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Welcome!

...To the beginning of wonderful summer in the Highlands, that magical time when the bugs have settled down, days are still long, and a flurry of wildlife activity is hatching, as Tony delights to tell us in Madawaska Summer Life, in Wild Things. It's true that Nature Nurtures, which is why Youth NEED Overnight Wilderness Camps to give them a good start on life's journey, as Survivorguy encourages. In Highlands Hiker, Lesley tells us about the journey of a brave woman who in May, at age 73, was Hiking the Ottawa Temiskaming Highland Trail, in Happy Trails. Well done!

Even if you are a chicken in the woods, you should venture out to harvest Chicken of the Woods mushrooms. Colleen tells us how in Highlands Hiker. We all know that nutritious food, regular exercise, and time in nature help us Live Long and Live Well and Derek adds to that in Wellness. Do you know What Ups, Downs, and Twists Your Story will Take? Of course not, but take a look at the Short Story Contest and learn how to change the shape of lives, fictional ones that is.

Everyone's life changes as they grow, and in the third episode of In the Mind of Alice in Rural Vignettes, we find out how Alice became "The Maid of Vennachar". Joe and Canadian Author Elizabeth Hay talk About Family, Life's Last Act, and Boiling Down, as they discuss her latest book, Snow Road Station, in The Hills are Alive... with the Arts. And in Cloyne Historical, read the last chapter of the saga of The Northbrook Hotel as described by Bolton descendants, Cindy and Elaine.

All things must pass, even heavy smoke from wildfires, but what are the consequences of all that Smoke on the Water? Learn all about it in Watershed News. And learn all about exciting things to do and exciting things you might have done as described by Charlotte and Morgana in News & Views and Bogie Beat, and in Library Matters. Check the ads for more things to do because these hills really are alive! But whatever you do... Enjoy!...

Is it a Thunderbird? Is it a plane? Is it a cool cloud formation looking over Matawatchan and the Madawaska River?

Pic by Lois Thomson



A turtle laying eggs on Centennial Rd. in Greater Madawaska. Her hatchlings will have a steep climb down to the water below.

Pic by Lois Thomson

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Next issue August 6

The Madawaska Highlander

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July 25 for August 6 publication**

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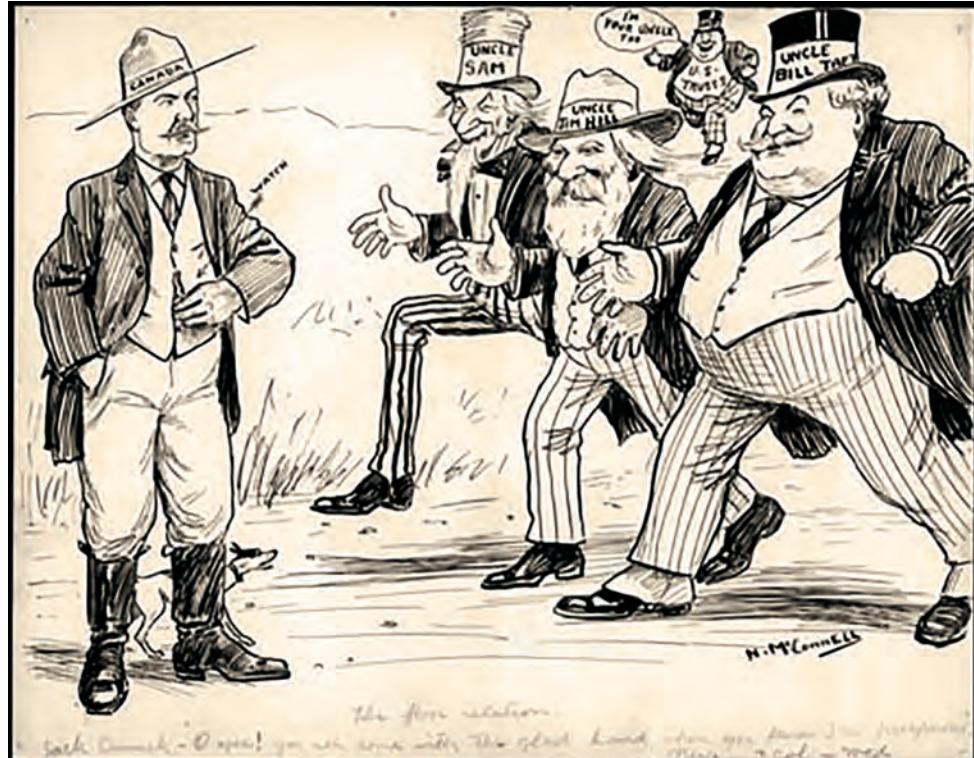
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Conrad Grégoire

David Overholt
Elaine & Cindy
(Bolton)

2



"Jack Canuck: O yes! you all come with the glad hand when you know I'm prosperous" [Caricatures of American President Taft and businessmen. Commenting on the American desire to take advantage of the healthy Canadian economy] Date between circa 1909 and 1912.

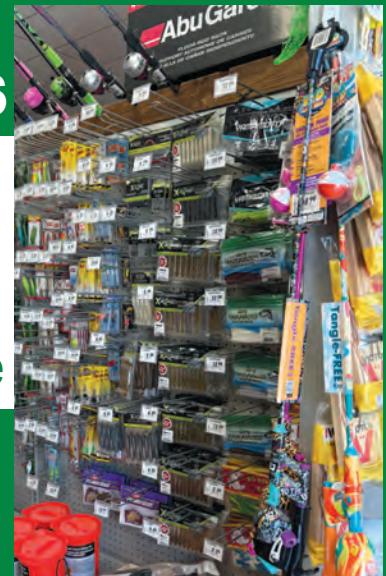
On January 26, 1911, US President Taft addressed congress as he submitted the text of the newly concluded free trade treaty with Canada after decades of tariffs. "Since becoming a nation, Canada has been our good neighbor, immediately contiguous across a wide continent without artificial or natural barrier except navigable waters used in common," Taft said. "She has cost us nothing in the way of preparations for defense against her possible assault, and she never will. She has sought to agree with us quickly when differences have disturbed our relations. She shares with us common traditions and aspirations. I feel I have correctly interpreted the wish of the American people by expressing in the arrangement now submitted to Congress for its approval, their desire for a more intimate and cordial relationship with Canada. I therefore earnestly hope that the measure will be promptly enacted into law." In his message to Congress, Taft said the time for closer economic relations with Canada was now, with past disputes between the two nations now rightly consigned to the history books.

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NEWS & VIEWS - GRIFFITH & MATAWATCHAN & DENBIGH & VENNACHAR

Key addresses: GRIFFITH: Griffith & Matawathan Recreation Centre (Denbigh-Griffith Lions Club) 25991 Hwy 41, Ginza Park, Rink, and Pickleball Court, 15 Ginza Street, Adams Berry Farm 25761 Hwy 41, Griffith Hilltop Church, 25197, Hwy 41 MATAWATCHAN: Matawatchan Hall 1677 Frontenac Road. DENBIGH: Denbigh Hall 222 Hwy 28, Heritage Park, 48 Lane Street, St. Lukes Church - 188 Hwy 28, Addington Highlands Community Centre and Food Bank 31 Central Street. VENNACHAR: Vennachar Free Methodist Church 424 Matawatchan Road.

By Charlotte Dafoe



John Allaire entertained the crowd at Adam's Berry Farm's Market on June 29.



Denbigh Recreation's 2nd Horse Pull on June 7th had 23 teams participating, an enjoyable experience for the estimated 200 spectators.



It was a fabulous night with Elvis on June 14 with Mason, Ryan, and John Cigan.



The Fun Run on Canada Day was a great success with forty-three 5k and thirteen 1k runners, 4 dogs, one stroller, and our fire fighters running or helping.



WHAT'S HAPPENING

Did anyone miss the 't'? One was missed in Matawatchan in last month's edition of the Highlander. My apologies to Matawatchan residents - that's as inexcusable as spelling Vennachar with an 'er'.

SERVICES IN OUR COMMUNITY

The Denbigh Community Food Bank, located within the Addington Highlands Community Centre is open the 2nd and 4th Tuesday of every month from 10am-11am. Call Gail at 613-333-2224 for more information.

Calabogie & Area Home Support volunteer group offers: In town and out of town **medical transportation**, right from your home at very reasonable prices. Driver will wait at your appointment then take you home. They also offer a **frozen meals delivery service by Comfort Plate** and scheduled "check-in calls".

Call 613-752-2828 between 9am and noon, Monday to Friday. Or email info@calabogiehomesupport.com

Greater Madawaska Seniors Housing Corporation is dedicated to helping seniors remain in their homes longer. Some services offered are: **Foot care, special events, recreation, educational programs, administration assistance, and transportation.** Contact Steven Green at 647-454-8589 or email green_steven@icloud.com

More transportation volunteers are wanted for our seniors community groups. Please contact them for details if you think you can help out.

EVENTS IN OUR COMMUNITY IN JULY

The Denbigh Wellness Group meets on Tuesday mornings at 9am for coffee, tea

and conversation. For the month of July, the group will meet at Rosie's Cafe & General Store (22353 Hwy 41, Denbigh) in their outside seating area.

- **St. Luke's United Church in Denbigh** invites you to join them in fellowship on Sundays at 10am.

- **Matawatchan Hall will be hosting Saturday Socials** from 10am-Noon on July 12th, 19th & 26th. The Pickled Chickens will be providing music on the 19th.

- **Matawatchan Hall will be hosting Saturday Socials** from 10am-Noon on August 9th, 16th and 30th, with music by Derek Roche on the 16th.

- **The Denbigh-Griffith Lions Club is hosting Bingo** on July 8th & 22nd. Doors open at 6:30pm with games starting at 7:30pm.

- 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.

- **Denbigh Recreation presents a Kids Dance** on July 19th from 7-9pm at the Denbigh Hall. The event is geared for young people ages five and older. Admission is \$2 and pop and snacks will be available for purchase.

- **Denbigh Recreation is hosting Baseball** every Wednesday at 6pm at Heritage Park. It's for kids who will be aged 3 to 15 at the end of August.

- **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.

EVENTS IN OUR COMMUNITY IN AUGUST

- **St. Luke's United Church in Denbigh** invites you to join them in fellowship on Sundays at 10am.

- **The Matawatchan Hall will be the site of a Community Yard Sale** on August 2nd. Contact Nancy Reid for further information - reid.nancy42@yahoo.ca /

613-333-9556.

- **The Denbigh-Griffith Lions Club is hosting Bingo** on August 5th & 19th. Doors open at 6:30pm with games starting at 7:30pm.

- **Denbigh Recreation is planning a Community Corn Bash & Vendors Market** on August 9th from 11am - 2pm at Heritage Park. The day will feature games, face painting, vendors, live music by Whiskey Smoke, corn and much more! To register as a vendor, contact denbighrecreation@gmail.com.

- **The Griffith and Matawatchan Fish & Game Club invites you to their Annual**

Pork Roast Family Day Event on August 9th from 3 - 9pm. The festivities will be held at the Matawatchan Hall and feature a kids' zone, adult horseshoe tournament, 50/50 draw, cash bar and of course a homecooked meal. From 4-8pm, **the band Bird King** will be performing live. Be sure to bring a lawn chair for this fun-filled afternoon. For more information contact gmgfclub@yahoo.com.

- **The Denbigh-Griffith Lions Club's 17th annual Show & Shine** is scheduled for August 23rd from 10am-2pm.

EVENTS AT A GLANCE:

July 12, 19, 26 - 10am - Noon - Saturday Socials at the Matawatchan Hall

July 22 - 7:30pm - Denbigh-Griffith Lions Club Bingo

July 12 - 7pm - 1am - Matawatchan Hall Summer Dance featuring Ghost Town Cryers

July 19 - 7 - 9pm - Denbigh Recreation Kids Dance

July 26 - 2pm - Vennachar Free Methodist Church Celebration of Life for Patrick Healey

August 2 - Matawatchan Hall Community Yard Sale

August 5, 19 - 7:30pm - Denbigh-Griffith Lions Club Bingo

August 9, 16, 30 - 10am - Noon - Saturday Socials at the Matawatchan Hall

August 9 - 11am - 2pm - Denbigh Recreation Community Corn Bash & Vendors Market

August 9 - 3 - 9pm - Griffith & Matawatchan Fish & Game Club Pork Roast Family Day

August 23 - 10am - 2pm - Denbigh-Griffith Lions Club Show & Shine

Contact Kevin at 613-715-2143 Black Donald Lake



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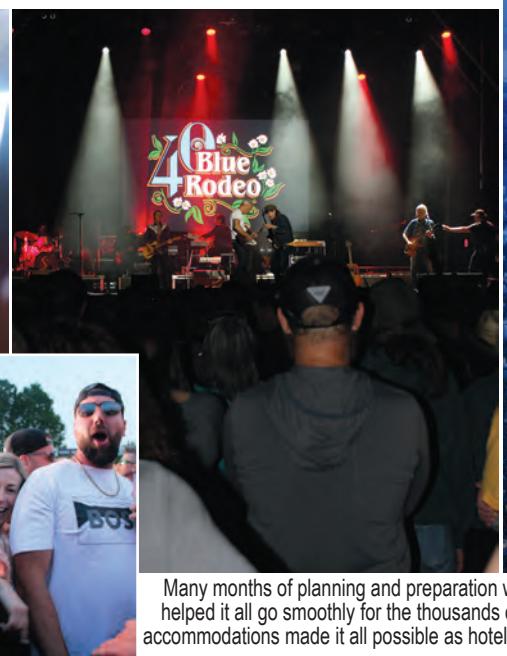
Calabogie Folks & What they're Up To By Morgana Dillingham



The First Guitars and Gasoline at Calabogie Motorsports Park on June 6 & 7 was part street party.



The crowds loved the top-notch Canadian entertainers on a beautiful June weekend.



Many months of planning and preparation went into this very well-organized event and a host of volunteers helped it all go smoothly for the thousands of people who came from all over to Calabogie. On site camping accommodations made it all possible as hotels, inns, and B&Bs were full. There is no doubt it will happen again.



