

**J.LACOURSE
CARPENTRY
& SON Inc.**
613.312.0704

Merry Christmas!



SPECIALIZING IN:
Post & Beam Entrances,
Custom Interior Stairs, Railings, Beams,
Ceramic Showers AND MUCH MORE!

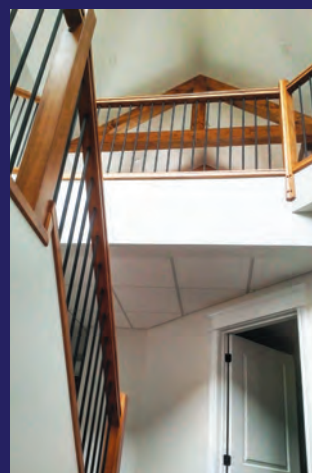
**Custom, R 2000, Pre-fab
and Log Homes
Renovations and Decks**



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

**over 35 years
of quality work**

**Cell: 613.312.0704
johncorky45@gmail.com**



kevin@ccsunrooms.com

**SUNSPACE
CARNEGIE CUSTOM**

**SUNROOMS • RAILINGS
613-433-1397**

carnegie custom
Sunrooms • Railings • Custom Renovations

**Serving you for 39 years
Greater Madawaska - Arnprior
Shawville & Surrounding area
ccsunrooms.com**

THE MADAWASKA HIGHLANDER NOVEMBER 2025 EMBRACE THE PAST ~ ENCOURAGE THE FUTURE ~ ENJOY TODAY

The Madawaska Highlander

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

**Winter
2025**
FREE Vol.23 Issue 7
Next issue May 6

Welcome!

...To our winter edition that rounds out another wonderful year of adventure and community in the Highlands of Eastern Ontario. As seasonal residents and visitors fly south or hunker down in the city, many are flocking to our winter wonderland for outdoor fun. Leslie gets us started with A Walk in the Snowy Woods in Happy Trails. Get out, and try to get in some of that Big Fat Sunshine Vitamin D, as Derek suggests in Wellness. In Out and About, we learn that the 14th Terry Fox Run Set a New Fundraising Record. What will next year bring?

Whatever happens, Tony is Looking Forward to a New Year in Wild Things, as he celebrates a full year of life in the Madawaska Highlands and noted his 100th bird species in his yard. Sometimes outdoor exploration is tough, so you might enjoy Exploring the Cloyne Pioneer Museum and Archives from Home. But it's not just white out there, as Colleen points out in Winter Foraging - Evergreen Wonders, in Highlands Hiker.

Vitamin C from a tree can protect you from a cold, but who's protecting the trees? In Watershed News we learn another 308 Acres of Highlands Ecosystems are now Permanently Protected by the Mississippi-Madawaska Land Trust bringing the total to almost 4,000. Thank you! And thank you to the group of organizations who are in a long, slow, legal fight to protect an Ottawa River ecosystem in Endangered Species vs Radioactive Waste - David vs Goliath, also in Watershed News.

Often slow is better, as Lynn explains in Watershed Ways, The Slow Water Movement - Restoring Nature's Sponges. It's a story of restoring nature's ways. In this issue, Antonia wraps up the story of In the Mind of Alice, with Lots of Memories about this Old House, in Rural Vignettes. And, the moment you've been waiting for, the Short Story Contest writers and winners have been revealed! But wait. Stop the Presses? A Lifetime of Delivering the News at the Eganville Leader features an interview with Gerald Tracey in the Hills are Alive... with the Arts. We'll hope for an 11th hour reprieve and in the meantime, stay informed with the Leader, GMDV News, Bogie Beat and Library Matters and we will see you in the spring. And as always... Enjoy...



A Barred Owl keeping close watch over a black squirrel rummaging on the ground below. Take all the photos you want. I'm hungry.
Pic by Colleen Hulett



Colleen Hulett captured this pic of a squirrel chowing down on sunflower seeds at Forêt Boucher in Aylmer, QC - hopefully keeping an eye out for owls.

Calabogie's cozy lakeview pub and restaurant on the K&P



GET SOCIAL THIS WINTER!
We're open Thursday to Sunday to welcome snowmobilers, skiers, ATVers and other outdoor (and indoor) enthusiasts to warm up by our fireplaces!

- **Drop-in-Darts – all levels, Thursdays 7-9 pm**
- **Social Sundays – join us for crib, euchre, and other games**
- **Visit our website & follow us on Facebook and Instagram for news on upcoming events!**

Reservations requested 1-613-752-1234 x 6 highlandssocialhouse.ca



The Madawaska Highlander
3784 Matawatchan Rd. Griffith ON
K0J 2R0

info@reelimpact.tv
613-333-9399

Business Manager: Mark Thomson
Editor and Advertising: Lois Thomson
www.madawaskahighlander.ca

The Madawaska Highlander
is a free community newspaper
published 7 times per year by
Reel Impact Communications Inc.
Connecting residents and visitors in
the Highlands of Renfrew, Lennox
& Addington, Hastings, and Lanark
Counties.

**Next advertising deadline
April 24 for May 6 publication**

Visit MadawaskaHighlander.ca
for past issues, heritage recordings,
to see our vast coverage area,
find our deadline dates and ad rates, and more.
Find out where you can pick up your copy of
6,000 papers mailed or available for pick up
7 times a year from May to November in the
Valleys and Highlands of Eastern Ontario.

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

**WHAT A GREAT GIFT! ...ESPECIALLY TO YOURSELF.
SUBSCRIBE AND NEVER MISS AN ISSUE !**

\$39.55 (tax included) in Canada for 7 issues, May to November

Email: info@reelimpact.tv, call 613-333-9399, or send a cheque for \$39.55 and
your mailing address to: 3784 Matawatchan Rd. Griffith, ON K0J 2R0

CONTRIBUTORS THIS ISSUE

Thank you everyone!

Charlotte Dafoe
Morgana Dillingham
Ruth Jones
Lesley Cassidy

Colleen Hulett
Derek Roche
Antonia Chatson
Tony Beck

Joe Sornberger
Lynn Jones
Geoffrey Cudmore
Lois Thomson

Bill McNaught wrote
October's Memories
of Vennachar - Clans
across the Water



FROM HALIFAX TO VANCOUVER

Miss Canada - "This is what we want, cousin Jonathan (early Uncle Sam figure).

It will give us real independence and stop the foolish talk about annexation."

Jonathan - "Wal Miss, I guess your about right thar : But I'll believe it when I see it.

Since well before Canadian Confederation, the threat of annexation to the US loomed. To John A. Macdonald, the building of the CPR took priority over almost everything else. The railway would be the backbone of the country, connecting all the disparate regions in harmonious prosperity and warding off the threat of American annexation. Macdonald had initially wanted to send a paramilitary force to secure Canadian sovereignty in the West and prepare the way for settlement. Instead, his government created the North-West Mounted Police (NWMP) to assert federal authority in the west. Ultimately successful, the cost of this Canadian investment was high. To ensure the railway's completion across the Prairies, Macdonald made himself the superintendent general of Indian Affairs. In this role, he could direct the activities of Indian Agents. They were responsible for enforcing and administering government policy. According to historian James Daschuk, Canadian officials in the 1880s withheld food from Indigenous people until they moved to reserves, thus clearing the land needed for railway construction. This, combined with the scarcity of bison at the time, led to the deaths of thousands of Plains Indigenous people. (paraphrased from (thecanadianencyclopedia.ca)

Other unifying institutions: R.B. Bennett began the Bank of Canada that could set rates and regulations for banking across the country and be an instrument of national financial policy. Bennett also started the Canadian Radio Broadcasting Commission, the CRBC - which talked to Canadians in distant corners of the country - and the Canadian Wheat Board, which guaranteed farmers a minimum price for their wheat through a single desk marketing system, and Trans Canada Airlines, now Air Canada, gave us a national air transport company in 1937. (canadianhistoryproject.ca)

BMR PRO

**Project estimates - Tool Rentals
Custom Windows and Doors
Lumber Cutting Service - Electrical
Tools - Sico Paints - Plumbing
Charcoal and Smoker Pellets
Firewood, Kerosene, Propane Tanks
Fishing Lures, Rods, Nets, etc.
Poultry feed, Hunting Supplies
and so much more!**

**PROPANE REFILL STATION
RACK STACKER FEED
PRODUCTS**



BMR Griffith Building Supply Inc.

613.333.5596 613.333.1121

office@griffithbmr.com

✓ **We have ALL your building needs and more!**

*Thank you for your
support again this year!
Merry Christmas
& Happy New Year
from all of us at BMR
Shawn, Jennifer, Kevin,
Chris, Duane, Katie,
& Lyndee*



Ready for Winter?

**Hardwood Pellets, Wood Stoves and accessories
De-icing Cables, Heating Cables, Salt & Sand mix**

**WE FILL & SELL
PROPANE TANKS**



Open Mon - Sat 8 am - 4 pm Closed Sundays

25937 Hwy 41, Griffith, ON K0J 2R0 bmr.ca



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

By Charlotte Dafoe



Everyone enjoyed the Lions Authentic Oktoberfest Griffith Style, many in their best lederhosen and dirndl



The Denbigh Recreation Committee did double duty with a kids Halloween Dance in the afternoon (above) followed by an adult dance on November 25



Justin Vilneff was the winner of the Fish & Game Club's raffle for a Savage .308 Axis 2 XP Bolt Action Rifle. Thanks to everyone who helped make the Fall Festival event a success!



Denbigh recreation served up a delicious home cooked turkey supper on November 7. 137 meals were sold for dine in and take out, with several meals delivered to local seniors and donated to the food bank. Thanks again to the volunteers and many non-members who pitched in to lend a hand, we appreciate you all!

We are all invited to have a hand in shaping a new coordinated approach to wellness in Greater Madawaska and Renfrew County through **the Health & Wellness Hub Initiative. A special community conversation is scheduled for Wednesday December 3** at the Griffith & Matawatchan Recreation Centre in Griffith from 6 - 8 pm. Join your local and regional service providers for an information session. Then, roll up your sleeves at the discussion tables to help set our community's long-term health and wellness priorities. Hear from Greater Madawaska Senior Housing Corporation, Calabogie & Area Home Support, County of Renfrew Paramedics, Greater Madawaska 55+ Seniors Active Living Centre, and the Township of Greater Madawaska. Your insights and feedback will help guide a course together for the health and wellness of people of all ages. If you can't make it then, there will be a second session on December 10 in Calabogie to make sure voices from throughout the township are heard. See the ad on the next page for details.

The Denbigh-Griffith Lions Club will be delivering Christmas baskets to members of our communities on December 23rd and they are requesting your help. They are seeking donations for the baskets themselves as well as the names of individuals and families that could benefit from this initiative. Please contact Jan at 613-333-1748 for more information, to make a donation or bring forth a name.

In the September edition of The Madawaska Highlander, we shared the news of bringing **The Royal Canadian Legion's Community Memorial Banner initiative** to the communities of Griffith, Matawatchan, Denbigh and Vennachar. We are pleased to report that after working through all of the logistics and with the support of the Denbigh-Griffith

Lions Club, the Township of Addington Highlands and the Township of Greater Madawaska, that six banners were installed in our communities in time for Remembrance Day 2025. Keep an eye out for them at the Rec Centre in Griffith, on Frontenac Road in Matawatchan, Bridge Street in Denbigh and Matawatchan Road in Vennachar. These six banners are only just the beginning. We have many veterans from our communities that we hope to honour and memorialize through these banners. In Spring 2026 we will be seeking applications for more banners in an effort to expand this initiative. Please follow our Facebook group – GMDV Veteran Banners for updates or send us an email at gmdvveteranbanners@gmail.com if you would like more information. We will of course also share information in this publication as it becomes available.

Hilltop Church marked a significant milestone in November as it celebrated its 45th anniversary with a heartwarming service and community gathering. Pastor Steve Green welcomed former members and guests, setting the tone for a day filled with reflection, music, and inspiration.

The celebration began with a brief history of the church, honoring its humble beginnings and growth over the decades. Special music was provided by the Lambert Sisters—LeeAnn, Debbie, and Shelly—whose harmonies stirred memories and emotions among attendees.

Following the service, over 75 people gathered for a potluck luncheon, sharing food and fellowship in celebration of the church's enduring legacy. Hilltop Church's 45th anniversary was not just a look back—it was a call forward, reminding all in attendance of the power of community, compassion, and faith.



The Halloween Dance at the Matawatchan Hall on November 25 drew a fun crowd of just about everything!

A special thank you... On behalf of Cliff and MaryAnn Flynn, we would like to thank the Greater Madawaska Fire Department and the paramedics and all those that came to help out the night our cottage caught fire. We would also like to thank the Denbigh-Griffith Lions Club for their donation. We thank you so very much for all the outpouring show of support. Hope to be back soon, Cliff and MaryAnn Flynn.

SERVICES AVAILABLE IN OUR COMMUNITY

The Denbigh Community Food Bank, located within the Addington Highlands Community Centre is open the 2nd and 4th Tuesday of every month from 10:00am-11:00am. Call Gail at 613-333-2224 for more information.

The Greater Madawaska Seniors Housing Corporation is dedicated to helping older adults remain in their homes for as long as possible ensuring that the community continues to benefit from their wisdom, experience, and vibrant presence.

Through a range of subsidized programs, the organization provides essential support in areas such as:

- Home Maintenance: Helping seniors keep their homes safe and comfortable
 - Transportation Services: Ensuring access to appointments, shopping, and social outings
 - Foot Care: Promoting health and mobility through regular care
- Beyond practical assistance, the Corporation fosters connection and lifelong learning. Regular information sessions address topics relevant to senior well-being, while social events offer opportunities to meet friends, share stories, and build community.

Every donation to the Greater Madawaska Seniors Housing Corporation helps sustain these vital services—and tax receipts are available for all contributions.

To learn more or support their work, visit their Facebook page or email the organization at gmshe99@gmail.com. Together, we can ensure that seniors in Greater Madawaska continue to thrive at home and in the community.

WHAT'S HAPPENING

- **The Denbigh Wellness Group** meets on Tuesday mornings at 9am for coffee, tea and conversation at Denbigh Hall. Call Gail for information - 613-333-2224.

- **St. Luke's United Church** in Denbigh invites you to join them in fellowship on Sundays at 10:00am.

- **Vennachar Free Methodist Church** will host Ladies Bible Study on Monday mornings at 10am (final for the season will be on December 8). Contact Pastor Laurie Lemke for information - 613-920-7642.

- On Wednesdays at 7pm, starting November 19th, Men's Group. Contact Coleman Boomhour for information 613-770-6752.

- Enjoy an afternoon of music at Vennachar Free Methodist Church Open Mic on November 30th at 1:00pm.

- **Exercise group** will meet at the Denbigh-Griffith Lions Club Hall every Thursday at 9am.

- **The mixed dart league** at the Denbigh-Griffith Lions Club Hall will continue to meet on Thursdays at 7pm.

- **The Denbigh-Griffith Lions Club is hosting Bingo** on November 25th. Doors open at 6:30pm with games starting at 7:30pm. On December 9th, doors open at 6pm with games starting at 7pm. Please note the earlier start time which is due to two guaranteed \$500 jackpots!

- **Euchre** at the Recreation Centre in Griffith will continue during the month of December with games scheduled for December 2nd and 16th at 1pm. Euchre will continue over the winter, bi-weekly.

- **The Matawatchan Hall will be the site of a Christmas Market** on November 29th from 10am - 2pm. Artisans will be offering items such as baked goods, crafts, honey, evergreen arrangements and woodworking. A light lunch will be served.

- **Special Events at Hilltop Church** Nov. 24 at 6:30pm - Christmas Art Night Nov. 30th at 3pm - Village Voices Community Choir Christmas Concert featuring sing-along music, games and refreshments. Please note that this event will be held at the Recreation Centre in Griffith.



Hilltop Church

Connecting with God, Connecting with Others

11am SUNDAYS

Kids Church downstairs during the sermon for ages 3 - 12 years.

