earth and assist in preserving our planet's life through stewardship practices. Stewardship will ensure the life of our future offspring and their ecological niche they depend on to live out their lives. I have always thought we should pick up the practice of adding "Earth, Milkyway, Universe" to our home addresses like Arthur Dent did in the book 'Hitchhiker's guide to the Galaxy'. I think it would give us a closer bond with our fragile planet.

The Earth's resources (trees, plants, water, fish, etc.) have been managed since the beginning of human civilization. There are hardly any truly wild spaces left where humans have settled in the last few centuries. The huge Ottawa River watershed is 34.6 million acres big and sadly, has only one truly wild river left! Many of us tend to forget our land has long been managed sustainably by Indigenous cultures

before and after explorers entered into this country with dollar signs in their eyes.

Indigenous cultures do not view land management like an owner would, they practice stewardship of the land. That's a huge difference in practice and ethics! Many Indigenous cultures believe that every species on Earth is their relative (kincentricity) and they, in turn, respect their relatives' wants and needs. They recognize that humans are helpers and the weaker of all life forms! Therefore, their stewardship of the soil, water, and access to sunlight, work to preserve their ecological niche with careful sustainable techniques to preserve their relatives and ultimately their own existence. However effective stewardship is known to be, the practice was a silly notion to many explorers seeking wealth through resource extraction. Today it's common knowledge to scientists how literally everything on Earth is made of stardust and we are, metaphorically, all related.

Cementing the idea in our brains, Joni Mitchell wrote this verse 55 years ago: "We are stardust, we are golden/ We are billion-year-old-carbon/ and we got to get ourselves/ Back to the garden."

Knowing the forest near you is full of your relatives certainly helps create the need to care properly for its health. Yes, everything changes and dies eventually but Earth has a biological calendar we're not following at all. We are carelessly speeding up her death and the death of humankind. Presently, wealthy humans are overriding the planet's management needs in order to satisfy our spiral through technological advances that do not benefit Earth. The thought of mining a gorgeous mountain to make parts of an iPhone makes me cringe, yet I wouldn't give up my iPhone for anyone. We do need to extract the critical minerals, so why not do it in the most responsible way we can, right?

One huge factor of ignoring the land stewardship practices of our

Indigenous ancestors is consequently the fierce unpredictable climate conditions.

As Canada warms up, we are seeing invasive species of all kinds settle and survive in Canada that could not survive before in our colder climate of the past. Most invasive species in Ontario have origins in Asia and have naturalized in the warm states of the US. Their seeds and eggs can now survive a warmer Canada. You may remember how Ontario's Green Ash tree population was decimated by the ash borer beetle in recent years. The cost of the removal and proper disposal of the dying trees was no doubt astronomical, too. Many more invasion examples exist. As a newly graduated Horticulturist, I can give you a daunting list of bugs and plants, etc., presently travelling across our borders that may forever change our iconic Canadian landscapes.

Can I ask you to stop buying exotic plants and purchase only indigenous Canadian plants going

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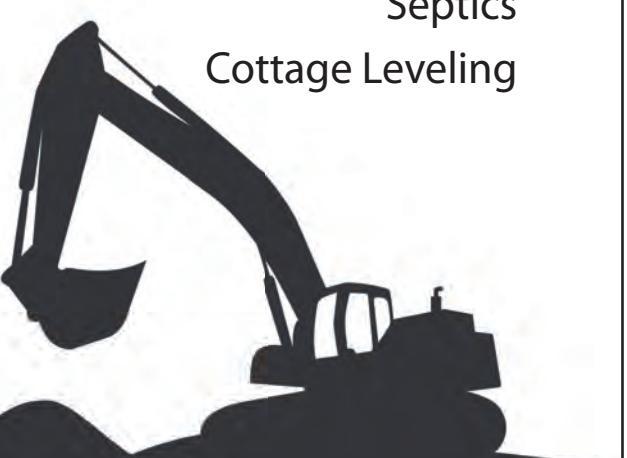
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If you see garlic mustard in the forest, pull it out root and all. It must be disposed in a garbage bag and not put in your compost or green space behind your place. It is listed as an invasive species in Ontario and has to be disposed of properly. You cannot collect the seeds and plant them or transplant a plant into your yard.