Pic courtesy Barrie Nichols

Canada Day in Calabogie started with a Pancake Breakfast put on by the Greater Madawaska Library and Learning Centre volunteers with assistance from the Fire Department. The Fire Department was busy from morning until night!

Summer in Calabogie is truly something special — buzzing with music, markets, festivals, and that unmistakable warmth of community spirit. In this edition of

The Bogie Beat, I'm sharing some of the highlights that made May and June so memorable and giving you a glimpse of what's coming up next. Whether you're

new to town or a lifelong local, there's never been a better time to dive in and celebrate all the incredible people, places, and events that make Calabogie and area shine.

Guitars & Gasoline at Calabogie Motorsports Park was a festival weekend to Remember! Wow, where do I even start? Blue Rodeo drew a massive, happy crowd that felt like one big family singalong. Theory of a Deadman absolutely rocked the stage (my personal favourite!), and Alexa Goldie impressed everyone with her talent and genuine, down-to-earth vibe. And let's not forget The Trews — extra special for me, since I have a cousin named Trew who was named after them! Josh Ross was the last performer, and he did not disappoint! The moment Canada flag beach balls began bouncing around the crowd during his new chart-topping hit Drunk Right Now, I knew it was a show to remember, the energy was electric.

Beyond the music, the festival made a huge impact on our town. Airbnb's and hotels were fully booked, local shops and restaurants were bustling, and everyone I spoke with thought it was incredibly well-organized. After some minor service hiccups on the first night, things ran smoothly. The layout was easy to navigate with tons of great vendors. Highlights included the Nice Ice Baby ice cream and Snowcone truck, melt-in-your-mouth BBQ ribs and cornbread, and the lively HV0 Vodka lounge. I loved their creative cocktails: the Gasoline (Moscow) Mule, Calabogie Caesar, and the Blueberry Bogie, which I happily sipped while listening to The Trews.

There were also unexpected, fun touches like the tattoo truck — some festivalgoers even got custom track map temporary tattoos, which is pretty cool if you ask me! At its core, this festival was a perfect showcase of what makes Calabogie special: music, community, creativity, and the spirit of coming together. I

truly believe this is just the beginning. With events like this, Calabogie is on the map as a must-visit destination.

Greater Madawaska Fire Department Open House. On June 10th, I had the chance to check out the new pumper tanker and gear at the Fire Station in Calabogie. It was amazing going through the firehouse, learning about what they do, and getting to know the crew we count on as our first responders. The new 2025 pumper tanker replaces their old 1989 truck and is a big step forward in keeping our community safe. Along with it, they've added an equipment boat, a side-by-side for off-road calls, updated radios, and new gear dryers — all thanks to generous donations and grant funding. (More about that on page 6.) It was so inspiring to see how much work, heart, and community support go into protecting Calabogie and beyond. Big thanks to our local firefighters for all they do!

We've counted on our fire fighters time and time again and every time, we're left feeling deeply grateful and impressed by the dedication, energy, and heart they pour into our community. Beyond keeping us safe, they show up and support local events and initiatives, truly becoming part of the fabric of the whole township. Just look at Canada Day: they were right there flipping pancakes, running activities, and sharing in the fun.

This month, they responded swiftly to a fire at a home right in the village — a call that hit close to home, as it involved one of their own. Many of us saw posts in Calabogie Folks about black smoke rising over the village. Thanks to a quick-thinking group of 4-wheelers who spotted the garage fire and alerted the family inside, no one was harmed. The family has been focusing on the positives, reminding us that it was "just stuff" that can be replaced, and they've even added a few new photos to their memory bank. Their home was saved,

BOGIE BEAT



Great food, live music, and a variety of vendors lined Madawaska Street on Canada Day with some special attractions. Axe throwing proved not to be as easy as it looks, either is sawing with a two man crosscut saw, as Councillor (The Tree Man) Taylor Popkie showed a couple of fellow councillors (Rob Tripp and Lois Thomson). The last pic on the right shows how it should be done.



The Greater Madawaska Business Showcase on June 21 was a huge success, as this group of happy participants can attest.

Showcase organizer, Jenna McEwan, shaved Councillor Taylor Popkie's head and face (with touch ups by Kim Lepine) raising over \$1,700 for the Calabogie Food Bank. We barely recognize him now.



Caitlin Norton is the township's Program Coordinator. She was at the Showcase to create more awareness of GM55+ programs, but it's not just about seniors. Check greatermadawaska.com regularly for information about programs for all ages, like Summer Day Camps in Calabogie and Griffith/Matawachan. The first one is on July 14.

Nature pic, left to right: Mark Thomas urges people to slow down and watch out for the turtles on the road. Sharon Woodhouse Nichols - Strawberry Moon. Chelsey Manchur - Moose with calf on Wilson Farm Road. Jaret Poff - Terrific lightning storm that was all around and over Calabogie Lake.

and the department worked tirelessly to make sure it stayed that way — a true testament to the strength and care in our community.

The Greater Madawaska Business Showcase — On June 21st, Greater Madawaska came together in Calabogie to celebrate all that our businesses have to offer. From shops and services geared toward visitors to those supporting our full-time residents, there was truly something for everyone. I attended to represent **Calabogie & Area Home Support**, and it was wonderful to connect with new faces, catch up with familiar ones, and share the great work we do in the community. One of the highlights of the day was the **fundraiser for the Calabogie Food Bank**. Over \$1,700 was raised — and in a memorable show of community spirit, local legend and Deputy Mayor Taylor Popkie had his head and beard shaved right on the spot! It was quite the sight to see him revealed under all that beard. While this isn't the first business showcase in Calabogie, it was the first one fully organized by the township and they did an incredible job. The turnout was fantastic, the weather cooperated, and the energy was high. Hats off to Jenna McEwan and her team for putting together such a successful and fun event. I'm already looking forward to seeing what next year brings!

Canada Day was another great community event for the books. The Calabogie Canada Day Committee was busy planning for months to prepare for our Canada Day activities and events around the village. It started off with the **Pancake Breakfast** at the community centre hosted by the Library with help from the Fire Department. In the

afternoon, Madawaska Street was vibrating with excitement and fun. From 4-10 PM, the **Canada Day celebrations were packed with activities for all ages**. There was Kid's Bingo, face painting, the BASH tent, raffle prizes, a scavenger hunt, cotton candy, chainsaw carving and lumberjack demos, plus fire department activities and demos. Families enjoyed bouncy castles, games, axe throwing, and the always-popular dunk tank. Meanwhile, the beer garden and BBQ kept everyone fueled up, and adults could join in on Bingo later in the evening. The night wrapped up with live music from The Front Porch Sitters and big fireworks show to finish the day on a high note.

Greater Madawaska's SALC & Calabogie Home Support Team Up. Last month, I shared an update on the wonderful start of the Seniors Active Living Centre (SALC) run by the township. This month, I'm excited to announce a new collaboration between the township's SALC initiative (facilitated by Caitlin Norton), Calabogie & Area Home Support (CAHS), and myself.

Earlier this year, I joined CAHS to help create an outreach campaign, and from that, **The Comfort Plate Initiative** was born. My goal with Comfort Plate is to highlight the incredible work CAHS does, the valuable services they offer, and to help build community connections in a warm, meaningful way. One of my favorite things about Calabogie & Area Home Support is their affordable and accessible comfort meal program. They offer a delicious selection of healthy frozen meals from Timesavers Foods, available to pre-order by phone or to pick up in person at the office (cash

or cheque accepted). Personally, I loved the mac & cheese and can't wait to try the shepherd's pie next!

As part of this new collaboration, **CAHS and the Township of Greater Madawaska are hosting two free community events for seniors this summer:**

- Tuesday, July 22: Taste & Learn Seniors Social Luncheon

- August: Cooking for 1 or 2 Workshop
More details on both events will be shared on the SALC page of the township website and on the CAHS Facebook page. Keep reading for more event info for the Taste & Learn below!

Bogie Birthdays

This past month, many wonderful people in our community celebrated birthdays — but two in particular stood out with big, cheerful displays: Melanie Brown from Kidz b Kidz Childcare and Sherry Cosman from MAD River Paddle Co. The fronts of their businesses were all decked out with decorations, and seeing the smiles, the honking cars, and the love pouring in as I drove by was such a beautiful reminder of the spirit that makes Calabogie so special.

These celebrations feel like a big group hug to the people who help shape our village, and I can't wait to see whose birthday banner pops up next. Let's keep this joyful tradition going and continue shining a light on the folks who make our community feel like home! Do you know of any community leaders or locals celebrating a birthday in August? I'd love to highlight a few in the next edition — let me know so we can help make their day extra special!

As Seen on Calabogie Folks
Will the History of the Barryvale Heritage Home Be Restored? A recent loss in our community has touched many hearts, reminding us just how much our heritage homes mean—not just as buildings, but as places filled with stories and memories shared by generations. This particular historic house in Barryvale sparked an outpouring of memories and experiences from neighbors and past residents, showing how deeply it has been woven into the fabric of our community. While the future of the home remains uncertain, this moment shines a spotlight on the importance of honoring and protecting our local heritage. These homes carry the history of those who came before us and preserving them keeps our community's story alive for generations to come.

Meet "The Patty Wagon"
Calabogie's Friendly Ride! Over the past year and a half, Patty Laine Evans Hall has become a beloved part of our community and this weekend, she had one of her best experiences yet driving the "Fangriggintastic" Calabogie Folks around! Patty says you all are the kindest, most patient, and downright hilarious people she's ever met, and she's made a ton of new friends here. Recognizing the need for a reliable and affordable local ride service, Patty is launching "The Patty Wagon" — a no-fuss, budget-friendly way to get around town. Keep an eye out for her business cards coming soon! If you need a lift, just shoot her a text — she's got your back.

Continued next page..

BOGIE BEAT

What's Happening in July and Looking Ahead at August

Calabogie Market — You can visit the market on Saturdays through the rest of summer located at the Calabogie Community Centre. They have some fun events happening. On July 5th they had the annual car show. I attended to represent The Comfort Plate with Calabogie and Area Home Support. Each week they have new vendors, and your favourites returning. A new business I have fallen in love with is D's Buns. Operated by Daphne, she makes these incredible cinnamon buns! I bought them a few times now and everyone just loves them. Stop by the market and support our local vendors and try out D's Buns!

Landscape Artist of the Year. I'm thrilled to announce that I'll be participating in the inaugural Landscape Artist of the Year competition on Saturday, July 19 from 10am to 4pm at Barnet Park in Calabogie. This free, plein air event invites artists of all ages and skill levels to showcase their talents amidst the stunning natural beauty of our community. As a local artist, I'm excited to contribute to this celebration of creativity and nature. I can't wait to see what my fellow artists will create and to share in the collective inspiration that makes our arts community so vibrant. Whether you're an artist or an art enthusiast, this event promises to be a wonderful opportunity to connect and appreciate the artistic spirit that thrives in Calabogie.

Taste & Learn: A Seniors Social Luncheon On Tuesday, July 22nd from 12:30–2:30pm, join us at the Calabogie Community Hall for a free, friendly afternoon of good food and great company. This event is part of The Comfort Plate initiative I've been working on with Calabogie & Area Home Support in col-

laboration with the Township's SALC program. You'll get to sample delicious frozen meals from Timesavers Foods (trust me — they're good!), learn more about the affordable meal support program, and connect with neighbours in a relaxed, welcoming setting. Whether you're curious about the meal program for yourself or a loved one, or just want to enjoy a tasty lunch and some conversation, this is a great way to get involved. Reserve your spot for free. Space is limited! *Call 613-752-2828 or register online via the CAHS Facebook page.*

Sasquatch Family Fishing Derby. Mark Your Calendars! The Sasquatch Family Fishing Derby is back and officially calling Calabogie Lake home! This year's event will take place on Saturday, July 26 at Barnet Park (Cottage and Public Boat Launch, 5179 Calabogie Road) kicking off bright and early at 7am. Whether you're an avid angler or just love the lakeside atmosphere, there's something for everyone. Along with fishing competitions in three divisions — Bass Master, Guardian (ages 8-15), and Shore Fisherman/Fisherwoman — there's a putting championship, thousands of dollars in prizes, and plenty of free draw prizes to win. Plus, every young angler in the Guardian division receives a brand-new rod and reel! Enjoy a delicious BBQ and soft drinks included with your registration, and soak up the fun community vibes. Just remember: *all entries must be registered and paid by July 18th.* They hosted this last year and everyone loved the experience. I'm hoping to drop by this year! *For more info or to register, contact Walter Zielinski at 613-277-4595 or chicagowally@live.com.*

NASCAR Canada Series is revving up for an unforgettable weekend as

the NASCAR Canada Series makes its debut at Calabogie Motorsports Park on July 26–27. The action kicks off on Saturday, July 26, with practice sessions and qualifying rounds. The main event, the NASCAR Canada Series race, takes place on Sunday, July 27, featuring a 55-lap race on the challenging 2.8 km Stadium Track Layout, renowned for its high-speed corners and thrilling straights. But that's not all! The weekend also includes exciting support races such as the **FEL Sports Car Championship Canada** (TCA, TCR, and GT4 touring cars), the **FEL Radical Cup Canada**, and the **Spec Miata Challenge** — known for its intense bumper-to-bumper action. Fans can enjoy exploring the paddock, meeting drivers, and soaking in the vibrant atmosphere of this historic event. As someone who's been part of Calabogie's journey, I'm beyond excited to witness this landmark event firsthand. After the success of the Guitars and Gasoline festival, it's clear that Calabogie is gaining recognition as a premier destination for world-class events. This NASCAR weekend is just the beginning, and I can't wait to see what the future holds for our community.

Weekly Happenings

Looking to get involved or try something new? Check out the Township Website, Calabogie Folks, and local business' social media as they promote a lot of great events that happen weekly in our community.