Special Sundays

Nov. 30 - Story Time With Debra

Dec. 21 - Candlelight and Carols Service

25197 Hwy 41, Griffith ON

(647) 454-8589

Pastor Steve Green



Six Veterans Memorial Banners now grace parts of Denbigh, Vennachar, Griffith, and Matawatchan thanks to Charlotte Dafoe who spurred the community to get behind the initiative in time for the Remembrance Day ceremony in Denbigh. Follow the GMDV Veteran Banners Facebook group for updates and information or send an email to GMDVveteranbanners@gmail.

- December 5th at 6:30pm - Christmas Couples date night. An evening of fun and food for couples, featuring our 10-foot charcuterie board!
- December 10th from 1:00-4:00pm - Craft Afternoon at Hilltop Church. Bring your own craft and supplies. Treats and coffee supplied.
- December 21st at 11am - Carols and Candlelight Christmas service.
- Land O' Lakes Community Services hosts Diners Club in Denbigh the first Monday of the month at Denbigh Hall. The next event is December 1st. Call Betty for information - 613-333-2366.
- On December 6th, the Denbigh-

Griffith Lions Club will be hosting a Christmas Market from 10am - 2pm. In addition to the many vendors, there will be a hot lunch served and photos with Santa.

- Denbigh Recreation's Festival of Lights & Memorial Tree is scheduled for December 13th from 5-7pm at Heritage Park in Denbigh. All are welcome and admission is free. Hot dogs, hamburgers and hot drinks will be available. If you would like to add a new name to the Memorial Tree, for \$2 submissions can be made at Glaeser's Country Store or Rosie's Café & General Store until November 23rd. If you

would like to decorate a space or enter a float, please contact Ken at 613-985-9718 or by email: sbf000@gmail.com. The deadline to enter is December 6th.

*Be sure to follow
Denbigh-Griffith Lions Club, Denbigh Recreation, Griffith & Matawatchan Fish & Game Club, Township of Greater Madawaska, Villages of Matawatchan and Griffith Ontario, Greater Madawaska Seniors Housing Corporation (GMSHC) and Matawatchan Hall on Facebook for all the latest information on the events that are happening in our communities!*

EVENTS AT A GLANCE

- Nov 25 - 7:30pm Denbigh-Griffith Lions Club Bingo
- Nov 29 - 10am Christmas Market at Matawatchan Hall
- Nov 30 - 1pm Vennachar Free Methodist Church Open Mic
- Dec 2, 16 - 1pm Denbigh-Griffith Lions Club Euchre
- Dec 6 - 10am Denbigh-Griffith Lions Club Christmas Market
- Dec 9 - 7pm (special jackpot) Denbigh-Griffith Lions Club Bingo
- December 13 - 5pm Denbigh Recreation Festival of Lights & Memorial Tree

BOGIE BEAT

Calabogie Folks & What they're Up To

By Morgana Dillingham

As the leaves fall and the lake gets quiet again, Calabogie still buzzes with community spirit. November is the month our Hunters have been waiting all year for. It's one of the rare times of the year where Calabogie isn't covered by tour-

ists. It's time we prepare for our small town Christmas. Here's a look at what's been going on around town and what's coming next. There's plenty to celebrate and look forward to this season, let's dive in.



Join your local health and wellness service providers for an information session. Then, roll up your sleeves at the discussion tables to help set our community's long-term health and wellness priorities.

Griffith & Matawatchan Rec Centre - 25991B HWY 41, Griffith
December 3, 2025, 6 p.m. - 8 p.m.

Calabogie Community Hall - 574 Mill St, Calabogie
December 10, 2025, 6 p.m. - 8 p.m.

Provider information
Discussion tables

All welcome
Light refreshments

GM55+
Greater Madawaska
SALC
Ontario

PARAMEDIC
COUNTY OF
Renfrew

GM
TOWNSHIP OF
GREATER MADAWASKA
Calabogie & Area
Home Support

GREATER MADAWASKA
SENIORS HOUSING CORPORATION

Together, we're building a healthier, more connected community

Community Highlights

Haunted Halloween Walk - Took place on Saturday, October 25th, presented by the Greater Madawaska Fire Department. The Calabogie Fire Association did an amazing job planning this annual event. They already have ideas for next year to step up the scare factor! Community members showed up ready to get spooked, bringing donations for the Calabogie Food Bank. It was a fun, festive afternoon that had everyone enjoying a little Halloween magic in the village.

Calabogie Lions Halloween Bingo

The Halloween Edition of Calabogie Lions Bingo happened on Wednesday, October 29th. As always, the night was full of fun, from the games to the creative costumes! This year, the best costumes went to an ostrich, a genie lamp, and a judge. Our table had a few wins, and I even managed to snag a prize myself. The community spirit and laughs made it a memorable evening for everyone.

The Great Pumpkin Walk - On Saturday, November 1st, Heritage Point came alive for the Great Pumpkin Walk. Attendees brought their carved and decorated pumpkins, which were lit up at 6 PM to create a glowing pumpkin path along the water. Kids got one more chance to wear their Halloween costumes, and everyone enjoyed hot chocolate and apple cider while wandering the path. There was a great turnout, the weather cooperated, and the organizers already have exciting ideas brewing for next year!

Calabogie & Area Remembrance Day Ceremony

- On Sunday, November 9th, our community came together at the Cenotaph to honour our veterans and reflect on the sacrifices made for our country. It was a crisp, clear morning until the snow blanketed us, and the turnout was wonderful. This year also featured the 2nd Annual Cenotaph & Local Business Poppy Installation, a beautiful initiative bringing handcrafted



Wreaths and handcrafted poppies add a touch of warmth to the cold stone of the cenotaph in Calabogie.

crocheted and knit poppies to businesses and public spaces throughout Calabogie. Thank you to Linda Adams for organizing this initiative for our community. Walking around the village, it was heartwarming to see these little symbols of gratitude on doors, windows, and lamp posts, a quiet but powerful reminder of the community's appreciation for those who have served. After the ceremony, everyone gathered at the Calabogie Community Hall for a chance to chat, connect, and share in the fellowship. As always, it was a moving day. A day to remember the strength, pride, and care that runs through our little village and pay respect to our veterans.

Comfort Meals and Connection

- We hosted The Comfort Plate Initiative: Taste & Learn with the GM 55+ SALC on Thursday, November 13th. Community members joined us at the Calabogie Community Hall for an afternoon of connection and plates filled with comfort. Attendees were able to try a variety of meals from our Frozen Meal Service, while they learned more about



Is it a bird, a plane, Superman, an alien? I guess we'll have to get used to rockets doing weird stuff up there. Pic by Jodi Wilson.



On Sunday, November 9th, our community came together at the Cenotaph to honour our veterans and reflect on the sacrifices made for our country. It was another heart-felt tribute to those who serve, made special with participation of a large solemn crowd, dignitaries, veterans, singers, musicians, and those who continue to serve our country. Photos by Morgana Dillingham.



The first Great Pumpkin Walk is likely going to become a tradition thanks to the Greater Madawaska Recreation Committee.

what Calabogie Home Support stands for and what we offer our community. We also shared a presentation with tips from local farmers, chefs and nutrition specialists for seniors who are cooking for 1-2 people. If you missed the event and would benefit from this event's resources reach out to Calabogie & Area Home Support by visiting the office or giving them a call.

Bogie Lights Shine Bright — All were invited to celebrate the turning on of the Christmas lights at Heritage Point on Friday, November 14th. Bogie Lights is one of the first holiday traditions in Calabogie and is sponsored by the Calabogie 55+ Club. Everyone gathers for the cheerful moment the point lights up for the season, complete with carols, warm drinks, and of course, cookies. If you missed it, don't worry, you can still head down to Heritage Point any evening and enjoy the beautifully lit trees.

Calabogie Winter Market — A big thank you to Kristen from Long Lane Farms, who has organized this market since its inception a few years back, unfortunately the November 15 market had to be cancelled because of freezing rain and poor driving conditions.

Greater Madawaska Seniors Take the Hard Rock Casino — On November 19th, the GM55+ SALC are heading to the Hard Rock Casino for a day of fun. You'll have to check out the Township's platforms to see how it went, but I'm hoping some of our community members came home with big winnings and that everyone had a blast!

Looking Ahead for November and December

The Health & Wellness Hub Initiative
A special community conversation is scheduled for Wednesday December 10 at the Calabogie Community Centre from 6 - 8 pm. Join your local and regional service providers for an information session. Then, roll up your sleeves

at the discussion tables to help set our community's long-term health and wellness priorities. Hear from Greater Madawaska Senior Housing Corporation, Calabogie & Area Home Support, County of Renfrew Paramedics, Greater Madawaska 55+ Seniors Active Living Centre, and the Township of Greater Madawaska. Your insights and feedback will help guide a course together for the health and wellness of people of all ages. If you can't make it then, there will be an earlier session on December 3 in Griffith to make sure voices from throughout the township are heard. See the ad on the previous page for details.

Navigating Our Healthcare System a Free Workshop — Taking place on November 26th, 1-3pm at the Community Hall. Join the SALC 55+ and the Patient, Family & Caregiver Network (PFAC) for an informative and empowering workshop designed to help you find your way through our healthcare system. Learn how to navigate healthcare services, access community supports, and understand how technology is shaping patient care. Email salc@gretermadawaska.com to register.

Calabogie Mamas Babyccino Buddies Meetup — No regular events this November or December but stay tuned for our special Christmas Babyccino Meetup! We've also expanded into Arnprior, hosting a coffee club at Café Tilda every second Wednesday of the month.

Carols, Candies & Cookies — On Saturday, November 29th at 6:30pm head over to St. Andrew's United Church for an evening of singing Christmas Carols and enjoying baked goods and holiday sweets. This will be a free, family-friendly evening of festive cheer!

Calabogie Lions Santa Claus Parade — Taking place on Sunday, December 7th, this is one of my favorite local traditions! If you'd like to enter a float, reach out to the Calabogie Lions Club. Full details are available on their Facebook page. I'll

be there again this year photographing the floats followed by the kids and families with Santa!

Calabogie Lions Christmas Bingo — Another tradition here in the bogie is the Christmas Bingo hosted by the Calabogie Lions. This year it takes place on Wednesday, December 17th at 7pm. The doors open at 6:30 and the game begins at 7pm sharp. This is an adults only event of holiday fun! I hope to see you there in your ugly Christmas sweaters!

Candlelight Christmas Eve Service — At St. Andrew's United Church on Wednesday, December 24th at 7pm. All are welcome to this beautiful candlelight service.

As Seen in Calabogie Folks
What was in the Sky? — Jodi Wilson sparked some excitement in the group recently after sharing a photo of something S-shaped high in the Calabogie sky. While the comments section lit up with theories (yes, including aliens), Clayton Cox came in with the real explanation: "That is almost certainly a rocket exhaust plume illuminated by sunlight high in the atmosphere." The mystery was solved, but not without a little fun first!

Everyone Loves Dogs in Calabogie — If your pup needs pampering, great news, there's a new groomer in town! The Go-To Groomer has officially opened its doors, offering one-on-one grooming experiences for a calm and cozy visit. Alana, who's been grooming dogs for over seven years, provides a range of services for your furry friends. Find her on Facebook or Instagram @thegotogroomer or call 613-807-2338.

Ryan and Tom Take on the Trails — Adventure seekers, take note: two local favorites are teaming up! Tom Irwin's Adventure Tours and Ryan's Powersports & Marine have joined forces to offer guided tours through Calabogie's stunning trails. Whether you're a first-

timer or a seasoned rider, it's a great way to explore the beauty of our region.

New Food Truck in Calabogie — Someone spotted a new food truck and shared their excitement with the Calabogie Folks group, lots of people came to the comments trying to guess what was going on. I am happy to share that The Dos Diablos Food Truck will be open in the spring! Mark McDonald and Rick Dillabough are bringing tacos and burritos to Calabogie with this exciting new venture. It's part of Mark's vision to expand Trails Edge into a lively local hub which is already home to Big River Cannabis and the Calabogie Pizzeria. If you're a food truck owner looking for a Calabogie spot, I'd be happy to connect you with Mark, he's open to unique and diverse cuisines.

Getting Social at Highlands Social House — I'm so grateful for the Social House opening in Calabogie. Located at the Calabogie Highlands, this spot has quickly become a hub for our community, especially in Barryvale. It's wonderful to have a restaurant that offers more than just a great menu. You may have noticed all the fun events they've hosted this fall.

RENFREW & AREA SENIORS' HOME SUPPORT

ATTENTION PLEASE!

Watch for the arrival of your **GREEN ENVELOPE OF HOPE** to your home.

We need your financial support to provide programs for seniors and disabled adults in our community. Donate in person at 214 Raglan St S or online through our website.

GREEN ENVELOPE OF HOPE

Please return with your donation to:
Renfrew and Area Seniors' Home Support
214 Raglan St. S.,
Renfrew, Ontario K7V 1B1

renfrewhomesupport.ca



Our businesses go out of the way to contribute to our social lives with special events like the Enchanted Forest Party at On the Rocks



And who's a pretty girl? Harper loved her first ever spa day at Calabogie's new "The Go-To Groomer". Pic by Patty Hall.



Nothing seems to create excitement like a rumour of a new food truck. Mark McDonald and Rick Dillabough are bringing Dos Diablos tacos and burritos Mexican Food to Calabogie at Trails Edge in the spring.



And new possibilities open up as Tom Irwin's Adventure Tours and Ryan's Powersports & Marine join forces to offer guided tours through Calabogie's stunning trails.

The staff is friendly and accommodating, and you're treated like a friend, making it a true local establishment. They also host Thursday Night Darts, so be sure to follow The Highlands Social House on social media.

Enchanted by On The Rocks — In October, I attended the Enchanted Forest Party hosted by On The Rocks, and once again the team went above and beyond. The lake lounge had been completely transformed into a magical forest, making it feel like stepping into a childhood Narnia dream as we walked through leaf-strewn hallways into the lounge. Attendees brought incredible energy with their costumes, many incorporating natural elements into intricate home-made designs. The tasting stations were exquisite, from presentation to the deliciousness of each bite, making it a truly memorable dining experience. On The

Rocks continues to impress not just with its events but with its award-winning offerings. The restaurant was recently recognized with a VineRoutes Magazine Award of Distinction for its extensive, well-curated wine list, which spans Canada and the globe and highlights sustainability and women winemakers. Its impressive whiskey collection and prior accolades from Wine Spectator and DiRōNA underscore its dedication to quality and creativity. Follow their social media to stay up to date on upcoming dinners and themed events.

Feel More Connected in Calabogie: Weathering Winter in a Rural Community — As the snow settles in and the pace slows down, it's the perfect time to lean into the beauty of small-town life. It's time to focus on community, connection, and of course those cozy traditions. Winter in a rural area can feel long and

quiet, but it's also one of the most special times to be here if you embrace it with intention. The heart of Calabogie shines brightest when we look out for one another, so let's make this winter one of warmth, connection, and kindness.

Thank you for joining along for another year of The Bogie Beat! That is all from me for now until Spring of 2026. Until then, I'll see you around town, probably with a coffee or camera in hand!

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

Weekly Happenings

Monday: Lions Euchre – 7pm
Tuesday: 10am Open Art Studio, 2pm Mahjong, 5:30pm Pickleball
Wednesday: 10am Watercolour & Drawing
Thursday: 9:30am Play & Learn Preschool, 5:30pm Pickleball, 6:30pm Archery, 7:45pm Volleyball
Friday: 9:30am Hall Walking & Chair Yoga
2nd & 4th Saturdays: Free Games Night, 6:30pm at St. Andrew's United Church

Check the Township's website or the Calabogie Folks Facebook group.



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

LIBRARY MATTERS

Greater Madawaska Public Library News

By Ruth Jones

Thank you to everyone who came to visit the library in Calabogie during Canadian Library Month (October). We welcome you to continue to use your library through the winter months as a space to visit with friends and family. It's warm, cozy, friendly, and we always have activities available to expand on what is available at home.

