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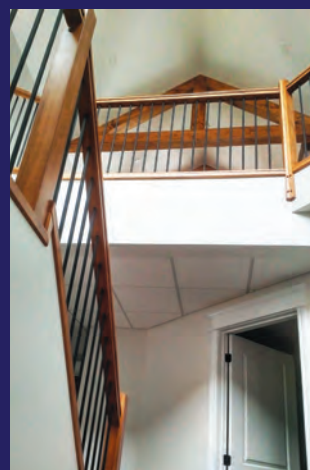


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THE MADAWASKA HIGHLANDER AUGUST 2025 EMBRACE THE PAST ~ ENCOURAGE THE FUTURE ~ ENJOY TODAY

# The Madawaska Highlander

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

**August  
2025**  
**FREE** Vol.23 Issue 4  
Next issue September 3

## Welcome!

...As we settle into the tail end of summer, a time when we live the stories that like to be told. Tony tells the story of how Wild Things are settling into Late Summer in the Highlands, the lowlands, lakes, and wetlands. Lesley gives us unsettling news about a wetlands dweller, A Canadian Icon in Trouble, in Happy Trails. Wetlands abound with wildlife in the Highlands, which is why The Mississippi-Madawaska Land Trust is sending a Final Community Appeal to save 500 acres of mixed terrain here. Only \$50,000 more needed. We can do it! They also invite us to the annual Festival of the Wild Child. Doesn't that sound like fun? Find out more in Watershed News.

Every creature needs nature to survive, but Survivor Guy reminds us that It's a Jungle out There, so get some Basic Training for Wilderness Survival, if longevity is your thing. Basic info goes a long way to Living Long and Living Well, as Derek details in Wellness. What you eat matters! And what you shouldn't eat matters more, as Colleen explains in Highlands Hiker - The Power of Oysters (run away from that poisonous imposter mushroom!).

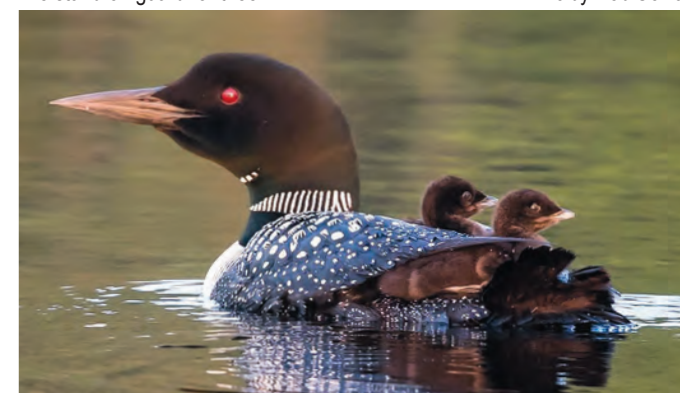
You can run away for your health, or you can run for health causes. Geoffrey's looks back on 45 years on the run - The Terry Fox Run - and shows how the run keeps growing as Cancer keeps shrinking.

In The Hills are Alive... with the Arts, we meet the guy behind Riverwood Speakers - Looking Back/ Reaching Forward with one of Joe's Q & As about high tech sound encased in reclaimed river wood. Garry and Elmer look back to 1903 in the story of The Big Fire of '03 when one plank and a melted saw blade were all that was reclaimed - a slice of life in Cloyne Historical.

Life provides many stories and A Slice of Life Along the Road to Writing shows how to use them to write for the Short Story Contest. Life is happening all over the Highlands right now. Read how to take part in Bogie Beat, News & Views, Library Matters, and in the ads. It's late summer, so it's time to live the stories that like to be told, and most of all... Enjoy!...

A patriotic Heron gazes across to the US at the Thousand Islands. We stand on guard for thee...

Pic by Rob Cowan



A protective Loon watches for wayward anglers at The White Pines Resort on Black Donald Lake. She stands on guard for her babies. Pic by Val Popkie

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# The Madawaska Highlander

The Madawaska Highlander  
3784 Matawatchan Rd. Griffith ON  
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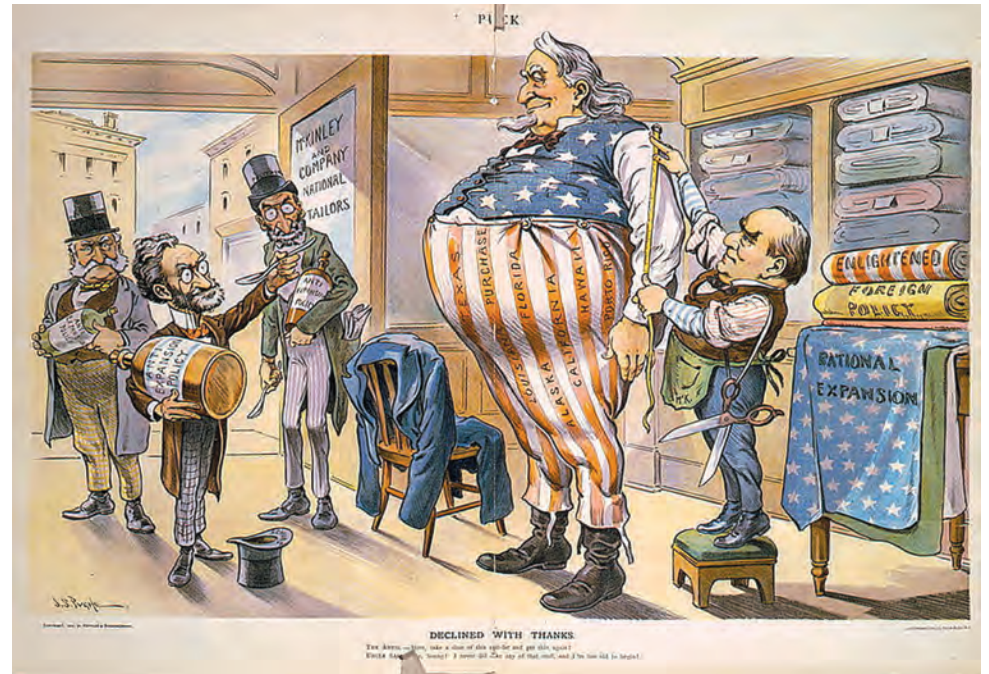
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## CONTRIBUTORS THIS ISSUE

**Thank you everyone!**

|                    |                 |                 |                  |
|--------------------|-----------------|-----------------|------------------|
| Morgana Dillingham | Antonia Chatson | Tony Beck       | Elmer Strong     |
| Ruth Jones         | David Arama     | Joe Sornberger  | Geoffrey Cudmore |
| Bonnie Leoen       | Colleen Hulett  | Charlotte Dafoe | Lois Thomson     |
| Derek Roche        | Lesley Cassidy  | Garry Ferguson  | Susan Howe       |



Although the United States had a long history of international economic, military, and cultural engagement that stretched back deep into the eighteenth century, the Spanish-American and Philippine-American Wars (1898-1902) marked a crucial turning point in American interventions abroad. These new conflicts and ensuing territorial problems forced Americans to confront the ideological elements of imperialism. Should the United States act as an empire? Or were foreign interventions and the taking of territory antithetical to its founding democratic ideals? What exactly would be the relationship between the US and its territories? And could colonial subjects be successfully and safely incorporated into the body politic as American citizens? The Spanish-American and Philippine-American Wars brought these questions, which had always lurked behind discussions of American expansion, out into the open. Should a former colony, established on the principles of freedom, liberty, and sovereignty, become a colonizer itself? What was imperialism, anyway? The American Anti-Imperialist League, founded in 1899 and populated by such prominent Americans as Mark Twain, Andrew Carnegie, and Jane Addams, protested American imperial actions and articulated a platform that decried foreign subjugation and upheld the rights of all to self-governance.

In this cartoon, a tailor, US President McKinley, measures an obese Uncle Sam for larger clothing, while Anti-Expansionists like Joseph Pulitzer unsuccessfully offer Sam a weight-loss elixir. As the nation increased its imperialistic presence and mission, many like Pulitzer worried that America would grow too big for its own good. John S. Pughe, "Declined With Thanks," in Puck (September 5, 1900). Wikimedia. Information from collegesidekick.com/study-guides/atdcoursereview-ushistory2-1/1898-2

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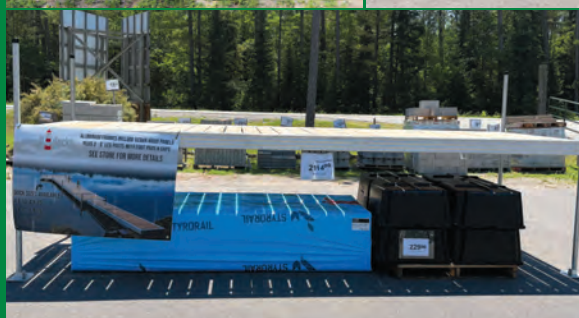
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**Key addresses:** **GRIFFITH:** Griffith & Matawathan Recreation Centre (Denbigh-Griffith Lions Club) 25991 Hwy 41. Ginza Park, Rink, and Pickleball Court, 15 Ginza Street. Adams Berry Farm 25761 Hwy 41, Griffith Hilltop Church, 25197, Hwy 41 **MATAWATCHAN:**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

**By Charlotte Dafeo**

## SERVICES IN OUR COMMUNITY

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

## EVENTS IN OUR COMMUNITY AUGUST

The Denbigh Wellness group meets on Tuesday mornings at 9am for coffee, tea and conversation. For the month of August, the group will meet at Rosie's Cafe & General Store (22353 Hwy 41, Denbigh) in their outside seating area.

- St. Luke's United Church in Denbigh invites you to join them in fellowship on Sundays at 10am.
- The Denbigh-Griffith Lions Club is hosting bingo on August 19th. Doors open at 6:30pm with games starting at 7:30pm.
- Matawatchan Hall will be hosting Saturday Socials from 10am-12pm on August 9th, 16th and 30th, with music by Derek Roche on the 16th and open mic on the 30th.

## EVENTS AT A GLANCE:

August 9, 16, 30 - 10 am - 12 pm

Saturday Socials at the Matawatchan Hall

August 9, 11 am - 2 pm

Denbigh Recreation Community Corn Bash & Vendors Market

August 9, 3 pm - 9 pm

Griffith & Matawatchan Fish & Game Club Annual Pork Roast Family Day Event

August 19, 7:30 pm

Denbigh-Griffith Lions Club Bingo

August 23, 10 am - 2 pm

Denbigh-Griffith Lions Club Show & Shine

October 11, 10 am - 3 pm

Artisans @ The Fall Market at Adams Berry Farm & Market. Vendors contact Melissa at [AdamsBerryFarm.Events@Gmail.com](mailto:AdamsBerryFarm.Events@Gmail.com) or 403-846-8891

- Denbigh Recreation is planning a Community Corn Bash & Vendors Market on August 9th from 11am - 2pm at Heritage Park. The day will feature games, face painting, vendors, live music by Whiskey Smoke, corn and much more! To register as a vendor, contact [denbighrecreation@gmail.com](mailto:denbighrecreation@gmail.com).
- The Griffith and Matawatchan Fish & Game Club invites you to their Annual Pork Roast Family Day Event on August 9th from 3-9pm. The festivities will be held at the Matawatchan Hall and feature a kids' zone, adult horseshoe tournament, 50/50 draw, cash bar and of course a homecooked meal. From 4-8pm, the band Bird King will be performing live. The meal is \$10 for adults and \$5 for children 12 and under. Be sure to bring a lawn chair for this fun-filled afternoon. For more information contact [gmfgclub@yahoo.com](mailto:gmfgclub@yahoo.com).
- The Denbigh-Griffith Lions Club's 17th annual Show & Shine is scheduled for August 23rd from 10am-2pm.