Getting Connected

In the past few editions, I outlined some ways to feel connected in our community. I mentioned joining local Facebook groups, and our plentiful community organizations. For those who want to get in on the social action in person but

aren't ready to commit, I highly recommend checking out our local happenings.

- Attend local events and markets and chat with the vendor or local artists to feel more rooted.
- Volunteer with a community event, such as the Canada Day Committee. Or join in on community clean ups and fundraisers.
- Spend time at our local cafe and other gathering spots such as The Brewery and other restaurants in the village. You'll start recognizing the familiar faces and probably make friends quickly!
- Join an outdoor activity or class. There are plenty of recreational experiences such as volleyball, baseball, yoga classes etc. to choose from.
- Last one is probably the easiest! Get to know your neighborhoods. A simple wave, offering help, or inviting them over for a cup of coffee can go a long way in creating that close-knit small-town feel.

Thank you for following along with this edition of The Bogie Beat. I love sharing these snapshots of our community with you. If you have stories, events, or local gems you'd like to see featured next time, reach out anytime at thebogiebeat@gmail.com. Until then, I'll see you around town (probably with a coffee or camera in hand)!

Stay kind, stay curious, and keep supporting each other — that's what makes Calabogie, Calabogie.



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.

GREATER MADAWASKA TOWNSHIP UPDATES

Our Fire Department - Growing Greater All the Time!



Greater Madawaska Fire Department's Open House on June 10 was a chance for Council members and other guests to see new equipment that will help crews perform rescues and fight fires in difficult terrain from both fire stations in Calabogie and Griffith.



Fire safety is a major responsibility for the fire department and the best way to keep people safe is through education and free, no-obligation home inspections. You will see the Greater Madawaska Fire Department crews helping out at charity events to promote fire safety. Children love climbing aboard the shiny trucks and learning about firefighting, which inspires many to eventually join the department as proud new members.

We are proud to officially unveil our newest addition to the Greater Madawaska Fire Department fire fleet — a 2025 Freightliner 2500 Gallon Pumper Tanker, custom built by Battleshield Industries.

This unit replaces our 1989 tanker and has been strategically selected to support future fleet planning, as our current frontline pumper approaches its 20-year lifespan, in accordance with Fire Underwriters Survey standards.

The unveiling took place with our fire department and Council — a strong show of support for continued public safety investment in our community.

Over the past year, we have also received approximately \$100,000 in combined grant funding and generous donations, which have allowed us to make significant upgrades across the department:

A new equipment boat, generously donated by a Calabogie resident,

to assist in water-related operations and transportation.

Two enclosed utility trailers and 18 new portable radios acquired through successful grant applications, improving our communication and logistics.

A Polaris side-by-side, funded through the Firehouse Subs Public Safety Foundation, giving us better access during off-road emergencies and wildland incidents.

Two bunker gear dryers and one bunker gear extractor, purchased

with support from the Ontario Fire Prevention Grant, helping us clean and maintain critical firefighter gear safely and efficiently.

These investments help us respond faster, work safer, and serve you better. We are grateful for the support of our community, funding partners, and municipal leadership who continue to prioritize the safety of our residents and firefighters alike.

Thank you for standing behind your fire service!

NEWS CLIPPINGS WE HAVE GATHERED

With dams removed from the Klamath River, Indigenous youth are on a journey to descend the full length, through Oregon and California, and salmon are back.

Indigenous Climate Action report, "Land Back is Climate Action", noted that the climate wins when Indigenous people assert their rights on their lands.

Tsleil-Waututh nation is slowly restoring the health of its waters, after decades of industry and development in the Burrard Inlet in Vancouver, after regaining authority

Former N.L. premier Danny Williams donates 185-acre land to Nature Conservancy of Canada to protect globally rare species bringing a reserve to nearly 1,200 acres.

Denmark considering NS's Houston Wind 40GW offshore wind project. Province requires 2.4 GW. Will sell excess to the rest of Canada and, potentially, the US.

Expanded ON Hydrogen Innovation Fund will support low-carbon hydrogen integration into electricity grid and broader use of hydrogen in industry and transport

Big Finnish sand battery stores up to 100 MWh of wind and solar energy in crushed soapstone, eliminating oil from their district heating network by nearly 70 per cent.

A California project can turn vats of treated sewage water into drinking water in less than an hour and could be a blueprint for other water-scarce regions.

Abandoned coal mines had left West Virginia waterways acidic and rusty orange. Local residents are cleaning them up, and recovering rare earths in the process.

Kraft Heinz, the maker of Kool-Aid and Jell-O announced a change two months after Robert F. Kennedy Jr. moved to ban artificial food dyes over the next 2 years.

With planning and construction underway, Scandinavia's geological storage models could become the global standard for safely managing high-level radioactive waste.

Cyclic Materials, Canadian startup backed by Amazon and Microsoft, is investing \$25M to build a rare-earths recycling plant and research centre in Kingston

"Desert Tech Breaks Physics": Saudi Cooling System Slashes Solar Panel Heat by 49°F, Triples Lifespan, Surges Energy Output, promising to reshape solar energy.

China overtook the US as the world's largest vehicle market in 2009 and it now assembles more EVs per year than the rest of the world combined.

New law allows citizenship beyond the 1st generation if the parent has spent at least 3 years, physically in Canada, prior to child's birth outside the country.

ON has launched My Career Journey, an interactive online tool which will connect students and job seekers to the information they need to begin fulfilling careers

Owning a home in Canada is the most affordable it's been in three years.

Luxembourg, Canada's 8th largest source of direct investment, can boost exports to European Union countries as the U.S. pulls back on trade - opens Ottawa embassy.

Northlander passenger train on track to return next year. Passenger train was scrapped in 2012 due to high costs. Total price tag for its return not yet known.

Ontario appointed 10 new judges to the Ontario Court of Justice, with half assigned to northern regions in an effort to bolster judicial resources in underserved areas.

Megabus is running a sale for seats on its routes between Toronto, Kingston, and Montreal at crazy low prices, some under \$10 to introduce the service in Canada.

Finnair announced on Wednesday that it will resume its long-scrapped direct flight between Helsinki, Finland and Toronto starting next year, after over a decade.

Porter Airlines expanding routes outside Canada and U.S. for the first time this winter - Cancun, Puerto Vallarta, Nassau, Grand Cayman, Costa Rica. No Vegas flights

Air Canada Launches Flights from Montréal to Edinburgh Scotland

Want to own an international border crossing? A centuries-old ferry service between Wolfe Island, Ont. and Cape Vincent, N.Y. is for sale.

Goodbye to US GPS - China breaks its dependence after 20 years and its BeiDou system has already been adopted by 140 countries

US SpinLaunch's centrifugal cannon technology promises cost-effective and environmentally friendly satellite deployments that challenge giants like SpaceX.

China's SpinLaunch skips the traditional use of rocket fuel. Instead, it relies on a rotating arm, spinning inside a vacuum chamber, to fling satellites into low Earth orbit

Chinese satellite gets 5 times Starlink speed with 2-watt laser from 36,000km orbit.

CMA and 3 doctors filed a constitutional challenge against the Alberta government over Bill 26, legislation limiting access to medical treatment for transgender youth.

Teva birth control pills recalled across Canada over extra placebos. Health Canada is urging patients not to skip doses or stop taking their birth control.

Trial with 889 patients in 55 world hospitals, including Kingston, shows remarkable reduction in recurring and new cancers after prescribed exercise program.

Doctors and nurses licensed in the United States will soon be able to more easily practise in Ontario, under changes announced by the minister of health

Eight US states seek to outlaw "theoretical" chemtrails. States introduce chemtrail-coded legislation as conspiracy theories take root in some US chambers.

The City of Montreal is investing \$100,000 to lure scientists and researchers who want to leave the US as it removes "hotbeds of liberalism and antisemitism."

U of T attracting US professors amid threat to academic freedom and rights at higher-education institutions. "We Study Fascism, and We're Leaving the U.S."

A new lawsuit filed against Health Canada alleges the agency has unlawfully failed to protect agricultural workers from the harms of pesticides.

ON investing \$6.5M through Life Sciences Innovation Fund (LSIF) to help 13 companies in the sector develop and launch made-in-Ontario medical technologies.

Ontario announced 57 new privately operated surgical and diagnostic centres will be integrated into the public health system as it tries to reduce wait times.

\$60M donation to Vancouver G Hospital by Dilawri family will transform cardiac care across the country and is already attracting top talent from the United States.

Trial with 889 patients in 55 world hospitals, including Kingston, shows remarkable reduction in recurring and new cancers after prescribed exercise program.

Axolotl mucus peptides attack breast cancer cells and MRSA. 'The Amphibians' peptides kill cancer cells without attacking healthy breast tissue cells.'

New brain scan study finds changes in smell and sight responses may detect Parkinson's years before symptoms start.

US scientists modified chemicals in the toxic crop fungus Aspergillus flavus, aka the "pharaohs' curse" fungus, and created a new compound that kills leukemia cells.

Scientists create lower-gluten wheat that makes tasty bread with fewer celiac triggers

Milk found to be more hydrating than water because it contains a sugar, protein, and fat, which slow the emptying of fluid from the stomach, so hydration lasts longer.

Study: Suitcases likely harbour more than 58X more bacteria than a public toilet seat

YouTube has told content moderators to favor "freedom of expression" over the risk of harm in deciding what to take down, if the videos are "in the public interest".

No, Cape Breton doesn't have its own time zone. Meta's AI platform and Google search repeat information from satirical news site, The Beaverton.

AI startup Cohere has inked partnerships with Canadian and United Kingdom governments as it expands its offerings beyond enterprise AI into the public sector.

Canada gives \$11M to several Alberta businesses that are leveraging AI, robotics, and advanced manufacturing that will benefit Canadian industries.

Canada's cybersecurity agency said Chinese-backed hackers were likely behind recent malicious activity targeting domestic telecommunications infrastructure.

Canada has ordered Chinese surveillance camera manufacturer Hikvision to cease operations in Canada over national security concerns.

U.S. activates its most aggressive plan yet to prevent China from accessing key technology dominating the skies.

Approximately 55 Canadians have been detained by U.S. Immigration and Customs Enforcement (ICE), says Foreign Affairs Minister Anita Anand.

Halifax frigate, HMCS Calgary to be completely refurbished at Seaspan Victoria Shipyards after 6 mos planning 28 mos upgrading. Up next is HMCS Winnipeg.

Canada begins production of River-class destroyers, final of 6 Arctic and offshore patrol ships (AOPS) was delivered. Work underway for 8th Coast Guard AOPS.

Astronomers discover black hole jet as bright as 10 trillion suns lit by Big Bang's afterglow. "It's like looking for a moving candlelight in close vicinity to a flashlight."

NASA's Voyager spacecraft revealed a vast region of superheated plasma solar wind at the edge of the solar system that is contained by the pressure of interstellar space.

Mars in 90 days — Expert finds 'highway to Mars' in the Solar System in April 3033.

Potato farmers in P.E.I. asking golfers to practice their swing away from fields. Wayward tee shots can cause problems during grading process.

Elizabeth Hay - About Family, Life's Last Act, and Boiling Down

Q&A with Elizabeth Hay

By Joe Sornberger

Elizabeth Hay's Ottawa Valley roots run deep: her mother grew up in Renfrew and the family has owned a cabin between Plevna and Ompah for over 50 years. The author of 11 books, including the Giller-Prize-winning *Late Nights On The Air*, Hay will be at the Bonnechere Authors Festival in Eganville on July 21 to talk about her current book, *Snow Road Station*, which tells the story of Lulu, an actor of a certain age who relocates at her family cabin after suffering the humiliation of forgetting her lines onstage. Once there, she sets about coming to terms with how to live out the last act of her life – something Hay, at 73, can relate to. In the living room of her South Ottawa home, while her husband Mark Fried baked bread, Hay explained how her feelings for her family cabin evolved from claustrophobic to restorative, how she needs to have something personal at stake with her fictional characters and how distilling 40 gallons of sap into one gallon of maple syrup is a metaphor for finding what truly matters in life.

Q: You've grew up in Ontario and have lived in Yellowknife, Winnipeg, New York City, Mexico, along with spending a year in London. Why, then, Ottawa?

A: Mark and I lived in Mexico for awhile and I was able to coax him north, but only as far as the Boston area, where he's from. We moved to New York, where Mark got work and we were there for six years, but I was increasingly homesick. Mark agreed to come. My parents lived in London, Ontario and his parents lived in Boston, so, Ottawa was kind of halfway between each one. A quieter place than Toronto; less complicated than Montreal. And also, two hours from the family cabin. Ottawa was the compromise and it was a terrific solution. I got a Canada Council grant and Mark (an editor) was able to put together bits and pieces of work. It was hard, initially. We were both underemployed.

Q: You hadn't lived in Ottawa before?

A: No, never. But my mother was born and grew up in Renfrew. And her mother ended her days in Ottawa, in a nursing home just across the canal. So, there are all kinds of family connections here.

Q: What's your connection to the Ottawa Valley?

A: My mother always retained a deep affection for the Ottawa Valley. I was born in Owen Sound and my early years were there and at the Bruce Peninsula, in Wiarton, which was a great place. But my Dad was a high school principal and on the move all the time, so he moved us to Mitchell, Ontario, near London, smack in the middle of flat farmland. In, 1969, there was a bay on a semi-wilderness lake on Crown land that opened up for cottage lots. My mother seized the opportunity to get one, which brought her back into Eastern Ontario. One of the ways of getting to the cabin is through Snow Road Station. So, from the age of 19 I've known about Snow Road Station.



It just took me about 50 years to realize what a great title it was for a book.

Q: It's just a little village, isn't it?

A: There's a lot there in the imagination. I always found the name incredibly appealing and poetic. It conjures up a lot for me. It's just a hamlet, but it's sort of famous for those in the know: it once produced more maple syrup than anywhere else in Canada. Maple syrup producers, not just from Snow Road Station but the area around, would bring their syrup to the train station and load it up and ship it off.