Newly added resources in 2025

- Radon detectors (2) - Borrow with a valid library card and check your home for radon. Radon is the leading cause of lung cancer in non-smokers and is present in the area.
- Hoopla digital - This is a resource for e-books, audiobooks and video content. No holds, no wait times. Each GMPLLC patron has access to 4 downloads each month. Some content will not be available to us due to financial restrictions. Use 'Binge Passes' to stretch your borrows: hoopladigital.com
- Educational kits. These are suitable for group sessions. Learn about:
 1. Animal tracks and traces
 2. Patterns in nature
 3. Soil science (get the low-down on dirt!)



Countdown to Christmas - a special fun family literacy program

Each year we invite 15 families to register for a book bundle to enjoy over the holiday season. Unwrap one book each night until Christmas. Book #25 is one that your family can keep. A festive craft will be included as well. Pre-registration is required. To register, please contact the library with a valid library card before November 19: 613-752-2317 or gmpllc.staff@gmail.com

Countdown to Christmas pickup November 25 - 29

*** If you would like to **volunteer to help** with the 'Countdown to Christmas' program, please contact the library. We'll have wrapping sessions on Friday mornings November 14 and 21 beginning at 9am.***

Regular Programs

- Tuesday, 2pm - 3pm | Chinese Mahjong - New players are welcome.
- Every third Tuesday of the month, 3:45pm - 4:45pm | *NEW* Makerspace - This will be a program for creative kids ages 6 - 12 to try different art media, STEM projects, practice creative problem-solving, and pick up some new skills. We have 12 spaces available. Pre-register for the first of this series (November 18) by contacting the library.
- Every third Wednesday of the month, 1pm - 2pm | Book Club
- Thursday, 9:30am - 10:15am | Play & Learn drop-in. This is a program for children 0 - 4 years and their caregivers.
- Friday, 10am - 11pm | *NEW* Book Chat - This is a sharing group for people who enjoy the written word, and storytelling. Bring your favourite excerpts from books and collections that you have read. Come prepared to listen and/or to read aloud. We'll supply tea/ coffee.

Special Programs

November (ongoing to end of the month): The library supports **Canada Post's 'Letter to Santa'** project with materials to make your child's letter to Santa a memorable one! Stop by to pick up all you need for this project: some fancy paper, or a letter template, an envelope, and some stickers! No stamps required. Send your letter to Santa no later than December 8, 2025. Check out Canada Post's guidelines for participants here: canadapost-postescanada.ca/cpc/en/our-company/write-letter-to-santa.page

Festive gnomes - Sat. Dec. 13, 12pm - 1:30pm Decorate a gnome for home. All materials will be provided. Suitable for all ages (5+). We have 12 spaces available. Pre-register for this activity by December 6 with a valid library card. Contact the library to register.

Regular Hours:

Sun, Mon: CLOSED
Tues, Wed 9am - 6pm
Thurs, Fri 9am - 1pm
Sat 9am - 2pm

Holiday Hours:

- Wed. Dec. 24: 9am - 1pm (early closure)
- December 25, 26: CLOSED
- Reopening Saturday, December 27, 9am - 2pm (regular operating hours)
- Wed. Dec. 31: 9am - 1pm (early closure)
- Thurs. Jan. 1: CLOSED
- Reopening Fri. Jan. 2, 9am - 1pm (regular operating hours)

NEWS CLIPPINGS WE HAVE GATHERED

Canadian Tire will sell Hudson's Bay point blankets, donating net proceeds to Oshki Wupoowane, also known as the Blanket Fund, supporting Indigenous-led initiatives

ON and Webequie FN Sign Historic Partnership Agreement to Unlock the Ring of Fire, delivering on community priorities, speeding up construction on access roads

Youth restore Okanagan creeks. Sockeye returns for first time in a century. Syilx Okanagan Nation reopens spawning grounds, while teaching cultural practices.

Salmon had been missing from the headwaters of the Klamath River in Oregon for more than a century. Just a year after the removal of a final dam, they've returned.

Canada launches new Defence Investment Agency to rebuild, rearm, and reinvest in the Canadian Armed Forces faster.

Ottawa's Dominion Dynamics launches to build Canadian Arctic sensor network.

Melting sea ice could help sustain life. As the ice retreats, it creates conditions that encourage the growth of algae, the foundation of the Arctic's marine food web.

Rising tides eat away at Frances Saint-Pierre and Miquelon archipelago off Canada. Entire villages being helped by France to move upland as land bridges disappear.

Jamaica took out a \$150M US 'catastrophe bond' last year, now headed to full payout to provide Jamaica immediate help, provide model for climate recovery worldwide.

The Farmer's Almanac, is stopping publication after 200 years after 2026.

US is one of the least globally integrated countries with data available. Total trade is 25% of GDP, 191 among 195 nations. Tariffs are only \$89B in a \$30.5T economy.

Stats Can reports farmers made heavy deliveries of grains and oilseeds off the combine with total deliveries up 13.3% from the same month the previous year.

Canada is experiencing a winter tourism boom, driven in part by the expansion of flight routes between major Canadian cities and popular southern destinations.

Canadian passport now among the world's most powerful passports, outranking U.S. for visa-free access. Canada in 9th place. US in 12th on Henley Passport list.

China has overtaken the U.S. as Canada's top oil buyer, with up to 70% of crude shipments from British Columbia through the Transmountain Pipeline.

Sweden's Saab considering Canada for its Gripen jet assembly. Saab is looking to ramp up its production of the GlobalEye jet to meet demand from Ukraine.

Peavey Mart plans to open up to 12 stores as retailer prepares for comeback in Alberta, Saskatchewan and possibly moving east after that.

Carbon capture startup moves project to Alberta from US citing better incentives and a more stable regulatory environment. Testing 10 systems in heat and cold.

A commercial hydrogen facility opened in Vancouver, which officials say will add to B.C.'s growing hydrogen ecosystem and help decarbonize the trucking industry.

US approves Alaska mining road, taking 10% stake in Canadian firm behind project

Canada's first large-scale EV battery plant in Windsor Ontario gets occupancy permit, mass production targeted by year-end.

Shell Develops Electric Vehicle Thermal Management Fluid that Could Cut Charging Times by reducing thermal stresses and allowing higher charging currents.

Breakthrough organic solar cell with 100% charge collection efficiency could revolutionize solar tech to recharge electronic devices and more through solar power.

Western Automotive Executives Shaken After Visiting China. "There are no people — everything is robotic." Robots work around the clock, sometimes in the dark.

Liquid nuclear and chemical waste at the US Hanford Nuclear Reservation is being heated to 2,000 degrees and turned into glass - still radioactive, but it can't leak.

Several countries, including Canada, have plans to build small nuclear reactors and ship them to the lunar surface for exploration, mining operations, and habitation.

Renewables overtake coal as world's biggest source of electricity.

Chinese policy is shaping the development trajectory of some of the world's fastest-growing economies that are skipping fossil fuels, building with wind and solar.

BC salmon reintroduction is celebrating after two tagged adult sockeye, released as juvenile fry two years ago, were detected returning up the Columbia River.

Invasive Chain Pickerel on the menu for eagles at N.S. wildlife centre. Cobequid Wildlife Rehabilitation Centre using donated chain pickerel to feed its 10 eagles.

'Scared the heck out of me': Falling fish smashes Sask. woman's windshield. Suspect is bird that dropped its prey. Insurance claim almost denied, as "fish is not wildlife".

Two years after a sea otter menaced wave riders near Santa Cruz, there have been new encounters where the furry marine mammals nip surfers and steal their boards.

Bear Drops Into California Zoo to Mingle With Bears. She went "nose-to-nose" with the three bears from the walkway and played with their toys, before being shown out

Microplastics reduce soil fertility and boost production of a potent greenhouse gas, study shows

Scientists: Bottled Water May Pose Serious Long-Term microplastics Health Risks.

5 million Canadians now covered by national dental care plan, but nearly half haven't been to a dentist.

Dragons' Den for doctors: scientists pitch on how to improve health care. St. Michael's Hospital's 'Angels Den' competition has been selecting winners for 11 years.

Study: Health records of 1,000 cancer patients receiving immunotherapy for lung and skin cancer showed they gained additional benefit after coronavirus vaccination

Two widely available medicines, diabetes drug empagliflozin and an intranasal insulin spray, can safely improve brain health in those with early Alzheimer's disease

Artificial neuron melds electronics and biology to function like the real thing - could transform computing, medicine, and the way that tech merges with biology.

Brain-body researchers coming together to create a neural atlas of the body's hidden 6th sense - how our nervous system integrates internal signals to maintain stability.

Scientists found that Long COVID brain fog is tied to excessive AMPA receptor activity in the brain - may lead to accurate diagnoses and new restorative treatments

Surprising discovery suggests vitamin B may alleviate Parkinson's disease symptoms

Experiments in mice show that supplementing with specific polyunsaturated fatty acids, not just DHA, can restore visual function and even reverse cellular aging signs

Canada approves expensive new drug that can slow Alzheimer's disease at an early stage where people are still living at home and functioning quite well.

New blood test helps diagnose chronic fatigue syndrome with 96% accuracy.

Scientists find hidden antibiotic 100x stronger, effective against deadly superbugs.

Starting Jan. 1, all Ontario residents will have a standardized list of recyclable items. Currently, recycling varies across Ontario from community to community.

China Successfully Tests the World's Largest Inflatable Flying Wind Turbine That can float like an airship up to 1500 meters up for higher wind speeds.

Hollywood is facing a new kind of star power with "AI actor" Tilly Norwood, who doesn't exist outside of code — and she's already negotiating with talent agencies.

Survey: Nearly 1/3 of Americans have had a 'romantic relationship' with an AI bot.

QC judge ordered a man to pay \$5K for improperly using artificial intelligence to defend himself in court. He cited expert quotes and jurisprudence that don't exist.

Wikipedia Says AI Is Causing a Dangerous Decline in Human Visitors which could result in fewer contributors and donors to support the work.

UK TV channel first in the world to use an artificial intelligence (AI) presenter, in a program about the emergent technology's growing impact.

AI security system mistakes bag of Doritos for gun at US high school. He was crumpling an empty bag of Doritos with two hands and one pointed finger.

Air Canada's New "Bag Buddy" tool will show you who loaded your luggage. Now, the app will display both a picture and the name of the worker.

Bell plans to launch direct-to-cell service using satellites next year in a partnership with AST SpaceMobile using low-earth orbit satellites.

Winnipeg family loses \$200K to scams. Fake investment, then fake lawyer to help get their money back, started with a fake celebrity endorsement on social media.

Woman loses \$90K USD to scam claiming Doug Ford was starting a cryptocurrency

Buying Girl Guide cookies off the internet? Beware of scams. Users in a social media group found that people were taking e-transfers for cookies and not delivering.

Police Break Up Lego Theft Ring, recovering trays of beheaded figures and tens of thousands of Lego pieces at a California home and arrested a 37 year old man.

Standagainstscams.ca by the Canadian Anti-Scam Coalition, financial institutions, telecoms, and other businesses help educate Canadians on fraud avoidance.

2024 SHORT STORY CONTEST - WINNERS!

8

The stories and authors in random order:

FICTION

The Silence of the Forgotten Town by Cindy Melcher
 Joey Fruitcakes by Don Kafissen
 There it was - Gone! by Joseph Federer
 Good Boy by Lynn A Farquhar
 Dock Girl by Michelle Kobzik
 My First Shot by Doug Jordan
 Persons of Interest by Joe Sornberger
 Don't by Reuben James

NON-FICTION

The Kindness of Strangers by James Gemmell
 Bear with Me by Jerry Papousek
 Dad Days by Shelley Holloway
 A Time Beyond a Time, Beyond a Time Beyond
 by Meera Manghani
 The Little Dark-haired Boy by Cindy Bennett

YOUTH

Qimmiq's Adventure by Lux Kobzik
 The Turtle's Moving Day by Ivy Kobzik

Non-Fiction Prize of \$200
Shelley Holloway
Dad Days

Fiction Prize of \$200
Doug Jordan
My First Shot

Youth Prize of \$50
Lux Kobzik
Qimmiq's Adventure

People's Choice Prize of \$50
Joe Sorenberger
Persons of Interest



Thank you to everyone who took the time to tell your stories, to the people who read them and voted in the People's Choice Awards, and to our judges: Michael Joll, Ken Puddicombe, Garry Ferguson, Max Buxton, and Diane Bickers. They are all great stories. The scores were very close and the enjoyment was universal. **Congratulations to everyone who entered!**



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

Your Country & Cottage Gift Store

Warm Winter Clothing, Boots, Mitts,
 Bird Feeders & Seed,
We even have Jingle Bells!
 See all the fun and useful
 things you will only find here.
Need something special?
Give us a try!



FARM - COTTAGE - COUNTRY - TOWN
 400 Raglan Street S, Renfrew 613-432-8886

"The Only Place to Go"

**BEST
 PRICE**

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

**BEST
 GUARANTEE**

We sell Gas
 Refrigerators too!

**BEST
 SELECTION**

And going
 strong!

52 YEARS

This **PROVES** Smitty has the **BEST...**

PRICE, SELECTION, GUARANTEE, QUALITY & SERVICE

Same-day Delivery Seven Days a Week

IN-HOUSE FINANCING AT 0% INTEREST!

These are just a few of the many reasons to visit

**BEST
 SERVICE**

**Smitty's for your
 new or used appliances**

**BEST
 QUALITY**



SMITTY'S
"KING OF APPLIANCES"
(613) 969-0287

Open Evenings & Seven Days a Week
 River Road-Corbyville, Just North of Corby's
 www.smittysappliances.ca

The Slow Water Movement - Restoring Nature's Sponges

By Lynn Jones
Ottawa River Institute

Most of us don't think very much about what happens to rainwater during a downpour, but perhaps we should. How quickly the water runs off the landscape into streams and rivers has major impacts on the health and well-being of our communities.

Natural vegetation in forests, meadows and wetlands reduces the impact of heavy rains, absorbing much of the water that falls on them. Large quantities of rainwater are stored in forest soils. Significant quantities also seep through the soil and replenish groundwater supplies. These moisture reserves help to prevent droughts and lessen the damage of forest fires. During dry periods, deep rooted trees bring moisture up from deep underground and transpire it into water vapour which rises and condenses and then falls back down as rain.

In addition to slowing and absorbing rainwater, forests and wetlands also clean and purify stormwater. Soil fungi are particularly good at detoxifying pollutants that run off from built up areas, recharging streams and aquifers with clean water.

Man-made surfaces such as buildings, parking lots and roads on the other hand, tend to promote rapid runoff of rainwater. Stormwater runoff can carry animal droppings on the ground into lakes and rivers, causing elevated E. coli concentrations and beach closures. Lawns are often not very good at absorbing water during heavy rainfall, especially if the soil under them is hard and compacted. When much of the landscape is covered in impermeable surfaces and less permeable surfaces, heavy rainfall events can result in flooding as torrents of unabsorbed water rapidly flow downhill to low lying areas.

Besides creating landscapes that don't absorb rain very well, we humans have drained wetlands and channelized watercourses to remove water from land targeted for development. These practices have further reduced water retention in our landscapes, leaving the land to dry out more quickly in between rain events.

Areas along the shores of streams and rivers are especially important for slowing runoff and filtering stormwater. These areas are known as "riparian zones". Besides playing an important role in stormwater management, they are ecological hotspots, providing



40,000 trees planted over five decades have restored the ground's ability to slow down and absorb rain and snow on Bob Dobson's farm where he raised grass-fed beef. The stream that was intermittent before his planting odyssey, now runs year round, and the water running through it is cleaned by the vegetation and spongy soil.

habitat for many diverse species of plants and animals. Unfortunately, shorelines are frequently cleared of vegetation by property owners, sometimes to be replaced by hardened retaining walls that eliminate habitat and increase the rate of runoff into lakes and rivers.

Ottawa Valley grass-fed beef farmer Bob Dobson observed the power of slow water firsthand during more than five decades of tree planting on his farm near Cobden Ontario where he has planted more than 40,000 trees, especially in areas along a stream that crosses his farm. Over the years, he watched as the farm's hard clay soil was transformed into a sponge that soaks up water during rains. The stream that was intermittent before his planting odyssey, now runs year round, and the water running through it is cleaned by the vegetation and spongy soil as shown in the photo above.