## Improved Sliding, Swinging, and Bouncing in Denbigh!

July 18th was an exciting day for Denbigh area youth with the official opening of the enhanced playground at Heritage Park. MPP Rick Bresee, representatives from the Ontario Trillium Foundation, the County of Lennox & Addington, the Township of Addington Highlands and Denbigh Recreation joined community members for the official ribbon-cutting ceremony. Made possible by a \$190,300 capital grant through the provincial government's Ontario Trillium Foundation, the upgraded playground at Heritage Park is one of three playground projects within the Township of Addington Highlands, including a completely new playground installation at the Addington Highlands Community Centre in Denbigh.



## Youth baseball is in full swing at Heritage Park in Denbigh.

Denbigh Recreation would like to thank Tony and others who worked to refurbish the ball park.



## The "Glow Crazy" Kids Dance & Ghost Town Cryers

Left: Black lights and glow bands were a hit on July 19th Denbigh as youth danced the night away at Denbigh Recreation's Kids Dance. Thank you to the organizers and the community for supporting this event. Right: There were glowing reviews as The Ghost Town Cryers entertained partygoers at the Matawatchan Hall on July 12th.



## Griffith & Matawatchan Fish & Game Kids Fishing Derby

on July 5th was a hit with 27 youth participating. Congratulations to Kaison Carlas who caught the biggest fish of the day, weighing in at 1.6lbs. Sydney Gordon caught the most fish, reeling in a total of 30. The Club would like to thank the sponsors, local organizations, volunteers, and participants who made this event such a success.

## Bouncing Grannies! By Betsy Sayers

Earlier this spring, 10 adventurous ladies from Griffith and their friends got together at Movati Athletic in Kanata to try BUNGEE EXERCISE! To say we had a blast is an understatement.

If you have never heard of Bungee exercise, google it to watch videos of how much fun it is, but trust me, on this, our first try, we 10 ladies were no where near as good as the ladies you will see in the videos. We didn't go with the idea of doing an exercise class, we just wanted to try something different and maybe bounce around a bit. Just getting into the harness and started was a lot more involved process than we anticipated.

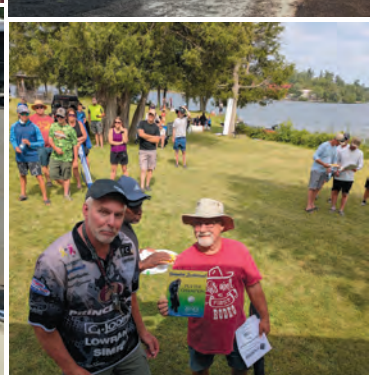
The bungee harness is comprised of 2 large rings that go around each leg on your upper thighs with another larger ring around your upper waist. The laughing started right away as we all put on Movati supplied super ugly padded neoprene shorts designed to protect your legs under the harness. Boy did we look ugly!

Once we had put our harness on, we each needed to stand on a small stepladder so the instructor could connect the hook on our back to the ceiling bungee at a level just right for us to have our feet on the floor, but high enough that our body would not reach the floor if we fell. For many of us, the hardest thing was to trust that the bungee would catch us before we hit the floor face first I never did accomplish that so while others 'flew', I looked more like a whale floundering on the end of a fishline.

It is important in life to experience new things (even if they are a little scary) or you think 'Oh, I could never do that!'. We had a super fun, day long outing at the end of a dreary winter. We had A LOT of laughs while experiencing something we never thought possible. Even better, by 10 of us splitting the cost of renting the room and instructor it was not expensive. Several of us are planning another outing in the fall to do it again. Try it, you might like it too.



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

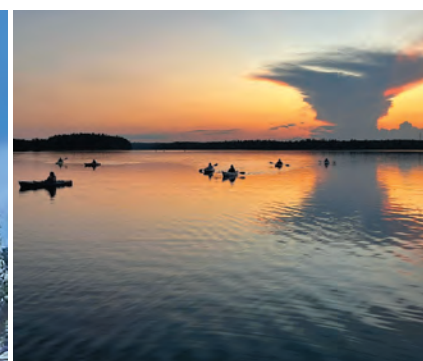


Left: Rookie driver Connor Bell from Stittsville made history as the first-ever NASCAR Canada Series winner at Calabogie Motorsports Park on July 27. Go to [NASCAR.ca](http://NASCAR.ca) for all results. Right: Mortimer Racing Group Inc. won the Miata Invitational in all 3 classes of Miata Invitational races. The energy at the Motorsports Park was electric.



The Sasquatches would like to thank sponsors, volunteers, fisher people, and Township of Greater Madawaska Council members for making this such a memorable day on our 10th anniversary and second event at Barnett Park. There were over 130 in attendance and we gave out a record 32 youth rod and reel sets!

**Biggest Fish - Janina Tully Bass Master** - 1st Caleb Vincent and Colton Kelly 68", 2nd Cory Vincent and Chad Kauffeldt 67" 3rd Troy Pleau Chevy Champagne 67" **Guardian** 1st Wally Zielinski and Janina Tully 66" 2nd Bryan and Carry Emmet Belton 66" 3rd Brad McEachern and Hunter McEachern 60" **Shore Fisher** 1st Marcus Cole 2nd Jude Sunjoh 3rd Mitchell Stevenson.



Sherry Cosman pic of Eagles, after their nest was blown away. Mad River sunset paddle on a calm evening.

Calabogie is in full summer swing — from dockside coffees to live music echoing across the lake, this season is showing off. In this edition of Bogie Beat, we're diving into a mix of local gems: rare nature sightings (mudpuppies, anyone?), the bittersweet story of the Grassy Bay eagle nest, summer sunsets that stopped us in our tracks, and all the happenings that made July and Au-

gust feel like one big community block party. Plus, there's more coming up; races, recaps, and the slow shift into cozy season (but not just yet). Whether you're a weekend regular or a forever local, this is your reminder to soak it up, Calabogie doesn't hold back in the summer.

### What's Happening in August

- Photography Workshop Series

— Wednesdays starting August 6, 5:00–8:00 PM. St. Joseph's School Gym, 12629 Lanark Rd. Hosted by Tony Beck & Nina Stavlund of Always An Adventure Inc. — a great chance to sharpen your photography skills. \$45 for the series. Contact the library to register.

• Sawmill Road plays at Highlands Social House — Saturday, August 9, 7:30–10:30 PM. Enjoy an evening of

live country music at Highlands Social — a great way to kick off your weekend.

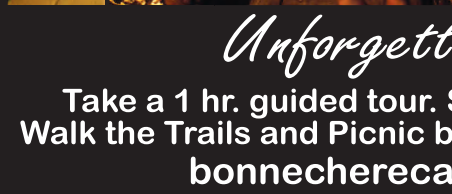
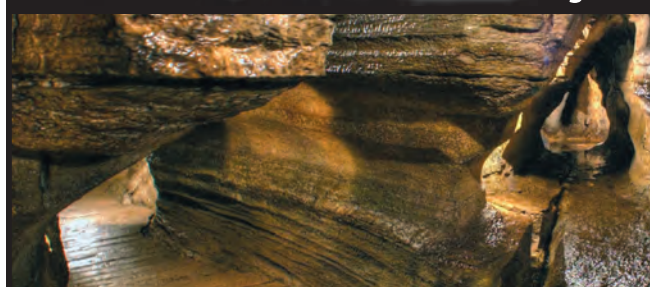
• **Lego Lounge** — Saturday, August 9, 11am – 12pm. GMPLLC at St. Joseph School – Lower Level. Drop-in family fun for ages 5+. We provide the LEGO, you bring the creativity!

• **United Church Games Night** — Saturday, August 9, 6–9 pm. All ages welcome for games, snacks, and com-

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munity connection at Calabogie United Church.

- **Music in the Park** — Hosted by Township of Greater Madawaska. Sunday, August 10, 1–4 pm. Barnet Park, 5179 Calabogie Rd. A summer afternoon of live music, family fun, and lake-side views. Bring a blanket or chair!
- **Calabogie Summer Day Camp** — Monday, August 11 – Friday, August 15, 9 am–3:30 pm. Calabogie Community Centre, 574 Mill St. Back by popular demand — kids loved the first session!
- **Calabogie Chess Club** (Ages 6–14) — Wednesday, August 13, 12:30–2 pm. Library at St. Joseph School – Lower Level. Fun, casual play for young chess enthusiasts. Contact the library to register.
- **Free Dental Screening** — Thursday, August 14, 9 am–1 pm Library Gym, 12629 Lanark Rd. Provided by the Renfrew County Health Unit alongside Play & Learn. No appointment needed.
- **Caleb-O-Guy in the Capital Pride Pageant.** — Wednesday, August 21, National Arts Centre, Ottawa. Calabogie's own drag king, Caleb O'Guy, is representing Valley Pride in the Capital Pride Pageant! Support him as he competes for the title of Mr. Capital Pride 2025-2026.
- **CMP Summer Classic** — Friday, August 23 – Sunday, August 25. Calabogie Motorsports Park. Touring cars, open-wheel thrills, and grassroots racers — it's a full weekend of high-speed action. Bring your ear protection and your love for motorsport!
- **Spartan Race** at Calabogie Peaks — Saturday & Sunday, August 23–24. Mud, obstacles, and mountains, the Spartan Race is back! From elite athletes to first-timers, all are welcome to test their limits. Kids Race included!
- **Calabogie Mamas Babyccino Buddies Meetup** — Wednesday, August 27, 12 – 2 pm. Oh-El-La Café Monthly mama meet-up for coffee, convo, and cuteness.
- **Chess Club** (Final Summer Session) — Wednesday, August 27, 12:30–2 pm. Library at St. Joseph School – Lower Level. Last chance this summer for kids to join in on the chess fun!

### Looking Ahead to September

- **Old-Fashioned Outdoor Service. Sunday,** September 14. Hosted by the Calabogie United Church, a lovely tradition under the sky.
- **Music in the Park** – Encore Date. Sunday, September 21, 1 – 4 pm. Barnet Park. One more chance to enjoy free live music before the leaves change.
- **OPP Chorus Concert.** Thursday, September 26, 7 – 8 pm. At Calabogie United Church. Admission by free will donation, always a community favourite.

### Weekly Happenings Mondays

- **Lions Euchre** – 7 pm. Calabogie Community Centre, 574 Mill Street. \$5 entry for 10 games. Doors open at 6:30 pm. Bar & light snacks available.

#### Tuesdays

- **Adult Open Art Studio** – 10:00 AM to 12:00 PM. Treehouse Art Studio, 729 Mill Street. Free drop-in.
- **Mahjong** (Adult Drop-In) – 2 pm. Calabogie Library, Lower Level of St. Joseph's School
- **Pickleball** – 5:30 to 7:30 pm. St. Joseph's School Gym, 12629 Lanark

Road. No fee, just show up!

- **MadFit** with Mad River Paddle Co. HIIT Workout – 6 pm. Outdoor Run – 7 pm

#### Wednesdays

- **GM55+ Bingo** – 2 – 4 pm. Somewhere Inn, 5254 Calabogie Road (Members Only)

#### Thursdays

- **Play & Learn** (Ages 0–4) – 9:30 AM to 10:15 am. Calabogie Library, Lower Level of St. Joseph's School
- **Pickleball** – 5:30 pm to 7:30 pm. St. Joseph's School Gym
- **Archery for Everyone** – 6:30 pm to 8 pm. Calabogie United Church Hall, 1044 Madawaska Street. All ages, free!

- **Mini Wine Tasting Series** – Evening at On The Rocks

- **Mad River Paddle Co. Paddle Club** – Meet at 6:30 pm, paddle at 7 pm. (Location changes weekly — check their updates)

- **Bingo & Drinks** at Somewhere Inn – 6 – 8 pm

#### Fridays

- **Walking Group** – 9:30 am. Hosted at Calabogie United Church.

- **Chair Yoga** – 10 am. Calabogie United Church

#### Saturdays

- **Community Yoga** at Somewhere Inn – 9:30 am. Open to the public and overnight guests (with Union 108)
- **Mad River Paddle Co. Mountain Bike Ride** – 9 am – 11 am. (Weather permitting)
- **Calabogie Market** – 10 am – 1 pm. Calabogie Community Centre, 574 Mill Street. Vendors, creators, live music.

