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THE MADAWASKA HIGHLANDER May - June, 2019 EMBRACE THE PAST ~ ENCOURAGE THE FUTURE ~ ENJOY TODAY

# The Madawaska Highlander

## May - June 2019

FREE Vol.17 Issue 1  
Next issue June 19, 2019

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

Spring at last! We welcome the Sun back from wherever it's been hiding as we look forward to a new season of fun and adventure in the Highlands.

## Welcome!



"Spring has sprung!", says the Laughing Buddha. "May there be good luck and abundance for all." Photo by Diane Bickers

...To Spring in the Highlands. What a Winter it was and what a Spring it is! Lots of snow to keep outdoorsy folk happy and way too much water to keep anyone happy. Bring on the sunshine and warm weather!

We spring back to life as our talented volunteer writers jump back in with news, adventures, encounters, and advice to put you in a good mood. If that doesn't work, Derek tells us fermented foods will do the trick, in Wellness. Our regional correspondents, John & Anne, Angela, and Skippy bring you up to date what happened this winter and what is coming up. So much going on! Skippy takes Bogie Beat to a higher level as she describes her encounter with an historic mountain climber, who has roots at "The Peaks".

Pete describes his first encounter with southern music through a magic wooden box, in Behind the Tunes and Ernie tells of a close encounter of a third kind, in The View from Here. Spaceships in Matawatchan!

Switching from cats to dogs, Antonia tells of a wild encounter of puppy vs cranky old dog, in Rural Vignettes and Colleen helps us find out how wild we are in Highlands Hiker. And as weather gets wilder, we all need to know how to prepare for, and help out in a flood. Survivor Guy gives us the tips and resources we need to defend ourselves and our homes. Cloyne Historical takes us to troubles with lumber companies who built dams anywhere they wanted to and blocked others from using their sluices. And Noreen introduces us to Pimisi, the American Eel, in Our Home on Native Land. Once plentiful, in Algonkin territory, now in need of help to get over the dams and restored breeding grounds.

Lesley defends our trails in Happy Trails. No respect to landowners means no trails. Sharon needs our help to defend our libraries from cuts and the Madawaska Highlander defends and encourages the art of writing. See page 11 and enter our Short Story Contest. Happy writing! Enjoy!



This turkey who lives on a hill welcomes Spring with a magnificent display of feathers. Has he married any owls and pussycats lately?

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# The Madawaska Highlander

The Madawaska Highlander  
3784 Matawatchan Rd. Griffith ON  
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Editor and Advertising: Lois Thomson  
madawaskahighlander.ca

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2,500 available at retailers  
Connecting residents and visitors in  
parts of 4 counties in the Highlands.

**Next contribution deadline:  
June 7 for June 19 publication  
madawaskahighlander.ca**

**Message from the editor:**

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

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

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

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**Thank you everyone!**

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

- |                 |                |                |
|-----------------|----------------|----------------|
| Ernie Jukes     | Sharon Shalla  | Anne Dougherty |
| Skippy Hale     | Noreen Kruzich | Mary Ruth      |
| Antonia Chatson | Lesley Cassidy | Lois Thomson   |
| David Arama     | Colleen Hulett | Derek Roche    |
| Angela Bright   | John Neale     | Peter Chess    |



**A Dangerous American Institution – The Free and Untrammelled Revolver.**  
By Frederick Burr Oppen | Puck, 1881. The gun dealer says to the man holding a Divine Commission to Kill document, "Well, you look a little crazy, but of course you may have all the revolvers you want." Upper right, the office of the Boys and Girls' Weekly Horror distributes a nice pistol with every year's subscription. A woman is practicing for the coming man. The police man is "The One Man who has a Right to Use it, and who Never Knows How." And Our College Boys all have a gun in their back pockets.

**Showtime**



John Cigan as  
**ELVIS Presley**



Doug McKenzie as  
**ROY ORBISON**

**June 22**  
**Denbigh/Griffith Lions Hall**

25991 Hwy 41, Griffith

**Doors Open 7 pm**  
**Show Starts 8 pm - Midnight**  
Dancing ~ 50/50 Draw ~ Light Lunch

**Tickets \$20 Call 613-333-1423**  
Available from Lion Members Only  
**Limited Tickets. Get Yours Early!**

## By Anne Dougherty &amp; John Neale

Our beautiful landscape continues to nurture both the hearty full-time residents and the seasonal visitors who soak-up all that Mother Nature has to offer here. Seeds have been ordered and dreams of fresh herbs and veggies are sprouting in many a head in these Highlands. Winter held the Madawaska Highlands firmly in its extended icy grip, but spring has valiantly pushed forward with birds returning to nest, buds erupting and flowers opening, and unfortunately flooding, too. Out front of the Fire Hall in Griffith there is a huge dump truck full of sand and a supply of bags which community volunteers have been filling since the weekend of April 26, 2019. The unprecedented high water was expected to continue as the snow melt in Algonquin Park feeds the rivers and streams.

A sight unseen until of late was the special flood warning issued by Greater Madawaska Township over the Easter weekend. The web-based map tool allowed residents to view road closures as well as areas where roads were flooded. The notice also gave residents information as to what to do in case of an emergency. As of writing this, Greater Madawaska and Renfrew County remain in a state of emergency.

Pancakes have been consumed in great numbers served dripping with local Highlands Maple Syrup. It was a bumper crop this year in spite of our weird and wild weather. Volunteers at the March 5 Shrove Tuesday Pancake Supper at the Matawatchan United Church filled many tummies and the April 27 Pancake Breakfast at the Hall brought many out of winter hiding to sample the delicious golden maple syrup locally produced in abundance this spring. We all agree that Matawatchan area syrup is the best!

Our community has seen the passing of some very wonderful people over the last few months. I will name the ones I know of, and hope I don't miss anyone. Sandy Sutcliff, Pat Holleran, George Varin, Dorothy Jamie (Jamie), and Reg Ferguson will be missed, but their memories will be cherished. If I have missed anyone, please let me know.

The Township of Greater Madawaska has contracted a By-Law Enforcement Officer to investigate concerns. This new professional service comes via Municipal Law Enforcement Services out of Renfrew. Contact the Township office in Calabogie for more details.

The Teeny Tiny Summit-Big Ideas for Small Places held a one day workshop in Calabogie on April 4, 2019, the best attended summit to date. Much was discussed about community development and business growth in the township. Local Broadband committee member Lois Thomson was in attendance and informs us that it was extremely productive. The first meeting of the Economic Development Internet and Cell Committee of Council included Jim Pine and Lisa Severson, key people from the Eastern Ontario Regional Network (EORN) who brought the committee up to date and gave them connections and advice on how to move forward for improved access and speeds. The next meeting on June 10 will host Jason St-Pierre, Senior Manager Network Provisioning for Eastern Ontario, Bell Canada. He can give the committee answers to technical questions.

**Matawatchan Events homepage** ([www.matawatchan.ca](http://www.matawatchan.ca)) features regular



Sandbags at the Griffith Fire Hall are becoming an all too familiar sight, as 100-year floods are coming every second year, it seems. Thank you to the volunteers who help out!



As we protect our homes from the river, we also need to protect our rivers from nuclear waste. A group of protesters from Matawatchan and their friends braved the cold rain to protest proposed nuclear dumps beside the Ottawa River.



37 kids scrambled for eggs at the Lions' annual Easter Egg Hunt. The Easter Bunny poses for photos in the background, very hoppy to be there!



Young Vern Rose shreds it as a warm up to the Ryan Cook concert in Feb. Kevin Carnegie accompanied him and the crowd exploded with applause. Good start!



Vicki Brittle grew up playing, singing and writing songs. It was the first time many had heard her and were amazed. Great opener!



People came to Matawatchan from as far away as east of Ottawa in February weather (calling for freezing rain) to see Ryan Cook and Terra Spencer at the Matawatchan (Concert) Hall. They proudly sported Matawatchan Hall T-shirts the next day and said it's the first time they ever bought merchandise off of their own table!



Some of the members of the newly formed Community Choir filing in to entertain us last December to delight the crowd at the Hilltop Church on Hwy 41 Griffith. Good start!



Pastor Steve Green with his wife Barbra enjoying the annual Pancake Breakfast at the Matawatchan Hall. Welcome to the community! We love your T-shirt, Steve!



Lois and Gitte serving while the cooks in the kitchen keep the food coming. Of course, there was local maple syrup for a full house of grateful people breaking their fast!

updates of community events such as the Potluck Suppers and games nights that happened about once a month at the Matawatchan Hall over the winter. Keep it in mind for next year. Things start up at 5:30 pm. You never know who is going to show up with what to eat, but the food is always wonderful, and the games are always fun. If your household has a crokinole board or other games to donate to the hall, please contact Lois at 333-9399. Aerobics happens Saturdays at 10:30 am when there are no other big events going on. They are led by Andrea Levy, a professional instructor. A \$5 donation to the Hall is suggested. She tailors the sessions to suit all levels of fitness or special needs. It is good for your mind, body and soul. Check the website often for changes.

#### Upcoming dates for activities at the Hall and United Church in Matawatchan include:

- Ham Supper at St. Andrews United Church on May 18 at 5pm
- Plant & Crafts Fair at the Hall on May 25 from 10 to 2
- June 29 between noon and 5:00pm there will be the annual Canada Day Party at the Hall. The TallBoyz, some new artists, and old favourites will be playing live music to the crowd who will be enjoying the beer garden, BBQ, a pet-

ting zoo, kids games, artists and historical displays, a fire fighter visit and demo, horseshoe competition and more. Rain or shine, no admission fee and all are welcome!

The next Community Choir concert will be held at St. Andrews United Church, Matawatchan on May 11th at 7pm.

The Denbigh & Griffith Lions Club is proud to present Elvis Presley and Roy Orbison impersonators live on June 22. See the ad opposite page for details. The Lions continue to raise funds and provide valuable services to the area. They have an equipment loan cupboard, a monthly Lions Fellowship Lunch held on the third Wednesday of each month, Bingo held on the second and fourth Tuesdays of the month from 7:30 to 9:30. These activities help to provide funds which go back into the community. Look for Bingo on May 14 and May 28 this month.

The annual Children's Easter party was enjoyed by young and old alike. Special Celebrity guest aka "The Easter Bunny" came around as usual with nummy treats. In spite of the dreadful rainy weekend, 37 children attended and all of the fundraising chocolate Easter bunnies were sold.

The Annual Daffodil Tea was held at the Lions Hall on Apr. 28.

Sandwiches and sweets all produced by volunteers were truly enjoyed with the tea. Music by Greg Roche was enjoyed all afternoon. I've never seen a community with so many talented musicians who are willing to perform at events! Generous financial donations were made by community members and will be sent on to The Canadian Cancer Society. The very much appreciated volunteer tea pourers, all of whom have had Cancer touch their lives in some way reminded us all that this illness affects far too many close to home. The funds raised will help with more research and for services to patients and families getting back to wellness.

Upcoming Lions Club summer events include a "Toll Road" on May 17. Look for friendly faces collecting funds from noon until 7:00 pm on the Friday of the long weekend. Be as generous as the Lions are when searching for change at the "Toll Road" stops! Their big Show & Shine Classic Car Show Saturday August 24 from 10:00am to 2:00pm includes tables for vendors to rent to sell their wares.

The Hilltop Church in Griffith has welcomed a new Pastor Steve Green. Steve and his wife Debra have pulled up roots from a very busy Brampton Church community to serve the people of the

Continued next page...

...continued from preceding page

Madawaska Highlands. Debra was the Church Administrator in Brampton and has been putting her musical talents, gifts of networking and community organizing into the members of Hilltop. They have joined The Seniors Northern Lights Group and try to get involved in as many activities as possible. Welcome!

The Hilltop Church hosted many local vendors on Thursday April 25 in the lower level of the church. Heartsease Spring Market welcomed female crafters and shoppers from 6:30 to 8:30 p.m. on April 25. It was held at the New Apostolic Church and hosted by the Ladies of the Church. Many of the same crafters who sold their wares at the Fall Makers Market sold a variety of crafts, gifts, antiques, essential oils and products as well as baked goods. Debra acted as host, showing vendors to their tables and getting both vendors and guests to enter a name to win a door prize. Everyone in the Heartsense sale were offered a healthy meal including dessert and tea or coffee. We look forward to future events showing off the talents of our Highlanders! A very positive evening focused on women in business in this community!

The next event at the Hilltop Church, located at 25197 Highway 41 in Griffith, will be a Ladies Spring Tea on Monday May 13, 2019 at Noon. Special Inspirational Speaker Joanne Goodwin will talk about mental health issues. Reserve a seat by calling 416-389-9841 or send an email to maison\_green@hotmail.com. Free. All ladies are welcome!

Late in March 2019, Greater Madawaska Seniors Housing Corporation sent out a survey to all local mailboxes as well as a notice of consultation meeting which was held at the Lions Hall on Wednesday, April 17. Many community area residents attended. The Board of Directors will meet to use the community input on what to do moving forward. Due to the remoteness of our area, there is little likelihood of any matching government funding ever materializing. The creation of a building is under review. Community input will be used to meet some needs of the seniors in this community.

The NU2U shop has opened for the season starting Saturday April 27, 2019. The hours are currently only Saturday from 1:00 to 4:00 pm until May 18, 2019 after which they will add Wednesdays from 1:00 to 4:00pm. Proceeds go to The Greater Madawaska Seniors Housing. Happy shopping. Do-



It seems nothing much happens in the area where there isn't good food and live music. Above, happy diners at the Lions' annual Daffodil Tea fundraiser. Below, Greg Roche takes a break from singing for Gail Holtzhauer to make an announcement - prizes!



Watch for all kinds of exciting new activities taking place at the Hilltop Tabernacle, encouraged by new pastor Steven Green and his wife Barbara. Above is the HeartSense market on April 27. Next will be a Ladies Spring Tea on Monday, May 13 at noon.



The Denbigh-Griffith Lions are always on the prowl for new members. On Feb 27, 2019 four new members were inducted by Larry Martin – Zone 11 West Chair, with the help of Bill Zwier – Immediate Past A3 District Governor, Linda Zwier – Region 11 Chair, and DG Lions President – Terry Holtzhauer. The new members Left to Right are Duane Lennie, Jim Phillips, Linda Lennie and Theresa Pierce



Well what do you know? The Pine Valley Restaurant now serves beer and wine!

nations of gently used goods always welcome during their store hours.

This might seem like a small bit of news but it had people doing a double-take recently – The Pine Valley Restaurant now has a liquor licence. Regular customers were heard to ask, "Do I see wine glasses? Is that really a beer fridge?" Regular hours are still 7am to 7pm, still catering to the breakfast lunch and dinner crowd, but now with a selection of drinks to accompany your meals.

Ebony Kauffauldt, who many have met at the Pine Valley Restaurant, is one of the three finalists anonymously nominated for the Young Person of the Year award 2019 for The Renfrew & Area Chamber of Commerce. The award will be given to the winner at an awards ceremony May 30. The Chamber's website listed the criteria on their nomination form as the following for this award. "Person of the Year Award young member of our community under the age of 25 whom: Is an advocate of youth involvement. Made exceptional contributions by promoting community betterment. Who exhibits strong leadership skills and a drive to improve the community"

A new Community Choir in the area conducted by Barbara "Doll" Creelman, Minister of the United Church Tri-Charge, began rehearsals last fall. The choir had its debut public concert on Sunday December 9, 2018 at the Hilltop Tabernacle in Griffith. A good-will offering or donations of food for the food cupboard was collected at the door. Delicious refreshments and beverages were served after the packed concert. The December concert was a huge success.

All were pleased at the quality of the performance and we look forward to many more concerts. Currently there are 15 choir members. Barbara says that most of their current selections will be sung in 3-part harmony. They also will feature saxophone, violin, and guitar to augment the piano. Rehearsals are at St. Andrews Church in Matawatchan Friday mornings from 11am until Noon. This is not a church choir, so there will be a variety of great songs performed.

The next choral concert will be held at St. Andrews United Church, Matawatchan on Saturday, May 11th at 7pm. This is a free event with light refreshments to follow. The theme is "Sing a Rainbow." All songs will be about rainbows or colours. Maybe you will hear your favorite song! This is a secular concert. The church venue was chosen due to its good atmosphere and excellent acoustics. Members of the choir are currently voting on a name for the choir and their choice will be revealed at the concert. There are already plans in the works for next December with a theme of "Lights of the Season," and also, next spring "Canada Sings!" Keep up the great work Barbara, and all choir members!