There is a growing movement of people around the world who are working to increase the capacity of landscapes to retain and absorb water. This "slow water movement" is restoring the flow of streams that had gone dry in India, bringing back wetlands in North America and Europe, and increasing the soil's water holding capacity in backyards everywhere. Some of the methods used include creating wetlands, ponds and rain gardens, and replacing hard paved surfaces with permeable asphalt and concrete.



The crystal clear water in the jar on the right was collected after a rainfall from the creek that crosses Bob Dobson's farm. The murky water in the jar on the left was collected the same day from the same creek crossing an adjacent farm with no tree and shrub plantings along the creek. Pic by Lynn Jones

Canada. Montreal recently announced plans to create more than 30 sponge parks by the end of 2025 and other sponge infrastructure such as permeable sidewalks. The City of Ottawa has a program called "Rain Ready Ottawa" that offers technical support and funding for property owners to install rain gardens and permeable pavements.

We can all be part of the slow water movement here in the Ottawa Valley by planting native trees and shrubs, building up the soil in our yards and neighbourhoods with mulch and compost, diversifying lawns with native plants, depaving, and encouraging wild and diverse riparian zones along watercourses. Let's make it a priority to hold moisture in the landscape for the benefit of our communities and the ecosystems we depend on.



Quality

Red Pine Plantation Thinning Operations

Keep your plantations healthy and growing strong while providing you with an income at the same time!
State-of-the-art low impact Processor and Forwarder

Stacey D Robertson
Forest Technician with
over 40 years experience
in the Forestry Industry.

Email: RedPineThinning@gmail.com
Website: RedPineThinning.ca Phone: 613-858-8014

VENDORS GIFTS

DENBIGH GRIFFITH LIONS CHRISTMAS MARKET

2025

HOT LUNCH, TOURTIERES, FRUITCAKE

06
DEC

10AM-2PM
HWY 41 GRIFFITH

SANTA PHOTO OP

SANTA

DGLIONSCLUB@HOTMAIL.COM

A Walk in the Snowy Woods

By Lesley Cassidy

Listening to the leaves crunch underfoot as I make my way through the woods tells me it's that transition time of year, when hunt camps empty out and nature settles in for the winter months ahead. The morning temperatures remain below zero, and outdoor enthusiasts are busy tuning up their snowmobiles, waxing their cross-country skis, and finding warm woolly socks for upcoming snowshoeing adventures.

The woods are quiet. With winter's snow-capped pine trees and frozen lakes coming soon, it's also the start of a hard season. It's fascinating to consider how wildlife survives the plunging thermometer and blustery, snowy days interspersed with occasional freezing rain. The resilience of these animals adapting to the weather Mother Nature blows in between December and March is impressive.

Every species experiences winter differently. Humans prefer to add another log to the woodstove or turn up the thermostat, but wildlife has adapted to find food and stay warm during the winter months.

"Let's look at beavers", suggested Andrés Jiménez Monge, the Executive Director of Ontario Nature, an organization dedicated to educating people about and conserving wild spaces and wild species in Ontario. "They build an insulated house and a fridge, and physically they have thick fur, store fat reserves and can regulate their blood flow to use less energy. They are a super species when it comes to adaptation."

Beavers place branches in



Chickadees fluff up their feathers to stay warm. Providing a birdfeeder full of black oil sunflower seeds gives them a food source over the winter, which helps them survive. Pic by Joshua Cotten - Unsplash.com



Deer numbers are quite healthy in the Ottawa Valley. Their tracks are easy to spot in the snow, and you may spot a group of deer together, in what's called a "yard". Pic by LCassidy



Pickerel (Walleye) can be found in numerous lakes throughout the Ottawa Valley and are an important part of the local fishing culture. A recent study on walleye spawning found that as lakes thaw earlier, their populations are negatively impacted. Tiny plant life and organisms that the baby walleye rely on for food disappear more quickly. By the time they hatch, there are not enough food sources for them to survive. Pic by LCassidy

the water, where it is frigid and low in oxygen, helping them stay fresh. During the winter, they emerge from their underwater lodge and snack on this bark-based diet. Their houses are insulated with plenty of sticks, twigs, and muck, with underwater entrances and exits. As the land freezes, the muck that forms part of their lodge hardens, creating a warm internal chamber above the water where they live, protecting them from predators like wolves and lynx. Inside the lodge, there can be between four and ten beavers living at one time.

Observing animal tracks is one of the easiest ways to discover the wildlife that inhabits the woods and their activities. A helpful guidebook, "Animal Tracks of Ontario," details both front and hind prints of the animals, stride patterns, and contains many pictures. Numerous apps exist for your

phone, including iTrack Wildlife, Seek by iNaturalist, and MyNature Animal Tracks. iTrack Wildlife is fantastic for searching for specific characteristics, such as footprint width, number of toes, length, etc. There are over 700 track and animal photos, and the app can be used without an internet connection. iNaturalist, which is free and easy to use, allows quick, on-the-go identification with your phone's camera and draws on the expertise of many scientist and citizen observations. Lastly, MyNature Animal Tracks is suitable for identifying animals by their scat, with images and information about each animal's diet and more.

With tracks being the easiest way to discover wildlife, it's best to look for them when the snow conditions hold the imprint of a foot, claw, or hoof. If the snow is deep, heavier animals will sink, which makes it difficult to identify what

type of animal it is. Dry snow doesn't hold the details of the print, but thin wet layers of snow display the most detail. Another essential part of understanding tracks is to look at the pattern of their gait or stride: is the animal hopping, bounding, or moving slowly, looking for food? This pattern may provide clues about what the animal was doing and aid in identification.

As you walk along, one common sight in the Valley appears as a narrow but deep highway of hoofed footprints. Deer are known to travel in groups more often in the winter and shelter together. Known as "yarding", these spaces provide shelter, allowing deer to move about in a smaller, wind-protected area and to build trails outward from the yard to food sources or to escape predators. The Ministry of Natural Resources (MNR) feeding guidelines from years ago stated that these yards



Merry Christmas!

R.J. SELLE & SON

Sand & Gravel Ltd.

Snow Plowing

Excavating . Road Building . Topsoil

613-649-2688

Hauling sand, gravel & topsoil
excavating & building roads and laneways in the Highlands
and the Ottawa Valley for over 40 years



Beavers are remarkable adaptors when it comes to winter survival. Pic by Mark Ma - Unsplash.com

provide physical comfort to deer, as they are areas of both food and shelter. Cedar and hemlock stands are most practical because they provide both. In contrast, spruce, balsam, and pine forests offer more shelter. Deer will seek cover and shelter over food in the winter to stay alive, according to the MNR guideline.

Deer struggle in deep snow because it restricts their movement and access to food. After the fall rut, bucks are vulnerable because they can lose up to 30% of their body weight. Fawns are especially susceptible to harsh winter conditions. Several studies show that severe summer drought reduces the quality of shrubs and the food the deer find over the winter, impacting survival. Still, deer have a dense winter coat, their metabolism slows, and they can rely on fat reserves built up during the fall for some time.

Many of us have bird feeders

filled with black oil sunflower seeds. These wonderful seeds attract black-capped chickadees, the half-ounce powerhouses of the bird world. They appear very fluffy during cold weather as their thick feathers trap warm air close to their bodies. Considered the pest control of the forests, they consume large quantities of insect eggs, flies, slugs, spiders, centipedes, and more.

Chickadees hide seeds and other food items for the winter months and remember their hiding spots for up to a month after caching their food. During the snowy season, they gain 10% of their weight each day by hiding seeds in tree crevices to consume during the day but then lose this weight shivering overnight. A study conducted by an ecologist in Wisconsin found that chickadees with access to bird feeders during winter had significantly higher survival rates (69%)

than those without (37%).

Winter is one of the best times to discover abandoned bird nests and one of the easiest ways to start observing your local wildlife. Andrés Jiménez Monge from Ontario Nature noted that, with the leaves gone, you can easily see the materials the nest is made of and figure out what type of bird will likely return to the area the following spring. You can use a guidebook or app to confirm the type of nest you have spotted.

The Valley is home to wolves. Wolves are more elusive than most animals, though you can spot their paw marks in the snow. In summer, they eat rabbits, raccoons, beavers, mice, berries, grasses, and small or sick deer. With less food available in the winter, they pursue slow or sick deer or moose. To survive, wolves build dens and grow a thick, densely packed, two-layer coat of fur that insulates them from the cold. They curl up, covering their muzzles with their tails, trapping the air to keep it warm before inhaling. Research has found that, like deer and bears, they build up fat stores in the fall on a higher-calorie diet, and wolves don't move much on snowy days because their ability to detect scent is reduced.

Winter conditions have long affected wildlife. Now, habitat loss and a changing climate are complicating their survival. Longer periods of unseasonably warm temperatures affect ice formation, excessive heavy snowfall and lengthy periods of cold weather affect the ability of wildlife to move about, find food, escape predators and survive.

Andrés Jiménez Monge mentioned that less ice has a significant

impact on wildlife in Ontario. He explained that lake trout and walleye, for example, are cold-blooded species; warming temperatures and less ice affect their growth and reproduction. Studies have shown that Lake Trout thrive in temperatures around 52°F. Warming temperatures cause fish to move into new territory, reducing food for all species, and lower oxygen levels impact their growth. "Fishermen and those who spend time on the water may already be seeing these changes," Andrés Jiménez Monge commented.

Researchers are working to determine how habitat loss and a changing climate will affect Ontario's wildlife over the long term. Despite these changes, it is impressive how wildlife endures the cold, snowy and icy weather. Download an app or get lost in a tracking wildlife book and see what you can observe outside on a sunny winter's day. Enjoy the frosty season!



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

Plumbing:

- Water filtration/softener systems, sump pumps, booster pumps, grinder pumps
- Kitchen/bathroom replumbs, pressure tanks, irrigation systems

Heating:

Natural Gas/Propane

- Furnace sales, service and installation
- Hot water tanks, boilers, generators, BBQ lines, kitchen appliances, fireplaces & pool heaters

**For over 25 years,
I have provided pool services up and
down the Ottawa Valley.
As a commercial/residential licensed
plumber and gas fitter,
I can meet your
pool, plumbing and heating needs.**

613-222-5022 Cell
613-649-2320 Office (Dacre)

Sam@spph.ca
On Call 24/7 Serving
Renfrew County



Sam's Pools
Plumbing & Heating



Also Pool Liners, Dive service, Leaks, Chemicals, Pool kits, Hot Tubs



Calabogie Mini
Storage



**It's OK.
We'll put
Mom and Dad's stuff
in storage so there's
more room at the
house for my presents!**

**Our community.
Your storage solution.**

Where a large part of our proceeds goes to support our community.

- Self-contained mini storage units
 - 10 x 20 • 10 x 15 • 10 x 10
- One-use shipping containers
- Open air boat and RV storage

Locally owned and operated by
Rob Tripp and Sharon Trenholm in Calabogie.
Proudly serving our community since 2018.

1117 Francis St. | 613-853-1037
BEHIND the Medical Centre



Century21 Valley Realty Inc. Brokerage
358 Plaunt St Renfrew 613-433-2254

www.vincentjohnston.com



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!

- Vincent Johnston, Sales Representative

250 ACRES WITH WATERFRONT!



243 Sweets Lane 250+ acres with waterfront on Centennial Lake
\$1,899,900

AFFORDABLE RENFREW!



347 Joffre Small bungalow in Renfrew with a detached garage
X12420627 \$299,900

CALABOGIE BACKING ON K&P!



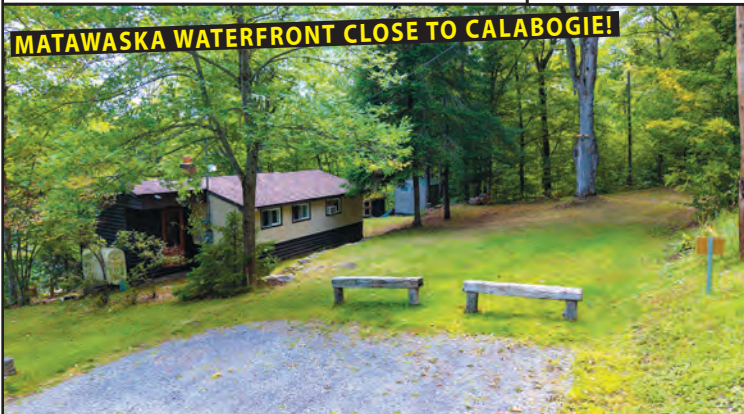
12699 Lanark Rd 2 Storey family home set on an acre of land in the village of Calabogie backing onto the K&P trail.
X12415844 \$399,900

TWO TREED BUILDING LOTS!



Mineview Road 2 lots aprox 2.5 acres with mature trees near Haley Station \$159,900 each

MATAWASKA WATERFRONT CLOSE TO CALABOGIE!



216 Stringers Lane 3 bed cottage on the Madawaska River close to Calabogie MLS X12390146 \$499,900

**PROPERTY TO SELL?
CALL VINCE
AT 613-433-2254**

HIGHLANDS GOLF RESORT LOT!



50 Spindle Drive Building Lot on the Highlands Golf Resort 189,900 fronting on Spindle Drift and K&P

2 HOMES WITH SEPARATE NANNY SUITE!



478 McMahon Road 2 Homes with Separate Nanny Suite \$424,900

NEW PRICE - COUNTRY LIVING CLOSE TO CITY!



5421 Carp Road 10 acre estate home with large barn. Rural Living close to the city. X12405222 \$1,299,900

MILLER LAKE WATERFRONT!



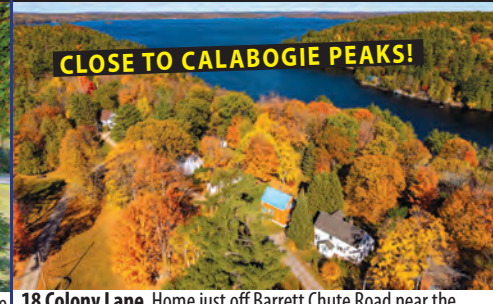
14232 Highway 509 Waterfront on Miller Lake complete with sheds and large frontage \$389,900

LARGE LOT - WORKSHOP RENFREW!



405 Moore Ave House in Renfrew on a large lot, attached garage and detached workshop \$417,900

CLOSE TO CALABOGIE PEAKS!



18 Colony Lane Home just off Barrett Chute Road near the colony \$424,900

BUILDING LOT NEAR SKI RESORT!



00 Poplar Building lot near the Calabogie Peaks Ski Resort \$109,900

**20 ACRES CLOSE TO RENFREW
BIG PRICE REDUCTION!**



1614 Pucker St. 20 acres of vacant land with a small shed and old camp close to Renfrew. X11974256 NEW PRICE \$99,900

33 ACRES & COTTAGE JEFFREYS LAKE!



107 Logan Lane Cottage and 33 acres Vacant Land on Jeffreys Lake 689,900

MADAWASKA RIVER WATERFRONT!



53 Downing Waterfront on the Madawaska River close to Calabogie. 4 season home with detached garage. Open concept. \$799,900

NEW LISTING - BLACK DONALD WATERFRONT!



671 Graphite Bay Road Gorgeous Waterfront on Black Donald Lake! Beautiful Home, bonus detached Garage with Loft apartment X12372045 \$1,108,000

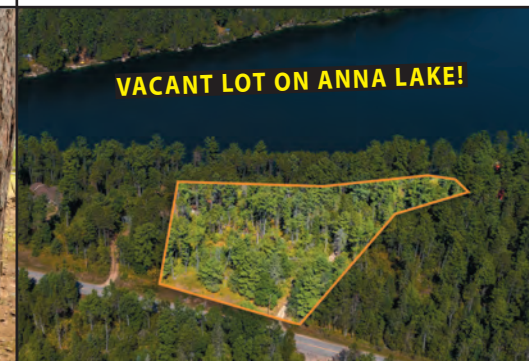
AFFORDABLE GRIFFITH!