Q: Your previous book, *His Whole Life*, is also set in the Lanark Highlands. You clearly know that area very well. Do you have happy memories of being there?

A: When my parents bought that lot, they had a small cabin built, very simple and completely off the grid. No physical comforts. No electricity, no indoor plumbing. It was very dark. You'd come in off the water and it was like a door into the darkness when you'd climb up through the trees to that cabin. My parents were a very strict pair and I grew up afraid of my father. There were a lot of childhood memories that would press in on me – as well as my parents' forceful personalities. Coupled with the darkness, I found it very claustrophobic.

Then, when we were living in New York, we came up one summer – Mark and the kids and me. And Mark immediately fell in love with the place. He'd never seen such big trees. It was the trees, the quiet, the water, the canoe: he absolutely fell in love. Then I began to see the place through his eyes. What's more, it's about 10 years ago, more – almost 15 – since my parents died and so their presence has lifted. In a way, the cabin represents my whole

life, which is full of complicated memories that I'm continually working out. When I go there, my parents are very much with me, but not as oppressive as they once were.

Q: In *His Whole Life*, the main character, Jim, comes of age in the Lanark Highlands. But you only arrived there at 19, you'd already come of age. You're not Jim

A: No. He bears some similarities to my son, however, who's now 36. He didn't grow up there but it was a big place in his childhood. His experiences there were potent. They weren't Jim's experiences. But when you build a fictional character, you don't build out of nothing: you take bits and pieces of what you've learned by being with other people. The heart of the book is the relationship between a mother and a son.

Q: The new book, *Snow Road Station*, is actually a follow-up to *His Whole Life*, isn't it?

A: It's essentially a sequel, eight years later with the same cast of characters.

Q: Lulu, the main character, was involved in the lives of Jim and his mother, Nan. Why did you decide to pursue a book on Lulu?

A: It wasn't my idea. I was talking to my British editor after *His Whole Life* came out. He said that he loved Lulu and that the ending of that book left certain things unanswered that I could pursue in another book. He also said Snow Road Station would be a great title for a book. I walked away from that phone call thinking, 'I don't want to write another novel about these people.' But I sat down in my study and thought, 'I love Lulu, too.' I could see ways of getting into it. That's how it happened.

Q: In *Snow Road Station*, Lulu is 62 and she's looking back on her life, having just suffered the great humiliation of forgetting her lines in her play. She relocates to Snow Road Station and she reflects on her life. You're 73, and I assume this book took several years to write. Is this a case of 'I can reflect on my life,' at the same time as reflecting on hers?

A: When I write I do need to have something very personal at stake. A personal interest that's strong and is going to sustain me through the few hundred pages of a novel. If that isn't there, then I'll run out of steam. What sustained me was a fascination with a character, in this case Lulu, who has to figure out the last act of her life. So, yes. I'm in the last act of my life too. Where she is and where I am dovetail, in that sense. The circumstances are different but I've always had an interest in theatre, always had an interest in what it's like to be so vulnerable onstage as an actor. And that sense of failure that Lulu has: writers know all about that.

Q: Also, there's a lot about maple syrup. Is making maple syrup a metaphor for life?

A: In a sense. In order to recover from her major fiasco, Lulu makes a nighttime journey to Snow Road Station. In that play, where she forgot her lines, she was essentially alone onstage. In Snow Road Station she finds a cast of characters, some relatives and some dear friends with whom she reconnects. She also finds physical work. What comes to her rescue is the actual labour of making maple syrup – gathering the sap and working in the sugar shack. There's also the flow of sap, which is a motion in the novel. The flow of love. And turning 40 gallons of sap into one gallon of syrup. You're distilling things.

Q: What is that distillation a metaphor for? For finding yourself?

A: I think so. For finding what really matters to you.

Q: What's next for you?

A: I have a collection of short stories that is with the editor now. And I'm working on another novel. Each book takes a few years.

Q: As a writer, do you never retire?

A: A few years ago, I felt that I had run out of steam. Now I don't feel that way. But any number of obstacles can arrive. Including the obstacle of realizing the novel is not working out and never will work out. But then you just keep at it.

Q: And eventually it works out?

A: Yes. You just have to come at it from a different angle.



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.

LIBRARY MATTERS

Greater Madawaska Public Library News

By Ruth Jones



We are so much more than books! See below how you can take part in Tony and Nina's Photography workshop at a crazy low price. And so much more!

Much More than Books!

Greater Madawaska is fortunate to have a shared community spaced with a broad range of services like the public library. We welcome community members to make use of this resource. Greater Madawaska ratepayers have FREE access to library services with a library membership. Non-resident memberships are available to area visitors as well for an annual fee of only \$20.

Library Membership Gives you Free Access to:

- Ontario Parks passes (1 vehicle and occupants)
- National museum passes (2 adults, 3 children)
- Nature Discovery backpacks: Learn about our watershed! Each backpack contains tools to help you explore our shorelines, information about the plants and animals that live here, and a work-book that you can keep.
- Water Rangers water testing kits: These kits are robust and come with the tools you need to sample and test temperature, pH, and clarity. Collect water quality data and submit to Water Rangers to help create a baseline for water quality that will allow early detection of changes. Learn more at water-rangers.com
- E-books and podcasts
- CBC Corner (EN and FR)
- Pluto TV collection of movies and shows
- Medici TV - The world's premier resource for classical music programming
- MANGO and Little PIM Language-learning tools for adults, youth, children



Want to test your water, but don't want to pay hundreds for a kit? Want your kids to learn about watersheds? Use your library card to borrow testing and discovery backpacks.



We will be at a number of events this summer where we can sign you up for a free library membership on the spot. Library membership has its privileges! This pic was taken at the Business Showcase in Calabogie. Next we'll be at the Kids Fishing Derby in Matawachan. Call 613-752-2317 or go to greatermadawaska.com Click on Play and Discover at the top for a full list of benefits.

Resources

Inter-library loan service update – All materials that are delivered to us from libraries outside the Township are brought to us via Canada Post. The service will continue despite Canada Post's work-to-rule. We appreciate your patience at this time.

Recent and Upcoming Outreach Activities:

- Calabogie Market, Saturdays 9am – 2pm: June 7, July 19, Aug 16
- Griffith & Matawachan Fish & Game Club Kids Fishing Derby July 5, 10am - 1pm at Aird's Lake Boat Launch. We were there with Watersheds Canada Discovery Backpacks and Water Rangers Freshwater Testing Kits.

Programs for Kids:

Tuesday afternoons 1:30pm -2:30pm until August 24: **TD Summer Reading Club** (TDSRC) activities. Register now for a summer of fun, fabulous reading! From July 1 to August 28, TDSRC participants can collect a **Banana Buck** each time they visit the library and take out 5 books. These they can **spend on coupons for local businesses and items from the library store**. TDSRC activities will be held weekly at the library on Tuesday afternoons. Participation in these activities is optional.

Thursday mornings 9:30-10:15 – **Play & Learn drop-in for children 0-4 years and their caregivers.**

Friday, July 4, 10am – 11am – **Let's Talk Science** (Ottawa University/ Carleton

University): This will be hosted in the library. Come see some amazing science students doing what they do best - sharing the joy of scientific discovery! For ages 6-12. Please register by June 27. Wednesday, July 9, 12:30pm – 2pm:

Chess Club (for ages 6 – 14). This is the first of four meetup dates at the library over the summer with the next three sessions being held on July 23, August 13, and August 27. Please contact the library to pre-register

Upcoming Workshops:

Beginning Wednesday, August 6, 5pm – 8pm: **Photography workshop series with Tony Beck & Nina Stavlund of Always An Adventure Inc.** Please contact the library to register for this program. There will be a greatly reduced fee of only \$45 for this workshop series.

- Class 1 - Wednesday, August 6 (SJC gymnasium, 5pm - 8pm)
- Class 2 - Field Trip - Saturday August 9
- Class 3 - Wednesday, August 13 (SJC gymnasium, 5pm - 8pm, critique and review)

Thursday, August 14, 9am – 1pm: **FREE dental screening** at the library (SJC gymnasium). **Renfrew County District Health Unit** will be providing dental screening and offering fluoride treatment. No appointment necessary. This will run alongside our regular Thursday morning Play & Learn program and will be a good opportunity to introduce your child to dental hygiene practitioners. This is open to all members of the public as well.

Addington Highlands Public Library News

By Bonnie Leoen



Denbigh News

Denbigh library will be hosting their **Book and Bake Sale** Saturday July 19 - 9am -12pm

TD Summer Reading Club will be on Thursday evenings July 3 to August 21. 6-7pm

Clinton News

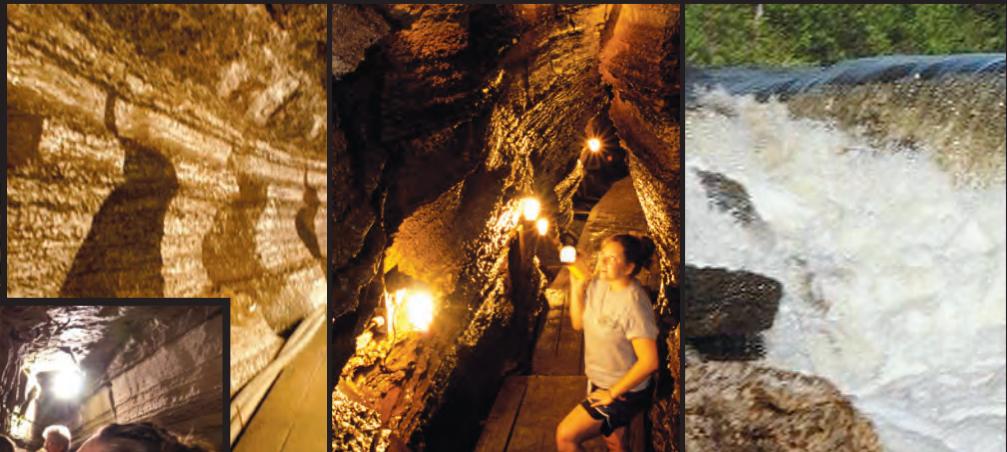
Clinton Library will be hosting their **Book and Bake Sale** Saturday August 2, - 9am -12pm

TD Summer Reading Club will be on Thursday afternoons July 3 to August 21. 3-4pm

Adult Monthly Book Club will be on Saturday July 5 and August 9 - 9:30-10:30am

Kids Learn to Knit, for kids 7 and up starting in July watch for date and time

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on the Bonnechere River
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bonnecherecaves.com

In Mind of Alice - Story 3 of 6 "The Maid of Vennachar"

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

My mother's Aunt May lived in the States and as they had no children, they spoke to my mother about sending one of us girls to live with her. Nina was always the restless one, so it was decided that she would be sent down to live with Aunt May. Aunt May said that she would give Nina a good education and would send money home to mother and father for Nina's help around the house. As Nina was just 13 the promise of an education sounded good, and Aunt May honored her part of the bargain in providing it to Nina. But as to the second part of the bargain, my parents never saw any money arriving from that source. Guess not even relatives are to be totally trusted. Take all relations with a grain of salt.

It took three days to write the entrance exams to get into high school and the students had to stay in Denbigh during those three days. Minnie boarded with Carl Stein's family during that time. Whenever one of my sisters boarded in Denbigh, my father would take in food by horse for a week. Minnie passed her exam with flying colors then went on to Kingston where she attended a business college. She worked there for a while, then moved to the States and stayed with Nina. The year that Minnie tried her entrance exam, Olive was born and although she passed her exam, she always declared that Olive had ruined her career.

Emma went to school in Vennachar then on to high school in Denbigh. She boarded with Gustava Adams who ran the store, which was eventually taken over by Hartman's. In return for boarding there, she had to milk a cow, kept where the Lips family is living now, and bring in the milk before she went to school. After high school, she trained in a hospital in Kingston and at the Penitentiary, then moved to Gravenhurst and nursed in a sanatorium there. That was where she got married. If anyone in the family got sick, she would always recommend an enema, regardless of the condition. In later years down a generation, the family would refer to her as "Aunt Enema". I couldn't help but chuckle.

When I was 13, I was to write my entrance exam but came down with a bad case of the flu. Doc Adams came and checked me out and said I was too sick to write the exam, but since my marks had been pretty good, they marked me as 'passed' anyway. Ezra Ball and I were the only two students that passed that year. In high school, Miss Dalmidge was to teach grades 1-8 with only one summer's training under her belt. She was a very nice person, but according to my father, she didn't know too much. As he did not expect me to learn much from her, he encouraged me to stay



Young Alice (Hughes) Chatson with her grandmother Nancy Jane (Gregg) Ball at the farm. Photo submitted by Bill McNaught who is also a grandchild of Nancy Jane Gregg.

at home and to help mother on the farm.

Olive went to school in Vennachar, then after Herb and I got married, she boarded with us in order to go to high school in Denbigh, then she decided to board with Mrs. Stein who was Carl's mother. Olive then took a hair dressing course at Marvel then went to Fort Erie to live with Janet. At that time Janet was working for the Fleet, making airplanes during the Second World War. After the war, she married Stan Whittall, and together they ran a sport's store. Olive had married Jack McSpadden during the war, but he was subsequently killed. She then married Dayton Price who was a salesman.

Meanwhile, back at the ranch. I often referred to myself as "the maid of Vennachar". I helped mother in the house and father on the farm. I worked for two summers at Camp Oconto, near Tichborne, preparing food, serving it and cleaning up afterwards. When Norah married Stewart Allen, they bought an old farmhouse that had to be renovated. So, I went out for two summers to help with their project. I helped strip down old wallpaper, but the worst part was stripping the paper from the ceiling.

Norah and her husband were happily married and had three lovely girls. Stewart was a transport driver. One day, during bad weather conditions, his truck went out of control, so he steered it into the ditch to avoid an oncoming school bus. Unfortunately, he and his truck were burnt up.