#### Sundays

- **Live Music:** Sundays Somewhere – 5 – 8 pm Somewhere Inn, 5254 Calabogie Road

### What's Been Happening

#### Classic Car Show, Calabogie Market

On July 5, the Calabogie Market lawn was alive with gleaming vintage cars, from '60s muscle to '70s classics. This was the third time this event came to Calabogie Market. With vehicles over 30 years old, the show was a celebration of automotive history and local pride. Families enjoyed strolling the rows, snapping photos, and soaking in live tunes by The Grey White North. Whether you're a gearhead or just love a good community vibe, this event is a must-see next year!

#### Landscape Artist of the Year

I had an amazing time participating in the inaugural Landscape Artist of the Year competition at Barnet Park. The weather was perfect, and the energy throughout the day was both relaxed and inspiring. I was thrilled to place third, but honestly, my favorite part was the creative process itself and seeing the incredible variety of artwork produced in such a short time. I was definitely feeling the time pressure crunch at the end! The event drew a wonderful mix of locals and visitors from neighbouring communities, making it a true celebration of regional talent. One standout was an artist who received first place for his painting on recycled foam, and my woven yarn pieces also sparked a lot of curiosity and conversation. If you're thinking about joining next year's competition, I highly recommend it—just bring your creative flair. I'm already looking forward to seeing even more artists come out next year.

#### Somewhere Inn & Flower Factory

— On Wednesday July 24th, I was able

to attend a Flower Bouquet Workshop at Somewhere Inn hosted by The Flower Factory. Christina came to share her knowledge and teach us all about creating a well balanced and dynamic bouquet. The weather was wonderful and it was lovely to be alongside familiar faces and new ones on the Somewhere Inn patio. They're hosting so many great events this summer and their patio/wine bar is open to the public. See Weekly Events in Calabogie for their weekly offerings.

#### Sasquatch Family Fishing Derby

This event is growing strong! Though I wasn't able to attend this year's Sasquatch Family Fishing Derby, I've heard it was another fantastic day filled with fun, friendly competition, and lots of community spirit at Barnet Park. With more kids receiving rods and reels and plenty of great prizes, the event is clearly growing and bringing smiles to anglers of all ages. Stay tuned for a full recap next month, including highlights and stories from the day!

#### NASCAR Canada Series

On July 26 and 27, the inaugural NASCAR Canada Series at Calabogie Motorsports Park brought a fresh wave of energy to the area, and it did not disappoint. The vibe was a perfect blend of family-friendly fun and high-speed thrills, with well-laid-out spectator zones and top-notch vendors. We had some familiars from the Guitars and Gasoline festival and some new faces. I loved the blooming onion and fire-roasted pizza!. One standout moment? Seeing Calabogie's own team on the track, proudly representing our community on a national stage. While the crowd was a bit tamer compared to the music festival, the event carried a focused, competitive edge. These drivers came to win. With strong local turnout and a smooth event experience, it's safe to say this was a great fit for our town. Pro tips for next year: bring an umbrella for the sun, a refillable water bottle, and a wagon to haul your gear — ideally one with a lawn chair attachment. We can't wait to see this event return!

### As Seen on Calabogie Folks

In true Calabogie spirit, someone recently covered the seats and console of a convertible parked at the golf course restaurant when a surprise rain shower rolled in. These small acts of kindness are what make our community so special.

**In other exciting news, our Calabogie Folks group hit 12,000 members in mid-July!** That's an incredible milestone for our little town, and a testament to the power of connection in the digital age. Keep the momentum going—invite your friends, share your photos, and keep those local recommendations coming!

**Nature Sightings** — Some breathtaking moments from nature this month:

- Sunrise from Kennelly Mountain — Guy Borutskie
- Sunsets over Calabogie Lake — Craig Armstrong
- Evening sunset paddles with Mad River Paddle Co.
- Chicken of the Woods sighting. Pat Giles spotted something mysterious growing on their oak trees, and thanks to the community, it was identified as the edible and sought-after mushroom!
- Have you ever spotted a mud-puppy? One was recently seen tucked between the rocks off a dock, and it sparked some excitement (and nostal-

gia!) in the group. Many long-time locals shared memories of seeing these aquatic salamanders when they were kids — a rare and fascinating creature to catch a glimpse of!

- Some bittersweet news — The eagle's nest in Grassy Bay, a long-time fixture for many nature watchers, was damaged during a recent storm when the top of the nesting tree broke off. The baby eaglet was injured and is suspected to have a broken wing. Thankfully, it was rescued and brought to the Ottawa Valley Wild Bird Care Centre, where it's now receiving the care it needs and will likely be transferred to a specialized centre in Napanee. Though the community is heartbroken over the nest's loss, there's comfort in knowing the eaglet is in good hands.

### Feel More Connected in Calabogie

Start your very own "Calabogie Bucket List". One of the most fun and personal ways to deepen your connection to Calabogie is to create a local bucket list, filled with your own running list of things to try, places to visit, and experiences to check off around town. You'd be surprised by how much there is to do here!

Your Calabogie Summer Bucket List might include:

- Try every ice cream flavor at the Mad River Paddle Co. MAD Shak.
- Catching a sunset view from On The Rocks.
- Listening to Music in the Park.
- Catching a sunset from a new lookout spot.
- Attending NASCAR Calabogie 150.
- Swimming in a lake you haven't dipped into yet.
- Supporting a new local maker or shop at the Calabogie Market.
- Inviting a neighbor to do one of your bucket list items with you!

Sharing your list with a friend, or even posting about it online, can be a great way to spark connection — people might suggest additions, join you, or even start their own. Share your Calabogie Summer Bucket List in the Calabogie Folks group, or email me a copy to add to the ultimate list!

Before long, you'll find yourself experiencing Calabogie in a whole new way, and meeting people as you go.

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

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



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

## Greater Madawaska Public Library News

By Ruth Jones

### Much More than Books!

Canada Day pancake breakfast was a success with 325+ patrons in 2.5 hours (count based on the plates distributed). Thank you to the Greater Madawaska Fire Department and each of the volunteers who dedicated part of their holiday to this event; it couldn't happen without you.

July 4, we had a great visit from Hilary of Let's Talk Science who taught us about rockets, friction, and velocity. Let's Talk Science has been a wonderful resource for STEM learning in our region, providing over 1200 learning kits over two years. We hope to continue partnering with them in future. Thank you to those who supported this event.

As we're closing in on the back half of summer, we're thinking already about activities for the fall when we hope to see a return to regular programming. We welcome new programming ideas and if you have a special interest that you would like to share with the community, please feel free to let us know. Expertise of special interest to us: Mahjong, card-making or scrapbooking, Scrabble, open mic night, chess.

### Ongoing Programs for Children and Youth

**Tuesday afternoons 1:30pm - 2:30pm** beginning July 8 until August 24: **TD Summer Reading Club** (TDSRC) activities. Register now for a summer of fun, fabulous reading! Until August 28, TDSRC participants can collect a Banana Buck each time they visit the library and take out 5 books. They can spend them on coupons for local businesses and items from the library store. Participation in Tuesday activities is optional.

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

**Every second Saturday of the month: Lego Lounge!** We have a good collection of Lego needing builders to transform the pile of bricks into structures of



The Greater Madawaska Fire Department and Library folks joined the Griffith & Matawatchan Fish & Game Club for the Kids Fishing Derby. Left: Library Board President and Councillor Lois Thomson with Library CEO Ruth Jones taking the photo. Right: Some of the kids who enjoyed fishing, but perhaps not the fish, so much.



all kinds. Children can name their creations and display them in the library until the next Lego Lounge.

### Anytime Activities

Borrow a **Nature Discovery backpack** and learn about our watershed! Each backpack contains tools to help you explore our shorelines, information about the plants and animals that live here, and a workbook specific to life in the Greater Madawaska region that you can keep.

**Puzzles!** We have a puzzle exchange available for puzzle lovers. Take a puzzle and leave a puzzle or borrow a puzzle and bring it back for someone else to try.

**Board games:** Don't let weather keep you from having fun with the family. Play inside! It's a thing!

### New e-resources

**Hoopla digital:** [hoopladigital.com](http://hoopladigital.com)  
With hoopla you can borrow and enjoy audiobooks, eBooks, comics, movies, TV, magazines, or music. hoopla syncs across all your devices, so you can stream titles immediately (no wait-time). Most titles can also be downloaded to your phone or tablet. **Hoopla offers more content, in more places, than any other digital library platform and it's all FREE!** There is a limit of 6 loans per patron to begin and we will re-evaluate the need to grow this resource next year.

### New Lending Library Items

**Airthings radon detectors.** Radon is the primary cause of lung cancer among non-smokers and it is present in many homes across the province. If you haven't yet tested for radon in your home, you can now borrow a radon detector from the library for a 3-week period to do this. There is an information package that will go out with each device to help guide you in the process of detection and remediation (if necessary).

**Water Rangers water testing kits.** These kits are robust and come with the tools you need to sample and test temperature, pH, and clarity. Collect water quality data and submit to Water Rangers to help create a baseline for water quality that will allow early detection of changes. Learn more on the Water Rangers site: [waterrangers.com](http://waterrangers.com).

### Upcoming Workshops

Beginning Wednesday, August 6, 5:30pm - 8pm: **Photography workshop series with Tony Beck & Nina Stavlund of Always An Adventure Inc.** Please contact the library to register for this program. There will be a greatly reduced fee of only \$45 for this workshop series.

- Class 1 - Wednesday, August 6, St. Joe's school gymnasium, 5:30pm - 8pm.
- Class 2 - Field Trip - Saturday August 9, 8am - 11am

- Class 3 - Wednesday, August 13 (SJC gymnasium, 5:30pm - 8pm, critique and review - note the time adjustment to end at 8pm)

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

Wednesday, September 17: **Learn to play guitar.** This will be a FREE 6-week lesson series offered by Joe Sornberger, hosted in the library. This series is suitable for beginners ages 10+. No previous knowledge of the guitar is required. Sessions will run Wednesdays 6pm - 6:45pm beginning September 17 and will run until October 22. Spaces are limited to 10; please pre-register by contacting library staff. Bring your own guitar (we might have an extra available to borrow, if needed).

**OPEN HOURS** Tues/Wed 9am-6pm; Thurs/Fri 9am-1pm; Sat 9am-2pm

## Addington Highlands Public Library News

By Bonnie Leoen

### Denbigh News

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

### Flinton News

- TD Summer Reading Club will be on Thursday afternoons July 3 to August 21, 3-4pm
- Adult Monthly Book Club will be on Saturday July 5 and August 9 - 9:30-10:30am
- Learn to Knit, for kids 7 and up Thursday afternoon 4:30-5:30

## IGNITE YOUR CURIOSITY!

Join this hands-on  
STEM adventure  
with Scientists  
in School!



### Sticky Science

60 minutes | Ages 4-12\*

Get sticky with it! Discover the science of sticky. Make your own glue from food products and test them to see how they hold. Create your own sticky art. And of course, there will be silly putty!

\*Children under six may require the assistance of an adult.



Date: Saturday August 23, 2025

Time: 10:00am - 11:00am

To Register:

Please call Flinton Public Library @ 613-336-1091 before August 9th as supplies for this program are limited.

Scientists in School is a leading Canadian science education charity (867139537RR0001) | [scientistsinschool.ca](http://scientistsinschool.ca)

# Griffith Terry Fox Run 2025 - Reflections on my 45 Years with the Run

By Geoffry Cudmore



From 1996 to 2002 our run in Abu Dhabi raised over 1 million Dirhams (\$375,000 CAD) that supported innovative cancer research being conducted at the UAE University's cancer research centre at the Al Tawam Hospital in Al Ain, UAE.

In January of 1980, my father was diagnosed with Multiple Myeloma, a form of blood cancer. While he followed the treatment regime that was practiced at that time, cancer took his life before the year was out. Throughout that year, cancer became an all-consuming part of our family's life, so when, in the spring, we began to hear stories about a young man, who had lost a leg to cancer, starting to run across Canada to raise funds to find a cure for cancer, it captured our imagination, and gave us hope, about what might be possible.