NO HST



536 Pine Street A gorgeous lot with mature pines in the quiet and magical village of Griffith X12175003 \$109,900

VACANT LOT ON ANNA LAKE!



0001 Centennial Lake Rd 2 acre Building lot on Anna Lake with highway and Lake frontage X12427973 \$349,900

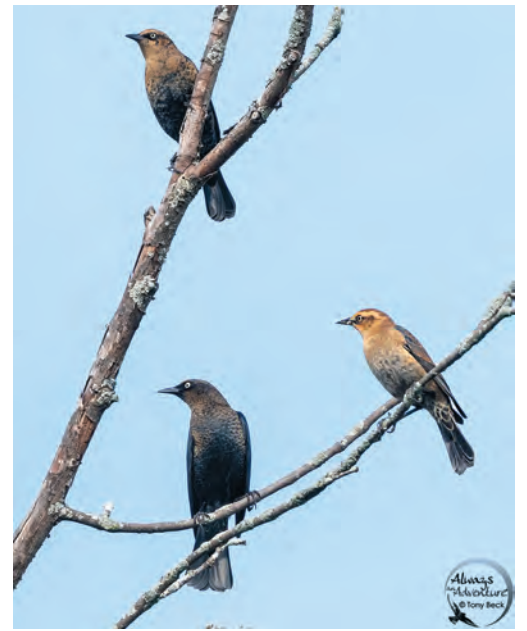
Looking Forward to a New Year By Tony Beck



Dark-eyed Junco – Juncos were abundant throughout the region during late fall. A few of these common sparrows will likely stay in the area for the winter. Like many sparrows, they thrive on smaller seeds. Although their plumage is highly variable, they're fairly easy to identify with their white belly, dark chest and white outer-tail feathers.



Adult male Evening Grosbeak – Absent for most of the summer, Evening Grosbeaks returned to our feeders in early November. Interestingly, most only visit for brief periods. I'm hoping more arrive as winter unfolds.



Rusty Blackbirds – A rare breeding blackbird around here, Rusty Blackbirds can be common while migrating through our forest edges and swamps. In fall, these delightful blackbirds can appear fairly colourful.



Orion's Belt and Sword – includes the Orion Nebula. Efforts to reduce light pollution in the province's night sky provide benefits for both humans as well as wildlife. We're very fortunate to already enjoy substantially dark skies in the Madawaska Highlands. Local efforts will ensure it stays that way. Greater Madawaska Township is now developing a Dark Sky bylaw. North Frontenac has had one for a long time and in 2013 received Canada's first Dark Sky Preserve status from the Royal Astronomical Society of Canada.

Celebrating my first full year in the highlands, it seems like 2025 was a bit odd compared to my experiences around the greater Ottawa area. Our hot and dry summer with poor air quality made summer somewhat uncomfortable. Compared to 2024, weather conditions gave the impression they took their toll on local wildlife. Although last winter was active with plenty of forest birds coming to feeding stations, the birds seemed elusive once the warmth of spring arrived. Expecting a vibrant spring migration, it appeared to fizzle out once we entered the long days of May. The breeding season also seemed lack-luster compared to our previous summer. Regardless, efforts to document nesting birds in Ontario were reasonably good. Data collected for the Ontario Bird Breeding Atlas, a program run by Birds Canada, showed consistency with local breeding success. Some observers reported an average year. I'm curious to hear what readers noticed this past summer.

For some warblers and other migratory birds, fall migration ran slightly behind schedule. As summer closed, numbers improved slightly being steadier with a variety of species. On our property however, the numbers of passage migrants were much more numerous in fall of 2024.

Besides our common waterbirds, Sandhill Cranes and Trumpeter Swans, two relatively new breeders in

the highlands, continue to nest successfully throughout the region. Look for the swans in any open water this winter. A few might stick around including family groups with gray-coloured young.

Many sparrows occur in the highlands. In October and early November, Dark-eyed Juncos were abundant. Small numbers of other sparrows showed up on our property, including Chipping Sparrow, Red Fox Sparrow, White-crowned Sparrow and American Tree Sparrow. In the first days of November, a single Rusty Blackbird showed up here. A bird of northern forests, it's a rare nester in the region. However, large flocks migrate through. In fall, many show warm rusty colouration. The Rusty Blackbird was the 99th bird species we've documented for our yard and just before press time we added #100 to our yard list with a Pine Grosbeak that visited for two days.

Raptors are faring well in the region. Once rare, Bald Eagles and Osprey continue to thrive here. Broad-winged Hawks are fairly common in summer. But they like to hide in the forest. Sometimes you'll see them perch on roadside wires. Red-tailed Hawk is one of our most visible raptors, especially in open country or clearings in woodlands. At our home, a feisty Sharp-shinned Hawk occasionally terrorizes the feeder birds. Keep your eyes out for American Goshawk – an uncommon and elusive predator that lurks throughout our wood-

lands.

Greg Roche has a pair of Canada Jays visiting his property near Matawachan. Although rare in the Madawaska Highlands, a few Canada Jays visit most winters. Friendly, tame and easily approached, some might even stick around to breed here. These hardy birds start nesting in winter.

The end of October is when the first overwintering finches begin showing up. So far, we've had Evening Grosbeaks, Purple Finches, and American Goldfinch – other finches have been heard flying overhead through the Ottawa Valley. Most continue flying without stopping. Hopefully, they'll become a bit more common as winter progresses.

Getting our yard ready for winter, we're expanding the feeding system to include more options for wildlife. Besides different feeders and food, we'll create better escape routes to help protect the smaller critters from stealthy predators. A few of our feeders have also become mammal-proof. These select feeders are literally just "for the birds". We're also participating in Project Feeder Watch – a Citizen Science project to document bird feeding activity. It's coordinated through Cornell Labs and Birds Canada. From early November to April, we spend 2 days a week counting every animal that looks for food on our property. I'm eager to compare this winter's data with last winter's results.

The Annual Winter Finch Fore-



Canada Jays - Greg Roche is enjoying the company of a pair of Canada Jays coming to his property near Matawachan. Tame and friendly, they're a welcome sight to any yard. Photo Courtesy Greg Roche

cast conducted by the Ontario Federation of Ornithologists indicates that food is scarce this year in boreal regions. Although I haven't noticed any abundance of food around here, we should still observe various finches moving into the highlands at some point this winter. Early reports reveal birds like Redpolls and Pine Grosbeaks flying through nearby lowlands. But they're not stopping for any length of time. Although we had a few finches coming to our yard. I'm expecting more.

We would love to know which birds you're seeing this winter. Please provide us with your wildlife sightings and observations. We'd also enjoy seeing your nature photos taken here in the highlands. Feel free to share your observations and photos by sending them to TonyFMBeck@gmail.com.

There's a chance we'll mention your sightings and possibly publish your image in the next issue.

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



Stop the Presses? A Lifetime of Delivering the News at The Eganville Leader

Q&A with Gerald Tracey

By Joe Sornberger

Barring an 11th hour reprieve, one of Canada's finest community newspapers, The Eganville Leader, will publish its final edition on the last Wednesday of February in the New Year. Its publisher and editor, Gerald Tracey, having survived a heart attack, triple bypass surgery and a stent, is retiring. While he would love to hand over his award-winning, money-making weekly newspaper, family-owned since 1944, to someone who could carry it's 123-year legacy forward, no buyer has stepped up to take it on. Tracey, a fireplug of a man who exudes an engaging mixture of energy and affability, recently sat for an interview with Joe Sornberger to share his thoughts on the end of the line for The Leader. What follows is an edited and condensed version of that conversation.

Q: You're 72 and your family has owned the paper since the Second World War. Your earliest memories must be of the newspaper.

A: Pretty well, yeah. The office was kind of a playground. Back in those days, the paper had to go through a folding machine. When we were old enough to stand at that machine, that was one of our first jobs. When we got a little older, when we could read, we would set type on the Linotype.

Q: Those were huge machines.

A: Yes, but the biggest was the flatbed press. I was 14 when I was running that, printing the paper. It was a three-hour job for one side, four pages, and then you flipped the paper over when the next four pages were ready to go and

printed the other side of the sheet. And there was picking type and setting ads.

Q: You were in high school when you dropped out to work on the newspaper, is that right?

A: My older brother Ron, he grew up in the business. He worked here with my father and when my father died, he maintained the operation of the paper. My mother owned everything, but she was a stay-at-home mom. I worked here in the summer months. When I went back for Grade 13, I lasted 20-25 minutes, excused myself, cashed in my books and came back to the office. My brother said, "What are you doing?" I said, "I think I'm needed here more than I am at school." At that time, I wasn't academically inclined. My interest was here. This is where I wanted to be. My brother maintained the role of production. We didn't have reporters back then. We didn't have a photographer. It was just local news that came in and we typed it up.

Q: Who provided the news?

A: It would just come in. A lot of it was social news from the different communities. There was always an editor to write key stories but we didn't have reporters going to council meetings or doing a police beat. Anything that happened you might get three or four paragraphs. Some feature stories from local valley writers.

Q: And photos?

A: I started out with a Polaroid camera in 1971 or 1972. We would go to



'When you reflect on the things that happened, it's hard to believe they actually happened because you were covering them in real time. You never had time to think.'

'If something of significance happened, it was in The Leader. And maybe only in The Leader.'
- Eganville Leader publisher, Gerald Tracey

the Pembroke Observer to make our engravings. We might end up with two or three pictures in the paper. Gradually we got better. Someone gave me an old 35-millimetre camera and I got some lessons from the guy at the Observer who showed me how to develop film. We set up a darkroom. It was pretty crude. And I started writing stories because there was no full-time reporter.

Q: And you found you had a flair for it.

A: I just learned by trial and error. You have it or you don't. You can't teach a person to write if it would be better for them to be a carpenter.

Q: When did you take over as editor?

A: I'm not sure. I just transitioned in. There were a couple of older ladies, journalists, who would come in and give me tips on editing and writing. They were good lessons. They retired and I just stepped into that role. Then we hired our first reporter and the paper gradually expanded; we were covering more. We hired a second reporter. Then we converted to offset printing from the old letterpress hot metal. That opened up a whole new world. We went from eight to 12 pages and then 16 pages. We grew the paper from a circulation of 2,000 peaking at 6,000. There were some good years there where we were running, 32-, 34- and 36-page papers.

Q: What makes a great community newspaper?

A: Giving the people what they want. They want community news. What's going on in the community? What's going on at municipal council? What's going on with policing? What's going on with the county? People want to know what's happening. If they're having an Oktoberfest celebration or a Canada Day celebration, they like to see it in the paper.

Q: What, to you, is a good story?

A: A story that no one else has had. Call it a scoop or whatever. It could be a disastrous fire, a horrible car crash, a controversial municipal council story, a financial scandal – those sorts of things.

Q: You don't use wire copy.

A: All of our material is our own material.

Q: What's the circulation now?

A: We're holding steady. Our print run is 5,400, which is remarkably good because we announced our closing almost a year ago. A lot of our subscriptions have expired. People are renewing on a monthly basis. And we have 700 online readers.

Q: And your ad content is strong, isn't it?

A: It is strong, but it is weakening. Government-funded institutions like hospitals, school boards, counties have all reduced their advertising significantly. Some to the point where there's nothing anymore. That's the frustrating part because they all have huge budgets and they can't find – or they won't find – just a smidgen to keep advertising in the local newspapers. And they obviously value the importance of those newspapers because we're the first to get their news releases. They want coverage but they don't understand that it's a two-way street. Don't send me your news releases if I'm not good enough to accommodate your advertising. That's the philosophy I've taken on and I'll stick with it until the end.

Q: Is the paper making money?

A: Lots. It's very profitable. We crank \$1.4 million a year here in revenue.

Q: So, why has no one stepped forward to purchase the paper?

A: I've asked myself that. That Andrew Duffy story (published in the Ottawa Citizen Sept. 27 profiling Tracey and

Cottage & Home Transformations you will love!

Cell 613-432-0433 Bus 613-333-5597 Hm 613-333-5207

J. SCOTT MacDONALD
GENERAL CONTRACTING INC.

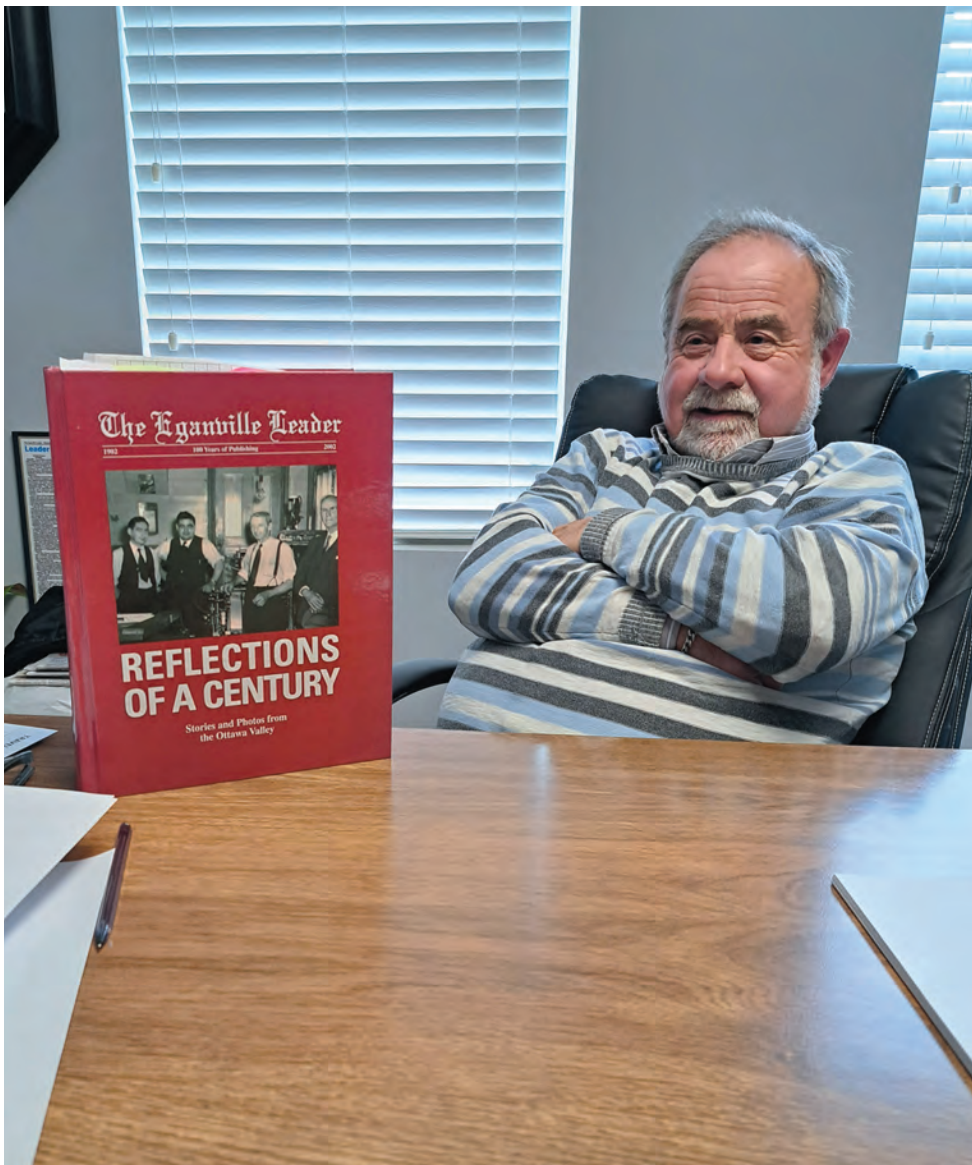
jsmacdonaldcontracting@hotmail.com



LICENSED CARPENTER AND MEMBER OF ONHWP
(Ontario New Home Warranty Program)

Residential Construction & Renovations
General Carpentry Additions . Roofing . Siding
Soffit and Fascia . Commercial Septic Installation

We've been building in the Highlands for over 30 years
Renovations and Remodeling · Dream Cottages · New Homes



The Leader's imminent closure) went coast to coast. I thought it would chase someone out of the woodwork – a journalist who got cut from their position – who would love to move to rural Ontario. Someone with a passion for journalism and newspapers who could make a nice, comfortable living. But no one has come forth.