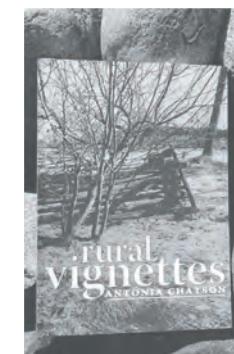
After my mother gave birth to Olive, she was weak physically and it also affected her mind. So, once again the "maid" came to the rescue. In some ways, it was rather amusing, but in other ways, not. One day, mother made a large pot of gravy and then poured it into the bucket, that was filled with chicken feed. It took all my and my father's strength sometimes to hold her down. Finally, I phoned Mrs. Holmes (Herb Holmes' mother) to come and help.

When Uncle Herb married Aunt Grace, my mother strongly objected, and I'm not sure why. My mother's sister married Jim Grant and was not all there and as a result could be a very provoking woman. The two of them would always be fighting and Jim would leave her every now and then. One winter I stayed with Annie every night. Then Grandma Ball took ill, so I had to take care of her. She was the mother of Helen Rosenblath and John Ball, but they had different fathers. Helen's father and my father were half-brothers. Helen and John's sister, Margaret, was born with a lump on the end of her spine, through which her intestines protruded. She lived for only 6 months and had to be held constantly, so I helped with her as well.

Grandma Ball's daughter, Lily, lived on a farm at Oconto, and when she came back to look after her mother, I went out to Oconto to take care of her husband, Uncle Arnold and their three daughters. Just living up to my name. I also helped out with the washing once a week at Wel-

lington and Victoria's. I was a little afraid of "Whack" as he was called, as he was very handy with a knife. Every evening, he would take one out and make a pile of shavings to start the fire the next morning.

I just got to thinking about my mother. She played the organ beautifully. When she was younger, she would walk from Rose Hill to Denbigh to take lessons. Another thought struck me about Norah. She was such a wonderful daughter. When she was out working, she would always send home money to help mother and father and helped her sisters whenever she could.



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.

Smoke on the Water By Conrad Grégoire and David Overholt

Originally published in June of 2023 in an Environment Bulletin in response to the smoke reaching us from Quebec forest fires.



Hardwood Island and Sunset Bay from Western shore June 25, 2023

Wildfires are a phenomenon which can burn large swaths of forest. They can be started by lightning strikes or human activity. With climate change and global warming taking effect, these fires are becoming more frequent, occurring earlier in the season and burning with greater intensity. Very large fires in remote areas may be impossible to control and can only be extinguished when they run out of fuel or are contained by changing weather conditions, such as rain or wind direction.

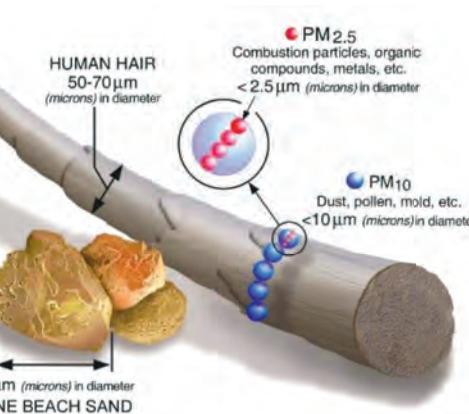
A recent forest fire on nearby Centennial Lake highlighted the dangers of these fires in our area, and large persistent fires in Northern Québec have brought high levels of smoke to our region. A reasonable question is how forest fire smoke affects the ecology of a lake such as White Lake.

Wildfire smoke is made of a combination of particles, gaseous pollutants such as carbon monoxide and

other irritant compounds both organic and inorganic. If the fire is very close to a lake, then remnants of burned plants and soil can flow into the lake when it rains. Materials swept into the lake in this way can act as 'fertilizer' promoting the growth of aquatic plants including algae.

When only smoke is present, as it is this year at White Lake, effects can be more subtle and dependent on the density and duration of smoke cover. There are few studies published on this topic but they generally agree that the most significant effect is the reduced sunlight reaching the lake.

All food comes from the sun which is first used by tiny phytoplankton which are fed upon by zooplankton which are then consumed by increasingly larger insects and fish. The diagram to the right is a simplified depiction of this food chain with a grey cloud blocking out sunlight.



The diagram below compares the size of these particles to more familiar items such as human hair, pollen and fine beach sand.

The main effect of a smoke cloud cover over a lake is to increase the production of phytoplankton in shallow water because of the presence of fertilizing smoke particles.

However, phytoplankton production in deeper water is reduced because of floating particles blocking sunlight making photosynthesis more difficult while at the same time reducing the temperature of the lake.

For White Lake this year, the presence of smoke has likely not lasted long enough to result in significant changes in lake ecology. If rain falls through a smoke cloud, however, the suspended particles in the atmosphere will be washed into the lake which may then result in some measurable changes in lake chemistry.

What about us? A smoky atmosphere can be dangerous to wildlife and human health. 90% of fine particles in forest fire smoke is composed

All food comes from the sun which is first used by tiny phytoplankton which are fed upon by zooplankton which are then consumed by increasingly larger insects and fish. The diagram to the right is a simplified depiction of this food chain with a grey cloud blocking out sunlight.



of particles less than 2.5 micrometres (millionths of a metre) in size. These particles are also known as PM2.5. This group of particles also include ultrafine particles with diameters of less than 0.1 micrometres.

The danger from the very small particles is that they are so small that once they enter the lungs, they may remain lodged there permanently and may even enter the bloodstream.

External symptoms include a scratchy throat, cough, irritated sinuses, headaches, runny nose and stinging eyes. For those suffering from lung diseases such as asthma or chronic bronchitis as well for older individuals with reduced lung function, exposure may result in a worsening of symptoms and difficulty breathing.

When forest fire smoke is present, stay indoors as much as possible and wear a filter mask when outdoors.

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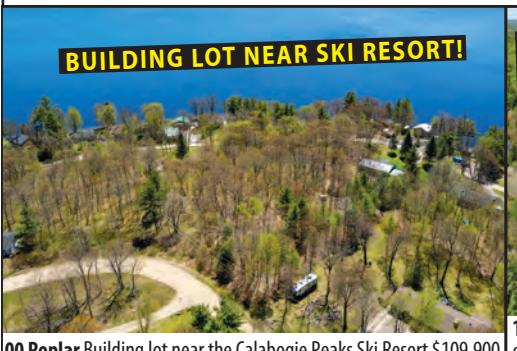
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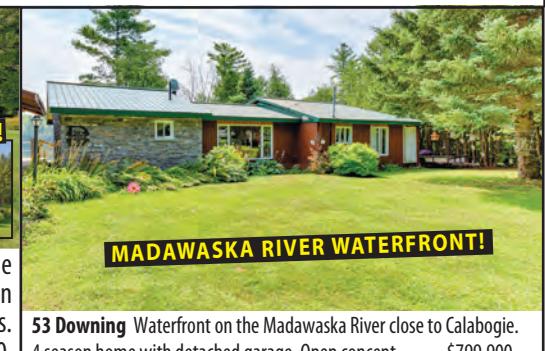
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Madawaska Summer Life

By Tony Beck



June was a good time for finding orchids in the highlands like these Yellow Ladyslippers

Welcome to summer in the highlands. Along with long days and warmer temperatures comes a flurry of wildlife activity. June fluctuated between intense heat and wintry cold. Some parts suffered damage from freakish windstorms. Meanwhile, nothing could escape the poor air quality arriving from western wildfire smoke. It's times like these when our relatively stable planet takes its toll on wilderness.

Fortunately, nature and wildlife are fairly resilient and get through it somehow. Regardless of the tragedies, nature still provides plenty of joyful scenarios like family bonding, sweet territorial songs, amorous courtship, colourful displays, and playful juveniles. The region now enjoys an abundance of lush, green vegetation and ample food. Throughout the season, plenty of colourful plants paint our roadsides and open fields - many introduced to the continent by European settlers.

Of all the wildlife types, birds and insects are amongst the most visible. Young fledglings beg for food as they follow their parents. Our nesting family of Hairy Woodpeckers bring their young to our suet-cake feeder.

Early June still had several thrushes migrating through the hills, including Gray-cheeked and Swainson's Thrushes. Late arrivals on our property included Hermit Thrush, Scarlet Tanager, Blue-headed Vireo, and Red-eyed Vireo.

Compared to April and May, birds at our feeders have thinned out. Most are currently raising families. Regardless, we're attracting plenty of mammals. Black Bear, Raccoon, Woodchuck, White-tailed Deer, and several species of small rodents now visit. I can handle the onslaught of several squirrel families. But, Raccoons, even just one, can push away the smaller birds and mammals. Since wild critters have plenty of natural food in summer, they don't need extra handouts. Feeders now get placed out in early morning and returned in the afternoon.

Our first female Ruby-throated Hummingbird arrived in early June. The males appeared several weeks earlier. Lately, they've mostly been sipping nectar from Red Clover and Vipers Bugloss blooms. The males have a brilliant ruby-coloured gorget. But it's difficult to see and usually looks black unless you're viewing it from proper angles.



Scarlet Tanager is one of the most striking Canadian birds, the frosty red male Scarlet Tanager is a relatively common forest champion with a raspy robin-like song.



Blackburnian Warbler is a genuine crowd-pleaser; this tiny gem is nicknamed the Firethroat. It's a common summer warbler of our local coniferous and mixed forests.



Canadian Tiger Swallowtail Butterfly is a very common, large, and showy butterfly seen throughout the region.



Blanding's Turtle is an endangered species with a bright yellow chin and a high carapace. We have small numbers of this attractive turtle in the region. We'd be interested to know what wildlife you're observing, especially the birds and turtles. Please send images and text to TonyFMBeck@gmail.com

Sprinkled throughout the highlands are small pockets of grassland, meadows, and scrub. These habitats attract several species, including Eastern Meadowlark, Eastern Bluebird, Bobolink, Brown Thrasher, Black-billed Cuckoo, American Kestrel, Northern Harrier, and various sparrows.

We're also blessed with several lively wetlands throughout the region. Our bogs, swamps, and marshes shelter many shy species. In summer, we search for Virginia Rail, Sora, Common Gallinule, Wilson's Snipe, Common Yellowthroat, Swamp Sparrow, various waterfowl, herons, bitterns, and all types of invertebrates like frogs, turtles, snakes, and bugs.

In our forests, the Gray Tree-Frogs have been vocal throughout June. It's slowing down now as summer progresses.

Turtles lay eggs throughout June and early July. Snapping Turtle and Midland Painted Turtle are commonly observed in local wetlands. Two Painted Turtles laid eggs on our driveway. The endangered Blanding Turtle also occurs in the region. I'm still waiting to see my first Wood Turtle - a furtive forest reptile that occurs here.

Although mosquitoes and other biting bugs torment us throughout the summer, it's the best time for discovering beneficial creatures like pollinators or

predators that eat annoying insects. Sometimes beautiful, always fascinating, the hills play host to countless invertebrates. We've documented several species of butterflies, moths, dragonflies, damselflies, beetles, spiders and others. In our yard alone, we're visited by common butterflies like Canadian Tiger Swallowtail, Pine Elfin, White Admiral, Northern Crescent, and Little Wood Satyr. Fireflies entertain us at night. We've discovered 2 species here so far - Spring Tree-top Flasher and Winter Firefly.

Please don't squish those spiders. They're your friend. Among the many we've observed are the Dimorphic Jumping Spiders. With their enormous eyes and intense focus, the drama unfolds as they stalk mosquitoes perched on our deck.

As summer unfolds, birds will sing less while youngsters learn to survive.

Although any time is good for observing nature. Expect most activity to occur during early morning.

Together with Lois & Mark Thomson, Lesley & Andre Cassidy, and Nina Stavlund, we strolled along a woodland trail in Matawatchan. Several common breeders made appearances, including Barred Owl, Yellow-bellied Sapsucker, Scarlet Tanager, Ovenbird, Black-throated Green Warbler, Black-

throated Blue Warbler, Blackburnian Warbler, Red-eyed Vireo, and Blue-headed Vireo. Although we found nothing unexpected, it was a reasonably productive morning.

Greg Roche from Matawatchan is also enjoying local birds. He reports similar species to those observed during our recent morning hike. He was most thrilled when he found a spectacular male Blackburnian Warbler - one of our most brilliant local wood-warblers.

The highlands harbour an abundance of wildlife.

We'd be thrilled to learn about your experiences. We'd also love to see your nature photos taken here in the highlands. Feel free to share your observations and photos with us by sending them to TonyFMBeck@gmail.com. There's a chance we'll mention your sightings and possibly publish your image.

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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Living Long and Living Well

By Derek Roche

Who doesn't want to live a long and healthy life? With baby boomers, (born 1946-64) comprising roughly 20% of the population now well into old age, interest in the science of longevity is becoming more popular. If longevity runs in your family, you have a better chance of living longer. But genetics is only part of the equation. The lifestyle choices you make play a big role in living longer, staying healthy, and being able to continue doing the things you love.

What is longevity?

Longevity simply refers to long life. In Canada, life expectancy has increased dramatically since 1900, when the average lifespan was 47 years. Today, people born in 2022 can expect to live 77.5 years. Experts estimate that about 25% of the variation in human life span is determined by genetics. But the rest can be attributed in large part to how we take care of our bodies.

And that's important because there is more to longevity than duration. Most us don't want to just live longer — we want to live longer while enjoying a good quality of life. There are simple things you can do to be your healthiest, most active, most productive self while living longer. The keys to perhaps living to age 100 or more are a healthy diet, not eating too much, regular physical activity, and good lifestyle choices.

How good nutrition promotes longevity

What you eat has a direct impact on the cells in your body — which in turn has an impact on longevity. A healthy diet provides cells with vital sources of energy and keeps them stable and working as they should. Healthy foods support your immune cells, which defend against infections and other health threats, protect other cells from damage, and help the body repair or replace damaged cells.

A diet high in sugar, unhealthy fats, and processed foods, on the other hand, can leave cells throughout the body more vulnerable to damage and poor function. This can lead to an increased risk of infection, cancer, inflammation, and chronic diseases such as diabetes, cardiovascular problems, and obesity.