The Safe Food handling course in Griffith at the Lions Hall on May 9 is providing no-cost instruction to community volunteers in the area who give so much to the community in the fundraising and community building events. Melissa Inwood coordinated the session.

Finally, Ryan Cook presented a wonderful concert at the Matawatchan Hall on February 23. The opening act featured young Vern Rose from Griffith accompanied by Kevin Carnegie. Fol-

lowing Vern, Arnprior native Vicky Brittle took to the stage opening up the room with her amazingly unique voice. Headliner Ryan Cook was accompanied by Terra Spencer, another Maritimer. Gitte and Pete Chess hosted the main act for dinner and breakfast, accommodations were provided by Peter Fischer at Misty Morning Cottages. Kevin Carnegie was sound engineer for the night.

There was some interesting chatter from Ryan leading to some friendly competition about the service from kitchen staff verses that of the bar staff. All of those dedicated volunteers seemed to be enjoying the ribbing as did the crowd. A friend of Gitte's saw Ryan and Terra in Munich and when asked about Matawatchan, Ryan's eyes lit up. He said it was the most amazing concert of their 2019 tour. They even have the T-shirts to prove it! What a great show!

Join us in welcoming Spring!

**Dorothy Jamie**  
October 26, 1942 – April 22, 2019

**We Come and We Go**

*For Jamie  
Fifty red wing blackbirds  
Cry out in the forest  
Heart aching today,  
Heart racing,  
Catching a breath of wind  
In tall pines  
In tender meadows  
Heart opening  
In the forest  
Fifty black birds sing  
Companions On your way  
Ease the breath*

Dr. Elspeth MacEwan  
April 22, 2019



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

Autumn Peltier, 14, named chief water commissioner by Anishinabek Nation, taking on the role from her great aunt who founded the Mother Earth Walk and helped establish the Great Lakes Guardians Council.

New standards for marine protected areas in Canada prohibit oil-and-gas activity, mining, waste-dumping and bottom-trawling bringing Canada up to int'l standards.

Ontario Government activates Disaster Recovery Assistance to support residents in the County of Renfrew and Pembroke after spring flooding.

Quebec's new compensation program for flooding limits compensation to 50% of a home's value, maximum \$100,000, or up to \$200,000 to relocate outside flood zones.

As of April 8th, Ottawa had at least 1 cm of snow on the ground since November 13, 2018, making it 147 days (and counting) since the first snowfall - setting a record.

WHO now estimates 75 per cent of Earth's population, 5.5 billion people, live in areas where particulate pollution exceeds safety guidelines.

Kingston first Ontario municipality to declare climate emergency. "Now we need to deepen that commitment and have more aggressive and more measurable targets across the whole community," says Councillor Kiley.

City of Ottawa declares climate emergency, incurring cost of \$250,000, which will be paid surplus revenue in the Hydro Ottawa dividend to speed up energy conservation programs and conduct technical analysis of GHG reduction goals.

Tay Valley Township has been granted \$16,661 in funding from the Federation of Canadian Municipalities' (FCM) Climate Change Staff Grants initiative to increase the Township's capacity to reduce greenhouse (GHG) emissions.

Canada's building standards are being brought up to new standards to withstand the effects of climate change and will take effect in 2025.

CNL applies to transport radioactive waste from Pinawa, Manitoba to Chalk River, Ontario. The CNSC hearing for this license renewal is scheduled for October 2-3

Mining the moon for "waste-free" nuclear energy thought to be worth trillions of dollars, ready to lift off by 2025.

Canada weighed in on Ontario's proposal for a cormorant hunt, warning hunters that they could be charged if shooting disrupts nesting sites of protected birds.

US judge threatens to stop Carnival ships from docking for repeatedly dumping oil, grey water, and food and plastic garbage into the ocean from its Princess cruise ships.

Ontario reviewing its \$3-billion food terminal and sell the property. The terminal brings together wholesalers and smaller, independent grocery chains for equitable food distribution. Larger chains have their own networks and don't use the terminal.

Ontario Seniors Receive Publicly-Funded Dental Care. Seniors with income \$19,300 or less or couples income of \$32,300, without dental benefits will qualify.

Ontario to eliminate estate tax on the first \$50,000 of the value of an estate. All larger taxable estates would receive a tax cut of \$250.

Letters supposedly from the Canada Revenue Agency are now being sent to people's homes. If CRA needs you to contact them for any reason, they will always give you their general number. Double check that it is the right number before calling.

OPP charged Horton Township man in March with twelve counts of fraud for posting items for sale online, not providing the item to the buyer, but taking their money.

Gentle jolts of current to the brain restored waning memories of seniors to performance levels seen in younger adults—for an hour. More study is required.

Basic Income Participants Sue Ontario For \$200 Million. The lawsuit accuses the PC government of breach of contract and causing panic attacks, depression and anxiety.

If found legal, legislation buried in Ontario budget bill would make many government actions immune to civil suits, including to existing cases, retroactively.

Canada to change asylum laws, to prevent "asylum-shopping," stopping seekers from making claims in Canada if they have made claims in certain countries, including US

A pharmaceutical company founder accused of paying doctors millions in bribes to prescribe a highly addictive fentanyl spray, was convicted in the US.

Beginning in November, all cigarettes and tobacco products will have to be sold in packs that are absent of anything that could be perceived as fun.

UBC Okanagan develops new heart valve to help high-risk patients. The first ever nanocomposite biomaterial heart-valve can be inserted through a small incision.

Scientists say a plant-forward diet could save millions of lives and avoid climate change. The diet means eating 84 per cent less red meat and six times more legumes

Apple Watch able to detect irregular patterns in a person's heartbeat, according to a new study. They hope to deploy wearable technology in the healthcare industry.

Tiny "Sweat" Bees found hiding in woman's eye, feeding on her tears. Sweat bees are found all over the world including Canada and supplement pollen diet with sweat

Veterans and active Canadian Armed Forces members residing in Ontario can enjoy recreational fishing across the province without having to purchase a fishing licence.

New York anti-vaxxer parents are holding "measles parties" so their children catch the frequently fatal virus instead of being vaccinated. Health clinics offering free vaccinations, and \$1,000 fines are an attempt to stem the problem as cases spread.

Ohio teen who vaccinated self says anti-vax mom got false info from one source: Facebook. The Centers for Disease Control and Prevention explicitly states that there is no link between vaccines and autism.

Fecal transplants tests result in massive long-term reduction in autism symptoms

'I'm feeling good': Alex Trebek pledges to return for 36th season of 'Jeopardy!'

Salvation Army closing Pembroke ops after 130 years. They feel other agencies will be able to cover the services they provided.

A new study links excessive screen time among preschoolers to behavioural problems they experienced at age five.

Canadians accused of online file sharing are receiving registered mail from a Hollywood studio for copyright infringement and could be forced to pay up to \$5,000. Users illegally downloading movies to make money could face fines of up to \$20,000.

A half-dozen Canadian Facebook pages were taken down in April as Facebook said it was enforcing its policy on extremist content and hate groups.

A federal task force of RCMP, CSIS and the Communications Security Establishment will watch for foreign interference in the 2019 federal election.

California Uber driver drops customer off at airport, then returns to rider's home to rob it, only to be caught through Ring video surveillance.

Ontario real estate agents are lobbying the province against the mandatory disclosure of offers among competing home buyers in transactions involving multiple bids.

More than 1/3 of millennials earning \$100,000 a year consider themselves middle class because of the growing cost of living, making it harder for millennials to save.

Statistics Canada says more than 7 in 10 Canadians live in an urban area — and the five fastest growing census metropolitan areas are all in Ontario.

Arnprior is trending toward 200 building permits per year, helping prove it to be among the fastest growing communities in Eastern Ontario.

Sometime before Canada Day, Ottawa's population will hit one million, a critical mass that makes it easier to develop things associated with big cities, especially transit

Calgary named most affordable major Canadian or US housing market by Zoocasa

OPP seek litterbug who has been dumping soiled cat litter on a road in the Whitewater Region along Lapasse Rd. between Lookout Rd. and Pleasant Valley Rd. Animal waste should go into your regular garbage.

Ontario abandons property ownership as source of jurors. Juries will be drawn from a more diverse list provided each year by the Ministry of Health and Long-Term Care

A year after sending up a sports car on the initial test flight, SpaceX launched its second supersized rocket and for the first time landed all three boosters in April.

Elon Musk Explains How "It's Possible" to Build a Mars City by 2050

NASA Considering Flying Commercial Space Flights - A Shift In Space Industry.

A giant six-engine airplane designed to launch satellite rockets in the upper atmosphere completed a superb initial flight over California's Mojave Desert in April.

Canadian David Saint-Jacques completed his 1st spacewalk in April, the first Canadian to do so in a decade.

One of the most Mars-like environments on Earth, Devon Island in the Canadian High Arctic, is now on the map and can be explored on Google Street View

A Florida woman passed gas in line at a Dollar Store and pulled a knife on a man who complained. She was arrested and charged with aggravated assault with a deadly weapon without intent to kill. It is unclear which weapon was considered deadliest.

Kingston grocery store was closed on Family Day, but left unlocked; shoppers paid for items taken and left notes. Nothing was stolen.

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

**By Skippy Hale**

As I sit here with doors open and fresh Spring air flowing through, I hear the mighty Madawaska roaring down below my property. I am happy to be up so high! The dam gates have been opened on the North Fork to relieve the water up river. They usually open some of the gates for Pickerel spawning in the spring, but the last few years, the water is higher and faster. I can imagine the log drivers dancing from log to log as the water flows under the K&P Bridge. It is a beautiful sound.

The Bogie has had a busy winter, with the Winter Carnival, Annual Hockey tournament, sleds and skiers, both at the Peaks and on the trails. We had a long, snowy winter and lots of extremely cold days. We are ready to shed our woollies and start to Rock and Roll Bogie-style!

Last summer Janet and Glenn Stanley and Susan Allen started the Calabogie Summer Market. It was so successful it drew vendors from all over the Valley, Ottawa and further afield. Artists, Artisans, Makers and Bakers sold their wares as musicians shared their talents. The original plan was to be at Heritage Point, but the weather on Opening Day was unruly so the venue was switched to our beautiful covered rink. With the excessive heat, it proved to be the better place to hold the market. As the summer rolled on, the crowds increased and more and more vendors asked to display their goods. What a success! Kudos go out to the Stanleys and Susan. Thanks to the Slack Family Farm it got extended further into the Harvest Season!

Building on that success, the Slack Family will be managing the Market this year. I get so excited when I think of all their plans and the variety of vendors already booked, my heart rate is rising just imagining how much fun it will be all Summer. There are many new activities and vendors who will add to the experience. At last count, there were about 60 vendors signed up from all reaches of the Valley. They are developing a web site to keep us up-to-date on the events. Partnerships with several groups are developing, such as the Calabogie Food Bank, The Madawaska Highlander and The Humm. These will be promoted at the Market to encourage a real sense of community.

The first festival is Saturday, June 1st, Market Opening and Plant Sale. There will be a Kids Planting Workshop, Guest Garden Speakers, Garden and Farming education books from Earth Haven Learning Centre, heirloom vegetables and flowers, perennials, succulents, Seed Bomb Lady, Exotic plants vendor, house plants, local farmers, youth vendors and the list goes on!!

June 22nd is Wool Day. John Slack's sister Natalie will be doing live sheep shearing; felting, spinning and weaving demonstrations; wool and fibre artisans; sheep cheeses.

July 13th is Wood, Clay, Glass and Metal Craft: a day to celebrate and highlight these artists and artisans. There will be a chainsaw wood carving demonstration.

August 10th is Flavour of the Season Celebrating local farmers, food diversity, local chefs, restaurants, recipes, and caterers. There will be a Tomato Fest displaying many varieties of heirloom tomatoes, all locally grown.

September 7th: Art Show Celebrating local artists, photographers, makers, artisans, along with kids crafts and other vendors.

September 14th: Seniors' Day celebrating seniors, organizations and their contribution to the community. September 28th: End of Market Celebration.

Now understand my excitement? When I first received John's email, I was so out of breath trying to keep up with all the plans. John and Natalie and the rest of the ever-growing Slack Family have devoted so much time over the winter organizing this year's market. Every week we will be visited by local farmers. We are all trying to decrease our carbon footprint, one step at a time. This is an opportunity to celebrate our local entrepreneurs. Please join the vendors every Saturday morning from June 1st to September 28th. Let's Rock this Market Bogie-style! Bogie Strong & Proud! Oh yeah!

We have some new businesses in the Bogie which I will highlight in more detail in the June edition: Brown's Pub where Shooter's used to be; and where Home Hardware used to be is Guided Adventure Tours with Tom Irwin; and there is an expanded patio at the Calabogie Brewery.



Just a few of the many vendors who are excited to start a new season at the very successful Calabogie Summer Market. I found these photos on their "Calabogie Summer Market" Facebook page.



Guided Adventure Tours supplies everything you need for your tour

The Slack family farm. The Slack family will be managing the Calabogie Summer Market this year with a lot of great new ideas!

**Upcoming events:** Pickleball every Tuesday and Thursday evening at St Jo's Gym; Lion's Bingo every Thursday at the Community Centre; Calabogie United Church Yard Sale; Showcase Paradise 2019: June 29th.

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

**TreeHouseArtStudio.ca**

**Art Classes**  
For all ages and skill levels

Contact Iya Carson, BFA, BArch  
www.iyacarson.com  
iyacarson@gmail.com  
613-867-5631



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

## Training for the Big Mystery Mountain Climb 2018... in Calabogie



Find out more at <https://canadianehsociety.ca>



Stuart Rickard  
(Don Munday)



Phyllis Munday, above, was stronger than her husband Don and did much of the heavy lifting.



There were 6 members of the original Mystery Mountain exploration led by Don and Phyllis Munday. The Canadian Eh Society's expedition also had 6 people with the addition of 2 more climbers for safety and a 4 member film crew. Stuart Rickard took the position of Don Munday. Their gear and methods were reproduced faithfully for the climb.

I have always been fascinated by folks who accept challenges; who take risks; who say, 'why not' instead of impossible. Stuart Rickard is one such man. Listening to him talk about all aspects of his Mystery Mountain adventure was enough to make me want to climb that mountain in BC; well, not climb it, but to try and tell his story. In no way can I transfer his joy and enthusiasm in mere words and no emoji can do it., however, I will attempt to do my best.

It all started (my article, that is) when I received an email from a colleague of my youngest son. She lives in White Lake and her Mom lives in Ward 3, so she reads her Mom's Highlander and thought her neighbour's story might be something for the Highlander. So from Ward 3 to White Lake to Kanata to Calabogie on the Information Highway!

Stuart is an OPG electrician by day and a rock climber when he can. He has had some very exciting climbs, but his Mystery Mountain 2018 adventure was wrought with pain, weather, time-frames, and calouses and bruises in a remote area

in BC where rescue was by helicopter! He was part of a team of climbers who faithfully recreated a 1926 expedition of "Mystery Mountain" in BC by Don and Phyllis Munday. He played the role of Don Munday. The purpose was to educate Canadians about these bold explorers and the pristine wilderness they discovered.

Brien Thomson, a fellow climber and history buff is associated with the Canadian Explorations Heritage Society. Brien researched pioneer climbers, Don and Phyllis Munday from BC. Many males refused to climb with Phyllis in spite of the fact that she refused to be pampered, took the heaviest packs and was stronger than her husband, a WWI vet. She started the Girl Guides of Canada.

In 1926, Don and Phyllis decided to climb Mount Waddington, a completely unexplored territory. It was the highest peak in BC and covered in glaciers. Don and Phyllis saw it when they were climbing Arrow-smith on Vancouver Island and were intrigued. In 1926 after a decade of surveys (Don was a surveyor); they made their first attempt, with trappers

and timbermen. The biggest obstacle was the water in Butte Inlet.

Now, Waddington is about 14,000 feet and the glaciers are at 1,000 feet. Picture this, if you can, much of the climb is transverse as you go up. You are ferrying gear on wooden packs, wearing hobnailed boots. There was no popping into Bushtukah, MEC or other outdoor gear shops with your credit card and picking up the latest lightweight clothing, tents, freeze-dried foods and trail mixes. The Mundays had to make three trips for every one in order to ferry the gear and food, which was in cans! They left three caches for the return trip, but two of them were eaten by bears. There were many bears since there was a stream with salmon. The Munday's did not have guns since they carried photograph equipment, which was big and bulky. There were raspberries and blueberries for energy boosts, but this is also food for bears and they were in Grizzly territory. Some of the cans contained sweetened condensed milk according to the notes made by the Mundays.