Q: But someone would also have to come up with the money to buy it.

A: No one has even asked how much. I've always said, if the right person came along – that's the easy part. The money is not a problem. There would be a selling price, but I wouldn't say, "I want \$1 million, and I want it on the table right now." The right person comes along and...

Q: A deal can be done?

A: Easily. For the sake of keeping it going? Exactly. But I'll be very picky if someone does come along. I don't want to see the legacy we've created since 1944 ruined because we sold to the wrong person. Someone who would come in and not have the commitment, not have the dedication, and just let the paper slowly die.

Q: What are you most proud of? Are there particular stories or series of stories that were the pinnacle of your journalistic experience?

A: I'm proud of the fact we've covered most major events in west and central

Renfrew County. If something of significance happened, it was in The Leader. And maybe only in The Leader. When you reflect on the things that have happened, it's hard to believe they actually happened because you were covering them in real time. You never had time to think.

We've had some pretty interesting murder trials over the years. Cherrylle Dell in Killaloe who poisoned her estranged husband with antifreeze. So many stories like that. Like the Basil Borutski story. (Borutski killed Carol Culleton, Anastasia Kuzyk and Nathalie Warmerdam on the morning of Sept. 22, 2015.) I was recovering from my triple-bypass surgery and I just happened to wander into the office. Not supposed to be here, but I thought I'd come in and see how things were going. I heard the call in Wilno and police talking on the scanner. The perp was believed to be on his way to the Cormac area. It clicked. I knew it was Borutski and the gal in Cormac was Nathalie, who had been my nurse in rehab. I said, "I'm going to Cormac." I was there when the first police car just arrived. I was able to watch everything from my truck, then I got brave and started talking to the cops because I knew a lot of them. I was right there among it all.

Q: Anything else that stands out?
A: We've done some pretty good proj-



ects. I'm thinking of Eganville's centennial in 1991. We put out a 220-page special edition, eight sections – the complete history of Eganville. It was a huge undertaking. We did a similar project for Killaloe's 100th in 2007. We did the County of Renfrew's Expo 150 in 2011 and put out a 120-page tab edition. The crown jewel was the Reflections of a Century book in 2002 to commemorate the 100th anniversary of the founding of The Leader. It was 965 pages. We printed 9,200 copies of it and we're down to our last 300 copies. We still sell them, every week.

Q: Do you think there is any chance The Leader will carry on?

A: I did for awhile, but I'm thinking no. I don't think so.

Q: What will you do?

A: I have plenty to do; I'm not worried about that. But the routine – it's been our lives for so long. We're at the point where it's hard to separate what's work and what's not.

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



Do You Want to Win \$100...?!

Here's What to Do:



Sign up for the Township's eServices Portal by December 31st and you will be automatically entered for a chance to win a \$100 Gift Card!



Already registered? You're already entered!

- ✓ View and Pay Your Bill Online
- ✓ Access Your Account Anytime
- ✓ Go Paperless, Save Time & Trees!

Visit: <https://eservices.greatermadawaska.com/> to register today for your chance to win.



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

Mon to Fri 10 - 6
Saturday 10 - 5
Closed Sundays

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

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



14th Griffith Terry Fox Run Sets New Fundraising Record

By Geoffrey Cudmore



It may have been 45 years since Terry's Marathon of Hope, and 44 years since the first Terry Fox Runs across Canada, but every Terry Fox Run is special in so many ways, and our 14th Annual Terry Fox Run in Griffith is an example of why.

Our 30 participants all came with the common purpose of honouring Terry dream of finding a cure for cancer. People ran, walked, cycled and donated in memory of loved ones lost to cancer, and knowing that strides made over the last 45 years have meant that some of the participants are cancer survivors. It is a chance to build family traditions, like our Team Cudmore that came together

to organize the run, and like little Jamie Smet, who now at 4 years old has joined his mom and dad for 4 Terry Fox runs in Griffith. It is an athletic event, that is non-competitive. Everyone can go as far as they like, running walking or cycling at whatever pace they like, and while some people treat it as a training run and push (I am looking at you Darren Walton, Dafydd Hughes, and Laurie Hardage), the rest of us get personal satisfaction from our jog, walk, or bike just the same. Finally, a Terry Fox Run is an opportunity to reach out to our networks of friends and relatives to raise funds for this most worthy cause.

As I write this, the Griffith Terry Fox Run has raised a new record total of \$8,204, and funds are still coming in. Team Cudmore has raised \$4995 to date, with our top fundraiser being our older brother, Clive who brought in \$1,185. Although he couldn't join us in Griffith, he did his own 5km walk at home in Grafton. Once again, Gary Guilmette raised well over \$1000 locally and from others far and wide (did he really say Africa?). Scott MacDonald and Sandra were also most generous as they have been every year. The organizers thank everyone who donated and helped us reach this new record. In the 14 years,

the Griffith Run has raised over \$83,000 for innovative cancer research.

Once again, we have to thank the Denbigh-Griffith Lions Club for setting up the hall for registration and their continued support, and Gail Holtzhauer from Snider's Tent and Trailer Park for the donation of water for the run participants. We also thank our Airds Lake neighbour, Gary Breau and puppy Max for marshalling the 2.5Km water station.

The 15th Annual Griffith Terry Fox Run will be held on Sunday, September 21st, 2026. Please save the date.



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

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

Thank you for another great year. I'll see you in the spring!

Country Living Close to Renfrew!



1650 Eady Rd Discover affordable country living with this cozy 1 bedroom bungalow situated on 4.75 acres. Attached double garage and unfinished basement offer loads of storage. There is also a log barn on the property. Less than 10 minutes to Renfrew and 5 minutes to Hwy 17. MLS X12391477 \$334,900

In the Heart of Town of Renfrew!




146 Barnet Blvd Beautifully renovated, move-in ready 3-bedroom raised bungalow located within walking distance to schools and downtown Renfrew. Main floor bedroom, plus two more on lower level as well as a dedicated office space. Two bathrooms, private rear yard and large workshop in the rear. MLS X12397345 \$429,900

Customize it Your Way Now - Calabogie!



Make the Eastman model your own. Country living on Calabogie Rd. This custom built home is preconstruction, so you can have input into cabinet colours, flooring, fireplace finish and so much more! The move in date is flexible but the sooner you get your offer in, the sooner you are living in your brand-new home. This 1600sq/ft home offers two bedrooms plus a den, quartz countertops in kitchen and bath, and a fireplace in the livingroom. MLS X12427465 \$699,900


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



Gear Up for the Ultimate Hunt!
at the **Bishop Lake Outdoors Store** with the best quality gear and supplies. Our knowledgeable staff is always ready to ensure you're ready for any adventure in the wild.

Archery (bows, arrows, targets) Hunting Rifles Knives & Tools . Hunting Blinds . Tree Stands Optics (binoculars, scopes, rangefinders) Attractants (scents, feed, mineral, food plots, game calls) Hunting Apparel . Safety (vests, first aid)





Bishop Lake Outdoors Store
13621 Hwy 41, Cloyne
Tues - Sat 8 - 5
Sun 9 - 2
Closed Mondays

Big Fat Sunshine Vitamin D By Derek Roche



Alas, once again the season of cold and dark has arrived. What does this mean for our health? We winterize our cars and our homes, but let's not forget our physical bodies! Most of us get less exercise, less sunshine and less socializing. Perhaps our focus should be on how to "hibernate" in a healthy way - Find ways to move our bodies, eat unprocessed food and stay in touch with others. If there is one small bit of advice I can give as we head into winter, it is to increase our intake of the "sunshine vitamin". Vitamin D is absolutely critical all year round, but especially in the winter when our skin is not feeling the warmth of the sun's rays.

Why is this important in the winter?

Our vitamin D levels go down with the sun! Vitamin D is a nutrient the body needs, along with calcium, to build bones and keep them healthy. Calcium is a major part of bones, but the body can only absorb calcium if it has enough vitamin D. Vitamin D also has many other uses in the body. It supports immune health and helps keep muscles and brain cells working. Perhaps most importantly, vitamin D may reduce the severity of flu and COVID-19 infections. A recent review found that low vitamin D levels contribute to acute respiratory distress syndrome. Plus, people who do not have adequate vitamin D levels might be at risk of infections and autoimmune diseases.

It can be hard to get enough vitamin D each day through sun exposure and food alone, so taking vitamin D3 supplements is important. So, by all means, hunker down, bring out the hot drinks, stoke the fire and put on the woollies! But whatever you do to enjoy the winter months, don't forget the D3!

Research has also shown that vitamin D might also play an important role in regulating mood and decreas-

ing the risk of depression. A review of 7,534 people found that those experiencing negative emotions who received vitamin D supplements noticed an improvement in symptoms. Another study identified low vitamin D levels as a risk factor for more severe fibromyalgia symptoms, anxiety and depression.

A healthcare professional can diagnose a vitamin D deficiency by performing a simple blood test. If you have a deficiency, your doctor may order X-rays to check the strength of your bones. Knowing the signs is the first step toward getting help.

What are the signs you might need vitamin D?

The symptoms of a vitamin D deficiency in adults:

Tiredness, aches, and pains, severe bone or muscle pain or weakness, stress fractures, especially in your legs, pelvis, and hips.

Vitamin D deficiency is very common, (70%) especially in the Northern Hemisphere in the winter. You may be thinking, "no problem, I will simply pick up a bottle of D capsules from a local drug store, and I will be all set. As with so many of our health issues and their remedies, it is not quite that simple.

Many of you will be already taking vitamin D supplements every day, but the way you take it determines whether it helps you or quietly harms you. Vitamin D is fat soluble which means it is absorbed with fats in the food you eat so it can be stored in your body's fat tissue and liver for later use.

Vitamin D needs fat to get through your gut and into your bloodstream. Here's where the first big mistake comes most people take vitamin D in the morning or on empty stomach with water or coffee. If you're doing

that, you might as well be throwing a lot of it away in "expensive pee". Studies show the people who take vitamin D with fat absorb 32% more than the fat free group. The same dose is about one third more effective simply because it is absorbed into the body along with dietary fat.

This brings up another wrinkle. The kind of fat you eat makes a big difference. A diet rich and unsaturated fats improves effectiveness of vitamin D supplementation. You'll get monounsaturated fat from olive oil, sesame oil, or avocados, and polyunsaturated fat from fatty fish (salmon, trout, mackerel, tuna, sardines, hali-but) and nuts and seeds.

This is not to say you need to avoid certain fats altogether but taking your vitamin with the correct fats maximizes absorption.

Another hidden issue is that vitamin D is biologically inactive until it's converted into its active form in the liver and the kidneys. Even if you do absorb vitamin D well your body can't use it without two other key nutrients, one of which, magnesium, is conveniently found in many of the same foods that have the healthy fats you need in order to absorb vitamin D. Nuts and seeds may be small in size, but they pack a nutritional punch with gobs of protein, fiber, healthy fats and minerals such as magnesium.

Another nutrient that people often tell you to pair with your vitamin D is vitamin K2 as it helps to direct all that extra calcium you absorbed with vitamin D into the bones as opposed to your blood vessels. Dietary sources of K2 include (from most desirable to moderate) collard greens, turnip greens, spinach, kale, broccoli, brussels sprouts, fermented foods (miso, kefir, sauerkraut), chicken liver, and in moderation, Gouda, Blue Cheese, milk, egg yolks and chicken breast.

**VITAMIN D
+ HEALTHY FATS
= STRONG BONES, TEETH &
MUSCLES
HEALTHY IMMUNE SYSTEM
AND A SUNNY DISPOSITION!**

Talk to your doctor about what your optimal vitamin K2 level should be as those targets can be different from person to person and some of the sources are high in saturated fats.

Dietary sources of Vitamin D are preferred because many of the foods with vitamin D in them are also sources of healthy fats and minerals that are needed to absorb and activate vitamin D, but it's often not enough: Salmon, sardines, herring, tuna, cod liver oil, beef liver, egg yolk, regular mushrooms and those treated with ultraviolet light, milk (fortified), certain cereals and oat-meals (fortified), yogurt (fortified), orange juice (fortified).

Is it good to take vitamin D every day?

If you receive a diagnosis of vitamin D deficiency, a healthcare professional will likely recommend that you take vitamin D supplements in doses as high as 4000-5000IU. Most of us should be taking 2000- 3000IU per day and slightly more if you smoke or are overweight. Historically, it has been suggested that there is no difference in terms of effectiveness between the two types you can buy--vitamins D2 or D3. But it turns out that vitamin D3 may work better, as it can increase vitamin D levels by about 75 percent compared to the same dose of vitamin D2 only increasing levels by about a third. So, it looks like vitamin D3 is about twice as effective. Take it with meals and 300-400 mcg of K2 for greater efficacy.

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



Exploring the Cloyne Pioneer Museum & Archives from Home

By Lois Thomson

The Pioneer Museum in Cloyne is now closed for the season, but there is still a lot you can browse online.

The Cloyne and District Historical Society's (CDHS) vast Flickr page is a treasure trove of photos and stories.

The CDHS is a not-for-profit, charitable, volunteer organization whose mission is to preserve and record the history of the local area and to share that knowledge with the community. Their catchment area is the Highway 41 corridor from Kaladar in the south to Denbigh, Griffith and Matawatchan in the north, as well as Flinton to the west and Harlowe to the east.

Flickr is their main photo site with over 2,150 photos, documents, maps and videos that are supplied by people like you. What might have seemed like a mundane moment one hundred years ago is a treasure to be shared. If you find yourself with some free time this winter, it might be a good time to sort through your old photos to add to the collection. Volunteers will scan your photos to post on their Flickr site, along with your descriptions and return them to you.

Keep informed about their latest events and blog posts on Facebook and Instagram and check out their video archives on YouTube. You will find links to all of their online resources on their website pioneer.mazinaw.on.ca

They have a digital archive of cemeteries in their catchment area with over 1,960 photos that are very helpful for people who are researching their ancestry. It's also interesting to see how many of the names are still prevalent in our small towns. Their Archives collection contains many resources useful for genealogical or educational research. Much of the collection is searchable online although there are some items that require a trip to the museum for full access.

You may currently access materials from the archives online by downloading a pdf version of their archival database, visiting the main Flickr site, or the Flickr cemetery index.

You can also explore the Pioneer Museum with their digital guide on Bloomberg Connects, the free arts and culture app. The mobile guide offers digital access to museum collections, including voices and videos from members and students.

You can plan your visit, access helpful insights on-site, and dive deeper into your favourite works at home—or anytime, anywhere. The Pioneer Museum is proud to join over 400 international museums, galleries, sculpture parks, gardens, and cultural spaces on Bloomberg Connects.

Order books of local historical interest by local authors through the online bookstore. You can even become a member online and take advantage of all the museum offers, vote and run for the Board of Directors. The membership fee is \$10 per person per calendar year. Donations over \$10 will get a charitable receipt.



Seldom Seen Rock-cut On Former Highway 41 Within Bon Echo.
A significant portion of Highway 41 follows the historic Addington Colonization Road, built in 1854.

This is a photo of a large rock-cut that is seldom seen by visitors to Bon Echo. It is part of the old Highway 41 that crossed the Park at the 'Four Corners'. To see this part of former road, walk north from the High Pines parking lot to the High Pines trailhead. Rather than walking the High Pines Trail continue north on a trail which is the former roadway until you reach the rock-cut. The old highway continues until it meets private property then continues as the Mazinaw Heights North Road.

Visitors can tell this construction was done a long time ago as there are no signs of diamond drilling or straight cutting of the rock.

There is a hard-to-find steel survey marker set in concrete on the western top side of the rock cut.

Based on Province of Ontario road maps in 1925 and 1926 and the

changes that occurred, the road through Bon Echo was probably created in 1926 as an improved gravel road. Presumably the rock cut shown was made during this time.

On May 1, 1935, the Department of Highways (DHO) designated the Napanee-Kaladar Road through Lennox and Addington County, a distance of 49.5 kilometres (30.8 mi), and numbered it as Highway 41. Just over two years later, the route was extended to Highway 60 at Golden Lake which included the Bon Echo area.