An excellent diet for promoting longevity is a plant based diet. Women who most closely adhered to the plant-based Mediterranean diet which emphasizes vegetables, fruits, nuts, whole



grains, legumes, and fish, and minimizes red and processed meat, were 23% less likely to die from any cause than women who did not closely adhere to this dietary pattern.

A plant-based diet involves eating lots of fruits and vegetables, beans, nuts and seeds, and whole grains instead of processed foods. Foods from plants are high in antioxidants such as beta carotene, lycopene, and vitamins A, C, and E, which protect cells from damage. Following a plant-based diet doesn't mean you need to become a vegetarian, or never have meat or a dessert. It simply means that most of the foods you eat should be minimally processed and come from plants.

It is also important to emphasize that eating too much, even a good diet, can stress the body and the immune system. A good rule of thumb is to always leave the table when you are 80% full.

The role of exercise in promoting longevity

A multitude of studies show that physical activity contributes to greater longevity, due to the many positive effects it has on the body. These effects include stronger heart and lung function, improved health of blood vessels, stronger muscles, better balance, and a healthier weight.

Being more active may lower your risk of heart attack, stroke, fall-

ing, and diabetes, among other benefits. Together, these benefits contribute to a longer lifespan. Physical activity can also improve your mood and help you sleep better.

How much physical activity do you need to help you stay healthy and live longer?

I recommend that adults get at least 150 minutes a week of moderate activity, or 75 minutes a week of vigorous movement, or an equivalent combination of both intensities.

Moderate physical activity includes walking, weightlifting, and lower-intensity exercises. Vigorous exercise includes running, bicycling, and swimming. Even household tasks like cleaning and gardening count as exercise. So does lifting small hand weights or doing leg lifts while watching TV. The bottom line is that moving more can extend your life.

Other lifestyle choices that contribute to longevity

In addition to healthy eating and being more active, the following lifestyle choices can have an enormous impact on longevity and quality of life.

Don't smoke. Smoking has been proven to shorten lifespans. Smoking damages lung function, heart health, skin health, and oral health, and it increases the risk of cancer. If you don't

smoke, don't start. If you do, there are many effective ways to quit, including medications that can help with smoking cessation.

Limit alcohol. Excessive alcohol use increases your risk of liver damage, cancer, and serious accidents. It can impair your immune system and result in depression. Drinking alcohol in moderation means one drink or less per day for women and two drinks or less per day for men. Drinking even less or not at all is better for your health, however, because even moderate drinking can have health risks.

Get enough sleep. Getting quality sleep is vital to good health and well-being throughout your life — and may even extend it. Over time, inadequate sleep can raise your risk for chronic health problems, affecting your heart, brain, lungs, immune system, and more. Experts recommend that adults sleep between seven and nine hours a night.

Hydrate. Those who stay well hydrated appear to be healthier, develop fewer chronic conditions like heart and lung disease, and live longer than those who do not.

Socialize. There are strong links between longevity and socializing. More frequent social activity was associated with significantly longer lives. In fact, the greater the frequency of socialization, the greater the likelihood of living longer.

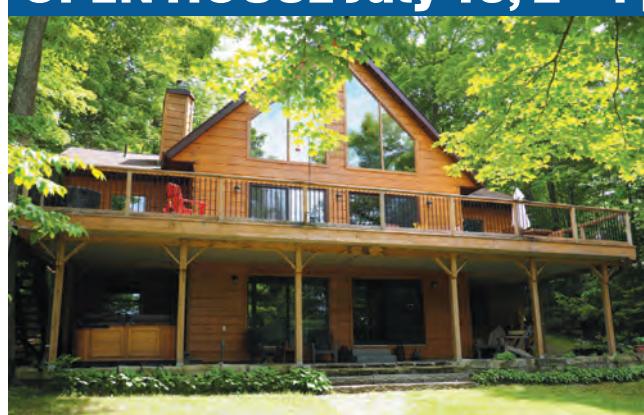
Think positive. You may be surprised that your outlook on life can contribute to longevity. Two recent studies found that optimism is linked to a longer lifespan in women from diverse racial and ethnic groups, and to better emotional health in older men. These studies suggest that positive thinking may have powerful benefits.

In my next article, I will present some of the more recent discoveries in longevity research, including compounds found in food and made by our bodies which can slow down or even reverse the aging process!

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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What Ups, Downs, and Twists will Your Story Take?

"The shape of a society's stories is at least as interesting as the shape of its pots or spearheads."
- Kurt Vonnegut Jr.

If you find yourself with pen poised above a blank piece of paper or cursor blinking maddeningly on a blank screen, you are not alone. Figuring out how to start your story is important. The story is in your head, but the starting point eludes you. What shape will your story take? Will you start at the end, with your characters deep in a hole of their own making, then go back to the beginning to slowly reveal what happened?

Will you work chronologically, starting with the discovery of an amazing treasure that is taken away, but regained with great satisfaction at the end? Or will it be the opposite, like a Cinderella story where your character starts undeservedly low, gradually gets better to the point where life is a dream... only to fall below the starting point before regaining what was rightfully theirs?

How to shape your story is as important as the story itself, but it doesn't have to be complicated according to world-renowned author, Kurt Vonnegut. He considered his rejected master's thesis in anthropology, "The Shapes of Stories", to be his prettiest contribution to his culture. The basic idea of his thesis was that a story's main character has ups and downs that can be graphed to reveal the story's shape and most stories are easily graphed.

"I have tried to bring scientific thinking to literary criticism, and there has been very little gratitude for this,"
- Kurt Vonnegut Jr.

Vonnegut noticed that most stories fall into eight basic categories: Man in Hole, Boy meets Girl, From Bad to Worse, Which Way is Up?, Creation Story, Old Testament, New Testament, and Cinderella. His descriptions for those eight basic shapes are worth looking up. They are a good way for beginning writers to understand how classic narratives unfold so they can get started in shaping a compelling narrative. When Vonnegut was asked if his theory actually has a useful application in literary criticism, he replied...

"I think perhaps it does. I think this rise and fall is, in fact, artificial. It pretends that we know more about life than we really do. And what's perhaps a true masterpiece cannot be crucified on a cross of this design."
- Kurt Vonnegut Jr.

Not all writers follow those shapes strictly, but they are a good place to start. People aren't strictly bad or good, or deserving of riches or punishment. Think of The Sopranos or Hamlet. Real life is too complex to plot on a diagram in any meaningful way. But Vonnegut suggested that learning to see life's ebbs and flows in stories might help you appreciate times when things are good in your life, which goes a long way to understanding how your characters will react to the ups and downs, and twists of fortune as you shape your story.

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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.

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Hiking the Ottawa Temiskaming Highland Wilderness Trail

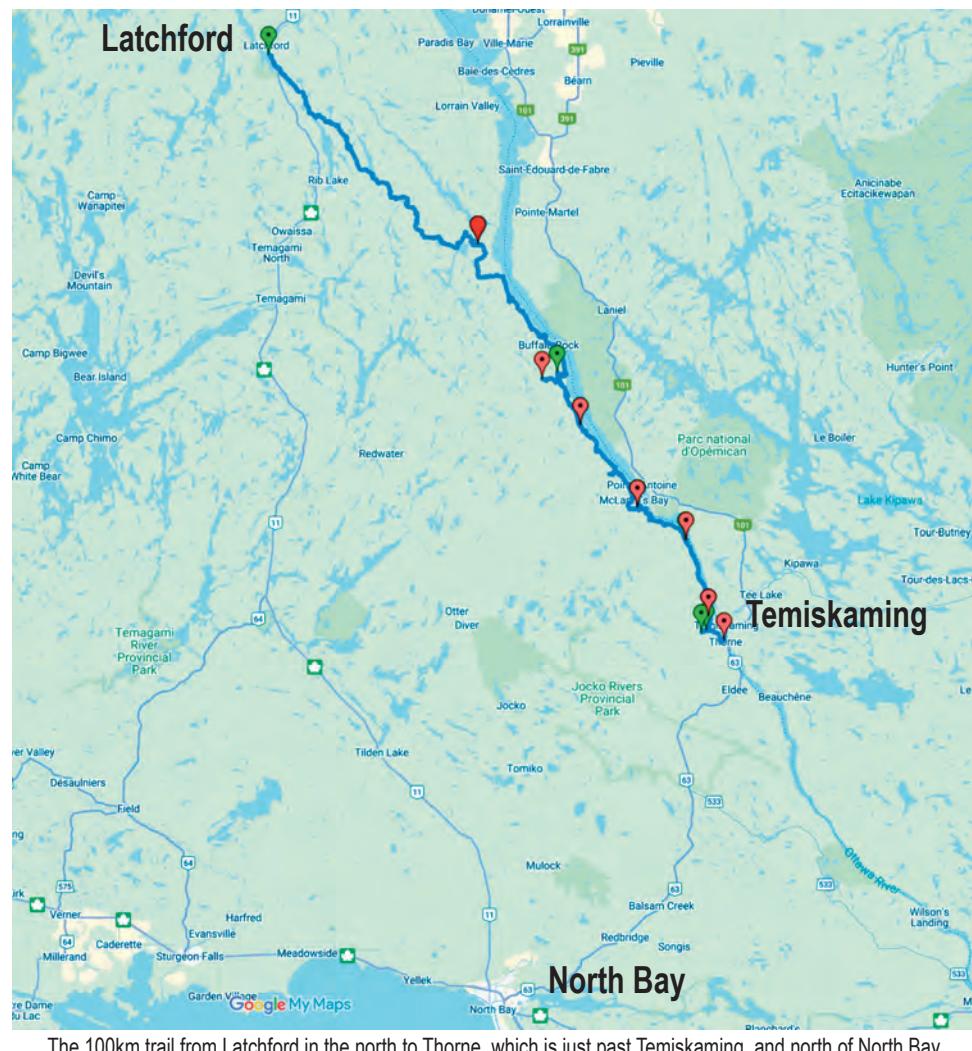
By Lesley Cassidy

Long-distance backpacking and hiking trails crisscross countries of the world. Fly to Scotland to trek the West Highland Way, hike the Ring of Kerry in Ireland or drive to Southern Ontario and scramble over the Escarpment for 890 kilometres along the Bruce Trail as it winds its way north towards Tobermory. And, a short drive up Highway 17 from the Ottawa Valley just past North Bay, you'll find an unspoiled gem known as the Ottawa Temiskaming Highland Trail.

Recently, Deb Clouthier, an avid hiker from Burnstown, completed the 150-kilometre wilderness trail. And she had some wonderful words and tips to share about this hardy treasure. She loves backpacking. Deb is 73 years of age and has travelled to Iceland, France, Scotland, the Yukon, and more to hike. She started about 15 years ago after retiring from working as a chef for northern and arctic scientific expeditions.

"There is nothing more satisfying or rewarding than sleeping in a tent on a remote lake watching the sunset to the call of a loon," Deb shared. "There are so many things I love about backpacking: nature, wildlife, sounds of a stream, the focus on the here and now, the appreciation for all I have when I get home, whether it's a hot shower or cold beer. Testing my limits and endurance. Has all my training paid off? The list is endless. It's all good medicine."

"The Ottawa Temiskaming Highland Trail is hardcore," she said. "It's more rugged, with a lot of elevation gain and loss; I would say of all the trails



The 100km trail from Latchford in the north to Thorne, which is just past Temiskaming, and north of North Bay.

I've hiked in Ontario, this is the most challenging one. It is wild, remote, and untamed, and it's the best-marked trail ever."

Murray Muir and his wife,

Vicky, originally conceived the idea for the trail in the late 1980s. The Temagami Land Use Plan designated specific areas of Crown land for low-impact, non-motorized activities. Believing in the old saying, "If you don't use it, you lose it," the Muirs created several trails and together with a small group of like-minded individuals, eventually formed the Nas-tawgan Trails.

"We kept picking away at it, scouting out scenic viewpoints like look-outs over Temiskaming Lake and canyons, different rocks, finding old pines that hikers would find interesting," Murray commented. "I would call it a forest trail."

The first 50 kilometres from Latchford opened in the early 2000s, and by 2006, 85 kilometres had been cleared and blazed for hiking. By 2015, the entire Crown land path to Thorne was completed, totaling over 145 kilometres in length. The trail stretches from Latchford to Thorne, Ontario, and can be tackled in one long, adventurous trek, divided into sections, or explored following circular loops over a long weekend.

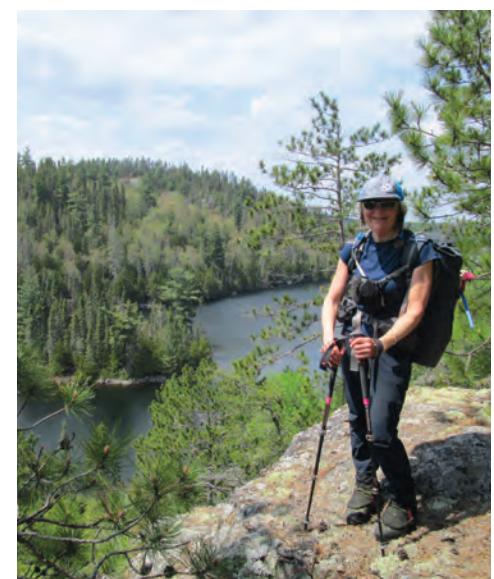
It skirts Lake Temiskaming and the Ottawa River, and the trail was built with thousands of volunteer hours of trail work. They collaborated with the Ministry of Natural Resources and Forestry to establish a buffer along the trail (30 metres), and in narrower sections, an additional 30 metres were set aside for limited logging. Deb can attest to this natural and unspoiled experience.

A few years ago, when Deb and a few friends were heading north to complete a week-long canoe trip in Temagami and hike Ishpatina Ridge (the highest point in the Province), she noticed a sign for the Ottawa Temiskaming Highland Trail. Having never heard of this trail before, she knew she'd return.

Deb called her friend Mike Bowler, with whom she has backpacked for years, and together, they completed



Ready to launch! It's the beginning of the backpacking trip along the Ottawa Temiskaming Highland Trail.