This article is an introduction to the history behind the climb made by Stuart and his friends many decades later. Next edition I will write about the preparations made by Stuart and his fellow campers in order to recreate the climb as it had been done by the Mundays. It is a fascinating story of reproducing the clothing and equipment in order to do the climb as closely as it had been done so many years before.

I promise you will be as thrilled with the story as I have been. The connection to the Bogie is that Stuart did his training carrying increasingly heavier bags of kitty litter in his backpack as he climbed the Peaks.

To be continued...



Skippy Hale is a Retired Nurse and Librarian. She and her husband settled here in December 1999. After her husband's death in 2014, she decided to stay in Calabogie where she enjoys many friendships and is engaged in several volunteer projects. The loves of her life are her 3 children, their spouses, her three granddaughters and one grandson. She keeps busy with arts, crafts and getting stories for the Highlander.

**Also check:**

[www.matawatchan.ca](http://www.matawatchan.ca)  
[www.greatermadawaska.com](http://www.greatermadawaska.com)  
[www.addingtonhighlands.ca](http://www.addingtonhighlands.ca)  
[www.northfrontenac.com](http://www.northfrontenac.com)

**CHURCH SERVICES:**

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

**Griffith Hilltop Tabernacle**  
 Sunday School 10 am, Sept. - June.  
 Morning Worship 11:00 a.m.  
 Office 613.762.7130  
[www.hilltopchurch.ca](http://www.hilltopchurch.ca)  
 Facebook Hilltop Church in Griffith

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

**Denbigh St. Luke's United Church**  
 Sunday Worship and Sunday School  
 10:00 a.m.

**The New Apostolic Church**  
 Sunday School 9:00 a.m.  
 Sunday Worship 10:30 a.m.  
 Wednesdays 8:00 p.m.

**St. Paul's Lutheran Church**  
 Sunday School 9:00 a.m.  
 Sunday Worship 9:30 a.m.

**Schutt Emmanuel United, 8:30 a.m.**

**Burnstown**  
**St. Andrew's United Church**  
 Sundays at 10:15 a.m.

**Calabogie**  
**The Calabogie Bible Fellowship**  
 Congregational Church  
 The Mill Street Chapel 538 Mill St.  
 Regular service - Sundays 10:30 a.m.  
 Information: 613-752-2201

**St. Andrews United Church**  
 1044 Madawaska Dr. (on the waterfront)  
 Sunday Worship 8:30am  
 Communion 1<sup>st</sup> Sun. of the month

**Most Precious Blood Catholic Church**  
 504 Mill St., Father Kerry Brennan  
 Sunday Worship 8:30 a.m.

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

**REGULAR EVENTS CALABOGIE:**  
**Youth Sports Night**  
 Tuesdays 6:00 pm to 8:00 at St. Joseph's Catholic School, Calabogie

**Pickleball, Mondays and Wednesdays**  
 6:00 pm to 8:00 at St. Joseph's Catholic School, Calabogie

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

**Public Library Book Club**  
 Last Wednesday 11:00 to 12:30

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

**Pilates and More**  
 Monday evenings and Thursday am

**Back Fitness and Stretch**  
 Mondays 3:45

**Mindfulness Meditation**  
[calabogiemindfulnessmeditation.com](http://calabogiemindfulnessmeditation.com)

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

**Renfrew South Women's Institute**  
[www.rsdwi.ca](http://www.rsdwi.ca) CalabogieWI@gmail.com  
 Branch meetings held at Calabogie Community Hall 2nd Thursday 7:30  
 Contact: Sara MacKenzie, Pres. 613-432-3105  
 Guests and new members welcome!

**Calabogie Arts and Crafts**  
 Every 2<sup>nd</sup> Monday (If holiday, then 3<sup>rd</sup> Monday), 10:00 am - 1:00 pm, Community Hall, (\$15 per year), 752-1324

**Lion's Club Bingo** every Wednesday,  
 7:15 pm, Calabogie Hall, 752-0234.

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

**SPECIAL EVENTS CALABOGIE:**  
**Calabogie Summer Day Camp at the Community Hall, 574 Mill St.**  
**August 12 - 16 August 19 - 23 9:00 am - 4:00 pm,** Games, Adventures, Crafts and so much more! Boys and Girls 4 - 12 years of age. Registration forms at township office or greatermadawaska.com \$85

Dine and Paint Night Friday May 10,  
 5:30 - 9:00 pm. at the Calabogie Hall  
 Hosted by St. Joseph's \$50.00 / person.

**Smart Serve Seminar, May 14, 7 - 10pm**  
 St. Andrew's United Church Hall 1044 Madawaska St. Calabogie, with representatives of the AGCO and Community Policing. Sponsored by Calabogie Lions

**Annual Calabogie United Church Yard sale and BBQ, May 25, 8 am to 1 pm**  
 Donations may be dropped off on Friday May 24, 9 - noon. Jean 613-752-0014

**GREATER MADAWASKA TWP.**  
**Swimming Lessons July 8 - 19** Snider's Tent and Trailer Park, 217 Airds Lake Rd. Matawatchan  
**July 22 - August 2** Barnet Park Beach, 5179 Calabogie Rd. Calabogie

**REGULAR EVENTS**  
**GRIFFITH & MATAWATCHAN:**  
**Matawatchan Hall Events, 1677 Frontenac Rd.: Check calendar at [matawatchan.ca](http://matawatchan.ca)**

**Matawatchan Walking Club**  
**Wednesdays April to Oct. 9:00 a.m**  
**Nov. to Apr. 10:00 am** Start at the G'Day board. Brigitte 613-318-8308

**Aerobics and Cardio Dance** to suit all fitness levels at the Matawatchan Hall. \$5 Hall donation appreciated.  
**Saturdays 10:30am - 11:30am**  
**check [matawatchan.ca](http://matawatchan.ca) for changes**

**Matawatchan Book Exchange** at the Hall any time it's open, sponsored in part by the Greater Madawaska Public Library. Sign out a book and return it later. Kid's books, too! No membership required.

**Denbigh-Griffith Lions Club Events at the Community Hall Hwy 41 Griffith:**

**Bingo every second Tuesday at 7:30**

**TAI CHI at the Griffith Hall** 613-333-1423  
 Beginner's Class, Mondays @ 12:45 p.m. \$10, Holiday Mondays, class will be on Thursdays @ 9:00 a.m.

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

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

**General Wellness Assessment** by local Paramedics available from 11:00am until after Lions fellowship lunch at the Griffith Hall

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

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

**Nu 2 U Shop will be closing for the season on December 1**

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

**SPECIAL EVENTS**  
**GRIFFITH & MATAWATCHAN:**  
**Food Handling Course at the Griffith Rec Centre** 9am - 2:30 contact Melissa Inwood to register. [mimwood3@gmail.com](mailto:mimwood3@gmail.com) Free

**Community Choir Concert 7pm at St. Andrews United Church Matawatchan,** This is a free event with light refreshments to follow. The theme is "Sing a Rainbow." All songs will be about rainbows or colours. Everyone welcome!

**Hilltop Church Ladies Spring Tea**  
**May 13 at noon, Hilltop Church** 25197 Hwy 41 Griffith, featuring internationally renown inspirational speaker Joanne Goodwin Free. To reserve a seat call 416-389-9841 or [maison\\_green@hotmail.com](mailto:maison_green@hotmail.com)

**Ham Supper, May 18, 5pm** St. Andrews Church Matawatchan, Traditional ham dinner with trimmings and dessert.

**Plant & Craft Market and lunch, May 25** Matawatchan Hall. Seedlings and bedding plants, veggies, etc. plus local produce, jams, preserves, maple syrup, baked goods and more. \$5 per table. Contact Nancy at 333 9556 for a table.

**Matawatchan Canada Day Picnic Saturday June 29 Noon - 5pm** Live music all afternoon. The TallBoys and various other fantastic local musicians. BBQ, Beer Garden, Kids Games, Petting Zoo, Fire Fighter display and shows, Heritage displays, Artists, Coffee Tea & Baked Goods in the Hall.

**A Tribute to Elvis & Roy Orbison Sat. June 22, 7 - Midnight** at Griffith Rec. Centre 25991 Hwy#4, Presented by Denbigh/Griffith Lions Club 613-333-1423. Dancing, 50/50 draw and Light Lunch. \$20.00, available from Lions. See ad page 2

**DENBIGH & VENNACHAR:**  
**FREE weekly "Play to Learn" playgroup** at MAYO COMMUNITY CENTRE in Hermon, Tuesdays 10:00 am to 12:00 pm. snack provided

**Denbigh Diners meal Supported by Land O Lakes Community Service:** Full Course Meal \$8.00  
 Nancy Dafoe 613-333-5164

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

**Land O Lands Community Service Exercise on Tues. at 9:30, Denbigh Hall basement after Wellness (not July and August)** Contact Mary McKinnon 613-333-2791

**Good Food Box,** Fresh fruits and vegetables wholesale. \$6, \$11, or \$17 Order at the beginning of the month. Pick up at the Health Centre in Denbigh on the 3rd Thursday of the month. 613-333-1333

**DACRE REGULAR EVENTS:**  
**Games Night, 2nd and 4th Fridays**  
 Open to ideas. Contact Michael at [dacacommunity@gmail.com](mailto:dacacommunity@gmail.com)

**CLOYNE & NORTHBROOK**  
**REGULAR EVENTS:**  
**Exercise Bootcamp at the Clar-Mill Hall** Plevna Tuesdays & Sundays 7pm \$5

**MILK BAG MATS**



Drop off your large milk bags at the Griffith and Mount St. Patrick Waste Transfer Stations to be woven into sleeping mats for disadvantaged and displaced people

**SEND US YOUR EVENTS:**  
[info@reelimpact.tv](mailto:info@reelimpact.tv)  
 613-333-9399



## Greater Madawaska Public Library Welcomes Elementary Class Visits

By Sharon Shalla



(Front Row) Father Neville, Library Board Trustee - Mary-Joan (Skip) Hale, and Librarian - Sharon Shalla (Back Row) Author - Frank Cosentino, Library Board Trustee - Doug Jordan, and Father Blake, pictured with Father Blake's sweater, and an autographed stick. Thank you to David Fridgen for the sweater and stick, and to Barrie Nichols for the photo.

How time flies! It's been a year since moving to our new location in St. Joseph's Calabogie School. May 25th, 2018 was our first day reopening at the school, and a lot has happened since. It has been a very busy year including creating a new partnership with the school, and finding ways to be creative in our new space. In celebration of our 1st Anniversary, we'll be having free book draws and treats from May 21st to May 24th so please stop in and enter our draws and have some goodies.

One of the highlights of the past year has been the class visits. Students come regularly to relax and read and then check out a book to take back to their classroom. It is wonderful to see how excited the children are about coming to the library, choosing books, and finding a spot to read in.

Another Highlight was hosting the Flying Fathers Event on April 7th with Father Pat Blake, Father Grant Neville of the original Flying Fathers, and Frank Cosentino, author of Holy Hockey: The Story of Canada's Flying Fathers. We gathered at the Calabogie Community Hall for breakfast after Mass and were entertained by a panel discussion with the Fathers and Frank. The Fathers donated \$7 from every book sold that day back to the library. I am delighted to say that 31 books were sold for a donation of \$210 from The Fathers, and \$190 was also taken in at the door through donations. Much thanks to Fathers Blake and Neville, Frank Consentino, and the community. All proceeds are going to the library's Children's Programming.

Although I prefer to focus on the positive in my Highlander articles, there is a sad event happening in Ontario public libraries at the time of writing this article, and I feel I must address that occurrence. On April 18th we learned that the Provincial Government has cut the budget of SOLS (Southern Ontario Library Service) and OLS-North (Ontario Library Service North) by 50%. Here is the official statement from Barbara Franchetto, CEO of the Southern Ontario Library Service:

"It is with great sadness that I have to inform public libraries in southern Ontario that the SOLS interlibrary loan delivery service will permanently cease to operate effective April 26th, 2019. I know this is very sad and disappointing news but given the enormity of the cut to our operating grant, there is no alternative. Even under our previous grant allocation, it was becoming difficult to sustain the service because of ever increasing operating costs."

This is a huge blow to public libraries in Ontario, especially small and rural libraries, and to those in Northern Ontario. As a result of the budget cut, SOLS has had to cease the delivery of the resources shared by Ontario public libraries through the interlibrary loan service, and twenty-four courier drivers have lost their jobs. Our library will no longer be able to bring in resources from other libraries that are so valuable to our patrons. This includes the Large Print books that our sight-impaired patrons rely on. Small and rural libraries don't have the budget or the space to hold a large collection, so the interlibrary loan program allows libraries to supplement their own collections by borrowing books, audiobooks, etc., from other libraries in Ontario. Libraries also lend out resources on a temporary basis to other libraries who seek them for their patrons.

What kind of a dollar figure are we looking at that will directly affect our library? We bring in approximately 350 items per year from other Ontario libraries to lend to our patrons. The average item is around \$40. That is \$14,000 worth of resources per year that we can no longer offer our patrons. We simply don't have the budget to pay the postage to bring all these items in through Canada Post.

**LET YOUR VOICE BE HEARD!** We encourage you to show your support for SOLS and public library services by phoning, emailing or writing to MPP Yakabuski, and Honourable Michael Tibollo, Minister of Tourism, Culture and Sport. Here is their contact information:

### Adult Fiction

Brother by David Chiandry  
Neon Prey by John Sandford  
The Tattooist of Auschwitz by Heather Morris  
Agent in Place by Mark Greaney

### Adult Nonfiction

The Ultimate Gardening Book by Carole McGlynn  
Guinness World Records 2018

### Juvenile and Young Adult

I want My Dad by Tony Ross  
The Hollow Under the Tree by Cary Fagan  
The Red Scrolls of Magic by Cassandra Clare

### RECENT ARRIVALS:

#### DVDs

Aquaman  
Bohemian Rhapsody  
Green Book

#### Audiobooks

Malta Exchange by Steve Berry  
Cemetery Road by Greg Iles

**LIBRARY HOURS:**  
Tuesday from 1 – 7 p.m.  
Wednesday - Saturday  
10 a.m. – 1:30 p.m.  
Search our collection online 24/7  
Call 613-752-2317  
for more information.  
We hope to see you soon!



**MPP John Yakabuski**  
84 Isabella Street, Unit 6  
Pembroke, Ontario  
K8A 5S5  
Tel. (613) 735-6627  
1-800-267-2515  
Fax (613) 735-6692  
Email [john.yakabuski@pc.ola.org](mailto:john.yakabuski@pc.ola.org)  
<https://www.ola.org/en/members/all/john-yakabuski>

**Hon. Michael Tibollo - Minister of Tourism, Culture and Sport**  
Hearst Block  
9th Floor  
900 Bay Street  
Toronto, ON M7A 2A1  
Tel 416-326-9326  
Fax 416-326-9338  
Email [michael.tibollo@pc.ola.org](mailto:michael.tibollo@pc.ola.org)  
<https://www.ola.org/en/members/all/michael-a-tibollo>

**THANK YOU for your support of Ontario Public Libraries!**

I will end this article on a positive note. In 2018 we checked out 7,086 items from our library. Those are resources from our own collection. That is the highest annual circulation amount that we have had since we started keeping track in 1998. In fact, over the past 5 years (2013 to 2018) our circulation has increased by 59%. Great news and THANK YOU! If you don't have a library card yet...why not? It's one of the best deals in town. Your membership is free if you live in

Greater Madawaska township or pay taxes to the township. To sign up just come in with a piece of identification such as driver's license, utility bill, etc., with your Greater Madawaska address. Membership gives you access to fiction and non-fiction adult and children's books, audiobooks, electronic books, DVDs, Music CDs, magazines and more! Come check us out at 12629 Lanark Road. We are located in St. Joseph's Catholic School in Calabogie. Just look for our sign next to the double doors on the left. Our hours of operation are: Closed Sunday and Monday, Open Tuesday from 1 – 7 p.m., Open Wednesday to Saturday from 10 a.m. to 1:30 p.m.

Did you know that with your library membership you can check out passes to the Ottawa museums including the History Museum (formerly called the Museum of Civilization), the Museum of Nature, Aviation and Space, Agriculture, Science and Technology, and the Ottawa Museum Network which includes the Diefenbunker? Most passes are valid for a family of up to 5 people. Please call us for full details.