We followed the story as Terry Fox and his Marathon of Hope, rose from relative obscurity, to become the biggest news story of the year. My personal connection, and the start of my 45-year journey with Terry Fox, began when I was out for a training run and met him as he ran along Hwy 2 through Port Credit and Clarkson in mid-July. I asked him if I could run with him and told him about my father. He listened and told me that he would run for my father that day. I have been running for Terry every year since then! The Marathon of Hope came to an end on September 1st, 1980, in Thunder Bay, when Terry's cancer returned to his lungs, and he had to go home for treatment. Terry passed away on June 28, 1981, at the age of 22.

In the fall of 1981, we moved to Sudbury, and I became the Manager for CBC Radio in Northeastern Ontario. The first Terry Fox Run was held on September 13th, 1981, and Sudbury was one of the more than 760 run sites across Canada, and I was one of the 300,000 participants to do the run and raise funds. That first run raised \$3.5 million nation wide, and kick started the work of the Terry Fox Foundation. From 1981 to 1995 Terry Fox Runs had an important place in my running diaries.

In 1987, I left the CBC and became the Dean of Communication and Creative Arts at Cambrian College in Sudbury. Through provincial meeting of the Chairs and Deans of the media and applied arts programs across the Province, I got to know Fred Steinmetz who managed the media programs at Fanshawe College in London, and who also was a runner. In 1994 Fred accepted a job with the Higher Colleges of Technology in the United Arab Emirates to design and develop media programs for their men's and women's colleges in Abu Dhabi and Dubai. When he decided to return to Canada in 1996, he asked me if I was interested in taking over the roll.

My wife, Katie and I talked it over and decided to go for it! Once I had secured the job, we met with Fred in London to talk about what we could expect, as this was our first overseas posting. Fred told me about the job, and about living in Abu Dhabi, and then told me that he had volunteered me for another responsibility. I was now the Run Director of Abu Dhabi Terry Fox Run. He had formed a committee and held the 1995 edition of the run early in 1996, which attracted about 250 mostly Canadian expats.

We arrived in Abu Dhabi in August, and I had barely hit the ground when I was called to a meeting. Over the next 6 years I was Run Director and Committee Chair and saw our run grow from 250 in 1996 to over 5000 participants in 2002. Due to the fact that September's daytime highs were still in the 40 Celsius range, our runs went in early February. We had an amazing committee and volunteer team of expats, and local Emiratis.

From 1996 to 2002 our run raised over 1 million Dirhams (\$375,000 CAD) that supported innovative cancer research being conducted at the UAE University's cancer research centre at the Al Tawam Hospital in Al Ain, UAE.

We returned to Canada in October of 2002, as I started my new role as Dean of Media at Belleville's Loyalist College. Returning in October meant that we missed the 2002 run, but we started back with a Belleville run in 2003, and then with our kids and grandkids in Orleans through to 2011.

In 2010, we purchased an old cottage on Airds Lake and had a new one built on the site through 2011. As the summer of 2012 came and went, we were faced with a question. Do we want to be at the cottage, or do we want to do a Terry Fox Run? But there was a third option... we could be at the cottage, and do our run, and that is how the Griffith Terry Fox Run came to be. In just three weeks, we got the run registered, scouted and measured a route, got our needed supplies and promotional materials and found a "home". Our builder, Scott MacDonald along with his partners at the then Griffith Building Supplies store offered their parking lot and facilities for our registration point. Right from the start members of the Denbigh-Griffith Lions Club participated and volunteered as course marshals, and Gail Holtzhauer at Snider's Tent and Trailer Park donated bottled water for the water stations. From our first run with 13 participants, the run has grown little by little every



Since this small group of 13 participants was organized in 3 weeks in 2012, our numbers have grown, and we have raised over \$75,000 for innovative cancer research. Please register and raise funds online at [run.terryfox.ca/92882](http://run.terryfox.ca/92882) It's just a few clicks, share with friends, and a run/walk/cycle with friends in Griffith.

year, and survived Covid. To date the Griffith Run has raised over \$75,000 for innovative cancer research.

So why have I made Terry Fox Runs such an important part of my life for 45 years?

Terry ran for my dad, and I continue to be inspired by Terry Fox's legacy of scientific progress and patient hope. His dream—"to find a cure for all cancers"—may not yet be fully realized, but the research he inspired has already transformed thousands of lives, offering longer survival, better quality of life, and, increasingly, the possibility of a cure.

Please share your Terry Fox memories with me to include in a follow up article in the Highlander.

Please join us:

**Griffith Terry Fox Run**  
**Sunday, September 14th**  
**Registration: 9 - 10 am at the**  
**Recreation Centre in Griffith**  
**Run start at 10 at HWY 41 and**  
**Church Street am in an out-and-back**  
**course along Flying Club Road with**  
**measured distances of 5km and 10km.**

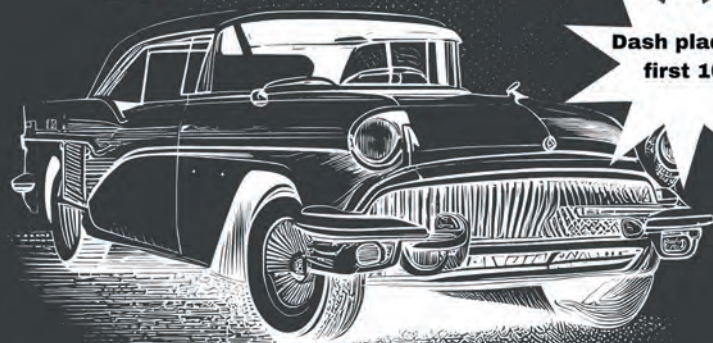
The event is open to runners, walkers, and cyclists... and dogs are welcome.

**Register online, donate and raise funds at: [run.terryfox.ca/92882](http://run.terryfox.ca/92882)**

*For information and to share your Terry Fox experiences, please contact me at [gcudmore@cogeco.ca](mailto:gcudmore@cogeco.ca)*

## DENBIGH GRIFFITH LIONS CLUB

# SHOW & SHINE Extravaganza



Rev up your engines and cruise on over to the most anticipated car show of the year! It's a celebration of automotive history and innovation that you won't want to miss. Refreshments, Vendors, Music, Bouncy Castle. Sponsored by Township of Greater Madawaska. Admission by donation

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For more information check us out on Facebook - Denbigh Griffith Lions

[DLionsClub@hotmail.com](mailto:DLionsClub@hotmail.com)

+contact Jan 613-333-1748

# 23

August 2025

10AM-2PM

**See you there!**

## In Mind of Alice - Story 4 of 6 "Settling in to Married Life"

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

When I was 19, I was the president of the youth group at the Vennachar Free Methodist Church. We had a very large group due to the large families back then. In the Martin family, who lived a ways back on the Tower Road, there were Ethel, (who married Francis Gregg), John, Jim, Ruth and Reuban who were twins and Kenneth. Charlie and Beatrice Ball's family consisted of Damon, Lorne, Walter, Evelyn, Gladys, Eileen, Rilla, Jules and Helen. From the Simon Ball family, there were Ezra, Lucy (Gore), George, Chelas, Arthur, Lucy and May. Herb was president of the youth group from the Methodist Church and that was where they met. Bill and Violet Mallory were the circuit preachers, and Oscar and Ellie would stay at the parsonage while Herb took Alice back to her farm after the meetings.

At that time, Herb was working on 41 Highway at Eagle Hill, He would walk from there to visit me at the farm. Finally, Herb proposed and soon we were married by his brother Clarence at the Marmora parsonage where Clarence was preaching at that time. That was Nov. 17, 1934, Emma came from Gravenhurst with baby Bessie, who was 10 months at the time, which was a pleasant surprise for us. Olive came to the service as did Teresa and Janet, who sang a duet during the ceremony. Bill and Violet Mallory stood up for us, and after the ceremony, we went back with them to Campbellford where they were stationed. My Dad's mother (Gramma Ball) died the week before we were married. By Sunday night we had to leave Campbellford, to return home as Herb's Dad was not well due to hardening of the arteries. My mother and father did not attend the ceremony, due to the death of Gramma Ball.

When we returned home, my mother-in-law, Ellie and our neighbor's mother, Annie, who were good friends, prepared a reception for us. My mother did a lot of baking for it. It



Pic by Fhami Ramadhan - Unsplash.com

was held on a Saturday night and my brother and sister-in-law; Clarence and Willamina came back to help us celebrate and played the organ and sang. It was all too much for my brother-in-law, Clarence, who retired upstairs fairly early in the proceedings and hunkered down on a bed for a snooze. When some of the ladies arrived later, they went upstairs to that bed-room and threw their coats down on the bed, not noticing that it already had an occupant.

After we were married, Herb continued to work on highway 41 at Eagle Hill, walking there in the morning and walking back at night. It was the coldest winter on record, often going down to minus 50. Herb felt he should return every night to help his father with the chores as they had 20 cows then.

We of course moved into the old farmhouse. The original log cabin had burned down in 1899, and the present farmhouse had been built by Uncle Fred in 1903. Living there already was Bertha, who would have been Herb's grandmother. She lived in a separate apartment off the southwest corner of the house and was being taken care of by one of her children, Christine. What is now the downstairs bedroom was their sitting room. Beyond that there was an additional room, which contained a

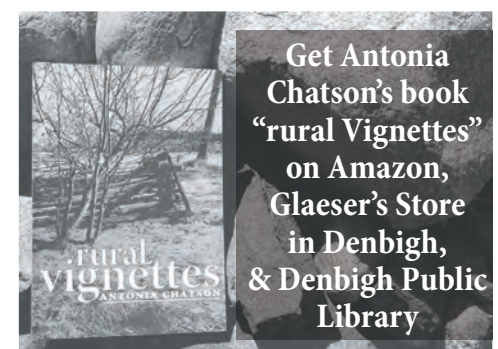
pantry and a stove. Beyond that there was a narrow room with a winding set of stairs leading to their bedroom upstairs. Below this part of the house, there was a cellar which was used for the septic system which was installed in 1952. There was only one bed as Christine slept with Bertha. Christine did not allow Bertha to walk as she was afraid she would fall, so Bertha would spend her time in the sitting room looking out of the window. When Aunt Chris went to town, I would go and sit with Bertha. She was a sweet lady, always worrying about her family. She told me that when her daughter would start to clean and shake the mats out so forcefully, it would bother her as her mother, Louisa Stark, burst something inside of her with the activity, and she later died from it.

She mentioned that when she and her husband Francis moved back here from Napanee, he knew nothing about farming. He had been a carpenter and had worked for Gibbard's Furniture in Napanee. He might have made coffins and sold them, for he certainly made his own, in which he stored apples in the loft of the barn. Bertha was always worried when her husband would go out to plow with the oxen that they would kill him as he knew nothing about handling animals. People would laugh at him, also because he wore a high-top hat and kept to himself. One year, he cut and stacked march hay in a dry beaver pond and someone set fire to it. But through it all, he managed to learn enough to provide for his large family. He al-so sold calves and furs.

Aunt Chris had a library in the northwest bedroom and the southwest bedroom was also her domain for her visitors when they came. Not too many came during the winter though, knowing that that room was unheated. My mother and father-in-law had the bedroom downstairs, which is now the bathroom, which was put in during the fifties. Herb and I had the northeast bedroom which was nice and cozy as a stovepipe from the wood stove below ran through it.

The south east bedroom was for our visitors when they came. Below their kitchen and pantry where Aunt Chris lived with Bertha, there was a small cellar which was used for the septic tank when it was installed in 1952.