Most of Highway 41 was an unimproved road prior to 1935.

Construction of an unpaved diversion at Bon Echo, bypassing the original route along what is now Mazinaw Heights Road, was completed in 1943.

Highway 41 was paved and realigned from north of Eganville to

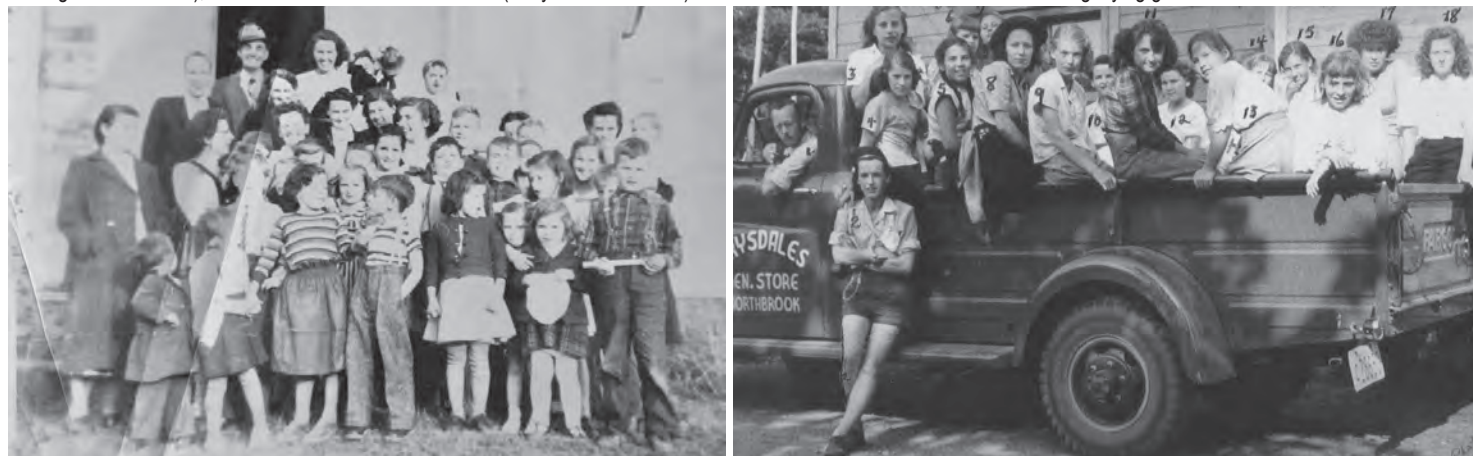
Golden Lake (along what is now Highway 60) in 1944, and from Kaladar to Northbrook in 1945. A 25 km (16 mi) section from Erinsville to Kaladar was improved in 1947, as was approximately 11 km (7 mi) between Northbrook and Cloyne, and 20 km (12 mi) from Dacre to Egansville.

Paving and improvements between Cloyne and Dacre were carried out over the next three years: from Denbigh to Dacre in 1948; from Bon Echo to Mackavoy Lake in 1949, and the remaining gaps from Cloyne to Bon Echo and from Mackavoy Lake to Denbigh in 1950. The final gravel section, between Roblin and Erinsville, was paved in 1953. Source: Wikipedia and Department of Highway Annual Reports and Ontario Road Maps.

Part of the Ken and Cathy Hook Album



Top photos: Playing at the Gilbert Inwood Sawmill - Denbigh, 1951 (Mary (Hope) Forbes Album), Bottom left: 1951 Valentines Day at Second School in Matawatchan (Garry Ferguson collection), Northbrook Girl Guides June 1950 (Mary Johnson album). Go to Flickr.com/CDHS and use the small magnifying glass icon to search and learn more.



In Mind of Alice - Story 6 of 6 "Lots of Memories about this Old House"

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

The previous story, "Exits and Entrances" appeared in September and is available at madawaskahighlander.ca

At this time, we had more cattle than ever, so there was always lots of work. Herb worked also at Well's Sawmill which was located where Jack and Nancy now lived. At least it was close to home. He left at 7 a.m. and returned home after dark. At this time my father-in-law was very sick, so I had to do all the chores. In 1938, Herb ran for councillor, and from then on was involved in politics and was often away at meetings. My mother-in-law busied herself with making quilts and made dresses for Beatrice, as they were good friends. My father-in-law whittled ax handles and sold them at the store for two to three dollars. Those earnings he gave to the church. Church was always cancelled during the wintertime as the roads were not kept open.

Harold was born on Nov 9, 1941 in our downstairs bedroom and within a few weeks of his birth, three people died, Clara Fritsch, Stanley Perry and Doc Adams. When Harold was 2 years of age, I would put him in the rocking chair, and I told him to rock himself to sleep. When he did so, I would bring in wood and carry buckets of water to a cistern in the attic above the kitchen which would provide us with running water in the kitchen. When Harold was sound asleep, I would hurry down to the barn to do the chores there, always watching however, to see if Harold would be at the window, crying, and looking for me.

The family was overjoyed when Francis arrived on May 10, 1949. This time I took no chances and went into the Renfrew Victoria Hospital for my delivery. When the family found out they phoned the school and told Herb about his baby brother but neglected to tell Lenora. On the way home from school, Herb informed Lenora that she had another baby brother. Lenora was incensed and true to form, wrote me a letter telling me to exchange him for a girl as there were already enough boys at home. Aunt Willamina had come to the house to take care of the family while I was in the hospital. I take it there was no love lost about her cooking as she put onions in everything including desserts. She even asked Grandma Ellie for a beet for the soup. I take it that the two ladies did not hit it off too well. Aunt Willamina was supposed to go to Renfrew to purchase a formula to feed baby Francis, but it seems that she left it at the store. So, when Francis arrived home, they had to give him cow's milk.

Francis was a very special child as I had lost a baby shortly after Harold was born. I had started



to hemorrhage so Herb took me to a doctor in Renfrew who gave me something to stop the bleeding. It did not work so I miscarried. After this, I was very sick for a long time afterwards.

I remember that Grandma Ellie spoiled all the children, especially Francis. I remember that when Harold was a baby, Herb would wheel him around in a wicker pram until finally the bottom fell out of it. Francis was a new play toy for Herb who would put him into the front carrier of his bicycle, which was fastened to the handlebars. It seems that he crashed more than he rode! They were quite a bunch. Herb once dared Lenora to drop a screw from the upstairs sunroom window, into his open mouth, which she did, and her aim was true. It was a wonder that he did not choke on it. Herb had made Herb Jr a bow and arrow set, and Herb and Lenora went down to the sugar bush to shoot targets. Lenora was holding the target, and Herb was shooting the arrows. Lenora thought Herb had shot an arrow, so she bent down to look at where it landed. Just then the arrow arrived and hit her in the eye. The life span of that arrow was rather short. My husband arrived on the scene and scooped up snow and put it on Lenora's eye.

As I sat rocking in my favourite chair, memories flitted across my mind. Grandma Ellie was terrified of fire. Every night, she insisted that the fire be completely extinguished before she went to bed, which was rather annoying as it had to be started from scratch the next morning. I am not sure in what year, my husband purchased a Delco generator which meant that there were electric lights in every room, hanging from the ceiling. My mother-in-law refused to have one of those things in

her bedroom, and she held tight to the coal oil lamp. Grandpa Oscar was a generous man. During the Depression, he always had a bed made up in the walk-in attic above the kitchen for tramps who came by wanting food and shelter for a day's work. My mother-in-law highly disapproved as she was sure they would be murdered in their beds by the wrong tramp.

Grandpa Oscar and I had a business going with supplying the sawmill where Jack and Nancy now live, with eggs, milk, and pork. They also sold eggs at the store in Denbigh. There were two hen houses going at that time and there were lots of eggs. Late in the fall, just before the chickens stopped laying, and began to moult, I would collect about five dozen eggs and store them in salt in boxes. The salt would preserve the eggs and we would use them during the winter. If it were a good year for pumpkins, all they could do was to eat them as fast as they could, for they did not last long into the winter.

I can vividly recall the time when the oil heater blew up at the church in Vennachar. It must have

happened on Monday for no one went to the church for three days. But when they did, they saw the devastation that was caused. The release in the oil heater must have jammed, causing more oil to go into the heater than the fire could consume. The oil heater was at the back of the church and there were stove pipes running the length of the church. It must have been a terrific explosion as the pipes were knocked asunder, so the smoke did not go out the chimney but into the church. The smoke complete with grimy oil particles must have filled the church. Everything was black including the hymnals and the Bibles. We women spent days cleaning up the mess. There was no well at the time, so all water had to be brought in. Welma Rose figured there was no point in getting socks and shoes filthy, so she did her work in bare feet. I also remember my husband telling about his first trip to Renfrew with his dad, when Herb was only 8 years old. Roads then were not plowed, even in town, they were just a build-up of snow that had been packed down, it took two days to get to Renfrew, so they spent the first night in Dacre. They stayed with Uncle Bill when they were in Renfrew. They would take grain, cheese and butter to sell there and then purchase groceries to take home. At that time the Adams were running what became Hartman's store in Denbigh, but they did not stock things in bulk. 100 pounds of flour and sugar were purchased in Renfrew and kegs of nails and building materials were brought home. After the war, my son Francis remembers going to Renfrew in an old army jeep that my husband had purchased after the war. There was no heater in it, so it was a mighty cold drive.

Lots of memories
about this old house.



**GLASER'S
STORE
COUNTRY**

Milk
Cheese
Groceries
Ice cream

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

**BOTTLE RETURN
POST OFFICE**

Mon - Sat 9 - 7 Sun 10 - 4

156 Bridge Street, Denbigh 613-333-1313

Merry Christmas and Happy New Year from Karen and Peter Lips!

Fresh Baking Saturdays



**Milligan's Meats
Loads of Fresh Produce**

LIKE us on 

Endangered Species vs Radioactive Waste - David vs Goliath

By Lynn Jones - Ottawa River Institute



Blandings Turtles are one of several endangered species threatened by the NSDF. It was revealed that CNL knew that the site was very rich in biodiversity but chose it anyway. It is on a south-facing, densely forested hillside that rises 140 feet above five named wetlands at its base. The forest stands have old growth characteristics and provide prime habitat for diverse species including endangered bats and songbirds such as the Little Brown Myotis, Canada Warbler, Golden-winged Warbler and Eastern Whip-poor-will.



Left: David Snider, Former Board President Sierra Club Canada, and Right: Justin Roy, Councillor and Director of Economic Development of Kebaowek First Nation speak at the "Stand up for Wildlife" rally outside the courthouse on November 12.



The legal challenge was brought by Kebaowek First Nation, Concerned Citizens of Renfrew County and Area, the Canadian Coalition for Nuclear Responsibility, and Sierra Club Canada Foundation. Their concerns go far beyond saving endangered species. They are advocating for all of us, with recognition that all species, including humans, depend on a clean habitat for survival and quality of life. Rally pics by Peter Stockdale

A hearing on Wednesday, November 12 in the Federal Court of Appeal tested Canada's commitment to protecting threatened and endangered species and may determine whether the giant Ottawa River nuclear waste dump can be built or not. Members of the public were able to watch the hearing on Zoom and were also invited to a rally, "Stand up for Wildlife," from noon to 2 pm outside the courtroom on Sparks St. in Ottawa.

The case centers around the granting of a Species-at-Risk permit to Canadian Nuclear Laboratories (CNL) for the construction of its giant nuclear waste dump called the "Near Surface Disposal Facility (NSDF)" alongside the Ottawa River upstream of the Nation's Capital. The permit decision was successfully challenged in the Federal Court of Canada earlier

this year in a legal challenge brought by Kebaowek First Nation, Concerned Citizens of Renfrew County and Area, the Canadian Coalition for Nuclear Responsibility, and Sierra Club Canada Foundation.

CNL is owned by a multinational private-sector consortium and is paid more than \$1.5 billion annually by the Government of Canada to operate Canada's federal nuclear labs. CNL needed a Species-at-risk permit to construct its controversial, above-ground nuclear waste dump because the site it chose for the dump is on federal land, smack dab in the middle of irreplaceable wildlife habitat that is home to many species at risk. A permit would allow CNL to destroy habitat and residences for threatened and endangered species in order to construct its giant dump.

In order to get a permit, a proponent must prove that it carefully considered all possible alternatives and chose the one with the least impact on endangered species. CNL did not do this. In fact, it is on record as saying it chose the location because it would reduce transportation costs. In his ruling issued on March 14, 2025, Justice Russel Zinn said the environment minister's issuing of the species-at-risk permit was "unreasonable due to fatal flaws" in interpreting and applying the federal Species at Risk Act, adding that the issuing of the permit must be reconsidered.

Unfortunately for threatened wildlife and for Canadian taxpayers, who foot the bill for everything the multinational consortium does under its contract with the government, the case was appealed by CNL. Hence, the evidence was reviewed again on November 12, this time in the Federal Court of Appeal, by a panel of three judges.

The legal case here is fairly cut and dried. But behind the straightforward legal arguments lies a shocking story of disregard for wildlife revealed in 4,000 pages of material connected with the permit application that were received by the applicants for judicial review.

Among many other things, it was revealed that CNL knew that the site was very rich in biodiversity, but chose it anyway. The site is located on a south-facing, densely-forested hillside that rises 140 feet above five named wetlands at its base, critical

habitat for endangered Blanding's turtles. The forest stands have old growth characteristics and provide prime habitat for endangered bats and songbirds such as the Little Brown Myotis, Canada Warbler, Golden-winged Warbler and Eastern Whip-poor-will.

To create a flat surface for the NSDF, clear cutting and extensive blasting would convert 28 hectares of forested hillside into 170,000 cubic metres of rock, with unknown but likely adverse effects on the surrounding wetlands. More than 10,000 mature trees would be cut down, including provincially-endangered Black Ash trees.

CNL failed to mention the presence of Eastern Wolves on the site until very late in the eight-year-long permitting process. In 2017, CNL lobbied to prevent uplisting of Eastern Wolves to "threatened" status, stating it would cost them \$160 million. Extensive use of the NSDF site by Eastern Wolves was documented by Kebaowek First Nation (KFN) in 2023. A ground truthing team from KFN also found three active bear dens on the site. Both bears and wolves are species of great cultural importance to Algonquin peoples.

It's hard to imagine a site more deserving of protection under Canada's Species at Risk Act. We remain hopeful that a better site will be found on which to manage Canada's multibillion dollar radioactive waste legacy.

Griffith General Store

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



CENTEX Gas Station
PAY AT THE PUMP LOW PRICES!

Groceries, Gifts, Ice Cream, Butter Tarts, Dairy & Eggs,
Canned and Frozen Food, Butcher Shop Meats,
Hunting & Fishing Licences & Supplies, Live Bait
Sporting Goods & Clothing, Pet Food, Hardware & Tools,
Keys Cut, Propane Exchange, Automotive Supplies

A Genuine Country Store with a bit of EVERYTHING!

AUTHORIZED AGENT FOR:

LCBO

The Beer Store
Approved Retail Partner

APPROVED RETAIL PARTNER &
AUTHORIZED
EMPTY BOTTLE DEALER

HOURS:

**Mon - Tues, 8 - 5
Wed - Sun, 8 - 7**

308 Acres of Highlands Ecosystem Permanently Protected by Mississippi-Madawaska Land Trust

News Release Sept. 12, 2025

MMLT.ca

The Mississippi Madawaska Land Trust (MMLT) is proud to announce the permanent protection of the MapleCross Newlands Nature Reserve – a 125-hectare (308-acre) property of exceptional ecological value in the rugged Madawaska Highlands of North Frontenac Township.

Located south of Matawatchan Provincial Park, the reserve is a flagship addition to MMLT's protected lands. Its mature forests, rocky ridges, wetlands, and creeks support remarkable biodiversity. Preliminary surveys have already documented at least three species-at-risk, including Wood Thrush (threatened) and Eastern Wood-Pewee (special concern).