Check out this link to our catalogue for a full listing of what we hold in our collection <https://greatermadawaska.insignails.com/Library/Home>

Since 2001 Bittersweet Gallery has showcased the works of jewellery designer Anne-Marie Chagnon when she was discovered at a show in Montreal where her designs clearly stood out among others. Every year for more than a decade gallery owner Cheryl Babineau and husband/artist Richard Gill celebrate her latest collection with a trunk show and spring open house that benefits Ovarian cancer research by donating a portion of the proceeds of the popular event. Funds raised go directly to Dr. Barbara Vanderhyden and her research team at the University of Ottawa.

**The RESEARCH**



Barbara Vanderhyden, Distinguished Professor Corinne Boyer Chair in Ovarian Cancer Research, University of Ottawa

Dr. Vanderhyden is modest. She is, in fact, an internationally recognized ovarian biologist. She joined a fledgling group of cancer researchers at the university in 1991. Four years later, the building that now houses The Ottawa Hospital Cancer Center was constructed and she was named its endowed chair in 2000. Even the Governor General has noticed. In April 2014, she received the Caring Canadian Award for dedicated volunteerism including volunteer leadership positions she holds with Ovarian Cancer Canada that include raising awareness by meeting with women who are struggling with their diagnosis of ovarian cancer.

Dr. Vanderhyden speaks excitedly about researchers collaborating. And she

is keen about her work developing a new generation of scientists. “The research always comes first. It has to. That’s my job and that’s where I need to have the greatest impact. Anything I can do on the side,” she says, “is gravy.”

“What we do is not separate from the patients, what we do is for the patients,” says Dr. Vanderhyden, noting that testing new treatments is paramount in ovarian cancer. Her most recent publication describes a new treatment for the rarest and most deadly type of ovarian cancer. “If even one woman is cured of her cancer because of a new treatment that we discover, then it’s all worth it.”

**Catch the vibe! Celebrate the remarkable & focused work of 2 women (artist and scientist) and their teams while supporting a good cause!**

**In the meantime those who are interested can make donations to this cause directly online at alumni.uottawa.ca/ovarian-cancer-research**

**“Vibrations” opens at Bittersweet Gallery in Burnstown**

**Saturday, June 8 - 11 to 5  
Light refreshments will be served and there will be door prizes of jewellery, art and sculpture.**

**The ART**



OPRAH necklace, part of the Marie Chagnon “Vibrations” collection.

Anne-Marie Chagnon is a perceptive designer, inspired by all that surrounds her interactions with humanity and nature. Emotionally intelligent, she is influenced by a woman’s style, posture, gesture or the way their hair falls on the shoulders. With every collection a certain fascination emerges, Ideas surface as she sketches, draws, paints, brainstorming creative options to outline a course that defines her. The dominant designs take shape through countless hours of wax sculpting. She plays and juggles with the pieces, surrounded by her creative team, to form the final designs that will be included in the collection.

With her 2019 collection “Vibration” Anne-Marie has opted for a cocktail of powerful pigments from which exude intensity and softness. Colorful terrazzo and crackled retro patterns combine, soft touches of watercolor and candy-hued pieces embrace oblong satin pearls, while the raw materials, pewter, gold, bronze, resin and glass, come break the straight lines with finesse.

Vibration plunges us into a world of colorful and eclectic pieces where rounded shapes unite with straight lines. It invites us to immerse in a symphony of colors, shapes and textures. Vibration is a tribute to all women who proudly display their colors!

Tamatha Strachan makes



Calabogie Smiles



@calabogiesmiles

Calabogie Smiles brings affordable, compassionate and professional dental hygiene services to the comfort of your home or at our clinic’s location in Calabogie, ON.

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**SAT:** Rack of Ribs Specials  
**SUN:** 1/2 Price Wings 2 - 5pm

Visit our website for information about our different venues:  
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**By Lois Thomson**

They say everyone has a book in them. That's because everyone has a life, full of

experiences that are unlike anyone else's. I'm not sure if everyone has the fortitude to write a book, but I am certain there

lurks inside every single one of us, a writer of short stories. Think of the stories you have told about things you

have done, places you have been, people you have met, people you love, ones you hate, and people you would love to meet.

**How to Enter - When to Enter - How it is Judged - How much you can Win****Categories:**

**Adult Fiction – one prize of \$250**

**Adult Non-Fiction – one prize of \$250**

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

**1st Runners-up will receive a copy of “Down Independence Boulevard and Other Stories”, a book of short stories written and donated by Ken Puddicombe.**

[www.amazon.com/Ken-Puddicombe/e/B009TEQEZ8](http://www.amazon.com/Ken-Puddicombe/e/B009TEQEZ8)

**2nd Runners-up will receive a copy of “Perfect Execution: and Other Short Stories” by Michael Joll [www.amazon.ca/Perfect-Execution-Stories-Michael-Joll/dp/1540373371](http://www.amazon.ca/Perfect-Execution-Stories-Michael-Joll/dp/1540373371)**

**3rd Runners-up will receive a copy of “Persons of Interest” by Michael Joll, publication pending**

**Judges:**

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

Kenneth Puddicombe, author

Garry Ferguson, writer and editor, former Madawaska Highlander contributor

Diane Bickers, Stakeholder Relations, Ontario Shared Services at Ontario Ministry of Government and Consumer Services, writer and enthusiastic reader

Roger Neil PhD, author and former associate editor of the Canadian Journal of Education

**Entries:**

- No charge to enter
- One entry per person
- Enter any time between May 8, 2019 and September 20, 2019
- Stories must be primarily in English, short foreign phrases are allowed if they support the story.
- Stories must be original
- Stories must not have been published in any format on any medium up to and including November 28, 2019 when winners will be announced.
- 1200 words maximum not including the title
- Do not put your name on your story or include any identifying information in the story itself.
- Story should only include the category, title, and word count
- Open to the general public including volunteer (unpaid) Madawaska Highlander contributors
- Youth entries must state the age they will be on the contest deadline date of September 20, 2019 in their entry email, which must be under 15 years old at the time.
- 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.

**Sending Stories:**

- Email your story as an attachment
- Include your name, address, email address, phone number, story title, and category in the body of the email
- Do not put your name on your story or include any identifying information in the story itself.

**Judging:**

- A panel of volunteer judges, not connected to the current Madawaska Highlander, will score the entries based on a weighted scoring system.
- Judges will not see authors' names.
- **An average of judges' scores will become the entry's final score.**
- **Top-scoring finalist stories will be printed in full, in random order and without author's names, in the October-November special edition of the Madawaska Highlander that comes out on October 23 and 24.**
- Number of finalists printed depends on space available in the 24 to 28-page Madawaska Highlander special edition.
- The Madawaska Highlander reserves the right to add images or illustrations to published entries to add interest. Entrants are encouraged to supply relevant original photos (not sourced from the Internet) to supplement their stories if published. The judges will not see the photos when scoring.
- **Final winners will be selected by the general public through online voting at [www.madawaskahighlander.ca](http://www.madawaskahighlander.ca). People can vote only once for stories in each category.**
- Each vote will add 1 point to the judge's score
- **Online voting will begin on October 23 and continue until November 15, 2019 at 5 pm**
- Stories in each category with the highest aggregate score will be awarded the final prize in that category.
- Winner names, photos (if available) and story titles for each category will be printed in the winter edition of the Madawaska Highlander that comes out on November 27 and 28.
- **Prize cheques and books will be mailed to each of the winners a few days after November 28, 2019.**

Of all those stories you have told, how many have you told more than once? And

how many have you enjoyed listening to every time they are retold to new people?

Good writing can be taught in school, but good storytelling comes from experience and imagination. Don't confuse the rules of punctuation and sentence structure with how to tell a good story. As a storyteller, you already know how to start with an intriguing first line to grab people's attention. You know how to spin your tale with just the right amount of embellishment that makes it a better story than what might actually have happened. You know how important timing is to keep people on the edge of their seats until you deliver the punch line. And you know a good story will leave listeners slapping their knees with laughter, or shaking their heads in disbelief, never disappointed.

The Madawaska Highlander challenges all you storytellers to write down the best story you have ever told, or make up something completely new. Write the stories you would like to read, whether true (non-fiction) or complete imagination (fiction). Have fun with it! Don't be afraid to write that first sentence. If you do that, you might be surprised at what the next sentence will be. Have fun and take Mark Twain's advice to never let the truth get in the way of a good story.

We will be giving short story writing tips in the Highlander over the coming months.

*Good luck and good writing!*



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

The Denbigh/Griffith Lions Club would like to send a sincere thank you to the following individuals, organizations and local businesses that supported us with their generous donations to our Christmas Food Baskets 2018. The need never gets less with more people requiring help. Any extra moneys, was given to the Community Food Bank in the Addington-Highlands Community Centre in Denbigh.

**GRIFFITH & MATAWATCHAN**

Theresa & Cliff Pierce, Peter Fischer, Sandy Downs, Earl & Rosalee Thomson, Bill & Diane Shipley, Rob & Diane Jukes, Marie Kennery, Greg & Jan Roche, Stewart & Helene Thomson, Camel Chute Campground, Madawaska Highlander, L.E.G. League, Griffith & Matawatchan Fish & Game Club, Snider's Tent & Trailer Park, Griffith General Store (Jamie & Chris), Greater Madawaska Canoe Rental, William Adams Master Electrician, Scott MacDonald Contracting, Matawatchan Community Memorial Centre, Griffith Building Supply Timber Mart

**DENBIGH & VENNACHAR**

Erin, Bonnie & Bev, Evelyn Petzold, Mary McKinnon, Tony & Gail Fritsch, Vennachar Free Methodist Church, Bernard Tobia Medical Professional Corp., GOA Paving, W & R Stone Carvers, St. Luke's United Church

**BANCROFT**

Vance Motors, Mackey Financial Services, Remax Country Classics Realty, Remax - Suzanne Regan

**RENFREW**

George Jackson Toyota, Zohr Funeral Homes, Goulet Funeral Homes

**OTHERS**

R.J. Selle Sand & Gravel – Douglas, McCarthy Propane – Killaloe, David Minns Insurance – Pembroke, Tobia's Guardian Pharmacy – Northbrook

Because of the continued support, we are able to make Christmas a joyous occasion for some of our local citizens. Please support these people, organizations and businesses in their endeavors as they are good community sponsors and deserve our support. Check out our website for on going activities  
[www.e-clubhouse.org/sites/denbighgriffithon](http://www.e-clubhouse.org/sites/denbighgriffithon)

## A Strange Encounter - Why didn't we take Pictures?

By Ernie Jukes of Camp J



If I had taken a picture it would have looked a little bit like this meteor... only a different angle and through the trees.



I have no idea what it actually looked like, I could only see the light and could hear it crashing through trees. If I had taken a picture I like to think that this is what it would have looked like, only lower, and glowing, and more trees...

For thousands and thousands of years, developing mankind has looked up to the twinkling stars in awe. Gradually as we gained intelligence and curiosity, we were able to use these consistently positioned planets to guide our way in travelling from one hemisphere to another. About twenty-one thousand years ago or more, many communities of people walked and paddled their way to what we now know as Canada, making Canada the oldest inhabited country in the Western Hemisphere. Much later, explorers such as the Vikings moved their small vessels to the New World, creating many villages in Newfoundland and up the coast of Labrador, they say in their sagas... as early as 900 AD.

Later in about 1500 AD a steady flow of French immigrated across the Atlantic and up the St. Lawrence from Normandy. Those same stars helped guide them in exploring this giant land mass down to the Gulf of Mexico. With canoe and horse and good relations with the first peoples they went right across to the Pacific Ocean at least half a century before any other white people, probably enjoying our shimmering northern lights along the way as we do today.

Speaking of modern times, these lights in the sky have been more attractive, with Earthlings visiting real space as early as 1947 and Canadians continue to explore there, sharing the International Space Centre. No evidence has been established of true life on any planets that we have probed, at least so far. We seem to be waiting for long overdue visitors from that

exploratory area that goes on and on forever, simply entitled "space".

Now moving into local times this old scribe recalls one summer evening simply sitting under those giant Hemlocks at old Camp J with his mother. We just happened to be looking west toward the lake and the mountain. As the area had been recently logged and nothing obstructed our view and even though it was going on dusk, what unexpectedly appeared next seemed even more vivid. Without warning, there, suddenly streaking rapidly down the side of Dan's Mountain, was a fire-spouting metallic, dish-like object. It seemed to rake the tree tops just across MacPherson's Lake as you could hear breaking timber, then it bounced over Hutson's sugar shack and finally appeared to go down near Nelson and Neale Thomson's farm. My mom (Nellie Wagar) had been a military aero-mechanic at the training base in Deseronto during WWI and coincidentally had seen a number of crashing "flying machines". She briefly grabbed my arm and commented "My gosh Ernest it's a flying saucer"!!, Wow! But because it was virtually dark now, and the Grandkids should be put to bed, we would leave any investigation till morning. It all happened in seconds. Was she right? We were filled with curiosity and sure didn't sleep well that night. Yep, sure seemed like a flying saucer!

Well the next day, right after breakfast we started our search. We left in the car and then walked. We looked at the busted branches near the beaver pond thrown all over the area but



I wish this was the picture I didn't take, but it's of a similar circle found in a swamp in Tully Australia in 1966. In this case someone saw something like a spacecraft come out of the swamp. He didn't take pictures of it either, but he did take pictures of the swamp. The reeds weren't cut off, they were uprooted and are floating on the surface in a circular pattern. Still, if I had taken a picture of the crop circle at Nelson's it would have looked something like this. Maybe someone else took a picture. Nothing grew on that spot for decades. It could still be seen in 2002 or so.

found no metal parts, just pieces of fresh broken timber. We then slowly and gradually worked our way, about a mile or so, over to Nelson's farm. But here we stopped in astonishment... as we discovered a large 30 ft. burnt circle between their house and the barn. Wow! And we didn't even take a photo. No one else was there. No sign of the two brothers at their farm either, as they were apparently away for the weekend. But was this patch left by a visitor from space? Where did this flying object go? Or, was it a meteorite that glanced off earth to dive into a local waterway, like the pond just over back?

You know it briefly occurred to me that the burnt circle could have been created by my comedic friend Nelson... simply some gas and a flick of a match... but hey, what of the rest of the journey? And where was our humorous owner? And what of those battered trees a mile away? So many questions that will never be answered.

There were no other reports of this injured spacecraft flying low above other villages such as Vennachar and Glenfield. As time went on, there were various probes of scrutiny, some of which apparently included inspectors from Roswell. We must recognise that it certainly was a peculiar encounter from a pilot, or cosmonaut, perhaps from way far above, with a strange kind of fueled apparatus. But in my opinion, we will never know exactly what it was that took place that warm summer evening, back in the day, at my old village of Matawatchan.

Today's rare showing of flying saucers on TV or Internet occasionally report mysterious objects but certainly more for entertainment. Air force statistics of sightings have decreased as the years have progressed. Fact or fiction, who knows? However, we do know that man-made air vehicles of

this shape were made during this time period. NASA has revealed pictures of a "flying saucer" that crash landed 14 years ago. That too was definitely not an alien ship, but a robot called "Genesis" that was human-made and launched in 2001 to specially study the sun.

All those stunning images and well written books, mind you by non-scientific minds, continue to interest followers around the globe. Real honest evidence however just continues to escape us. No, sorry, but they have not been proven factual in spite of many millions of reports. Yes, and so many fans have kept an open mind, and perhaps even added to the wonderment or curiosity of the subject over the years. I suspect that life from space will always be desired here on earth. And why not? Imagine all this has happened right here in our own Madawaska Highlands... really another wonderful mystery to be sure. We know that visitors will always continue to be welcome here for all the same reasons that we love to share our valley and love it as much as we do. Every nationality comes here for our beauty... and many stay... why not an intelligent creature from space? ...

Hey Dave, do you suppose they can throw horseshoes?



R. Ernest Jukes Artist, Writer, Rover. For over 75 years he has won national awards for his art and design. An ardent storyteller, he has a

rucksack of yarns to share. His poetry and articles have been published in premier magazines and books across North America including "We Came Like Monarchs", "My Road to Matawatchan", "This Cabin" and Pull up a Chair". Audrey and Ernie's travels by RV and canoe have taken them across Europe, Canada, the USA and Mexico, painting and writing about those ancient cultures. Today they create quilts and paintings at their old log cabin on Frontenac Road in Matawatchan. Visitors Welcome.