My mother and father-in-law, Oscar and Ellie, had been living at the back flat, Lot 14, of con-cession 6. But in 1912, they moved out to the homestead to help Francis with work on the farm. My father-in-law was 4 at the time, and his job was to make sure all the chickens ar-rived safely at the homestead. Oscar and Ellie rented the land from Francis, on the condition that later they would purchase it from him. In 1918, Francis passed away and for years his wife Bertha, lived with each of her children. However, when her health deteriorated, she came to stay here, and Aunt Chris agreed to take care of her in that separate apartment. My Uncle Fred built Aunt Chris a cottage, opposite the Fritsch farm on Denbigh Lake on the condition that she would take care of Bertha, then the cottage would be hers. After Bertha died, Aunt Chris lived in that cottage but spent her winters in Florida. At some stage she married Gordon Reed, but he passed away after five years of marriage. My husband had to supply Aunt Chris (Chrissy) with wood and kindling for her cabin and she was most particular as to the length and size of it. Behind her back, Herb referred to her as "Pissy Reed". When Aunt Chris was living here, she and Herb shared a large garden which was on the south side of the house. Not sure that it was the best place for a garden for there wasn't much soil on the flat rock. In another garden, Herb grew potatoes and had to supply Aunt Chris with a goodly amount. *To be continued...*



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

**613-333-1553**

# Griffith General Store

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

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**Mon - Tues, 8 - 5**

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## Riverwood Speakers - Looking Back/Reaching Forward

**Q&A with Ben Seaman**  
**By Joe Sornberger**

Ben Seaman isn't just an idea guy. He's a make-it-happen guy. A few years ago, after watching centuries-old log-run timbers wash up at his Ottawa River home, he hit on the idea that the wood – with its tight grain and superior density – would be ideal for high-end speakers. That idea turned into Riverwood Acoustics, which caters to consumers who want sustainably made speaker systems that double as fine furniture. While Riverwood is Seaman's passion project, his primary concern is running Convergence Design Systems, which does everything from mapping out the vision camera system for the Canadarm3 to providing comprehensive designs for electric vehicles (EVs). The company operates out of a repurposed and expanded elegant brick house on a side street in Arnprior that warehouses prototype 4x4s and next-gen robotics gear. It also is home to one of the few anechoic chambers in North America, a stone-silent room that minimizes reflections of sound or electromagnetic waves to quality assure the fidelity of Riverwood's speakers. Seaman, who grew up in Calabogie and recently moved back there, talked to Joe Sornberger about Riverwood and the cutting-edge electronic engineering that Convergence is working on. This is an edited and condensed version of that interview.

**Q: So, you're a Valley boy, right?**

A: I grew up in Calabogie and went to school in Toronto. I was in Ottawa for a number of years and moved back this way 15 or 20 years ago.

**Q: I ask because there's a Seaman's Road in Calabogie.**

A: That's Dad. He runs a small campground and a couple of cottages called Bayview Campground as a hobby business. I grew up a campground kid doing everything from mowing the lawns to you name it.

**Q: So how do you go from mowing the lawns at a campground to building high-end speakers and designing electronic systems?**

A: As a kid I was always good at mathematics and electronics. I would always be taking apart my remote-control cars and fixing them. In high school – Renfrew Collegiate Institute – I had a couple of teachers who really helped me. One was in computer science and the other in emerging technologies. I went away to school for electronics at RCC (Institute of Technology) in Toronto.

After that, I worked at JDS Uniphase during the tech boom, primarily doing a lot of Nortel stuff. Equipment for the backbone of the Internet, essentially. I came here (Convergence, formerly called Blue Systems) and worked for approximately seven years running the hardware program for a lot of telecom stuff. Then went to Honeywell Aerospace and worked on satellite connectivity for airplanes. I was there for another six or seven years and then went to Curtiss-Wright Defence Solutions in Kanata for a couple of years. When the old owner of this place (Convergence) hit retirement age he needed somebody to take it over. I'm 50-percent owner; they're still involved in some of the business.

**Q: How did Riverwood Acoustics come to be?**

A: This was before they approached me to take over here at Convergence. It was something we were doing on our own as a side project about seven or eight



years ago. Scott Rathwell and I won a \$100,000 entrepreneurial challenge called the RC100 (a Renfrew County initiative to help turn business concepts into investment-ready opportunities). It was a loan, at the end of the day – we're still paying it back. But it gave me the fortitude to start working for myself. I probably wouldn't have done it without something like that.

**Q: Where did you get the idea of pulling old logs out of the river to build speaker cases?**

A: Like everyone, I had an ugly plastic speaker at my house. I didn't love it. It wasn't warm; it was just a device. I lived on the Ottawa River and every spring logs would wash up. I knew people were making high-end furniture out of them, so I thought it'd be cool if I could make a Bluetooth speaker. Scott and I got brainstorming one night and a couple of beers in we said, 'Alright; let's make a couple and try it.' We made a few. And a few more. And we said, 'OK what would it take to create a business?' I think it was my Mom sent me the link for the RC100 and we applied for it.

**Q: These are about as high-end speakers as you can buy.**

A: These are high-end in a sense and in a sense, they're not. Some speakers out there are worth millions of dollars. Ours are a premium product: they are a lifetime purchase, not a throwaway, consumable plastic speaker. It's a piece of furniture for your entire life.

**Q: Who makes up your market? Audiophiles?**

A: Yes and no. We sell direct to our consumers: the people who know and trust the brand, love the product and love the story. We're not focused on massive quantities. Essentially, we do small batch manufacture runs. They sell out quickly and then we'll build another batch. And it will take months: we have to get the wood, we have to machine it, get it to our cabinet maker – who's in town here and fantastic. We do some of the light wood-working here; he does the cabinetry. We put them all together and test it down in the anechoic chamber.

**Q: Why the anechoic chamber?**

A: It's for sound measurement. It's a quiet room that we use for everything from the audio design side of things to measuring noise on motors and advanced electronic systems. I'm only aware of a handful of them in North America.

**Q: So, the electronics in the speaker are every bit as good as the wood is beautiful?**

A: That's right. You can do either or. You have active, which are the powered Bluetooth ones, or the ones that are not ac-

tive – the traditional speaker.

**Q: And they run from a few hundred dollars to a few thousand, correct?**

A: The entry-level one, I think is \$699 and up to \$3,000 for the bigger powered bookshelves. We're also looking at developing smaller-scale ones, other applications and headphones.

**Q: You must have one hell of a stereo system at home.**

A: I have a couple, one upstairs and one downstairs.

**Q: How much do you listen to music?**

A: Not enough. I don't have a lot of time. I like live concerts, like at the Neat Café. I worked with Mark Enright (Neat co-owner and manager) at Honeywell and we're great friends. The idea of reopening the Neat happened at my house party. I said 'Hey, you should buy that place.'

**Q: Is Riverwood a thriving business?**

A: Riverwood is a passion business. The engineering side – Convergence – is what keeps the lights on.

**Q: Well, talk about Convergence. What is it?**

A: It's a full-scale design engineering firm that specializes in everything from military, aerospace, and avionics to automotive and advanced electronic designs. We have approximately 20 people working here. We have everything from high-speed, digital, complex electronics engineers to mechanical engineers, mechatronics, vehicle stuff. It's a wide range.

**Q: I get the impression that what you do involves consulting with a lot of other companies.**

A: We deal with everyone from start-ups

to tier one Fortune 500 companies.

**Q: And you work with the military?**

A: Yes – or military prime suppliers.

**Q: It's odd to me that a little company in Arnprior is building vision systems for the Canadarm.**

A: We're designing, not building. We're working with the account holder in that case. Our senior engineer is leading that endeavour.

**Q: How do they hear about you?**

A: We helped solve a problem, three or four years ago with a partnering company. They had a problem that was challenging them for a couple of years, and we were able, within about six weeks, to do root-cause analysis, find the issue, apply a fix and get in production. That turned into a little bit more work, and a little bit more work and on and on.

**Q: How did you get into working on EVs?**

A: A little bit by chance. I had a client come in who said, 'I have this idea.' Right at the same time, I was fortunate enough to get a résumé from Abe Headley, who is now our senior automotive designer. He has 20 years of experience designing vehicles: everything from Team Penske to Porsche and some of the highest-end vehicles on the market. He was in the States and moved up to Canada. I showed him the proposal (from the client) and he said, 'Yeah, absolutely I can do that.' So, we've continued to grow that business.

**Q: What does it involve?**

A: We do a lot of the prototyping for our customers and then help them through the production/setup phase as well. We do the drawings, designs and calculations for everything: kinematic modelling and suspension design to how much battery mechatronic power is needed. We do the CAD (computer assisted design) modelling for the wiring and programming and everything behind the motor control system.

**Q: How do you know all this stuff?**

A: You learn as you go. Some of it is just from my past 20 years working in the industry. It's cumulative. If you don't use your brain every day, what are you doing? I try to learn something every day. And hire smart people.

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



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## The Power of Oysters

By Colleen Hulett

August is an excellent month to head to the woods and forage for your next fresh meal. The August forest is full of goodies like greens, berries, edible flowers and gourmet fruiting mushrooms. The tastiest mushrooms fruiting this month in our NE Canadian mixed forests are chanterelles (chants), lobsters, chicken of the woods (COTW) and oysters. While chants, lobsters and COTW are easily identifiable for the beginner forager, oyster mushrooms are a bit trickier to identify due to a similar but deemed deadly look-alike mushroom called angel wings. I have written profiles about chants (Aug/Sept 2021, pg.18), lobsters (Jun/July 2024, pg.18) and COTW (July 2025 ,pg.19) in previous issues and you can access them in the archives at madawaskahighlander.ca for more information. In this article I will not only reveal the power of oysters, but I will also try to sort out all the tips you will need to properly identify wild oyster mushrooms, *Pleurotus* spp., from toxic angel wing mushroom, *Pleurocybella porrigens*.

Commercially grown oyster mushrooms can be readily found in supermarkets and farmer's markets around the world. Tasty oysters can be grown easily at home, too. They come in beautiful colours like pink, salmon, golden yellow and even blue and they are expensive. In the wild, here in NE Canada, wild oyster mushrooms are whitish, off-white, grey, tan, and they are free. The spores of true oysters are usually whitish to light lilac in colour but can be a brownish-white or greyish-lilac, depending on the surface you



Winter oysters are darker than summer oysters and usually tan, brown or grey. *Pleurotus ostreatus*



There are estimated to be up to 400 oyster species around the world. The Veiled Oyster, *Pleurotus dryinus*, has a long stalk and can grow singly.



Oyster mushrooms can have a flat cap or an in-rolled cap with a stalk or without a stock. They usually grow in a clump and have decurrent gills.



Oyster mushrooms grow in group clumps and can cover a log. These are summer oysters, *Pleurotus pulmonarius*.

make a print on. I find it best to make your identifying spore print of oysters on black paper to better distinguish the lilac spore colour. I did read that the 'darker' spores usually come from older specimens so please make your identifying print with a young fresh specimen to get the proper whitish-lilac spore print. Angel wings deposit a white spore print.

Angel wings grow on moist, usually moss-covered rotting or dead fallen logs and stumps of coniferous trees like hemlocks. Oysters are found on deciduous trees, dead or alive, standing or fallen. Oysters grow natively around the northern hemisphere in temperate forest environments. Angel wings grow in similar environments but with more conifers present in the forest. Knowing the difference between coniferous and deciduous trees is very important when ruling out the potentially poisonous look-alike called angel wing mushrooms.

Oyster mushrooms are prized for many reasons. In World War One

they became a common nutritious 'free food' addition when food scarcity and rationing was the norm. In the 1930's oysters began to be cultivated to provide a cheaper and effective alternative protein to meat. Other benefits to growing oysters are they can be grown cheaply all year round and have a short harvesting time. They are nutritious and contain good sources of protein, B vitamins and fiber. They also contain vitamin D, copper, antioxidants, terpenes and sterols. Oysters are low in calories and fat like most mushrooms. Studies on health show oysters may help in blood sugar control, promote gut health and have anti-tumor activity. Shockingly, oysters are great pollution remediators and can eat plastic and even hydrocarbons found in oil spills! Oysters are also used to produce sustainable durable and lightweight building materials that are 80% cheaper than cement and gypsum-based products.