"This is an incredible win for nature in our region," said Steve Kotze, President of MMLT. "It is thanks to the generosity of our community that we were able to act quickly to protect this property. Together with our partners, we've ensured this land will remain a thriving natural landscape."

The property borders several hundred acres of provincial Crown land, creating a large contiguous natural area in the heart of the Highlands. With forest stands estimated at 80–120 years old, including roughly 10,000 mature sugar maples, the property provides important climate resilience and habitat connectivity.

The Newlands family have carefully stewarded the property since the 1960s, leaving it in pristine condition. In a statement, the family shared: "It is a source of gratitude and pride to have our family name associated forever with this remarkable property, knowing it will be maintained in a natural state by the Trust. It has been special to us, and it is comforting to know it will remain special forever."

While there are no immediate plans for public trails, early stewardship will focus on detailed biological inventories, annual monitoring, and potential university research partnerships to better understand and protect its ecological values.

This acquisition was made possible through an extraordinary combination of community donations and major contributions from key funding partners, including the MapleCross Fund, Echo Foundation, and Ontario Conservation Accelerator.



With the addition of MapleCross Newlands, MMLT now protects over 4,000 acres of ecologically significant land across the Mississippi River and Madawaska River watersheds – safeguarding wildlife habitat, supporting biodiversity, and preserving eastern Ontario's natural heritage for present and future generations.



About Our Properties

Public access – To optimize protection of the ecological health of sensitive habitats while fostering connections between people and the natural world, the reserves are classified into three categories.

These properties are OPEN to the public with a designated, maintained trail system.

Blueberry Mountain at cliffLAND
High Lonesome Nature Reserve
Marble Woodlands
Poole Family Nature Sanctuary
Rose Hill Nature Reserve

These locations are TEMPORARILY CLOSED to facilitate management and ensure public safety, or due to factors beyond the control of MMLT.

Byrne Big Creek Nature Preserve
Chatson Woods at Rose Hill Nature Reserve
Marl Lake Nature Reserve

These properties are particularly sensitive ecosystems, therefore access is BY PERMISSION OR GUIDED TOUR ONLY. They are places where natural processes can unfold on their own terms and timelines.

Blue Heron Wetlands
Clydelands
Keddy Nature Sanctuary
MapleCross Newlands Nature Reserve
Salamander Forest
Whaleback Woodland Reserve

Significance of the Region

which enables natural qualities to continue uninterrupted.

Lanark County includes some 12,000 acres of County forests and significant parcels of Crown lands. Roads are often limited or absent from the more remote and rugged highland areas.

The region has a rich cultural and historical background.

Areas away from concentrated human settlements have relatively small population pressures and hence threats to the wilder areas are not yet as great as they are bound to become.

The Land Trust is centrally located within the Algonquin to Adirondack corridor and immediately adjacent to the Frontenac Axis Biosphere Reserve (a designated UNESCO site).

The region is geologically complex and variable, with both shield and highlands of granite, marble, gravel ridges, and lowland clay plains.

Both upland natural areas and wetlands still abound, making the region as a whole vital to wildlife preservation and to species and ecosystem diversity.

Significant areas are undisturbed

Land Acknowledgement

Through all our work, the Mississippi Madawaska Land Trust acknowledges and is grateful to all the original stewards of the land. Since time immemorial, Indigenous Peoples have inhabited, cared for, and used these lands and waters, applying Indigenous knowledge systems and laws. See more at mmlt.ca

PINNACLE
CREMATION SERVICES LTD.
Affordable Funeral, Burial and Cremation Choices

We are an affordable full service funeral home offering no obligation pre-planning and pre-payment.

Funeral Directors: Sheila Roche-Sweet and Scott Miller

Contact us to make pre-arrangements or transfer your existing arrangements

32 Prince Avenue E. Renfrew

613-432-7210 pinnaclecremationservices.ca

Ready to close your pool? Give us a call 613 222-5022

Hot Tubs & Spas

For over 25 years, I have provided pool services up and down the Ottawa Valley. As a commercial/residential licensed plumber and gas fitter, I can meet your pool, plumbing and heating needs.

613-222-5022 Cell

613-649-2320 Office (Dacre)

Sam@spph.ca

On Call 24/7 Serving Renfrew County



Sam's Pools Plumbing & Heating



Liners, Dive service, Leaks, Chemicals, Pool kits, Hot tub sales & service

Winter Foraging - Evergreen Wonders

By Colleen Hulett



We might not always appreciate the beauty of evergreens but come fall when the broad leaves change colour and start falling. They stand out beautifully and complement the landscape. The tallest conifers are usually the Eastern White pine or Hemlocks. They are easy to see standing high above the canopy. Pics from Gatineau Park mixed canopy

This drought-stricken year gave mushroom foragers an uneventful to nonexistent hunting season. It was disappointing to say the least. Well, the past is the past. Thankfully we can look forward to hiking our forest winter wonderland and enjoying its beautiful conifers that keep the season healthier, greener and warmer.

Almost all conifers have edible parts. Knowing how to forage and identify needles from the pine family is rewarding in the dark days of winter because you can make a warming needle tea that has four to five times the vitamin C content found in an orange. Consuming plenty of vitamin C helps one's immune system fight off colds and flus. We need to take vitamin C regularly while we are healthy for it to ward off cold and flus. If you get a cold or flu, it's too late to load up on this preventative vitamin. Vitamin C does not last long in our bodies and disappears after we pee. I

suggest harvesting conifer needles regularly and drinking plenty of needle tea. A common recipe is provided at the end of this article.

Knowing how to find and identify conifers is rewarding for mushroom foragers, too, as many conifers share mycorrhizal relationships with gourmet mushrooms. Conifers live in mutually beneficial relationships with King boletes, Matsutake, Chanterelles and Morels. They survive together in the forest. If you can find these trees, you can find these prize mushrooms.

The most common indigenous conifers in our region are the pine (Pinaceae Pinus sp.), spruce (Pinaceae Picea spp.) and fir (Pinaceae Abies spp.) All three groups of trees come from the same Pine Family (Pinaceae). Several trees in the same family can be difficult to ID for many people unless you get up close and observe their needles and cones.



Pine Needle Tea Recipe wildedible.com

1/2 cup of chopped pine needles to 1/2" pieces. 3 cups of boiled water. Steep needles for 15 minutes for hot tea or overnight in the fridge for cold tea. Use a stainless steel pot. Use older needles as they may have higher Vit C than younger ones. Add honey and/ or lemon to taste. Never directly boil pine needles as it reduces the Vit C content.

So how can you tell the difference between a pine, a spruce and a fir? They are all from the Pine family. They are between 60-200 feet tall, have needles, cones and a similar conical or pyramid shape. If we look at the needles, Pine trees have long needles (2"-17") that are attached to its branch in soft clusters of 2, 3 or five needles. The clusters are joined at the base with a small papery wrap. Spruce and Fir needles are attached individually to their branches and are small ~1" long. Spruce needles have a wooden peg-like sheath at its base. When spruce needles shed, they leave a visibly bumpy surface. Fir needles on the other hand have an extended circular suction base that leaves a smooth circular scar on the branch it's when needles are shed. Spruce needles are thicker than fir needles and are stiff, squarish and pointy. They hurt to touch. Spruce needles roll between your fingers easily while Fir needles are soft, flat and

do not roll between your fingers. When crushed Fir needles release a nice citrusy scent.

When comparing the female cones, it is important to note that mature pine and spruce cones point downward from the branch. Cones have scales attached to a central stock. The pine and spruce scales stay attached to the central stock and entire cones can fall to the ground intact. Pinecones are more woody and rigid than the papery scales of a spruce cone. Fir trees disperse their seeds and scales while still attached to their branches. Their cone's central stalk falls to the ground with no seeds or scales attached.

In our region of Ontario and Quebec, we have three indigenous pines, the Eastern White pine *Pinus strobus*, the Red pine *Pinus resinosa* and the Jack pine *Pinus banksiana*. Our spruce species are the Black spruce *Picea mariana*, the White spruce *Picea glauca* and the

LAYTON KNIGHT-LOCKE

CONTRACTING

FULLY LICENSED AND INSURED

SPECIALIZING IN PROPANE!

SALES & SERVICE ON ALL PROPANE FIXTURES & APPLIANCES
FURNACES, FIREPLACES, HOT WATER TANKS, FRIDGES, STOVES & MORE

PLUMBING & HEATING

REPAIRS, RENOVATIONS & NEW HOUSING

- HOT WATER TANKS •SUMP PUMPS •TOILETS
- SUBMERSIBLE WELL PUMPS •WATER SOFTENERS

SALES, SERVICE & INSTALLATION

- BOILERS •FURNACES •FIREPLACES
- AIR CONDITIONING

Serving Renfrew County & Area

24/7 Emergency Service

613-433-1111 **INFO@LKLPH.CA**

CRAIG Armstrong
sales representative
A Name You Can Trust!

**Thinking of Selling or Buying?
Let's Get Started!**

Craig Armstrong
Sell with confidence

My complimentary, no-obligation home evaluation will help you gain essential insights to position your property for success.

I'll determine your property's true value through my comprehensive analysis of market trends, comparable sales, and your home's unique features.

Contact me & schedule a
FREE REAL ESTATE CONSULTATION

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



It's not hard to distinguish the conical shape of pines and spruce vs the tall wispy look of hemlock in the forest. As Evergreen Conifers mature, they may lose branches and become a bit lopsided.



The Norway spruce (*Picea abies*) has hanging branchlets and long cones up to 17 cm long. It is listed in Ontario as an invasive species to watch. If you own one please watch it carefully and kill any seedlings it produces to help stop its spread.



Hiking in the winter when the leaves have fallen make it easier to see animal friends.

Deer will eat conifer needles in harsh weather conditions for survival. Interestingly, Bears consume a ton of pine needle just before they hibernate to make a 'fecal plug' so they don't mess in their dens.

Morels that you discover this winter in your area. Good luck. Have a safe winter and keep warm!

Pine Resin Salve Recipe by theherbalacademy.com

1/4c pine resin. 1/2c oil (olive, almond, etc) 1/2-1ounce beeswax

Melt down oil and pine resin together. Strain through cheesecloth to remove bark bits and pour back into pot. Add grated beeswax to the oil/resin mix to thicken the salve. Quickly pour into small containers. Use up in a year.

Use a small amount and apply to dry skin for minor irritations, rashes, cuts, scrapes, chest rub for congestion and to draw splinters and heal boils.

Sources:

L.A. Peterson. A Field Guide to Edible Wild Plants. Eastern and Central North America. Houghton Mifflin Company. Boston, NY. 1977
Rosalee de la Forêt and Emily Han. Wild Remedies. Hay House Inc. New York. 2020
D. A. Sibley. Sibley's Common Trees of Eastern Canada. Earth Sky + Water. LLC. 2017
Beverley Gray. The Boreal Herbal. Aroma Boreal Press. Whitehorse, Yukon. 2011.
Curtis E. Young. Is this a pine, spruce or fir? www.ohioline.osu.edu
Natural Forest Foundation www.nationalforests.org
Ministry of Natural resources www.natural-resources.canada.ca
https://tidcf.nrcan.gc.ca/en/trees/identification/conifers
Wildedible.com Pine Needle Tea recipe
Herbalacademy.com Pine Resin Salve

Red spruce *Picea rubens*. Our Fir tree is the Balsam fir *Abies balsamea*. They each have their own unique differences too that should be further inspected for identification purposes.

According to herbalist Rosalee de la Forêt, the bark, needles, resin, pollen and seed are used medicinally and/or for culinary purposes. The Pine family (specifically those listed in this article) create a warming and drying effect on the body and taste pungent, bitter and sour (citrusy). The pine family properties are many, notably antimicrobial, diuretic, expectorant, and inflammatory modulator. Their parts are used as food, tea, decoction, oil or salve and can be used for wounds, rheumatism, and cold and flu. While the Pine family has over 220 unique species with some different properties, many of these trees can be used similarly. Few conifers can have toxic parts like yews and some junipers but these trees are not the subject

of this article. Please know that many pines around your neighbourhood may not be indigenous to Ontario, Quebec or Canada and instead were purchased elsewhere and planted here. So please never consume a foraged item without 100% identification.

One can harvest healthy needles throughout the year. The taste, texture and vitamin C content varies with the seasons. If you cannot gather fresh needles from broken branches on the ground, you can pick or cut needles off of the tree's lower branches. Never clip from the top or central areas of a tree as this invites disease and decay. Never forage from one tree only. Instead, gather a small amount from several trees in the same area.

The resin is best harvested in below zero temperatures. The resin is less sticky and easier to remove with just a flat knife. Resin can take a long time to melt down so it is suggested to

freeze the resin then put it in a paper bag and hammer it to smash the resin into smaller, easier to melt pieces. Herbalist Rosie de la Forêt suggests we never remove the resin gum off of a conifer tree scar. We should remove the part that dripped down the bark away from the scar. After all, the resin is formed by the conifer to heal its cavity, and we obviously shouldn't interfere with its process. Resin from the Pine family has been used for a very long time in balms and salves to treat cut scrapes and insect bites. Other parts of conifer trees can be picked in different seasons for different reasons.

Once you identify your trees this winter you can revisit them in the spring to harvest fresh decadent needle tips for a multitude of culinary purposes. And you can head back in season when certain mushroom species are predicted to fruit. I suggest starting in mid-April to regularly visit all the conifer allies to

Colleen Hulett, B.A
Geography Carleton
University. Red Seal
Horticulture Apprentice,
Algonquin College, a
landscape Technician
and Nature Guide.



Courses completed in the Art and Science of Herbology with Rosemary Gladstone and many drawing and photography classes at Algonquin College since the 1980's. Please contact Colleen with any questions at: gatineau.calabogiehiker@gmail.com

**BUILD IT
BETTER**

**CONSTRUCTION
SERVICES**

- Renovations
- Additions
- Fencing
- Decks
- Roofing
- Siding
- Eaves
- Window & Door Installation



**THE BIG JOBS
NEED BIG
EQUIPMENT**

**GENERAL EXCAVATING
SERVICES**

**SAND - GRAVEL - TOPSOIL
DELIVERY**

- Driveways
- Culverts
- ICF Foundations
- Septics
- Cottage Leveling



jared@valliconstruction.ca
valliconstruction.ca
613-281-9180



**Quality
Canadian Made
Trailers, Furniture,
Cottage Giftware**

**206 Kunopaski Road at Hwy 132 Renfrew
Berrylane.ca 613-327-4074**

Berrylane.ca
Since 2005



*Are you ready for the season?
Skiing, snowshoeing, hockey
season. No need to put these
Adirondacks away. Keep them
handy to enjoy any day.*



Visit our natural outdoor show space and interior showroom

Digital Solutions for Small Business

We are committed
to empowering
small business to
overcome
limitations and
maximize their
online potential.



Our comprehensive approach provides more than
just services - it offers the opportunity to thrive in
the ever-evolving digital landscape.



**"Call us any time
to find out how
we can help!"**

TEL: 613-818-9928

EMAIL: ducharmee@ejdsolutions.com WEB: www.ejdsolutions.com



**EMERGENCY
SERVICE**



**MCCREA'S
CLIMATECARE.**

**SINCE
1979**

THE HEATING AND COOLING PROFESSIONALS WHO **CARE**

*As we reflect on over 40 years, we want to extend a heartfelt
thank you to all who have supported McCrea's.*

Your trust and loyalty mean everything to us.

*From our family to yours, we wish you a very Merry Christmas and
a New Year filled with happiness, health, and warmth. Here's to
another year of serving our wonderful community!*

Warmest Regards from The McCrea's Team!

SERVICES

FURNACES | AIR CONDITIONERS | WATER HEATERS
FIREPLACES | BOILERS | PROPANE | WATER SOFTENERS
GENERATORS | COLD CLIMATE HEAT PUMPS
GEOTHERMAL HEAT PUMPS | GEOTHERMAL SERVICES
BCIN ONTARIO CERTIFIED | RADON MITIGATION
HVAC DESIGN SERVICES

**www.mccreas.net | Renfrew 613-432-9739
Arnprior 613.623.9223**