## Pimisi, American Eel By Noreen Kruzich

As springtime sets in, various birds, mammals, reptiles and fish all have their own seasonal cycle, some include migration. It used to be that young eels, in large numbers, would find their way from the salty sea of the Sargasso and move west to inland rivers like the Saint Lawrence, the Ottawa, Mississippi and Madawaska.

*The eel has been a part of Algonquin culture for thousands of years. Kichissippi Pimisi, "Big River Eel," journeyed by the thousands into the rivers of Algonquin traditional territory.*

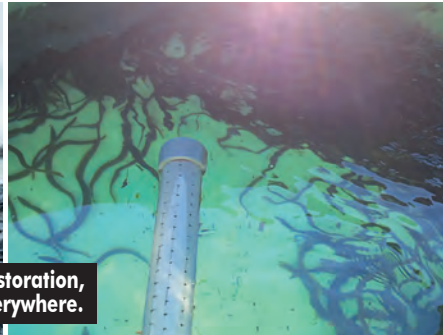
To the Algonquin, the Kichissippi Pimisi was and is sacred, as the prayer carrier of the waters. It not only travels through the salt water, and fresh water, but even through wetlands. They have long serpentine bodies, several rows of teeth and embedded scales. Adult females can grow up to be a metre in length. Eels have two hearts, a main one behind their head and another at the tip of their tail.

For Algonquin peoples, no part of the animal was left unused. It was a staple and in harsh winters, sustenance. Pimisi or pimizi is a word derived from pimide meaning greasy, which referred to the high calorie, high fat content of the eel for food. Fresh eels were primary food in September and October and they were dried when they were abundant in order to provide food for the winter months. Smoked eels were used as traveling food.

Eel not only provided nourishment, but was used in medicines, and used for spiritual reasons as well as for tools. The tightening properties of the eel's skin allowed it to be used for bow grips, hair ties, moccasin ties and for snowshoes. It was applied as a cast or brace for broken bones or to rid the body of infections as it dried. It provided relief for sprains and rheumatism. Beyond that, it became a trade item. Ontario Archeologist Bill Allen notes that during Samuel De Champlain's journey his men were known to trade a beaver pelt for ten eels.



What is needed? Eel Ladders at all dams, habitat restoration, clean water, and stopping commercial harvesting everywhere.



A recovery strategy document prepared under the Ontario Endangered Species Act, 2007-2013 acknowledges and offers sincere thanks to... "Elder Dr. William Commanda O.C. (Officer, Order of Canada and Founder of Circle of All Nations), Elder Albert Marshall (Eskasoni Mi'kmaw First Nation), Elder Murray Whetung (Curve Lake First Nation) and Henry Lickers Akwesasne First Nation) for their dedication and tireless efforts to work toward harmony with the environment. We thank them for their wisdom and for granting permission to share their insights in the recovery strategy. We give particular thanks to Elder Commanda for informing the Governor General and the Queen that "the ancient American Eel, which was once so plentiful in the Ottawa River Watershed, has been placed on the Endangered Species List in Ontario." The plan is to return the American Eel to its pre-hydro dam abundance by 2150, which is 7 eel-generations of 20 years, which the American Eel Recovery Team finds achievable.

Today, the Eel is heading towards extinction. Listed endangered but not yet protected, strategies for American Eel recovery have been discussed throughout the Ottawa Valley in the last decade.

The Algonquins of Ontario, a consultation and advisory group representing Algonquin heritage, culture and rights in the traditional territory of the Algonquin of the west side of the Ottawa River underscores that Algonquin traditional knowledge is instrumental in saving the Eel from extinction. In a report released in 2012 entitled, Returning Kichissippi Pimisi, the American Eel, to the Ottawa River Basin, they state that safe passage for the eel both upstream and downstream must be implemented. And that even short-term upstream assisted passage providing access to suitable habitats should be considered.

Algonquin Elders like Wallace Eady, and Hector Vincent Amikons recalled eel stories of their youth during interviews conducted by the AOO. Eady spoke of the incredible population of eel in the Bonnechere River and remembered fishing with his grandfather at the First Chute on the river and how it was not uncommon in the day to go out fishing for something else, and catch eels instead. "That's how plentiful they once were." Amikons told of spearing eels along with other fish at night, by hanging a light on the canoe, and that spears were made of spruce or

balsam, because they were light and hard to break.

Bill Allen has related that during archeological digs on Morrison Island nearly 3000 pieces of eel bone have been found. Most elders can pinpoint a time frame for the decline of eels, saying that they haven't seen an eel since the 1940's, while a few say the 1960's.

Pollutants, overfishing, and climate change impact the eel, but its biggest threat is in its navigation of our waterways. The eel has trouble making it up and down the St. Lawrence River system, which is dotted with dams and man-made barriers. Because the eel lives in inland lakes and waterways for decades before maturing (10 to 25 years) and returning to the sea, the impacts of dams and barriers built decades ago, did not materialize right away. Man-made structures on the rivers reduce their access to habitat. And when the females return downriver to the ocean to lay their eggs, their long serpentine bodies need to manipulate through turbines.

*"Without free-flowing rivers or safe ways around dams, the eel will eventually cease to exist," cited Algonquin elder Skip Ross who had first-hand sightings of eel when he was a boy.* He attested to the quantity of them and their size, and that they were often on the dinner plate at his home. Ross fought for the eel in the latter years of his life, and found his voice in this effort, along with finding

the true meaning of his native name, Kaamidjiyuk Sibi Ininni--Running River Man. His letters to government officials did not go unnoticed. Ross, who was born along the Petawawa River fought to keep it free flowing when two dams were proposed back in 2010. Eventually, due to his and many others' efforts, the idea was abandoned. "Nature knows balance. Eels are an intricate part of that delicate balancing act," said Ross, who passed away in October of last year, just weeks after speaking publicly at a walking trail along the shores of Calabogie Lake and the Madawaska River. Biologists attest that the eel is essential to the health of the ecosystem, they keep fish species' populations in check. The eel will even eat dead animal matter.

Dams are a direct cause of the drastic decline of the eel. None are now found in the Madawaska River, where once they would have been plentiful. Turbines on the route down the river mean death to the eels and dams without fish ladders mean impossible passages upriver. It was reported that the first eel runs, after the construction of hydro electric generators on the Bonnechere River, jammed the turbines. Historically eels were abundant on the Mississippi River, another tributary of the Ottawa, and many eels were netted up until the 1960's, but now none are seen in that river.

*The journey of Pimisi in traditional Algonquin territory may now only be a memory.*



Noreen Kruzich is the author of *The Ancestors are Arranging Things... a journey on the Algonquin Trail* (Borealis Press/Ottawa/2010). She specializes in First Nation/Metis genealogy and social history and has worked on the

documentaries *Colonization Road* recently nominated for the Donald Britton Award at the Canadian Screen Awards and on *Trick or Treaty* winning the Prix Gmeaux for Best Research. She lives along the Madawaska River outside of Burnstown. Visit her site at [www.noreenkruzich.com](http://www.noreenkruzich.com)

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## How Wild are You?

By Colleen Hulett



The beauty and stillness of the forest fills our soul and creates flow... even if its a dead stand of Cedars at Limestone Lake. Nature is more powerful than we can ever know. Dead trees are important parts of the ecosystem.



This gorgeous old Butternut tree is an endangered species in Ontario.



Yikes, a prehistoric-looking and giant Snapping turtle trying to cross Calabogie Road. They were here long before the roads and deserve our respect.

A Predictable transition from Winter to Spring is very important for foragers; human and animal alike. For example, when Robins return to our region, they need the ground to be thawed in order to pull worms. If our seasonal timing is off and the ground is still frozen their lives are in jeopardy. Thankfully, nature-lovers scramble to put out canned dog food to help them survive. Many still die. Did you know Robins return to the same tree every year and their offspring take over the nesting site after they die? Why are Robins important to us? Did you notice that when their flocks arrive back into our mixed for-

ests, they arrive weeks before the tree buds have opened?

The vibration from their lovely song triggers deciduous tree buds to open their leaves. Yes. There is science backing this and also how bird-song makes plants thrive better than any other situation. Trees and their newly unfurled leaf canopies process the sunlight and in turn send food and important survival information to the surrounding forest plants so they can thrive and produce a wealth of stuff necessary for human and animal consumption and survival. Most of us have learned in high school biology class about biodiversity and

food chains but I just don't think many people really understand the ramifications of a lack of biodiversity, broken food chains or that they can even get broken with the loss of a single species.

Okay, so what if we lose Robins and their awesome song? There are plenty more singing birds out there, right? Wrong. The Earth needs every bird species to play their specific role in our present biodiverse home. Every extinction is another nail in humankind's coffin. The Earth will adapt and continue without us and other species, but we humans will not survive.

Trees make oxygen, remember? Humans need forests for their survival. Forests need birds. Every natural thing is connected and important. These facts have been preached over and over again but people still continue to feign ignorance and consciously pollute at an unprecedented rate. People also continue to be apathetic towards endangered or 'at risk' species. So how do we get people on board with issues of the environment? Many say it's too late for adults to change and we need to focus on our children who will inherit the earth. I have mentioned before of the school in Chelsea, Quebec where kids spend

 <p>Century 21 Eady Realty Inc. Brokerage 29 Raglan St. Renfrew 613-433-2254 www.vincentjohnston.com</p>	 <p><i>My heart is in the Highlands. It's where my family comes from and where I like to be. I promise to do my best to ensure details are looked after and everyone is satisfied with the sale. You can trust me to list your home and help you find your dream property. New listings welcome!</i> - Vincent Johnston, Sales Representative</p>	<p>21 Crestview Building Lot <b>PEAKS VILLAGE</b> 59,900 <b>BUILDING LOTS HUGE POTENTIAL!</b> LT 4 Matawatchan Rd <b>WATERFRONT</b> 140k 00 Centennial Lake <b>WATERFRONT</b> 49,900 5118 Calabogie Rd <b>COMMERCIAL ZONING</b> 1.9 acre 76,400 00 Calabogie Rd <b>COMMERCIAL ZONING</b> 2.63 acres 105,200</p>	
<p><b>COTTAGE COUNTRY LOG HOME!</b></p>  <p><b>4882 Matawatchan Rd</b> 369,900 MLS 101379422 Log home or cottage with 5 bedrooms and 2 baths set on a pretty lot with mature trees and an awesome view of the river leading into Centennial Lake.</p>	<p><b>REDUCED BLACK DONALD LAKE!</b></p>  <p><b>20 Ironside</b> Viceroy "Capri Series" year-round home/cottage overlooking Black Donald Lake. Sought after area offers world class fishing and boating. Open concept main flr. Kit., Liv. and Dining w 2 bdrms, full bath and master w ensuite. Partially finished bsmt. w 1 bed, recrm, util. Roughed in laundry and 3rd bath. Deep harbour for boats &amp; sandy shore 449,900 MLS1099086</p>	<p><b>HIGHLANDS GOLF RETREAT!</b></p>  <p><b>254 Tatty Hill</b> 1,085,000 MLS 1098650 95 Acre Estate close to the Highlands Golf and Calabogie Motorsports Track near Calabogie Lake. Beautiful, historic, peaceful, well manicured property. Open fields for farming potential and still lots of bush for the hunter and outdoor enthusiast. Come and take in the gated long private driveway that leads to your new retirement retreat.</p>	<p><b>PRICE REDUCED!</b></p>  <p><b>1046 Donald Trail</b> 724,900 MLS 1104885 Stunning Lake Front home on the shore of Centennial Lake. You enter into a huge open concept living, dining, great room area. Post and Beam construction throughout. Large games room and master bedroom with gas fireplace and ensuite offer awesome views. Home has a southwest exposure and is set close to the water's edge.</p>
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## HIGHLANDS HIKER



I find it wonderful how American Ginseng seed pods are heart-shaped. An Endangered Species in Ontario.



Wild Leek or Ramps are a Species at Risk in Ontario. Many have been appealing to move this delicacy to the Endangered list.



The forest educates us. This is a rare and beautiful example of gravity regulated formation or 'gravimorphogenesis' of a Ganoderma sp. mushroom. The tree fell and the mushrooms righted themselves to keep the spore side facing down.

every Wednesday in an outdoor class. No books, no pencils, no paper. They learn using their major senses of sight, smell, hearing, taste and touch. It seems so sensible. (Couldn't stop that pun even if I tried to). I was told it is amazing how easy it is for these kids to retain the information they learn outdoors. Osmosis at its finest, right? Everyone pays attention in the wild forest. Our senses wouldn't have it any other way.

Our senses get to do what they were intended for and that is to connect us to our natural world and learn how to survive in it. Outdoor experience is important. Some good

news is there is a growing trend to re-wild our children and even adults in the hopes that they will fall in love with our planet and understand her better. Ultimately, rewilding will make us want to become stewards of our planet and protect her from unnecessary harm. Rewilding has also been shown to burst open our creativity channel. We can all benefit from a fountain of creativity to produce biodiversity-saving 'green' inventions. We see results of this in many teenagers to date like the ocean cleanup array invented by 19-year-old Boyan Slat, or the Catalyst turning ocean plastics into biofuel invented by 16

year old Azza Abdel for example. I don't know about you, but it breaks my heart to know our kids are disappointed in us and their future. They have lost our trust and are racing to save themselves and the biodiversity of this beautiful planet. It pains me to even write that last sentence.

So now I'm hoping you are interested in becoming wild and creative again. I must admit I know a lot of Madawaska Highlander readers who are already wild. Right? Some are not though and may come from urban centers to visit our beautiful highlands. If you think you are wild already you can simply check the

list and calculate your percentage of 'wildness'. The others hopefully will take the list to heart and begin their rewilding experience.

So how does one achieve rewilding anyway? There are actually many ways to return to the true human beings our ancestors would be proud of. We do not have to go back into a cave to impress them. We just need to live in harmony with the Earth and her cycles to make them proud. Much of this information I write about today has been inspired by psychologist and university teacher Erica Wohlmann. She took a 6-month sabbatical travelling from one natural

# PLAY it MILD... PLAY it WILD!



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A rare find. This is a Gentian species whose flowers never open. It lives on an island in the Madawaska River. Going into the wild reveals many treasures that warm the heart.

Actually visiting and experiencing Nature firsthand will make you love her and want to protect her biodiversity. Every tree is important.

forested space to another across the USA with one goal. That goal was to not spend a penny on food and to therefore forage her way across the States like our ancestors did so long ago. It was a phenomenal experience for her, and she has shared it on TED TALKS if you'd like to watch it. A huge realisation for her was that rewilding helped her learn to live in greater alignment with her ancient body or genetic disposition. She realised that technology changes way faster than biology. Our biological selves are slow to adapt to new technology and as a result there is a lot of mental stress and physical disease due this incompatibility. While foraging in the forests Erica quickly under-

stood her place on this the planet. She also achieved perpetual and spontaneous joy or as psychologists call it – flow. What a great gift to get just from hanging around in the forests.

Flow is rare these days. We are multi-taskers with a multitude of distractions, and flow can only be achieved with focus. Flow is extremely important for inventors. Ultimately, acquiring 'flow' in natural spaces can grow 'green' inventors. Everybody wins. Okay so here a list of things that we can do to rewild us, especially for urban folk and those who spend most of their time indoors. Much of this list can be found from a blog posted on thegrowthco.life.