Before you begin to do your own research on this delicious oyster

mushroom, it is important to note that field guides published before 2004 will state that angel wings are a good edible. Newer guides written after 2004 will list them as poisonous. Even though nothing conclusive has been determined...it is better to be safe than sorry. It is also important to keep up to date with all the taxonomic changes in the fungi kingdom as mycologists worldwide are making new discoveries about this mysterious kingdom by the minute! So why are angel wings deemed poisonous today? North Americans and the Japanese have historically eaten angel wings with no problem. All reported deaths from angel wings have been from Japan alone. The deaths were recorded in 2004. According to both the North American Mushroom Association (NAMA) and Adam Haritan from Learn Your Land, there were 50 cases of angel wing poisonings in Japan and 17 people died. This happened after severe 'monumental' flooding caused the abundance of angel wings to grow



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Oysters grow in clumps and have decurrent gills. That is gills that go down the stalk.



My brother is happy he found his favourite culinary mushroom. These are summer oysters, *Pleurotus pulmonarius*.



The Mock oyster, *Phyllotopsis* sp., is easy to distinguish from true oysters because it is furry and orange.



This is a photo of white angel wings from Roger Phillips book of mushrooms. They are thin, long and narrow, have decurrent gills and no stalk/stem. Their side edges flip up in maturity. They are never any other colour or grow on deciduous trees.

colour. The poplar oyster is similar to the summer oyster in appearance but grows mainly on poplar trees like aspens.

Please do search the web for recipes and cooking tips as there are too many to list here for this tasty versatile mushroom. I like to cut mine in strips and fry in a tad of butter till all the moisture evaporates and the oysters caramelize and get a little crispy. Then I add them to whatever I'm eating. My brother does a lot of foraging with me and Summer Oyster mushrooms are his favourite mushroom. It just may well be yours too.

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and be consumed in larger than normal quantities by a wide population of people in Japan. The dead were elderly citizens, all with compromised renal (kidney) health who developed an acute degenerative neurological condition after the consumption of the angel wings. To date, almost all the deaths have been in Japan alone and scientists are still trying to figure out why. NAMA suspects the flood-grown mushrooms were contaminated somehow but still recommend avoiding this mushroom because they have proven to be fatal to humans even if we do not know why.

So what are the main differences between oysters and angel wings? Firstly, both oysters and angel wings are saprotrophic mushrooms growing on dead wood to consume their nutrients and to decompose dead trees, playing an important role in forest ecosystems. While they both grow in similar environments oysters are found mainly on deciduous trees and angel wings are found on conifers. Oysters caps can be

off-white, brown and grey, they may appear white against dark bark to the inexperienced hunter. Angel wings are bright white to porcelain in colour. Angel wings are more translucent than oysters. Oysters are thicker and more rubbery than the thin and fragile angel wings. Oysters are fan-shaped like seashells with a flat mature cap that is 4-8" wide. When younger, oysters usually have in-rolled caps they eventually fan out. Angel wings mature caps are about 1-4" wide and curl upward on the sides resembling wings. Oysters have off-white gills and have a scent reminiscent of licorice or anise. Oysters usually have an off-centered stalky stem or no stem on some and are found in large densely clustered groups. Angel wings have stark white gills with no stem (sessile), they have a slight earthy smell or next to no smell and grow singly in a shelf-like pattern. Angel wings are more common in the Pacific northwest than in eastern Canada. Oysters can be found all year and angel wings are seen in the fall only.

Oyster mushrooms should not be ignored by the forager because angel wings exist. If you are worried it is best to go hunt for this gem with an experienced guide until you are confident to make the right choice. Oysters are a delicious, nutritious and versatile mushroom for many recipes. They have a lovely mild and savory (umami) flavour and meaty and chewy texture that holds well many recipes. It is estimated that there are up to 400 oyster mushroom species on Earth. The three most commonly foraged *Pleurotus* species in our area are *P. ostreatus*, the winter oyster, *P. pulmonarius*, the summer oyster and *P. populinus* which looks very much like a summer oyster but grows exclusively on poplar trees like aspens. The winter oyster can be found on beech, oaks, poplars and maples between early fall and spring and favours cold weather. This oyster is brown or grey. The summer oyster likes to grow on hardwoods from late spring to fall and is found a lot of the time on living trees. It is an off-white

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Geography Carleton  
University. Red Seal  
Horticulture Apprentice,  
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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



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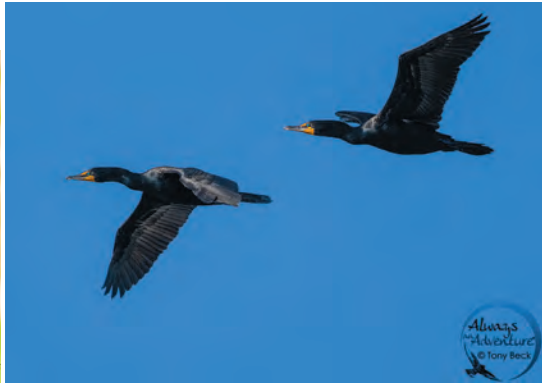
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## Late Summer in the Highlands

By Tony Beck



**Red-headed Woodpecker** Adult Red-headed Woodpecker – Many woodpeckers are present in the region all year. The spectacular Red-headed WP is one of our rarest breeders. Local breeding bird surveys show a dramatic decrease in their population. Photo courtesy of Barrie Nichols



**Double-crested Cormorant** Adult Double-crested Cormorants in flight – Double-crested Cormorant is a dark seabird distantly related to pelicans. In the water, they look and behave much like loons. They're adapting well to abundant fresh water in the Highlands of Eastern Ontario.



**Rose-breasted Grosbeak** Juvenile Rose-breasted Grosbeak – recently fledged young give soft begging whistles as adults gather food for them. Throughout July and into August, fledglings should be visible. With their freshly developed feathers, young birds appear neat and tidy compared to their worn parents. Look for adults continuing to offer youngsters food as they venture into the wilds of the Madawaska Highlands.



**Pileated Woodpecker** Adult female Pileated Woodpecker feeding chicks (in a freshly installed hydro pole) – Always an impressive sight, our largest woodpecker is fairly common throughout the highlands. Their loud call and drumming are heard echoing throughout the hills. Photo courtesy of Barrie Nichols



**Northern Ribbon Snake** This slim reptile is uncommon around here. Similar to Garter Snake, it appears thinner and more delicate. Note also the diagnostic fine white crescent in front of its eye. – Photo Courtesy of Nina Stavlund

Hooray! It's Summertime - the season that delivers. Good friends, untamed wilderness, clean water, and fresh air, there's always something to enjoy around here. For nature lovers, several species increase activity during calm and cool summer weather, especially at dawn & dusk.

Unfortunately, there's still a few ferocious mosquitoes terrorizing us with their relentless attention. To counter these pests, I welcome all small predators, such as dragonflies, spiders, hornets, and frogs, as well as other tiny hunters.

In the midday heat, we see plenty of showy butterflies among the many plain-looking ones. Common butterflies include various skippers, Monarch, White Admiral, Great-spangled Fritillary, Northern Crescent, Cabbage White, and Common Sulphur. Beautiful small ones, but less common, are Bronzed Copper and Eastern Tailed Blue. I'm certain I'm missing a few. We'd love to hear which butterflies you're seeing.

Our region is blessed with countless wetlands scattered around our forests and bays. Look carefully, and you'll spot several aquatic creatures, including turtles, frogs, and snakes. Although less inspired to vocalize, some frogs continue singing into summer. Good Luck finding any of our local salamanders. They prefer to hide in cool shelters, particularly in vegetated wetlands and forest understories. Thankfully, all local snakes are harmless. Among the few species occurring here, the Northern Water Snake and Eastern Garter Snake are fairly common. Similar to Garter, the Northern Ribbon-snake is typically more slender with a subtle white crescent in front of each eye. Breeding birds around our forest seemed unusually quiet this spring. They're singing less frequently. It's even been quiet at dawn and dusk - times when I expect a surge of wildlife communications. Al-

though we can blame the heat, I suspect this complex issue involves a variety of other environmental conditions. I'm curious to see how this will affect fall migration.

Adult birds recently returning to our yard with fledglings include Common Grackle, Hairy Woodpecker, and Rose-breasted Grosbeak. The grosbeak chicks persistently beg for food by emitting gentle whistles. Many Purple Finch recently returned to our feeders. Some seem unattached to young. But by mid-July, several juveniles joined the feast.

Most adult songbirds molt through summer. These disheveled individuals reveal heavily worn feathers, especially after tending to offspring. Some may even lose feathers in the process. But don't worry. They'll all look fresh and dapper by late fall.

Juveniles fresh from the nest look neat and tidy with their first full set of feathers. Some fledglings continue developing as they explore the world. Recently fledged birds typically cry out for food with specific sounds. During the day, our yard is filled with youngsters chirping, whistling, and emitting scratchy begging calls. We also hear our local Barred Owl chicks giving a raspy screech through the night.

On our lakes, loon chicks have fledged. We recently photographed several pairs, some with chicks. Most should be off their nest by August. Some chicks will almost reach the size of their parents while sporting grayish brown feathers. Phoebe and Eastern Kingbird are common flycatchers around open country or small openings in the forest. Eastern Pewee and Great Crested Flycatcher prefer forest cover. Empidonax flycatchers like Least and Alder are small, green, and nondescript. Yellow-bellied and Willow Flycatchers are much rarer. Unfortunately, separating these similar species is nearly impossible.

Our local open country provides swallows with enough space to catch flying insects. Barn Swallow and Tree

Swallow are more common here than other swallow species. Sadly, they're in serious decline. Long-distance migrants encounter many difficulties throughout the year like bad weather, loss of habitat, and countless other obstacles. Swallows were once abundant summer breeders in the region. In the mid-1980s, the famous Pembroke Swallow Roost hosted upwards of 150,000 during peak migration in August. Called Canada's Capistrano, and celebrated with a lively festival, it appears most of the swallows have since vanished.

Scavengers manage to proliferate around here. Besides Turkey Vultures and Bald Eagles, we've noticed more gulls around our lakes, rivers, wetlands, and villages. Ring-billed and Herring Gulls are both common. They're both similar in appearance and behaviour. However, the Herring is much bigger. Double-crested Cormorant numbers have also increased. Once a very rare visitor to the region, it's now a regular summer sight near water. They're a common breeding species around the Great Lakes, feeding mainly on fish.

We have a handful of vireo species in the region. Red-eyed and Blue-headed are regular local forest breeders. However, a Yellow-throated Vireo is being reported from Burns Lake. It's rare up here, found mainly south of Madawaska. However, small numbers nest in local Canadian Shield forests.

Barrie Nichols from Calabogie has an adult Red-headed Woodpecker coming to his property. This strikingly patterned bird it's currently a rare woodpecker in Canada. Once a regular nester in our region, it's now limited to southern parts of the province. Other woodpeckers around here include the large Pileated Woodpecker. Northern Flicker is another common species with colourful markings. Yellow-bellied Sapsucker is a very common woodpecker, preferring forests with aspen trees. Rare nesting woodpeckers here include Black-backed and Red-bellied.

July heralds the arrival of the first mi-

gratory shorebirds. Trickling southward from our northern bogs, muskeg, or tundra. Look for Solitary Sandpiper, Least Sandpiper, Greater Yellowlegs, Semipalmated Plover, and others. With their long bills and legs, we find them feeding in open wetlands, fields, various shallows, and mudflats.