Garlic mustard is also commonly called Jack-in-the-hedge because it likes to line fences and hedges.

forward? We have a beautiful selection of flowering plants and shrubs for all 4 seasons. Your yard will be stunning and in tune with the wild forests near you. Your yard will provide a helpful oasis for tired birds, bees and butterflies travelling to and from local forests. They will pollinate your garden. Everyone wins.

With 90% of the Canadian population clustered in urban areas along the main Canada-US border, most of Canada is wilderness. We are fortunate to have an intimate relationship with Nature. We live in its biodiverse complexity and can appreciate its powerful presence in our lives. We understand the miracle of nature while witnessing four changing seasons. Many aspire to buy a getaway cottage on a secluded lake to lazily relax from the grind on weekends. There are more lakes than people in Canada so it is a very possible dream to work towards.

What Canadians have more of

than any other country is a multitude of landscapes. We have the 8 geographic climate regions, arctic landscapes, prairie lands, bog lands, 8 distinct forest regions including the Coastal rainforests in BC, the Okanagan desert, three distinct oceans, We have 125 Mountain ranges in Canada. Forget that 100 of those ranges are in the Rockies alone because there are still 24 other mountain ranges across Canada that are as stunning as the Rockies. In light of our 'Buy Canadian' stance, Jacques Cartier Provincial Park, Quebec, should be on every Canadian's bucket list. The highest peak in the park is Mont Raoul Blanchard at 3875ft (1181m) of altitude. All Canadian landscapes are stunning in their own form.

Now think about this, when invasive species come and outnumber our indigenous plants they destroy our ecological niches our country depends on collectively for survival. The presence of invasive species is a result of poor land

management practices coupled with a feigned ignorance of the intelligence of ancient Indigenous stewardship.

The Garlic Mustard herb is listed as one of Ontario's most aggressive invasive species. If the herb gets into a forest, it crowds out the delicate spring understory plants and disrupts the growth of mycorrhizal fungi. Their filament connections to each other transport shared food (minerals) to the plants. Plant roots alone are not sufficient for the uptake of all the required nutrients needed and depend on the fungal network to survive. According to the Ontario government, a dense stand of garlic mustard produces 60,000 seeds yearly. A garlic mustard stand doubles every four years and can spread in sun or shade. A latent seed can sprout 30 years later! In Ontario, garlic mustard can be found from Windsor to Sault Ste Marie. First year garlic mustard has many look-alikes in its rosette stage. Please crush its leaves and smell the garlic onion aroma to confirm your specimen is garlic mustard.

Ontarian citizens are responsible for the stewardship of their properties and common community grounds. If you see garlic mustard around your property, you are obliged to report it to your municipality. It must be pulled out with its tap roots intact. Thankfully they are easy to remove. Simply stick your trowel into the ground 2 inches from the base of the stem and loosen the soil slightly. Grab the base of the stem of your plant and easily pull up the 2-4 inch long tap roots. Next you have two options for disposal.

Option one is to place the whole plant in the garbage for proper disposal

of an invasive herb. No parts of the plant can end up in your compost or discarded into wild spaces. You cannot collect and plant its seeds or transplant a specimen in your yard. Option two is to cook and eat this herb which is foraged in many other countries too. The plant should be harvested before the flowers open. Garlic mustard leaves and shoots should be boiled/blanched before straining and stir frying in light oil with crushed garlic.

Boiling it first removes its raw bitterness. The seeds can be used to make a mustard paste and the roots can be pickled and some report it resembles horseradish. There are recipes online for garlic mustard 'wasabi' paste using the root and seeds. Garlic mustard is from the healthy brassicaceae family (mustard, broccoli, cabbage) and a source of vitamins A and C, trace minerals, chlorophyll, and enzymes. The taste of any wild food is acquired and the more often you try it, you will appreciate the taste more. Whether you consume or dispose of garlic mustard you are a steward for the environment that surrounds you. Take a bow!



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