## The Rewilding List:

1. Physically go into the wild. Go hiking and explore wild spaces near you. Go camping on Crown land for free and forgo the convenience of BBQ's, showers and washrooms. If you go to a federal or provincial park book a walk-in site and leave the crowd and your car behind. Enjoy the silence free of man-made noise pollution. Listen to the wild sounds and learn to recognize them. Learn not to fear wild places. If your fear is too great hire a hiking guide to help you enjoy your experience safely.
2. Plant a garden. The purpose here is to learn how to care for the plant kingdom and connect with them. There are many endangered plants in our region that need your help to protect them.
3. Read about wild places and animals that have intrigued you growing up. You know like the Amazon jungle where Tarzan lived. Or about the Galapagos' tortoises and Komodo dragons.
4. Make a list of what grounds you and makes you feel alive and free! For me it's hiking, cycling, lake swimming and walking in the yard barefoot.
5. Know the plants, animals, insects and fungi around you. Do you know the name of the weeds mixed in with your grass on the lawn? Why are they there? Are they Canadian or invasive? Who is eating your tomatoes? What birds flock together in your neighbourhood...they are the same social gang every year by the way. Say hello. Pay attention and I promise you'll learn so much.
6. Try to go way back and remember who you were before you were told. I know this is seriously deep and hard for many. Start by thinking about how you played and what your favourite toy was at the time. I have always been a 'plant freak and hiking person' I have been eating plants and making concoctions with them since I was very little. I was fortunate to grow up with pure freedom. I left the house in the morning with my brother and we'd bike to the woods and be explorers all day. We were only required to return for lunch, supper and bath/bed time. I remember achieving flow many times in my childhood. Thank you Mom and Dad.
7. Bring Nature into your home. For example plants, gemstones and foraged food. Don't forget to nibble on known safe plants as you hike and forage too. Eating plants that fresh still have a life force inside that is a gift to you.
8. Pay attention to the seasons and weather. Understand it. Learn your cloud types, learn all those different kinds of snow. Learn how the seasons change what you can forage, etc.
9. Move your body. It is an ancient practice. We need exercise to be healthy so go hiking or forest bathing. You do not need to pay for a gym membership. Outdoor activities are free and full of fresh air.
10. Change the way you dress. Are you comfortable in your clothes? Are you dressing for someone else's benefit? Are you wearing toxic artificial materials? Don't hide the real you. Be your wild self and feel the relief almost instantly.
11. Disconnect to reconnect. Put down that smartphone or gameboy. Unplug everything once a week, except the fridge of course, for the day. Let the sunshine wake you up on your days off. Read a book. You will feel fabulous. I regularly have everything unplugged in my home till I have to use it. I started it along time ago when I found out that if an electric thing is turned off but still plugged in the wall...you are still being partially charged by the electric company for its use. For me its my iphone and laptop that I have to disconnect from and it is hard. I need to post daily to my instagram account to keep my followers interested in me and my hiking guide services. Hmm. I'd like to add three more things to this list:
12. Volunteer for an environmental organisation and help them achieve their goal. They thrive on volunteers.
13. Regularly check what species are on the endangered list and why. Check the Species at Risk list too. If anything listed is found in your local wild places become a steward for it.
14. Read and explain this article to a child and a teacher and warm my heart and yours.

**So, are you wild? Can you get wilder? I regularly achieve 11 out of 14 things listed. That makes me 79% wild. I could do better... and I will.**

**How about you? What is your score? Anyone with 60% or higher gets a passing grade from me and my respect. You are awesome!**

Colleen has a B.A. in Geography from Carleton University, with a concentration in Cartography and Satellite Imagery. She has completed many courses in photography and drawing at Algonquin College and studied the Art and Science of Herbolgy with Herbalist Rosemary Gladstar. Please contact Colleen for questions or to book a guided herb walk or hike. Photographers, Artists, and those seeking to de-stress are welcome, too. Hulett.Colleen@gmail.com www.calabogiehiker.com Twitter: Highlands Hiker @calabogiehiker



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## Mallory Lake

By Mary Ruth

We own 3 properties around Mallory Lake which were originally land grants from Queen Victoria of Great Britain. Lot 18 East Range was granted to Henry S. Wickware in 1866, Lot 19 East Range to John Mallory in 1867, and Lot 20 East Range to George Washington Mallory in 1872. The Addington Road (colonization road) borders the west side of all 3 lots. The road was built from Kaladar to Denbigh in 1854-57 by A. B. Perry to open the northern limits of Lennox and Addington County, encourage the establishment of settlements, and support the logging industry, the main commerce in the early days.

History books on this area indicate that in the late 1800s a lumber mill was built on Mallory Creek, Lot 18. The open area at the head of the lake on Lot 18 and 19 supported a settlement plus a depot where the oxen and horses were kept until they were needed for logging.

Log drives were a big part of life at Mallory Lake in the early days. One act in the famous feud between Peter McLaren of The Canada Lumber Company and the Caldwell Company happened on Mallory Creek. McLaren had leased his timber limit around Mallory Lake and Mud Lake (first lake east of Mallory on Mallory Creek) to the Caldwell Company. They had hired a well-known logger from Ottawa to take a log drive through the waterway system from Mud Lake to the Mississippi and eventually to the Ottawa River.

Just as Caldwell was beginning the drive, the dam at Mud Lake caught fire and as the loggers were putting out this blaze, the two long sluiceways built by McLaren to bypass the two waterfalls on Mallory Creek on its way down to the Mississippi River, were burned. Although never proven, the main suspect for the burns was Peter McLaren. It was common for armed guards, hired by logging companies, to protect sluiceways for use only by the company that had built them. The personal feud faded following the government passage of the 1884 Ontario Streams and Rivers Act and a romance and subsequent marriage between a fiercely loyal McLaren man and the daughter of a similarly fiercely loyal Caldwell Man.

No great fire was ever recorded as having passed over our land, however, the presence of charred old pine stumps throughout the properties combined with folklore indicates that fires were common following logging activities.

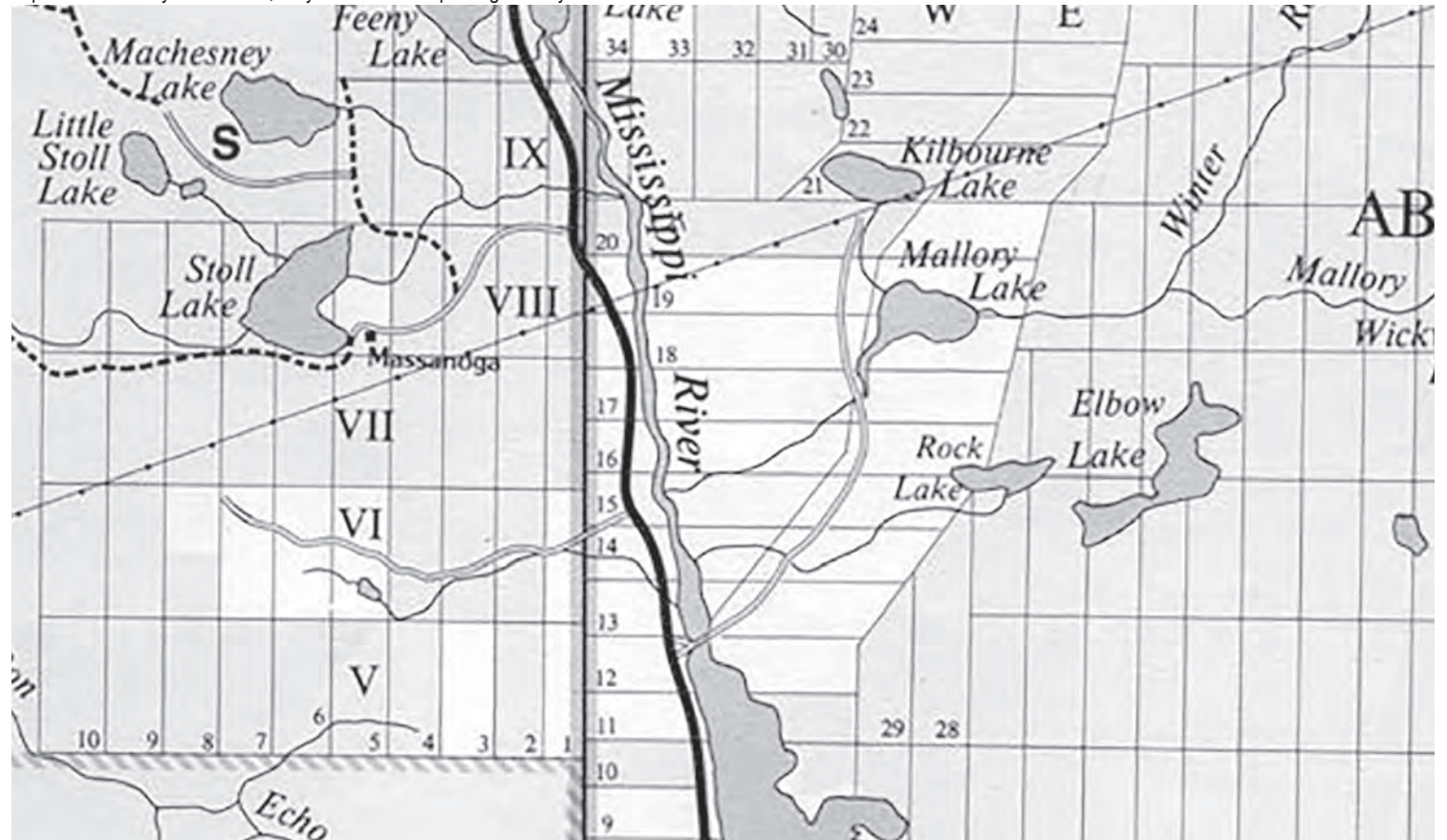
One such story told was when a woman was a child of 5, her family lived at Mallory Lake as her father worked at the sawmill. A forest fire caused him to bundle them all up - including her pet



McLaren v Caldwell established the principle in Canadian law that waterways are open to all, and that while private interests can charge a reasonable amount for the use of any improvements they have made, they cannot refuse passage to anyone.



We see evidence of fire on our properties. Fires were common following logging activities, because of all of that wooden fuel on the ground.



Lots 18, 19 and 20 East Range around Mallory Lake. The Addington Road crossed a bridge at the north end of Mazinaw Lake and went to the west of Mallory Lake.

fawn - and get onto a raft on the lake where they spent the night. She said the giant pines went down like hay before a scythe.

We built a raft in 1990 and have enjoyed many evenings on it watching sunsets and listening to the frogs and loons and other wildlife. It is also a great swimming platform as the shores are shallow and weedy all around the lake. A local fisherman who couldn't swim fell out of his boat and his son was able to pull him to our raft where he calmed down and then was able to re-enter his boat and make it safely to shore.

Records at the Land Registry Office in Napanee show that our properties have changed ownership many times. When we bought in 1989/90 we agreed to maintain a wilderness refuge with a retreat atmosphere. We cut select trees for our own personal use and enjoy nurtur-

ing the soil at the south west end of Lot 19 for a small vegetable garden. Digging in the soil we have come across many artifacts from the settlement that once thrived.

We currently live at our seasonal cabin for the majority of the year when snow levels allow us access in and out of the property with our vehicle. We focus on some maintenance of the unassumed municipal road that provides access to the property across Mallory Creek. Many active beaver dams are present in

the area and we work to maintain these beaver dams at a constant level to prevent the roads and trails on our property from becoming flooded. We continuously monitor wildlife on our property and cut a small amount of firewood for heating purposes during the cooler times of the year.

Today the road is used primarily as a snowmobile and ATV access way to points north and east of our property.

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

## Connecting our Trails: No Respect to Landowners = No Trails!

By Lesley Cassidy



The sleds of today aren't your grandparent's one-size-fit-all snowmobiles. They are designed for a range of uses, from groomed trails, to hilly powder, or racing on a track. You only have the right to follow the trails. Penalties for going off trail range from being charged with criminal mischief or dangerous driving. Both carry the possibility of jail time.

Imagine snowmobiling across a white field, two-foot walls of snow piled high cutting a groomed track to the wilderness beyond. It's a perfect blue-sky sunny day, and you've been on your sled for a few hours. The diner in the next town, your planned lunch stop serves fish and chips - battered and breaded pickerel - the kind that makes your mouth water. It's only a few more minutes away by snowmobile when a large red and white sign comes into view as you turn the corner, it is shaped like a STOP sign. It's in the middle of the trail and as you drive closer, the giant white "Trail Closed" lettering stares at you. There is a small note tacked to the sign, sharing that the landowner has closed this portion of the trail due to trail users trespassing and damaging private property. Now, your group of snowmobilers has to navigate out to the highway and find a safe route along the side of the road to access the diner.

There are over 112,000 kilometres of snowmobile trails in Canada. Our country is a trail paradise in both winter and summer, with thousands of kilometres in summer available for ATV, cycling, riding horses, and hiking among other activities. Snowmobiling is unique in that its users actively work with landowner's decade after decade to establish relationships so they can

access their land for a trail network that leads across the province and the country. This decade's long approach of working together has resulted in significant interconnectivity, especially in the Ottawa Valley, which enjoys over 1000 kilometres of snowmobile trails linking to other regions including Quebec.

Unfortunately, this past winter, a number of trails were closed by landowners in the Ottawa Valley. The most common reason cited was trespassing and damage to private property. These closures then break the connection between communities, impacting tourism, and the enjoyment of accessing the backcountry and travelling distances to more remote areas. Lou Laventure, the President of the Calabogie & District Snowmobile Club, shared: "every year, there are always a few sledders that venture off the trails, but this year, there seems to be less respect for private property". Mr. Laventure has been sledding for over 45 years and is also a landowner in the area.

So, why is this happening across snowmobile trails this past winter in the Ottawa Valley?

Snowmobilers want fun and exciting places to ride. Snowmobiling



One would think a sign such as this one on the Ottawa Valley Trail shouldn't be necessary, but they are. Read the rules. Obey them. Most of all, respect the gift that landowners give you when they allow you and your noisy machine to pass through their property. It only takes one or two people repeating the same disrespectful mistakes to close a portion of a trail permanently. Don't be that person.

in Canada is worth over \$8 billion to predominantly rural communities. Sledders would like continuous, interesting stretches of trail connecting them with scenic towns, accommodation, food and services that fuel tourism in remote and rural areas that are typically quiet in the winter. This allows local businesses to employ people and stay open year-round. An economic impact study examined snowmobiling in Ontario during the 2013-14 season, District 6 (which includes a significant part of the Valley) was one of the most commonly visited areas in the Province. For this reason, landowners sharing access to their private property is a critical link allowing tourism and snowmobiling fun to happen.

Negotiations with landowners may sound straightforward - talk to the landowner, sign an agreement, install stakes to mark a specific corridor across fields and all is well for the winter snowmobiling season. With over 15,000 landowners with agreements in Ontario, it requires a significant volunteer commitment to individually visit the owners of the private land who may be farmers, cottagers, full-time residents, or woodlot owners to discuss the past season, what changes can be made, and obtain written consent to provide free access to their property for winter use only. Many landowners are snowmobilers themselves, but some are not. Thanks to Bill 100, the Supporting Ontario Trails Act that passed in late 2016, private landowners are not liable if something happens to the trail user unless the landowners are proven to have been negligent. The risk of using the trail rests with the trail user. This has made these negotiations with landowners easier, and it has opened up access to the land in Ontario and pro-

vided more recreational opportunities, not just in winter but in other seasons to ATV riders, cyclists and hikers.

Negotiations with landowners become difficult when trail users' trespass, speed, damage property or crop areas, harass wildlife or other trail users such as cross-country skiers, create excessive noise and travel outside the posted hours of trail use. And it is particularly costly for farmers. Farmers are a significant portion of landowners that provide access, so when snowmobilers ride off the trail through snowy open fields, some seeded crops, particularly alfalfa plants, can become damaged when compacted. Winter conditions set in and this kills the plants upsetting farmers who may lose a percentage of their crops.

The Ontario Provincial Police (OPP) patrol the snowmobile trails in the Ottawa Valley at both the detachment level and through the SAVE Unit (Snowmobile, ATV and Vessel Enforcement). This specialized unit works year-round to promote trail and waterway safety. As well, the unit completes educational presentations in schools and also attends powersport shows. The OPP works with the snowmobile clubs and relies on trail members and volunteers to be their ears and eyes to report unsafe behaviour. Approximately once a week, police patrolled the snowmobile trails in the Ottawa Valley. Sergeant Savard of the OPP Eastern Ontario Region highlighted: "we are out there to keep people safe" by educating trail users and enforcing laws regarding trespassing, speeding, licensing and driving under the influence of alcohol or drugs. One OPP officer alone had 30 interactions with snowmobilers in January.

Despite the laws, several snow-



Part of the same sign with a diagram that you would think be common sense. Machines yeild to everyone and self-propelled humans yeild to animal-propelled humans. Makes sense, don't you think?



Some paths are low impact to no impact and are only designed for hikers. If you want to ride anything, don't do it here. Some of these trails also accept snowshoers, but make sure before you set out. You could be destroying someone else's ski trail.



Snowmobiling in Canada is worth over \$8 billion to predominantly rural communities. Sledders would like continuous, interesting stretches of trail connecting them with scenic towns, accommodation, food and services that fuel tourism in areas that are typically quiet in the winter, allowing them to employ people all year.

*Snowmobiling was invented by a Canadian, so even as the sport evolves and different riding styles develop, let's ensure the groomed trail experience does not disappear in Eastern Ontario by respecting the landowners in all seasons.*

*Respecting private property ensures we will have trails to enjoy in the future!*



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

mobiler's behaviour resulted in one closure that had a significant impact in Renfrew County. A crucial link to access the Antrim Truck Stop and the local services in Arnprior was closed when a few snowmobilers left the defined path and created their own trails, riding up the steep embankments of the river near the dam and creating a situation that the landowner felt was dangerous. This resulted in the local Club having to develop a workaround trail and new places to park in order for trail users to access these businesses and services.