*Are you noticing interesting wildlife in the Highlands this summer? We'd love to hear about it. We'd also enjoy seeing your nature photos taken here. Feel free to share your observations and photos with us by sending them to [TonyFMBeck@gmail.com](mailto:TonyFMBeck@gmail.com). There's a chance we'll mention your sightings and possibly publish your image.*

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



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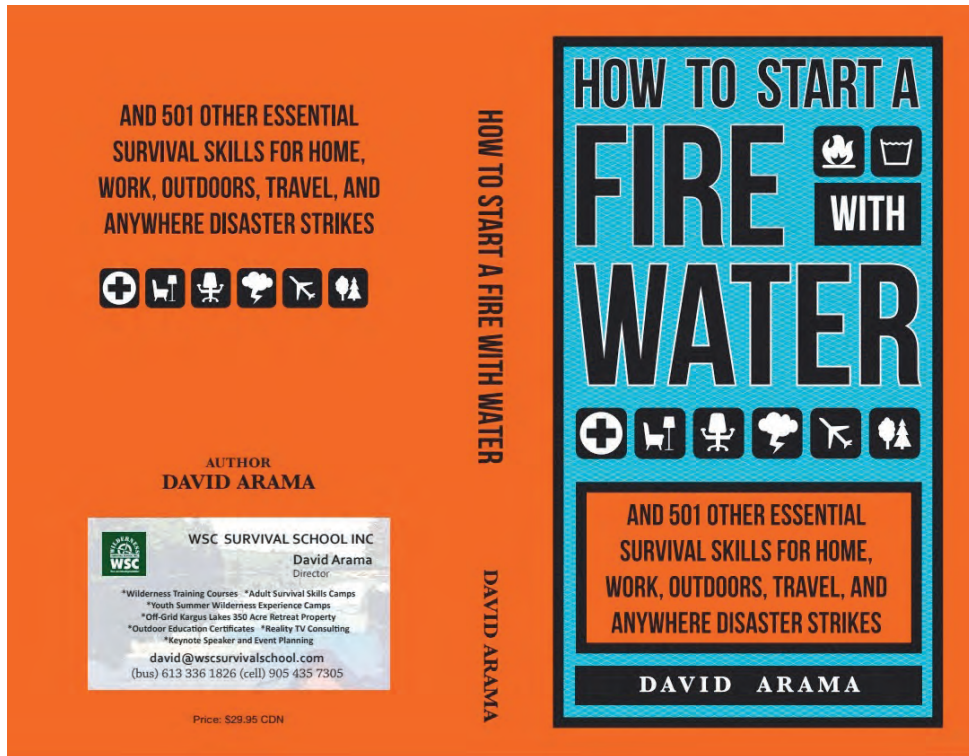
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# It's a Jungle Out There Basic Training for Wilderness Survival

By David Arama



Highlander readers can download my book, How to Start a Fire with Water and 501 other Essential Survival Skills for Home, Work, Outdoors, Travel, and Anywhere Disaster Strikes. Go to [madawaskahighlander.ca](http://madawaskahighlander.ca) and look for the link on the Home page.

Every year on average, 12,000 Canadians are reported lost in the wilderness. In Ontario, the highest causes of death in the outdoors are ATVing, Snowmobiling, and Boating. Approximately 50% of those fatalities are alcohol/drugs related. Thousands are dying from fentanyl overdoses and dangerous highways, and Lyme disease is on the increase. The key to survival in all cases is to reduce risks.

**Rule of Threes:**  
Pretty much all survival preparedness and skills to utilize when lost are based directly on the rule of 3's. **You can survive for 3 weeks or longer without food**, depending on your physical health and body fat content.  
**You can survive 3 days without water**, but not during a heatwave or if you're already dehydrated from drinking



First responder talking to one of my classes. They know more than anyone what can go wrong in the wilderness when people aren't prepared for wilderness survival. Camping in the wilderness is no walk in the park.

everything but water. **You could survive 3 hours if you compromise your body temperature** with hypothermia, or heat stroke, which are life-threatening conditions. You likely would survive 3 minutes without oxygen. More than 5 minutes usually results in permanent, irreversible brain damage.

## Survival Bug-Out Kits:

Based on the rule of 3's theory, a sound survival kit should at minimum contain gear for fire, shelter, water, first aid, food, navigation, and communications. We recommend having a lightweight tarp, solar blanket, a large knife and/or saw, rope and duct tape, a ferro-

magnesium rod, Strikeforce wind/waterproof matches, a water purification straw and chlorine drops, tin can or mug for boiling. If you are far away from emergency responders, you need first aid supplies such as burn and wound gauze and dressings, insect bite sprays (Calamine lotion, Benadryl spray), and bandages (Triangulars, Cling Wrap, Quicksplint etc.)

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In order to enjoy your trips into the wilderness, you need to know the essentials about the gear you need to take with you, what you should leave at home, food, shelter, water, clothing, weather protection, and first aid basics for long trips and day trips that could turn into unexpected overnight stays.

#### Communications Equipment:

Satellite Phone, Sat Tracker, Cell Phone Booster, or Gmrs radios.

**TIP: New Samsung and I-Phones are equipped with Starlink Satellite services for satellite emergency communications!**

**TIP: For extreme weather warnings, I like a windup NOAA radio.**

**Proper Outdoor Clothing & Footwear:** There's a difference between fashionable and functional. Many outdoor enthusiasts dress more for fashion, and outdoor stores mostly cater to these buyer wants. Clothing and footwear you need depends on season, land versus water, and sometimes based on the terrain and ecosystems.

Layering is an important concept that allows choices, and traps air and heat. Light coloured clothing attracts fewer

bugs. The base layer evaporates moisture, and the outer shell keeps the elements out. For most outdoor pursuits, high ankle support leather boots are the best.

**TIP: Gore-Tex material makes an excellent shell, since its water repellant, and it breathes.**

Many good camping retailers sell bug jackets and head nets. And full bug suits.

#### What should you do if you become Lost?

Based on the rule of 3's, experts generally agree on the Survival Gameplan:

**Admit that you are lost:**

- 1) STOP... Sit, Think, Observe, Plan
- 2) Stay Put... Build a Fire and Shelter
- 3) Find Resources... Locate and Purify Water
- 4) Get Found... Signal for help and/or communicate via your devices. Make yourself visible.



Most lost persons are found by search & rescue within 24 - 72 hours and 90% are alive. The majority of lost souls try to find their way out, and walk in circles, making it difficult for searchers because they didn't follow step one. Search & Rescue often employs FLIR Scopes and Drones to find lost persons. FLIR can detect your body heat and foot imprints, so a campfire works perfectly, which is why step two is so important.

#### Dealing with Pesky Insects & Ticks, Lyme Disease:

While there are many organic-based repellants, DEET products work best in the backcountry. Even better, Permethrin treated clothing repels most bugs and Ticks. Permethrin is the best prevention for Lyme Disease. Not getting eaten by a Bear: I always choose a slow running partner... just joking. Keep a clean tent and campsite, filet your fish catch well away

from the campsite, hang all foods in a tree pack.

#### The Will to Live:

The greatest factor in survival is the will to live, and the ability to avoid panic. Panic clouds good decision making and leads to disaster. Practice and experience foster good choices, and improved survival. Outdoor enthusiasts are reminded that skillsets in outdoor survival, wilderness first aid, and backcountry navigation, are crucial. There are many good training courses and camps out there, that offer these training opportunities. You learned to look both ways before crossing the road and not to talk to strangers to increase your odds of survival and enjoy life in the concrete jungle. You need a different kind of training to fully enjoy life in the wilderness.

**Remember, you are biodegradable, don't end up becoming a statistic!**

We are offering a Free Digital Disaster Survival Book, \$20 Value, to Madawaska Highlander readers. Download at [madawaskahighlander.ca](http://madawaskahighlander.ca)



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

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| <p><b>THURSDAY, SEPTEMBER 4TH</b></p> <p>12 pm Gates Open</p> <p>5 pm Exhibit Hall Opens</p> <p>5:30 pm Robertson Amusements Midway Opens - Toonie Night</p> <p>7 pm White Water Truck and Tractor Pull</p> <p>7 pm Official Opening</p> <p><b>FRIDAY, SEPTEMBER 5TH</b></p> <p>8 am 4H Miniature Horse Show</p> <p>9 am Gates Open</p> <p>9 am Light Horse Show</p> <p>9:30 am Market Lamb Class</p> <p>10 am 4H Sheep Show</p> <p>10 am Exhibit Hall Opens</p> <p>10 am Heavy Horse &amp; Miniature Horse Show</p> <p>12 pm Entertainment on the Valley Heritage Radio Stage</p> <p>12:30 pm Market Hog Show</p> <p>1:30 pm 4H Dairy Show</p> <p>3 pm Beer Garden Opens</p> <p>4 pm Robertson Amusements Midway Opens - Bracelet Day</p> <p>5 pm BMX Show - Between the Armouries &amp; Exhibit Hall</p> <p>7:30 pm BMX Show - Between the Armouries &amp; Exhibit Hall</p> <p>8:30 pm Keith Glas Band - Armouries 19+ Event</p> <p>10 pm Big Sugar - Armouries 19+ Event</p> <p><b>SATURDAY, SEPTEMBER 6TH</b></p> <p>9 pm Gates Open</p> <p>9 am Heavy Horse &amp; Miniature Horse Show</p> <p>10 am Exhibit Hall Opens</p> <p>10 am 4H Beef Show</p> <p>11 am Robertson Amusements Midway Opens</p> <p>12 pm Entertainment on the Valley Heritage Radio Stage</p> <p>12 pm Steer Show</p> <p>12 pm Beer Garden Opens</p> <p>12 pm Local Entertainment - Armouries</p> <p>12:30 pm Hereford, Shorthorn, Limousin Show</p> <p>6 pm Steer, Lamb &amp; Hog Show</p> <p>7 pm Demolition Derby</p> <p>8:30 pm Unwound - Armouries 19+ Event</p> <p>10 pm Alan Jackson Experience - Armouries</p> <p><b>SUNDAY, SEPTEMBER 7TH</b></p> <p>9 am Gates Open</p> <p>9 am Light Horse Show</p> <p>10 am Exhibit Hall Opens</p> <p>10 am Pony Pull</p> <p>11 am Robertson Amusements Midway Opens</p> <p>11:30 am Angus, Simmental, BOSS Charolais Show</p> <p>12 pm Entertainment on the Valley Heritage Radio Stage</p> <p>1 pm Beer Garden Opens</p> <p>1 pm Horse Pull</p> <p>2 pm Jerry Lee Band - Armouries</p> <p>5 pm Fair Closes</p> | <p><b>ALAN JACKSON TRIBUTE</b></p> <p><b>BIG SUGAR</b></p> <p><b>GAIL GAVAN</b></p> <p><b>ADMISSION</b></p> <p>Advance Sale - \$50 for 4 admissions on sale until August 29 at 4 pm</p> <p><b>Ages 13 &amp; over \$15</b></p> <p><b>Children 6 - 12 Free</b></p> <p><b>Parking \$5</b></p> <p>FOR MORE INFORMATION CHECK US OUT AT:<br/><b>INFO: <a href="http://renfrewfair.com">renfrewfair.com</a></b><br/><b><a href="https://facebook.com/renfrewfair">facebook.com/renfrewfair</a></b></p> |
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\*Times and events subject to change

## Living Long and Living Well - Part 2

By Derek Roche

In my last article I provided a number of suggestions for those who want to live a long and healthy life. Genetics, diet, exercise, sleep, hydration and social connections all play important roles. In this article I want to introduce you to what many "longevity scientists" believe is the proverbial fountain of youth. The scientific literature is showing a plethora of research and articles on a substance called "spermidine". (Thus named as it is found in particular abundance in male reproductive cells). Interestingly, I recall from my studies of traditional Chinese medicine, how important it was to conserve, and not waste this vital fluid. Read on and you will see why!

### What are the Benefits of Spermidine?

Spermidine is a naturally occurring organic compound, and its primary benefits are linked to its ability to activate autophagy, the body's natural cellular renewal and cleanup process. By triggering autophagy, spermidine mimics the benefits of fasting by clearing damaged proteins, reducing oxidative stress, and improving mitochondrial function, which in turn supports brain health, heart function, metabolism, and immune strength.

Beyond autophagy, spermidine also has direct effects on the hallmarks of aging, including reducing inflammation, preserving telomere length, supporting stem cell function, and protecting



DNA integrity. While autophagy is its primary mechanism, these additional effects contribute to enhanced longevity, cognitive resilience, skin and hair health, and overall vitality.

### Secondary benefits

Sleep is a critical component of health, and many individuals experience disruptions in their sleep quality as they age. Spermidine has been found to improve sleep and reduce age-related sleep disturbances by modulating some of the genes that regulate the circadian rhythm, which is our internal clock. Better sleep quality translates to improved overall well-being and cognitive function.