Deb Cloutier, an avid hiker and backpacker, standing high along the Trail over the Ottawa River.

the first 90 kilometres of the trail last May in four days. This past May, they completed the last 71 kilometres in another four days, carrying their tents, sleeping bags, coffee, food, and kitchen gear in their backpacks. They timed this year's trip to avoid the blackflies and mosquitoes, but the early season hike meant that the famous water crossing was in high-water mode.

Murray Muir mentioned that it resembles a creek in August, making it relatively easy to navigate. However, during the high waters of May, it transforms into a river. It was quite an adventure, swimming across Ottertail Creek during the spring flood.

"The current was really moving; it was fast. And there was a waterfall just around the next corner," Deb explained. "I was nervous, but my friend Mike swam with the packs in garbage bags, and I paddled on a blow-up sleeping pad. My friend Mike asked me on shore before we started across if I was okay because he knows I'm not a confident swimmer. I replied: 'I guess I have to be.' She laughed as she shared this memory. 'I'm not bailing now. I came to find adventure.'

Deb remarked that she was scared of getting hypothermia, so she kicked and paddled as fast as she could. "Fear helps keep us alive; you have to listen to it and work with it."

"I trained for backpacking this trail starting about 3 months out," Deb explained. "I go to the local ski hill with a 30-pound pack and do laps up and down until I eventually reach a goal of 2000 feet of ascent in one visit. I alternate this with distance training walking with a pack anywhere from 10-15 km – one day



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Deb swimming across the Ottertail Creek this past May in high water, hanging on to the sleeping pad.
All photos courtesy of Deb Clouthier other than the map.

of distance and one day of elevation." Deb buys ultralight gear, and her pack total was 27 pounds, including food for this path.

As the idea man behind the long-distance path, Murray keeps track of all things trail related. He's always happy to answer questions about the trail and hikes it every year. He mentioned that the youngest trail user was 15 months old, being carried by his parents, who picked blueberries and raspberries and caught fish as they trekked along. Deb holds the record as the oldest woman to have completed the trail at the age of 73. Another woman completed the trail in one go at the age of 72.

The trail has five access that you can reach by bush road. It's part of the Temagami area, home to some of Ontario's oldest forests, exceptional fishing,

the highest ridges and more than 2,400 kilometres of canoe-tripping routes. Lake Temiskaming is also the remnant of a basin originally known as Lake Ojibway, which existed approximately 9,500 years ago. This region was a well-established trading route for the Algonquins and Ojibwe peoples, and some of the trails in the area formed part of this trading network.

The trail passes through a few conservation reserves, including the South Temiskaming Shoreline Conservation Reserve. Situated in the transition zone to the boreal forest, it features swaths of northern deciduous trees, groves of old-growth pine, spruce, and balsam firs, as well as rocky, steep terrain, numerous lakes, log cabin ruins, beaches, and a stunning 60-metre-high canyon. The Ottawa Temiskaming High-

One of the many well-supplied campsites along the Trail.

land Trail wanders through this diverse geography and history.

According to Murray, the north end of the trail is used more frequently and where many hikers start. Deb and Mike hiked from south to north, keeping the sun at their backs for the duration of their trip. This meant that they began with steeper terrain and had to bushwhack over the blowdown from the spruce budworm invasion at the start of their trek. The path is bushy in places during peak summer growth and can feel hot and buggy in late June and July. The best times to hike are early spring or the months of September and October. The main trail is marked with white blazes, while secondary trails, of which some lead to the top of peaks or interesting features, are marked with blue blazes. All campsites are located on a

water body, which allows for plenty of water refills. Murray and another company (Northland Paradise Lodge) offer shuttles for those who need a lift at the end of the trail or section hikes back to their vehicles. The trail is an integral part of the recreation activities in the Temagami area.

"We've had some generous donors over the years," Murray stated. "The local Home Hardware owners like the trail and have donated shovels, rakes and pails to over 30 campsites. They've also donated supplies for picnic tables."

If you're looking for a backpacking weekend or longer adventure this summer close to the Valley that doesn't involve an airport, consider the Ottawa Temiskaming Highland Trail. It's an undiscovered gem. Don't forget to pack your fishing rod; you might enjoy a fish fry over the campfire after a long day of hiking.



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 Ashdad and Mount St. Patrick. Her favourite pastimes are exploring gravel roads in the Valley by bike, hiking its many trails and canoeing/fishing. Lesley is married to Andre Mickovitch and brings him on her many adventures. Together they love travelling but Lesley always feels most at home closest to her family roots in the Ottawa Valley.

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Bolton Descendents Speak about the Northbrook Hotel - Part 3 of 3

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 the third and final part of this fascinating story as told by Cindy and Elaine...



Fire truck (this was not the original). John Bolton and Alec Buchanan in the photo



Stewart Trepanier and Ferg McCarthy



Reg Weber



Paul Dennis



Ray Witaker



The Art of Colin Edwards



Grace & Colin Edwards

The Fire Department Years

In 1970-71, John and neighbouring businessmen got together to plan a volunteer fire department in the area. Everyone supported the idea and the community worked tirelessly to fundraise by selling tickets and hockey pools and hosting the famous snowmobile trail ride.

It was a proud moment when we welcomed the first truck (the truck shown is not the first truck). John was named the Fire Chief serving from 1971-1998. The fire department was intertwined with the hotel because the original method of notification was to ring the five fire phones in town and hope that there was someone home to answer. One of these phones was found in the hotel dining room and it was so loud it could be heard above the noise of the bands. I remember that there were two rules when the fire phone rang: if you were on the house phone you got off as it was used to call and dispatch volunteer firefighters, and if you were in the bathroom - you got out! Many, many times, we called

the men and women on the lists to dispatch the crews to a fire. It seems hard to imagine in this age of cell phones and pagers. While this photo is from Joe and Madeline's time, it shows the location of the fire phone in the dining room just outside the kitchen.

The Buchanan's were a huge part of the Fire Department (and Hotel) years with Alec a loud and enthusiastic fund raiser. One night he came to draw a winning ticket. He shook the box and seeing that it was creating attention, gave it a good kick sending the tickets flying to all corners of the room.

Relationship with the Law

On quiet nights Elaine would put on a fresh pot of coffee near midnight and the local OPP duty team would join John in the kitchen for a cup. One night, Ron Seaver & Peter Ballantyne Sr. were called early because the coffee pot was missing. A trail of coffee led out the door and down the sidewalk. The officers followed the trail to the door of neighbour gentle-

man (who was known to overindulge and go a little off the rails when his wife was away). He answered the door saying "Hello Starsky & Hutch please come in for a coffee, I've just put a fresh pot on." He got a scolding from the officers and the coffee pot got returned to the kitchen with lots of laughs over coffee that night.

The Streaking Craze (sorry no photos)

The Trapper's Lounge joined the "streaking craze" that was all the rage in the 70s. It started with a local lad coming in the back door wearing only a paper bag over his head. As he ran through the bar, a woman called out "I'd know him anywhere". After the laughter subsided, the band played on.

Not to be outdone, a neighbour lady decided she wanted to get in on the streaking action. She brought a bag with her and went into the Ladies washroom and took off all her clothes. She ran through the bar with the clothes over her arm but misjudged a step and fell on her face in front of our bartender Stu. She recovered and ran out the front door. By coincidence, Starsky and Hutch were sitting in the parking lot. The cruiser followed her down the road lights and sirens going while calling "madam, put your clothes back on" over the loudspeaker! The coffee break had lots of laughter that night too.

John was always dreaming up pranks. A notable one occurred when Ray Whittaker lived in the village and would invite bar patrons for an after-hours pool party at his place. John arranged with Mike Short (from Bill's Live Bait) for a couple of pails of live fish and eels. He and an accomplice slipped out before midnight and dumped them in the swimming pool. The pool party was livened up considerably and when the OPP were called, they said it was not under their jurisdiction even though they were aware of the culprit.

The Art of Colin Edwards

Colin Edwards, the art teacher at NAE, was one of the bar's staff during the summer. He created a prototype of the "Parade Man" who had an urban 70s disco vibe. This got tweaked and countrified and the iconic Parade Man became the symbol of the Trapper's Lounge reproduced on hats and T-shirts and the signs throughout the Bar.

Staff

We were blessed over the years with dedicated, reliable staff many of whom were family and many who became family. We couldn't find photos of everyone (and may have forgotten some) but we are grateful to all for shaping the Trapper's Lounge in the friendly, fun place it was.

Ferg McCarthy, Stu Trepanier and Paul Dennis were full timers. Brian Miller, Ed Yanch, Harry Scanlan, Sheila Perry, Cathy Credicott, Mike Bolton, John Sedore, Darrell Flieler, George Kosziwka, Dave Lyons, Jeff Douglas, Duane Love, Colin Edwards, Mark Rosenblath, and Glynn Warwick served their time in the bar. Mary Parks, Mildred Trepanier, Frieda, Helen Yanch Sr, Marian Yanch, Cindy Bolton, Cheryl Freeburn, Linda Sigismondo and Corrine Hayes all worked in food production and cleaning. Madeline and Ferg grew the cucumbers and made all the pickles for the sandwiches sold in the bar. GLightning and the Malcolm Brothers to name a few. and helped to scrub the bar floors on Sundays over the years. Elwood Trumble was the "back door" man.

Live Music

Music was always a part of the fabric of the bar and anyone who could play the fiddle or guitar was welcome to play for the crowd. Reg Weber had moved back

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Alec and Doug Buchanan with Dave Curl and Raymond Dube from Country Classics



Dave Trumble (Canadian's then oldest man) and Mary Brown (Ron Brown on the right).



Halloween was wildly popular with the locals. John and Elaine would have a band on the Saturday night on or after Halloween, and the locals showed up in full costume to have fun. There are a few PG rated photos.

to Northbrook by the mid 1970s and he and John talked about bringing live music to the bar on Saturday nights. Reg's band The Country Classics, became the popular house band of the time. Other bands included "The Sounds of Tyme", "The Hangmen", Western Hayriders", "White Lightning" and the Malcolm Brothers to name a few.

Amateur Nights and Halloween

As the popularity of live music grew, Reg Weber mentioned a Kingston Bar that was doing Amateur Nights based on the popular "Gong Show" on TV. John and a couple others went to scope it out and from then on, every Wednesday night in July and August became known as Amateur Night. It was wildly popular, and people were amazed at the real and somewhat dubious talent of some of the performers. Lines formed down the block signaling the need for both a front door man (Mike did this job for three years before he was old enough to wait tables) and a back door man (Elwood Trumble).

Everyone loved to come to dance. We have a photo of Canada's then oldest man, Dave Trumble, dancing. John usually got to have the last dance!

John became an amateur matchmaker on the nights when he had to maximize space to get in as many people as possible. He would sit a single girl and guy together. More couples than we can count came together through this serendipitous seating arrangement. One summer, so many of these couples got married that Elaine had to bulk order fans from Campbellford Wholesale to give as wedding gifts.

Halloween was also wildly popular with the locals. John and Elaine would have a



John and Elaine with Frieda Mitts



Cloyne & District Historical Society Secretary Cindy Austin (L) thanking Cindy & Elaine Bolton for their presentation on February 17, 2024, at the Barrie Community Hall in Cloyne.



Sundown over Dodge – painting by Colin Edwards

band on the Saturday night, on or after Halloween, and the locals showed up in full costume to have fun. Here are a few PG rated photos.

You never knew what each day would bring. There were countless birthday celebrations with people showing up with cakes to celebrate.

In the shoulder seasons, the local "get along gang" came out to play cards and pool and to catch up on the news and share a pint or two. Their afternoon gatherings led to popular hotel pool tournaments organized by Mike Bolton and John Sedore in the early 80s.

End of an Era

As the years went by, times were changing. Our children were grown, and patrons and staff were growing their own families, so the decision was made to sell the hotel. The Northbrook Hotel changed hands on January 30, 1994. John and Elaine had a final "Open House" party, and the place was packed. Friends and neighbours had commissioned Colin Edwards to do a painting of the hotel titled "Sundown over Dodge" that was presented on that evening.

It was a bittersweet moment and the end of the Bolton Family era of the Northbrook Hotel.

The Northbrook Hotel has changed hands three times since 1994. The log cabin was torn down to make way for more parking. The current owner and his family reside in the building, but it is not currently operated as a business. Many of the staff, pelers and patrons have moved on to attend Amateur Nights in heaven. It is said that on a warm summer night, you can still hear the music and laughter coming from the building. "If those old walls could talk" ...

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Chicken of the Woods

By Colleen Hulett

One of the most exciting mushrooms to find in our regional forests is the Chicken-of-the-Woods (COTW, Laetiporus species). It's big, bold, beautiful and a culinary delight. Chicken of the woods is definitely a starter gourmet mushroom to forage in the wild. When cooked it is tender, meaty and tastes similar to chicken. It has a high protein percentage comparable to chicken as well.

According to the Guinness book of records, a COTW found in 1990 in the UK is the largest edible mushroom ever found. It weighed a whopping 100 pounds! It's not just cool that they are big because they are also striking in colour. Many COTW species are a bright orange and yellow and can be seen from far away against the lush green forest backdrop. According to Adam Haritan from Learn Your Land the COTW is also called the 90-mile-mushroom. Apparently, you can see it in the woods while bombing down the highway. COTW is also commonly called Sulphur Shelf and Sulphur Polypore, or Sulfur Shelf and Sulfur Polypore in the US.

COTW is a large, multi-layered mushroom (shelves) with fan-shaped brackets in clusters. Some individual brackets grow to twelve inches across. Sometimes you may find one individual bracket with no cluster. You can also find it in a rosette shape.

A cluster of brackets can be 30 inches across and several clusters of brackets side by side can measure over ten feet long! Its colour ranges from bright orange to pale yellow. The colour fades to white in older or overwintered specimens. Like oyster mushrooms the



Chicken-of-the-Woods is also commonly called Sulphur Shelf and Sulphur Polypore.