Another challenge is the dramatically changing snowmobile technology compared to 15 years ago. It has evolved into a sport that has become quite specialized, and there are now several different types of riding styles. There are snowmobiles designed for those who ride longer distances on groomed trails, and snowmobiles for climbing hills and mountains in deep

powder. Some call riding off trail in powder and open hilly areas - boon-docking, something quite popular in Northern Ontario and out west. And then there are "cross-overs", the snowmobiles designed to be comfortable for trail and some powder conditions. With these different types of snowmobiles for various conditions and different riding styles, what some riders desire in terms of their outdoor experience is changing.

But it doesn't mean that snowmobilers who prefer powder can trespass on private property to access fields of untouched snow. Trespassing and damaging private property comes with a price tag. There are fines and if you are caught damaging property, there are serious consequences including being charged with criminal mischief or dangerous driving. Both of these penalties carry the possibility of jail time. But the real cost is everyone loses when landowners close trails.

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By Angela Bright



\*A BIG thank you to Denbigh Recreation for hosting the annual Parade of Lights in December, and bringing fun into the new year with a number of snowshoe outings, the Family Fun Day in February, and the Easter party.

\*The Denbigh Recreation Committee invites you to a wine tasting on Saturday, June 15th, 7pm at the Denbigh Hall. The event will be hosted by an Arterra Wines Canada winemaker from the Niagara region. Tickets are \$15. To reserve



your tickets, call Al or Cheryl Harvey 613-333-2291 or Bev Chaisson 613-333-9852. Deadline for ticket purchases is May 31.

\*The first Monday of each month is Denbigh Diners, when you can get a delicious home-style lunch at the Denbigh Hall. The cost of the meal is only \$8 and everyone is welcome. For Diners on Monday, June 3rd there will be BBQ'd hot dogs and hamburgers with an array of salads. Greg Roche will bring along his guitar to entertain. Diners takes a break for the months of July and August, starting up again in September.

\*The Cloyne & District Historical Society will hold its Annual Mammoth Yard Sale on Saturday, May 18th, at the Barrie Township Hall, Cloyne. Donations are welcome and can be dropped off on Friday from 9am to 11 am, but please note: no clothing items.

\*Playgroup takes place in Denbigh from 9:30am to noon in the gym of the Addington Highlands Community Centre. Parents, grandparents and child care providers are invited to bring children ages 0-6 years to play, explore, sing, read, create, laugh and have fun! Free! For more information contact Lennox & Addington Resources for Children 613 336 8934 x257.

\*Denbigh Rec. throw a Canada Day celebration in Denbigh on Sunday, June 30th, with music, a BBQ and fireworks at Heritage Park. Donations to the cost of the fireworks would be greatly appreciated.

\*Land O'Lakes Community Services - Homemaking Program is available to Seniors for a low hourly rate. Washing floors, vacuuming, bathrooms, meal prep, changing bedding, etc. call Lori Cuddy 613-336-8934 for more information.



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## Springtime, Diet, and Depression

By Derek Roche

For many of us, Spring is a time of great joy and renewal. The daylight hours are longer, the temperatures are warmer, the birds and animals return and we look forward to a summer filled with activities, friends and family. However, there are those who may not feel the joy and excitement, who do not look forward to Summer and all that it brings, and who may feel tired and low energy. Often considered to be depression, this state can be misunderstood, and the frustration of not being able to “snap out of it” can lead to a further sinking into emotional and physical lows. Let me introduce a different approach to understanding and healing this common affliction.

Scientific links between processed foods and depression keep getting stronger. Research shows that the food you eat can have a profound effect on your mental health. For example, researchers recently found that fermented foods helped curb social anxiety disorder in young adults.

Gut bacteria produce mood-boosting neurotransmitters like serotonin, dopamine, and GABA. In fact, the greatest concentration of serotonin is found in your intestines, not your brain. At the end of the day, if you're trying to address your mental state, optimizing your gut health should be toward the very top of your list.

### The Strong Link Between Sugar and Depression

A number of food ingredients can cause or aggravate depression, but the number one culprit is refined sugar and processed fructose, which feed pathogens in your gut, allowing them to overtake more beneficial bacteria. Diets high in sugar also trigger a cascade of chemical reactions in your body that promote chronic inflammation, which over the long term disrupts the normal functioning of your immune system and wreaks havoc on your brain.



Naturally fermented sauerkraut sustained our intestinal flora in northern climates for thousands of years. It is time to reacquaint ourselves with this natural antidepressant.



Kimchi is a naturally fermented Korean dish that is gaining popularity around the globe. Old family recipes were passed down and many now shared on the web.

Other processed food ingredients that can contribute to depression and/or other mental health problems include:

- Genetically Engineered Foods, which can significantly alter your gut flora, thereby promoting pathogens while decimating the beneficial microbes necessary for optimal mental and physical health.

- Glyphosate, the most widely used herbicide on food crops in the world with nearly 1 BILLION pounds applied every year — has been shown to cause nutritional deficiencies, especially minerals, which are critical for brain function and mood control. Roundup, in which glyphosate is the active ingredient, has also been shown to increase the antibiotic resistant strain of E. coli and Salmonella.

- Artificial food additives, especially the artificial sweetener aspartame, can wreak havoc with your brain function. Both depression and panic attacks are potential side effects of Aspartame. Food additives such as artificial colorings are also known to impact mood.

- Gluten, a protein found in grains such as wheat, rye, and barley, may negatively impact mood and brain health. In fact, a number of studies indicate that wheat can have a detrimental effect on mood, promoting depression and even more serious mental health problems such as schizophrenia. Most non-organic wheat is also treated with glyphosate.

A plant based diet, is one of the

best ways to improve your intestinal flora. Plants provide a wide variety of healthy bacteria. Fermenting plants in products such as Sauerkraut and Kim Chi can increase the levels of these helpful bacteria even more.

The importance of fermented foods in our diets is more important than ever. In North America, with our excessive use of antibiotics, chemicals such as pesticides, and a consumption of sugar at unprecedented rates, the state of our intestinal flora has become a critical health issue. Symptoms such as fatigue, brain fog, gas, poor digestion, malabsorption, poor sleep, sore joints, and, finally SUGAR CRAVING may all be a result of poor gut bacteria and excess candida. These yeasts actually manipulate our brain to crave the foods that yeast craves, namely sugar and carbohydrates. The remedy is to replace our depleted intestinal flora the way that our grandparents, and many nations around the globe still do, by eating fermented foods.

Fermented foods are foods that have been through a process of lacto-fermentation in which natural bacteria feed on the sugar and starch in the food creating lactic acid. Natural fermentation of foods has been shown to preserve nutrients in food and break the food down to a more digestible form. This, along with the multitude of probiotics created during the fermentation process, could explain the link between consumption of fermented foods and improved digestion and mood. Cultures around the

world have been eating fermented foods for years, from Sauerkraut in Germany to Kimchi in Korea and everywhere in between. Sadly, with the advances in technology and food preparation, these time-honored traditional foods have been largely lost in our society. Instead of the nutrient rich foods full of enzymes and probiotics that our grandparents ate, the average diet today consists mainly of sugar laden, lab-created foods. In our household, we make sauerkraut the time-honored way with cabbage and salt. Groups of friends in Matawatchan also get together and make sauerkraut, and Kombucha as well! (When buying commercially made sauerkraut, do not buy the ones made with vinegar, as they do not have the same benefits!)

***In summary, to heal depression, heal your gut; to heal your gut, eat mostly plants, especially fermented plants!***



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

## EDITORIAL

“A man convinced against his will, is of the same opinion still.”- Those wise words of Benjamin Franklin still ring true in what I call the “Too Much Information - Not enough Truth” Age.

With a couple of clicks and clever “Googling”, we now have instant access to a universe of information, and increasingly, too much information, but we aren't processing it the way we used to before the World Wide Web came along. We aren't keeping the facts in our heads, just our beliefs. That's how it seems.

We no longer have to read a map and remember the next few turns. Let Google Maps tell us when and where to turn. Where are we? I don't know, but Google will get us home. We don't have to draw upon our own mental resources to solve a problem or prove a point anymore. Don't know how to do something? Google it. I don't think there is a single human task that doesn't have a YouTube video to show you how to do it. There's no need to think for yourself and it's going to get worse. I am really not looking forward to meeting a new generation

who won't even know how to work a light switch. Alexa, dim the lights.

When we used to ask what the name of the lead singer in a band was, we used our heads. The people around you would look into space and run through the alphabet to find the first letter of the name, usually while saying, “No that was someone in another band, I've almost got it...” Why bother trying to remember when there is an app for that? Just hold your phone up, process the sound, and you have the name of the song, the artist, the history, and a download link.

We aren't taking ownership of the information we pass along. It doesn't stay long enough to register. Why bother memorizing when we can just look it up again? I think we might be losing our minds and the ability to argue rationally.

In one generation we have gone from having too little access to information, to having way more than we can possibly synthesize and hold in our heads, and that is a problem. With so much information out there, people tend to seek out what matches their own

beliefs and disregard the rest. How else could so many people still believe the Earth is flat when there is plenty of evidence to support that it's round? Nothing will convince Flat Earthers otherwise, unless they are open to being convinced. Beliefs mean more than facts.

Don't get me wrong, we need the Internet. I am a member of Twitter and follow Facebook pages of all kinds. I kept up with recent road closures and flooding through the Greater Madawaska page. I keep up to date on everything from events to lost pets on the Griffith and Matawatchan page, and Facebook is increasingly connecting me and others to local restaurants and businesses, and of course my family. Facebook is wonderful until... politics.

I have followed Facebook pages for all of the major political parties for years, but as recently as December last year, everything changed. A flood of new members (Russian trolls?) started posting images and memes that are meant to provoke anger, not thought. Comments quickly went from polite discussions

between like-minded people to block-headed, name-calling, meme-sharing, closed-minded vitriol. It has become a fist-fight, not an argument.

I don't think anyone who is a died-in-the-wool Conservative or Liberal will change their views because of a few misleading memes; Benjamin Franklin's words are as correct today as they were 200 years ago. But they can influence undecided voters by spreading unverified “facts” and get others to buy into their beliefs. The trolls know that when false information is shared often enough it becomes familiar and it is generally believed to be true. In this age of too much information and too little truth, beliefs are becoming more important than facts. What do you “believe” to be true on these subjects? ...Vaccines, Flat Earth, Evolution, Canadian political parties...

Only you can change your mind, so keep it open. Seek facts. Don't share without verifying. Inform others if they are missing the facts, and don't be a troll's helper. Our democracy depends on it!

**Rusty and the "Boxer" Rebellion**

By Antonia Chatson

My husband, daughter and I were going shopping at the IGA in Bancroft. Because it was early summer, the large lot was nearly full and we had to park, way at the back of it. As we wended our way through vehicles and tourists, we noticed ahead of us a crowd gathering around an old half-ton. On the back of it there was a large cage. The tailgate was down and ahead of it were two cute little girls, about ten years of age, each holding even cuter puppies. The mother was taking a back seat in the cab keeping a watchful eye on the proceedings. I assume she was well aware that every sale was assured mainly by its presentation. The little girls were so cute that it would not have surprised me if offers were made on them rather than the puppies! There were five puppies in all, three in the cage on the back of the truck and each girl held one squirming little bundle. The crowd consisted of oohing and aaahing women who were being tugged at by their husbands, and oohing and aaahing children who were being tugged at by their mothers. Comments by passers-by included men to wives, "Don't even go there", and Mothers to children, "Don't look right", or "Come back here this instant".

Of course the three of us did not fit into any of these categories, so we all made a beeline for the truck. My husband was very partial to dogs and a complete suck when it came to puppies. I had to concede that since our previous dog, a Border Collie was getting very old and al-



There is nothing more irresistible than puppies, which is why the parents were giving the girl with the box of puppies a wide berth, dragging their excited children past them and into the grocery store.

ready had had one large tumor removed which was cancerous, it was time to look for another dog soon anyway. Not only was Rusty old, but he was becoming more and more bad tempered all the time. He would attack anyone walking past the house on the road and was becoming tetchy with us. And as for what his job should have been- herding cattle - he never scored top marks for, usually turning tail and running with the herd pounding behind him.

So, much to the appreciation of the little girls and their mother, we had to hold and cuddle each one in turn. My husband finally decided on a feisty little one. One of the girls said that he was her favorite and I'm not sure, but I think she

had tears in her eyes when she let him go. But she also knew that he was going to a home that would appreciate him.

Now to the shopping... That was left up to my daughter and myself while my husband pup sat. It was a pleasant day, not too hot, so he put him in the back of the truck and kept guard beside it. The puppy was very active and exceedingly cute, and now that his ownership was assured by someone else, it was amazing how much attention he attracted! I am not sure who enjoyed the attention more, the puppy or my husband!

After observing him for hours my husband decided to name him Boxer, because he used his front paws to bat



Once our bouncy little "Boxer" was claimed, parents felt safe to let themselves and their children fawn over him.

things around. He was a cross between an Australian sheep dog, a Blue Heeler and a Rottweiler, but the Rotty seemed predominant. When we got home, we kept Rusty in and took Boxer out to the cattle to see how he would respond to them. He happily bounced alongside the tractor, but at the first sight of a curious cow, coming for him to check him out, he turned tail, hid under the tractor and cried pitifully. So much for having a herding instinct. We had to carry him home, keeping his eyes covered.

Next obstacle to living here - Rusty! Knowing that Rusty had an unpredictable and snarly disposition, we put him on a lead, and then brought out Boxer. It was all I could do to hold

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Our once happy, friendly, and well-mannered Rusty had become our sick, old, and snarly Rusty - even to us. It wasn't the best time in his life to introduce a puppy, or maybe it was.

him back from chewing the little fella up. That was definitely not a success story. Poor Boxer must have thought we had brought him here to be bullied, tormented and attacked, maybe even eaten. Where to from here? My husband had made a trailer with a steel frame and one-by-four cross pieces in which we could take our calves to be loaded onto the cattle truck at the department shed loading ramp. Its dimensions would have been about six feet by eight, with a sliding door half the width of the frame at its rear. We thought we would put Boxer in there, so he would have some freedom but be safe from Rusty when we let him out. When Rusty was out he would prowl around the trailer, growling and we often wondered if they would ever get along - until one day when we went outside to find Boxer with his paws on terra firma tearing around Rusty. Rusty did not seem too aggressive but when Boxer came too close, he would growl and Boxer would instantly diffuse the situation by rolling onto his back, thus showing submission to Rusty. We could not believe that Boxer could have jumped over the six feet high walls of the trailer, but we could see no other means of an exit. Only one way to find out - put him back in the trailer. And guess what - without even a run at it, with one gigantic leap he nearly reached the top, then scrambled over the side and dropped down onto the ground. On seeing this feat again, Rusty must have felt that Boxer deserved some consideration, for in a few days, we even saw them playing with each other. No

doubt about it - Boxer was a master manipulator!

By the next spring, Rusty had developed another tumour on his nose. The vet said since a tumour had reappeared elsewhere it probably was cancer and he certainly wasn't going to remove his nose. Boxer seemed to sense his malaise. Rusty found relief in lying in the snow and rolling his nose in it. Boxer now never tried playing with Rusty but he followed his slow progress everywhere as if monitoring the situation and when Rusty lay down, Boxer would lie next to him, keeping him company. In a few months, Rusty peacefully passed away and Boxer was distraught, looking all over for him.

Boxer did eventually get used to the cattle, and even learned to chase them, not perhaps in an accepted manner, nor to the right destination, but he did have fun doing it. He was far more help in the garden than with the cattle. We had been plagued by groundhogs who resided in the stone fence by the barn. We had a vegetable garden on either side of the stone fence. Rusty had been useless at keeping wildlife at bay, so the ground hogs and raccoons thought they owned the place. One day I saw Boxer stealing along the roadway behind the long grass just before the stone fence. Looking up, I saw an extremely large, fat ground hog (wonder why) standing up on his haunches, surveying the scene. In one jump, Boxer had him by the neck and gave him one sharp shake. The groundhog, then fell limply to the ground. Boxer

brushed his two front paws together, and strutted over to me, as if to say, "What a good boy am I!" As the groundhog just lay there, I thought to go and investigate. I could not believe that one shake would break the fella's neck. But it must have for it was definitely dead. And at this stage, Boxer was only half grown.

Man, I thought, he's good. But I did not know how good until the next spring. We knew that we had a resident coon that stayed in the loft of the barn. Life was good for him, for he helped himself to the cat food that I took down for the resident felines. One night, I placed the cat food down, then took a seat in the stands to watch the show. Sure enough, with the smell of warm milk and meat mixed in with dry cat food, I soon heard a rustling upstairs and watched the 'coon as he descended a steel pipe, circling it as he went. This dramatic effect might possibly have been for my benefit. He soon joined the circle of cats at the feed bowls. Some cats moved aside to let him in but more determined cats, took a sideways glance at him and kept on eating. The 'coon very neatly assembled several handfuls of seasoned cat bikkies, then politely retired to a corner to his private lounge. As he did that, the other cats moved back in to their bowl of food. The 'coon did not seem to be one bit perturbed that he had an audience. His lack of inhibitions did not bode well for next year's corn crop!

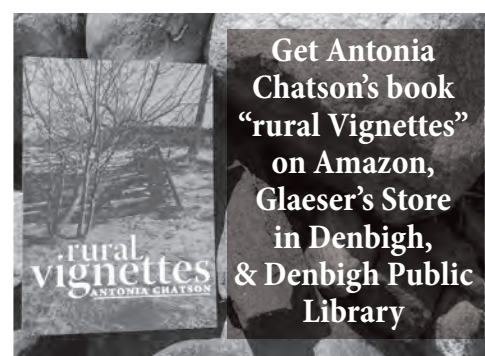
But - one day, there was no more 'coon. I thought he might have moved on, but then why should he? He had everything and everyone right where he wanted them. I did not discover till next spring what his fate had been. As the drifts of snow melted in an upper outside calf pen, it revealed the carcass of Mr Coon. Boxer must have caught him on a midnight ramble, and he met the same fate as his brother groundhog. The next summer I also found a dead 'coon right beside the corn patch.

Boxer loved to play with sticks, any length. He would grab a stick, growl, worry it and haul it all over. And once he had a stick he liked, no other one would do, and the longer the stick, the more he liked it. In one field where we took him for a walk, there was a small calf pen made of rails with a small entrance that only the calves could get through. Inside the pen we would put grain for a snack for the calves. My husband would get Boxer's big stick and throw it inside the

pen. Boxer would grab it by the middle and run towards the small opening. Either side of the stick would of course hit the uprights on either side of the aperture, jolting Boxer's head and body back. Never daunted, he took the stick in his mouth closer to one end, then tried to get out again. The stick caught again. He would move back and move his grip father yet to one side. He would sometimes take six or seven goes, his mouth by this time nearly at the end of the stick, thus being able to haul it out behind him. He would be so proud of himself for figuring this out that he would run in circles with the stick dragging out one side of his mouth. You would think he would remember his solution, but the next day exactly the same procedure would be repeated!

Boxer was a little on the arrogant side, but after we got past his "after me you come first" attitude we had to agree he was quite some dog! He still missed Rusty though, and we would often come upon him unawares, searching all over for his lost buddy. Little did he, or even us know, that a solution was at hand.

To be continued...



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.



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## The Magical Music Box

By Peter Chess



This isn't the actual radio we had, but it has a similar glow in the dark dial and magic red bar that squealed and shshshshshs-ed and squaked as we moved it, searching for new excitement. It is like the one that opened the ears and minds of two little boys to the magic of music they had never before imagined, so very long ago. My brother and I didn't know it at the time, but we were experiencing the beginnings of a music phenomenon that would have a profound effect on the future of Canadian music and the lives of two little boys and countless others, in Canadian border towns.

I do not remember a time when there wasn't music in the house I grew up in. I would like to imagine that my mother would have sung a lullaby to my brother and I when she put us to bed or soothed us when we were hurt or angry. But I have no vivid recollection of it. I would also like to imagine that I would sing or whistle or hum to myself, if only to pass the time, when I was a small child, although I cannot recall doing so with any certainty. What I do remember with some clarity is a small plywood box with knobs on it and numbers that lit up in the dark, inside of which, I believed there were tiny people who could talk and sing and make other noises which I learned was called music. It sat on the kitchen table with its back to the window and

my parents could wake themselves up in the morning by turning a knob and put themselves to sleep by turning the same knob in the other direction.... They called it "The Radio".

We children were told not to play with it because it wasn't a Toy. This didn't surprise me because there were all sorts of things in the house we couldn't touch because they weren't Toys either. In reality, because my Pop (my father) worked shifts and slept odd hours, the little invisible people inside might wake him up. Another thing I noted in my wee brain was that the people inside the box only had letters for names. I knew this because they told us all the time..."you're listening to CKTB" or "This is CBC" and

it depended on which day it was or the time of day, which one would be awake. For me, it didn't really matter because they both sort of sounded the same, either talking or singing or making music, although if they were singing, I could sing along... sort of.

Eventually there came a time when our curiosity overwhelmed our fears of punishment. My brother Jim, two years older, led the rebellion and I dutifully followed. When Pop was at work or fast asleep and mom wasn't looking, we began to fiddle with the knobs. Luckily, it was Mom who caught us at our sneaky little game. She must have known we meant no harm and she then became our co-conspirator. When the time was right and the four of us were alone, (by now we had a sister, Susan, two years younger than me) we would move the radio to the edge of the table, pull a couple of chairs together and Mom would drape a blanket over us to make a tent while she occupied herself with Susan.

Huddled together in the dark, only faintly illuminated by the tiny light behind the glass bar with numbers and lines on it, we would fiddle away, moving the red line until we heard something that didn't sound like rain or a cat scratching on a chair leg, and in doing so we were introduced to many more invisible tiny people who also talked and sang and made music. These ones were very different from the tiny people who must have been

sleeping on the other side of the blanket... or something.

They had names with only letters too. WKBW, WBZ, WWVA, these I remember but there were many more behind the red line. Not only did they have different names, but they talked kinda funny. They played strange music and sang songs like I never heard on CBC or CKTB. These songs reverberated inside my little brain like nothing I had ever heard or experienced before in my brief time with the invisible people. My brother must have felt the same way, maybe even more intensely, because whenever I went to open my mouth, he would tell me to shut up, so intent was he on hearing these new sounds. Time and time again, whenever possible, we would visit these new people, constantly hearing new and exciting songs. This was some BIG fun!

It was fun for us because it sounded like they, the tiny invisible people, were having fun too. It's hard to describe the feelings I had, it was so long ago, but there was an energy from the songs and the music behind the words, crazy rhythms, so new and yet so old that made my little body move, made my head bob, set my toes to tapping and my fingers drumming without my even being aware of it. Nothing CBC or CKTB had to offer ever made me feel like this. On the contrary, they seemed in comparison to be distant, too serious, too heavy and even threatening at times. Now I can say, "Well of course they



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CBC Radio had 50,000 kW radio stations of their own, but opera and other more staid music styles didn't have the same magical appeal to me or to my brother. It was Mom and Pop's music.



I had no idea at the time how the tiny people got into the radio. I had no idea about how they produced those magical tunes, what the styles of music were called, what the people looked like, or where they were. I just knew where to find the "letters" on the dial that made me happy and made me want more.



Hank Williams and Bill Munro, Jimmie Rogers and Lefty Frizell, Billie Holiday and Big Mama Thornton, Duke Ellington, Muddy Waters, L'il Walter and BB King. It was all so wonderful, and it got better, when as time passed, we began to understand what we were listening to and that those invisible tiny people were just like us. I loved it all. I still do, especially the black people's music, which made a lasting impression on me... not only me... but eventually the entire culture of pop music, including Canadian pop music.

...stay tuned

The signals from hundreds of 50,000 kW radio stations in Northern US reached into Canada and into the ears and minds of a new generation of Canadian listeners, who weren't excited by what the previous generation of older people listened to. Two small boys had discovered the magic of music that literally moved them.

did". They were who Mom and Pop listened to. They represented authority and control. Think opera, which to me was a constant wailing in strange tongues. Think of the overwhelming density and drama of symphonic music that to me seemed to drag on endlessly, or the non-rhythmic religious music with its long somber passages in minor keys and references to death and blood, sacrifice, suffering and pain... lots of pain. All this did for me was to smother my eager young mind with sadness and weariness leaving

me with a strong urge to not visit CBC or CKTB again. I had found my people and they woke up under the blanket.

So, just who were these new friends I had made that lived in a wooden box on the kitchen table and now lived inside my head? It turns out they were Americans, yup, Americans, and the music they made went by many names. Under the blanket we would have listened to Country music, Cowboy music, Bluegrass, Appalachian and Hillbilly music coming

from Wheeling West Virginia, our old friend WWVA. There was, from the large cities near the border, like Buffalo, Detroit and Chicago, what was called Race Music. That was The Blues and Rhythm and Blues and Jazz and Gospel... Now that was church music to move your soul in the right direction!

We heard the big Bands of the Kings of Swing, like Benny Goodman and Tommy Dorsey and probably Artie Shaw too. There's no doubt in my mind we heard



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

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

## SURVIVOR GUY

### Avoid turning a Flood Emergency into a Flood Disaster

By David Arama

#### When to Evacuate? Bulletins?

Folks, if any warning is issued, please heed that advice! If there's an Evacuation Order, get out. If there's a dangerous high winds warning, eg 70kms+ gusts, get out of the bush, and avoid large bridges, eg Burlington Skyway. If NOAA issues a bad hurricane season warning in the Caribbean, avoid travelling there.

#### Emergency Gear and Equipment at Home and Business for Flooding and other Disasters

- Water Pump, gas pump or swimming pool pump and generator (plus hoses)
- Sump Pump, many types available for \$250+ at your local hardware store
- Portable Generator, figure out wattage needs. I strongly recommend an Invertor Digital Sinewave (quieter, more economical, safer to use than others)
- Solar Backup Power System, or bank of emergency charge up batteries, with an invertor to convert DC to AC
- Waterless Toilet, or chemical port-a-potty
- Sandbags, Shovels \*(see illustration)
- Boat, Canoe (with paddles, life jackets, rope, bailer), Hip Waders, Waterproof Rubber Boots
- Raising the structure might be the best idea in flood prone areas
- Flood Portable Protection Systems are very expensive, but there are several available online that expand when they fill up with water, and act like a sandbag barrier.
- Sleeping Bags and Wool Blankets. Wool can keep you warm even when it's wet.
- Battery Operated Smoke and Carbon Monoxide Detectors

The last few years have clearly shown a disturbing trend of very severe weather events, pointing to a climate shift. We could argue all day long, as to why it's happening. Is it caused by humans increased production of carbon dioxide? Is it earth's natural cycles? Are we on the verge of another ice age, solar extreme, or polar shift? I will let 20,000 scientists study and debate that. It should be noted, that I graduated with a degree in Environmental Science and Geography (York University), have taught Environmental Courses at Humber College, and have been involved in Outdoor Education for nearly 40 years. However, I'm more interested in whether we, the citi-

zens and taxpayers of the region, are prepared for more frequent disasters, and what availability of townships resources, are there if needed. This year's flooding in vast areas of Ontario and Quebec could be one of the costliest natural disasters in Canadian history. It truly saddens me to see the misery and suffering of thousands of unfortunate flood victims.

Township Resources Preparedness: are we on our own?

Last Sunday, April 21st, I arrived back to Marble Lake Lodge (located in North Frontenac), after spending some time with family for the Good Friday-

Easter holiday weekend. What I found shocked me, the lake level had risen to within 8 inches of two low lying cabins. This is by far, the highest flood level that I have seen in ten years. In a panic, we found the Mississippi Valley Conservation Area website, and there we found very valuable information regarding water levels cresting on nearby lakes, and predictions of when the flood would start to recede. We located 511 websites that detail road conditions and washouts. Apparently the Renfrew County website has an excellent document posted, for dealing with flooding and the aftermath. Then, we tried searching some Frontenac websites for more details, including

where to find sandbags, and volunteers if needed. We found nothing. There is a Facebook site, but again, very little useful postings, and the general public is blocked from posting. This was disappointing since we could have posted what's happening on our Lake, as others could have done also.

We heard that there were some cottages flooded on adjacent Lakes, so we drove to a camping Park on Head Road, and viewed most of the trailer park under considerable flooding. Likely, many cottagers, seasonal RVers, and other property owners have experienced severe damage, in some regions, it's not the hundred year flood, it might very

Go to [madawaskahighlander.ca](http://madawaskahighlander.ca) to download a free copy of my survival book, *How to Start a Fire with Water*, or purchase a copy to keep handy in an emergency.



### How to use a sandbag How to build a sandbag wall



After "record" Spring flooding in 2017, Renfrew County brought in Germany's Technische Hilfswerk to "train the trainer", so they could prepare for future flooding. Download the brochure with the best info you can get. [flood-prep-recovery.pdf](#)

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**Preparedness Checklist**

My new book, that we are offering "free digital copies" to all readers, details many checklists for disaster preparedness. Emergency Management Canada recommends a 72-hour level of preparedness, and I also recommend a few weeks preparedness might make more sense to many flood victims. You should have a disaster plan, and make sure to rehearse and re-evaluate yearly. That includes knowing where alternative accommodations or evacuation emergency shelters are in your region, backup electricity and heating, drinking water and emergency food supplies, waterless toilet systems, medications, and extra gasoline for your vehicles. I would add some cash, in case the ATM's go down. And an emergency survival bug-out pack in case you have to leave quickly with little or no notice.

**Flood and Disaster Insurance**

-RV: Does your RV Park have flood insurance? Does your personal policy cover you for floods?

-For business, home and cottage insurance: Do you have flood and natural disaster insurance or a rider?

-Avoid Rivers and Lake Shoreline Setbacks: For anyone contemplating buying a cottage or rural property, I recommend avoiding property near or on rivers and streams, especially where they flow into lakes. For lakes, build structures and locate wells well above the lowest shoreline setback.



It might have been your familiar old front yard, but now it is part of the mighty river system. Even 6 inches of fast-moving water can pull you under. 2 feet is enough to sweep away a truck or SUV. Always wear a safety vest and know that hip waders can drag you down when they fill up with water. Image from Renfrew County's flood-prep-recovery.pdf

well be the thousand year flood.

We all see climate change happening, severe droughts, forest fires, windstorms, tornadoes, and it seems to be getting worse.

A week later while teaching a course locally, I asked several students that came in from a variety of sites in the region, if they knew where to access information, or where to find municipal township assistance (advice, sandbags, volunteer coordination, disaster centres,

etc.), and not one person had any idea.

Because of this lack of emergency preparedness in some townships, I am placing a challenge to them: are we, the local residents, on our own?

*I am going to include a free digital copy of my new Survival & Disaster Preparedness Book (see link), a \$20 value, to all citizens who read the Madawaska Highlander magazine, since I don't like profiting from other folk's misery, and to assist and better prepare*

**Websites and Other Help:**

-mvc.on.ca and other Conservation authorities

-Township of Renfrew: Flood Preparation and Recovery, Emergency Services

-511 Road Conditions Ontario - 511on.ca

-OMNRF - ontario.ca

-Environment Canada - weather.gc.ca

-Weather Network - theweathernetwork.com

-Emergency Management Ontario, Canada - emergencymanagementontario.ca

+ Township Offices, Facebook Sites

+ Fire Departments re. forest fires hazard and warnings and burning bans

*Finally, get a copy of my new book and take some safety training courses!*

*Now go out and embrace the beauty of the winter wilderness!*

*Remember, be prepared, you are biodegradable.*

locals. We printed 15,000 copies so far. And maybe some Township administrators will also step up and take disaster preparedness and flooding more seriously. Maybe some of our readers can contact their councillors and mayor, if they had similar experiences. For those in more organized townships, be sure to send a letter of thanks when it's all over.

*I hope this information can help folks avoid disaster in an emergency.*



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.  
www.marblelodelodge.com  
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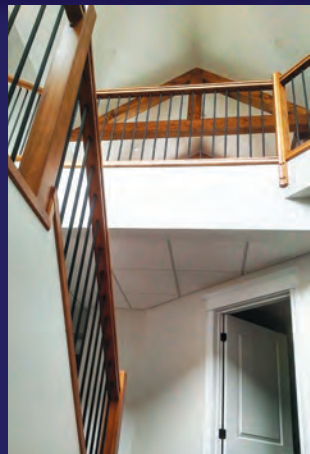
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