Brackets can be found singly or in huge clusters on living, dying or dead trees, logs and stumps.



Older specimens lose colour and become brittle. Overwintered ones look like crumbled chalk.

stipe (stem) is completely absent, and the fruit body is directly attached to the tree. Some do have a lateral protrusion attached to the tree but it is not a stem. The young specimen is soft, velvety to smooth and sometimes guttating. It becomes harder and wrinkled with age. The spore print of COTW is white. This mushroom fruits from early summer to early autumn. The mycelium of COTW lives in the host tree all year long.

There are many COTW species around the world. In Ontario, we have three different COTW (Laetiporus) species.

L. cincinnatus grows in a rosette form and has a white pore surface. It lives on the soil near hardwood trees. It is growing out of a buried root.

L. sulphureus mainly grows on deciduous hardwood trees, like oak and beech. It sometimes can be found on coniferous trees. It is bright orange with a yellow pore surface and margin. It grows out of cracks of a tree, log, or stump. This is the most sought after

COTW species.

L. huroniensis grows in the same manner but only fruits on hemlock trees. It looks very much like L. sulphureus.

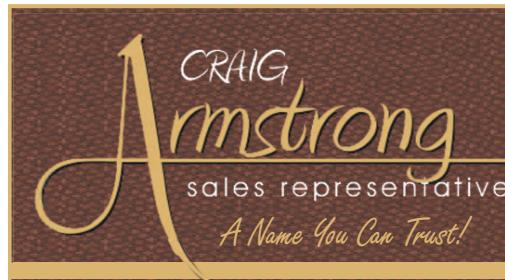
COTW are parasitic and saprotrophic to their host tree. Its mycelia can colonize living and dead trees causing brown rot and root rot which eventually makes the host tree brittle and weak. As a saprophyte it digests nutrients from the decaying wood, breaking it down to support its growth and to eventually fruit outside a crack in the bark. Unfortunately, if you see this fruiting body on a tree, the tree is dying even if it looks healthy. Still its role is crucial for nutrient cycling and decomposing waste in ecosystems contributing to soil health and stability.

COTW is a delicious gourmet mushroom that tastes close to chicken with a similar tender meaty texture and is therefore considered a prized delicacy. Consequently, it fetches a high price in markets around the world. In fact, my neighbour's son oftentimes foraged and

to sold them to chefs in Ottawa's Byward market.

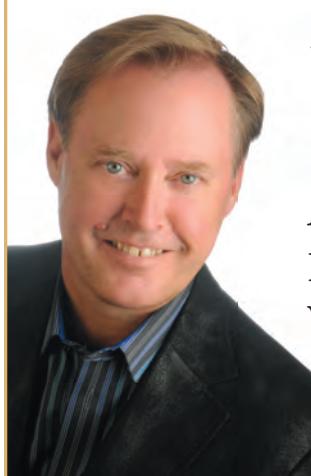
COTW is found in most temperate regions that have four seasons. In Canada, the most chicken of the woods fruit in Ontario. We are so lucky! Forage this mushroom in a healthy older forest mixed with deciduous and coniferous trees. A forest that is littered with fallen logs, stumps and trees with cracks and fissures. Return to the original location for 2-3 years to harvest on the same host tree or another host tree close to the first spot. Once you taste it, I promise you will go back each year to hunt it down. Harvest young specimens that are soft, spongy, and moist. Older specimens are too tough to eat and become a beetle and slug hotel. Obviously, you should only harvest a portion of your find for dinner. Please leave some behind for other foragers and wildlife passing by this treasure. Please forage on uncontaminated Crown land.

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The COTW is stunningly beautiful, especially when you find it fruiting along a fallen log and a cluster of brackets that is 5 feet long!



The first COTW I ever ate was young soft, and moist - found in a Calabogie area forest - and I was hooked!



Chicken of the Woods is safe to eat when you cook it as you would chicken.

method is wood dowels that are inoculated with the COTW mycelia and inserted in cracks or drilled holes of oak logs. Once the mycelia is well-colonized, you partially bury the logs in the ground. COTW fruit 1-2 years later and may continue for several years. Fruiting temperature is between 15-25 Celsius. Growing indoors is difficult and not recommended for the beginner.

Do not be afraid to misidentify COTW in the wild. It has no look-alikes. The only cautionary tale is the bright orange Jack-o-lantern fruiting colony could be misidentified as orange brackets at first glance. The best hack is to look under the cap. The poisonous jack-o-lantern toadstool has gills and a stem under each cap. The COTW mushroom has pores, no gills and no stem under each bracket.

L. Cincinnatus is thinner and slightly tougher than L. huroniensis and L. sulphureus and usually avoided by foragers for that reason alone. Also, COTW growing on coniferous trees

have been reported to cause a bubbly gastric upset in people. A high majority have never had an issue digesting it. If you are worried about getting gastric upset, you should avoid COTW growing on a conifer host or one growing on the ground with white pores. Forage fresh young orange and yellow specimens growing on a deciduous hardwood tree. Many foragers stress to never eat it raw or undercooked. Mycologist Paul Stamets research of COTW has revealed a scientific study showing how many older specimens from conifers carry a brown rotting bacteria proven to cause the same gastric upset in people. The bacteria are visible as a slimy brown discolouration indicating a rotten section. Paul Stamets suggest foragers can cut off any slightly contaminated sections before cooking thoroughly for 10 minutes. Nonetheless, eat a small portion of COTW the first time you try it in case you have an allergy or food sensitivity, but I recommend that you try this delicious and beautiful mushroom.

The nutritional benefits of COTW are as big as the mushroom itself. It can improve liver and intestinal health. According to Michael Kuo of mushroomexpert.com, COTW has polysaccharides which boost beneficial microbes and short chain fatty acids that reduce harmful bacteria, benefiting gut health and immunity. COTW exhibit antioxidant activity by scavenging for free radicals and protecting cells from oxidative damage. They have antibacterial and antifungal properties that can fight post-surgery infections.

An early stage study shows COTW can reduce migration potential of specific carcinogenic cells. It has significant anti-inflammatory immunomodulatory and neuroprotective properties. Other benefits include probiotic activity and the reduction of inflammation of stomach ulcers.

COTW is 65-90% water, 75% of its dry matter is carbs, 9%-21% is protein. It is a source of calcium, magnesium, zinc, B12, and D3. It's a low

fat and low-calorie food. A hand-sized bracket has ~140 calories and 3% fat.

I have been harvesting and eating fresh COTW twice yearly since 2017. It freezes and dehydrates well. I have tried it as a substitute for chicken in many of my common recipes and it always turns out delicious. In fact,

I find COTW to be more tender than chicken! When you are looking for this mushroom, don't look down on the ground, but look around at eye level, and you will see it eventually. It may take a couple of hours, but you will find one. Be patient. Be well.

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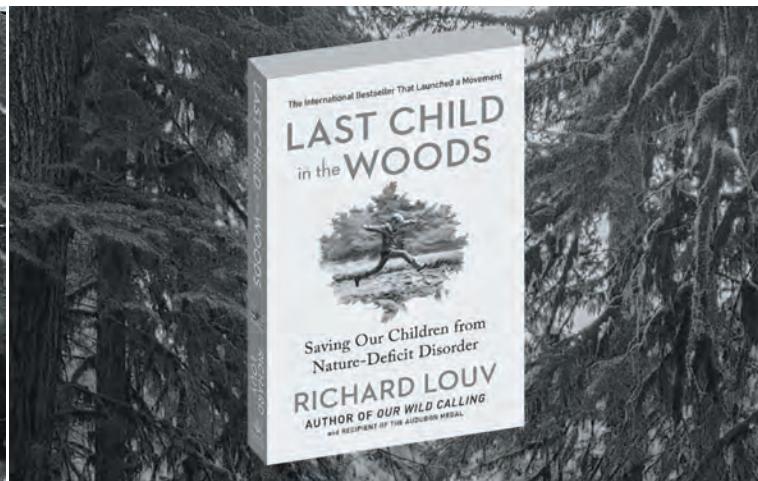
By David Arama



Humans didn't evolve to live in concrete jungles or small patches of fenced yards. Nature adventures saved my life. It could save yours or your kids' lives.



Life can be hard, as it was for Gordon Lightfoot, until he discovered the healing power of nature.



Last Child in the Woods, by Richard Louv, launched a movement to save our children from nature-deficit disorder. Overnight camping experiences are just what we need to survive in the wild and back home in the city.

Wilderness Camping Saved my Life

My first overnight camp experience was when I was 12 years old. Living in an inner-city high-rise complex in the north end of Toronto, my parents decided it was a good idea to send me to an overnight 3-week camp in Haliburton (Camp Northland). Although we stayed in cabins, and ate meals at a mess hall, we also went canoeing and hiking, and spent much of the camp in the great outdoors. I remember this experience fondly, the adventures, campfires, socializing, and nature.

How Kids of My 1970s Generation Experienced Life without Cell Phones?

As a teenager growing up in the 1970's,

our typical time off didn't include computers or cell phones. We spent most of our time riding our chopper bicycles down trails in the forested ravines, including plenty of fishing, playing with slingshots, and enjoying games like hopscotch and hide and go seek. There wasn't much to do at the apartment, the black & white TV had maybe 3 or 4 stations, and we didn't have air conditioning. We did play excellent classic rock vinyl records!

Many of us kids had no idea what nature deficit disease is, and if we were ADD/ADHD, the doctor didn't know what it was, nor did we understand that being outdoors was a good wellness remedy.

My career experiences of saving kids from nature deficit disease, depression and suicide followed my experience at summer camp. I was a camp director at

the City of Vaughan and Town of Ajax, designing nature-based camps that included overnight camp experiences for nearly 20 years, and now run our own wilderness courses and camps.

Nature Adventures saved Gordon Lightfoot, Survivorman, and Me!

My great mentor, Gordon Lightfoot, was slowly dying of alcoholism, and decided to go on a 3-week arctic canoe trip that saved his life. The great Survivorman came to my courses at Humber College while experiencing a similar scenario that almost destroyed his life. I believe if it wasn't for Lightfoot's amazing songs about the land and beauty of Canada, and how they inspired me to seek nature, I likely would have become a drug dealer or worse. I owe my life to nature and wilderness.

Some examples: Eric and Deena attended my camps. Eric was a teenage gangbanger (street gang member), who I made a camp counsellor when I noticed how he loved the outdoors. He later went on to lead a Mountain Climbing School. Deena attempted suicide but after wilderness camping, she went on to a career in social work.

Recently we've been sponsoring and working with kids who have been Orphaned by Crack-Addict Parents.

Nature does the Healing.

Nature Deficit Disease was coined by Dr. Richard Louv, in his award-winning book "Last Child in the Woods, Saving

Our Children from Nature Deficit Disorder". His thesis, that most outdoor leaders and educators share, is that modern day social media, cellphones and computers, indoor lifestyle, overly structured lives, and being away from nature, causes a loss of common sense, logical thinking, decision making, and social skills.

Serious Addictions to Cellphones and social media are now the norm. This is having an adverse effect in our schools, judicial system, and society in general. I have personally worked with families where kids are so heavily addicted to their laptops and cellphones, that they go into dangerous panic attacks when they are removed from them.

Poor Physical Health due to power drinks, fast food delivery apps, and a docile indoor lifestyle, adds to the over-reliance on technology and lack of connecting with nature.

Loss of Socializing Skills due to Internet Chatrooms is another problem. Real healthy socializing happens in person, and outdoors.

Forest Bathing and Wellness outdoors is well-known in many countries, such as in Japan. Studies show that as little as 30 minutes spent in a forest, can positively affect a person's demeanor. Canadian doctors are now prescribing visits to a Conservation Area, to assist in treating depression, along with avoidance of drug and alcohol usage.

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This photo of me was taken at one of the summer camp experiences I lead. Getting free time in nature is... freeing.



Overnight camping makes a world of difference, giving youth time to sort out their priorities with a degree of independence you can never get at a day camp.



Here I am with a group of young campers. I have seen so many young people change from anxious, rebellious teens to confident leaders over the course of a week.

Benefits of Nature-Based Camps

The benefits are many. From improved everyday overall physical and mental health that puts less strain on our medical system and society overall. Reconnecting camp experiences in my opinion are a crucial part of any kid's growing up to be a respectful and productive adult.

Just having fun again, in a crazy world that is inundated with Bad News is a necessity, and part of camp life. Singing songs by a campfire, roasting smores, stargazing, learning bird and animal calls, are all about being happy and content. Getting high on nature.

Unstructured Activities are an important part of outdoor camps. Too much

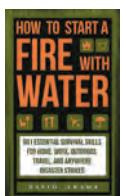
structure is killing kids. An activity we promote is to go on a hike in the forest without a plan, and whatever happens, happens.

Risky Play studies point to a lack of risky play as an issue. New Safe Playgrounds developed in the last 20 years actually lead to more injuries, since they are boring, and lead to horseplay. Plus, kids don't learn how to navigate risk. Learning from the Natural World, e.g., Red Squirrels, Crows, Owls.... this is a big goal of most adventure camps. Watch a red squirrel cache acorns and pine nuts and learn how to save for a rainy day. Observe how creatures socialize and communicate and construct nests and shelters, or how they either compete to survive, or perish.

If you connect with nature, then you care and respect nature! It's as simple as that. Adults that have never attended

outdoor camp, or experienced outdoor adventure, typically don't understand the need for environmentalism and protection of wild spaces. Some feel it's no big deal to litter and destroy nature. To send your child to an overnight camp versus a day Camp is a big decision especially if cost is a factor. Parents face an uncertain economy and rising costs today, especially single parents juggling multiple jobs along with raising kids. Day camps are not the same as sleepaway camps. They tend to be more like daycare centres, and have a much lower cost since they supply cheaper staff, no meals, and no camp gear etc. Typically, they are half the cost of overnight camps. In addition to nature-based camps, I also recommend other experience-based camps like sports, music, art. My final thought is, what is the cost to kids of not sending them to overnight sleepaway camps

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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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