### Energy and Vitality

In addition to enhancing autophagy,

spermidine activates mitophagy – a process that clears out old and poorly functioning mitochondria. Mitochondria are the powerhouses of our cells, providing the energy needed for all cellular activities. When mitochondria are not functioning optimally, it can lead to low energy levels. By promoting the renewal of healthy mitochondria, spermidine helps to restore energy and vitality, leading to a renewed sense of stamina and vigor.

### Radiant Wellness

Spermidine supports collagen synthesis, keratin production, and wound healing, promoting healthier, more vital hair, skin, and nails. In a human clinical trial, it was proven to promote hair growth by moving hair follicles from the shedding phase to the growth phase and keeping

them in this phase longer.

### Memory and Cognition

Cognitive decline is a common concern with aging, but spermidine offers hope in this area as well. By stimulating autophagy, spermidine supports brain health and enhances cognitive function. A human clinical trial found that plant-derived spermidine can improve memory and cognition in older adults experiencing subjective cognitive decline.

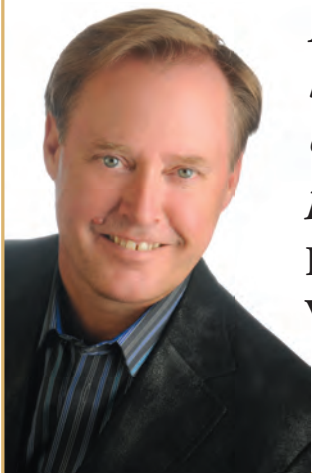
### Gut Health

Gut dysbiosis, which is an imbalance between good and bad bacteria in the gut microbiome, is one of the root causes of aging and a key indicator of poor gut health. Spermidine helps to combat this by sealing the tight junctions in the gut

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lining. Since the gut lining is only one cell thick, these are prone to becoming leaky and require support in sealing them up.

### Hormonal balance

Hormonal balance is crucial for maintaining health, especially as we age. Spermidine has been found to positively influence hormone regulation, helping to stabilize levels of key hormones. Proven to reduce the stress hormone, cortisol, and increase the hormones that keep you youthful, fertile, and full of energy - progesterone, estradiol, DHEA, and pregnenolone for women, and testosterone for men - spermidine is a crucial tool for hormonal equilibrium. A recent study also dubbed it "ground-breaking" for the world of fertility, showing it to improve egg quality in older mice through the induction of autophagy.

### Cardiovascular Health

Cardiovascular health is another critical aspect of aging well. Spermidine has been shown to support heart health by improving the function of endothelial cells, which line the blood vessels. This can lead to better blood flow and reduced risk of cardiovascular diseases. Additionally, spermidine's anti-inflammatory properties contribute to a healthier cardiovascular system, helping to maintain optimal heart function and reduce the risk of age-related cardiovascular issues.

### Spermidine Foods: List

While supplements have become a popular way to replenish spermidine, the

evidence is not promising as Spermidine is not absorbed well in this form. In other words, save your money! As with most of our vitamins and minerals, the best way to ensure health and longevity is to consume them in our food. Certain plant and animal-based foods are excellent sources of spermidine and related polyamine compounds.

### Green Tea

Green tea is a powerful antioxidant that can help improve your overall health and well-being. But did you know that green tea also contains high levels of spermine and spermidine? These two nutrients are responsible for many of the health benefits associated with green tea.

### Wheat Germ

When it comes to spermidine, wheat germ is the real champion. It provides 350 mg of spermidine for every kg of wheat germ

### Soybeans

Along with wheat germ, soybean stands out in particular, with its spermidine content between 167 and 291 mg per kg.

### Mushrooms

Mushrooms are also among the foods highest in spermidine, delivering more than 120 mg of spermidine for every kilogram of mushroom.

### Green Peas

While many legumes like chickpeas and black beans are spermidine rich foods, green peas contribute spermidine the most — i.e., more than 50mg per kg.

### Broccoli

Besides providing many nutrients, broccoli and other cruciferous vegetables also pack a lot of spermidine. Broccoli, for example, provides 32.4 mg

of spermidine for every kilogram.

### Tropical Fruits

Fruits like mangos, passion fruit and pineapples are a great source of spermidine. The spermidine content of various fruits varies significantly. For example, on the lower end, mangos pack in more than 10mg/kg, while oranges, on the higher end, are loaded with more than 90mg/kg.

When talking about citrus foods, it's worth knowing that they are not only rich in Vitamin C but also great for promoting collagen production.

### Livers of Different Animals

Livers are another great source of spermidine, with the highest spermidine found in the livers of bulls and cows. You can expect a spermidine content between 32 and 161 mg kg<sup>-1</sup> in the livers of pigs, chickens and cows. Please note that livers in most farm animals are highly toxic as they absorb and hold chemicals like pesticides and herbicides. Try to find organic, free range products.

### Potatoes

While potatoes may not be the foods highest in spermidine, they are definitely an important source, cooked potatoes and potato chips and crisps supply 15.8 to 39.9mg of spermidine for every kilogram.

### Green Pepper

Green pepper is especially loaded with spermidine, with a spermidine content of over 90mg/kg.

In addition to these spermidine foods, other foods such as **lentils, hazelnuts and grapefruits are also high in these polyamines.** Almost all animal or plant-based foods contain

some amount of spermidine.

It can be challenging to eat specific foods high in spermidine over and over again. However, ensuring a varied diet consisting of different plant and animal-based spermidine foods can provide enough to meet your need for polyamines.

### Conclusion on Spermidine Rich Foods

In conclusion, don't bother with supplements. Simply incorporating spermidine-rich foods into your diet can offer significant health benefits. By referring to the comprehensive spermidine foods list above, you can easily identify and select foods high in this essential polyamine. **Some noteworthy options include wheat germ, soybeans, mushrooms, aged cheese, and various nuts and seeds.**

*By incorporating these nutrient-dense choices into a balanced diet, you can harness the power of spermidine to improve your health and wellbeing, and increase your chances of living a long and healthy life!*

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



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## The Big Fire of '03 Information Provided by Garry Ferguson

*Reflections of a Century* (The Eganville Leader) reports that 1903 was a bad year for wildfires. Heavy losses of houses, livestock, sawmills and other property in Raglan Township, Denbigh and the Snake Creek area are itemized. Fortunately, no loss of life was reported. There were however, many accounts of lives saved by heroic rescues, by taking refuge in root cellars or submerging in bodies of water. In an interview with Elmer Strong forty years ago, Stanley Greg, of Vennachar, told of working in the Snake Creek area that day, of the destruction and of helping old people to root cellars. This account confirms the information contained in The Eganville Leader articles.

The greatest of these conflagrations however, happened in April, 1903, remembered around Matawatchan as the "Fire of 0 Three" or the "Vennachar Fire" because many Matawatchaners believed that Ball's Lake near Vennachar was where it had started. According to a chapter written by Lorne Ball in an account of local history entitled *The Oxen And The Axe*, it was "The Big Fire." It was believed that "side fires" in the Glenfield / Rose Hill area and on the Kelly farm, (Juniper Road, Matawatchan) were merely offshoots of a north-travelling "spur" of the main Vennachar Fire. It was this spur that wreaked destruction as it swept through the settlement near Matawatchan.

From the few written accounts of the events on that day, it's evident that the inhabitants of each area remembered them in a different light, considering

each branch of the fire to be the main blaze and the danger being over when it moved out of their sphere of interest. According to C. Armstrong's *Away Back In Clarendon* And Miller, the fire began in the large tract of bush between Vennachar and Mazinaw Lake, beyond the spot where the Global TV tower still stands. Fanned by a strong south wind, it razed Vennachar then moved south through Mallory Hill, Beech Corner and Fernleigh on its way to take out much of Ompah. Lorne Ball's article contained a similar version regarding the source of the fire and the loss of Vennachar, however, his account stated that the flames burned homesteads to the north, (towards Matawatchan) missing the Free Methodist Church and burning out around Ball's Lake when the rain came and doused the fire. Matawatchan people know that it was far from over at this point, indeed my grandfather and his Matawatchan contemporaries believed that this is where the fire started.

The flames continued down the Colton Creek Valley, burning bush at about the speed of a galloping horse while embers were carried on the strong wind, like flying torches, a mile or so ahead of the main fire. There would have been a story for each homesteader living on or near the swath that burned into Renfrew County, but unfortunately most have been lost. All records from this point are strictly anecdotal, passed down from our grandparents.

Ardean Kelly told of his father, John, being sent home from school that day because of fear that fire could break

out anywhere at any time. Gangs of men were called away from one fire to fight another, including the blaze that burned on the hill behind the Kelly house and barns in Matawatchan.

Pat Carswell, who farmed in Glenfield and was absent from home when fire broke out, came back to find his homestead burned to the ground and his wife, Maggie and baby son, David (Davy Pat) missing. Pat walked out to the Thompson place on Hutson Road to tell the old people about the tragic loss of their daughter and grandson.

Mary Ann (Thompson) Strong, a granddaughter of the Thompsons, was there when Pat arrived. There are two versions of the story from this point and Gail (Snider) Holtzhauer, granddaughter of Mary Ann, can't remember the one verified by her grandmother. In one version, Maggie, with the baby, walked out from Glenfield the next day. In another, she was there when Pat arrived. In either case, she and the baby had survived by submerging in a creek. Other than the clothes that they wore, only a quilt that Maggie threw down the well was saved.

The men on the Strong farm (presently Snider's Tent & Trailer Park) worked all night wetting down the barns. Every blanket and piece of cloth in the house was soaked and used as cover over combustible surfaces. Though the buildings were saved, haystacks, a few hundred meters toward the present campground, were burned. A couple of the boys attempted to save the old sawmill situated where Aird's Lake Creek

tumbled down to the Colton Creek. (the Matawatchan Bay after 1967) When they saw that they had lost the battle and had to make an escape, they hurriedly grabbed the best plank at hand and threw it into the millpond. They had, at least, saved something of value.

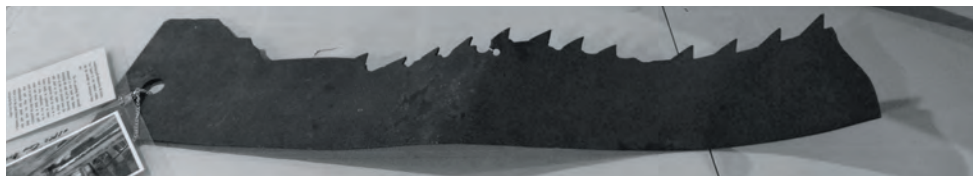
The wall of flame moved on to destroy the Vealy homestead and the bush on the nearby hill in Griffith, giving rise to its present name, Black Mountain. At 10 p. m. that night, the fire's glow could be seen on Burginaw's (Bourdignon's) Mountain near Round Schooner Lake. That's when the rain came. It wasn't a heavy rain, but it was enough to halt the flame's progress.

In terms of the prevailing drive for settlement, the Matawatchan and Vennachar areas never recovered. Some people moved to friendlier environments, some to land in the West while others resituated locally leaving their rock-pile farms as pasture or to be overgrown by bush. Strong's Mill was never rebuilt.

As a youngster, I saw moss-covered logs said to be left from structures destroyed that day and folks would point to charred stubs as evidence of its passing but nature has now obliterated all traces of the Big Fire of 1903.

*It's good to know that Lynn McLaren, Boyd MacDonald, Ardean Kelly, Gail Holtzhauer, Elmer and Orval Strong were also fascinated by the tales of the old folk.*

## Part of a Saw Blade From The Big Fire of '03 By Elmer Strong



This broken and twisted saw blade and one good wide plank of pine are just about all that remained after the fire. It is on display at the Matawatchan Hall. This is one of the artifacts donated to the Matawatchan Hall by Elmer Strong.

Find more artifacts and stories by Elmer on the CDHS Flickr site: [Flickr.com/photos/CDHS](https://www.flickr.com/photos/CDHS)

This piece of saw blade came from William Strong's sawmill that was located on Aird's Lake Creek. This waterwheel-driven mill with its upright saw cut much of the lumber used in the early frame houses built around Vennachar, Miller, and Matawatchan communities.

It was said that when a forest fire was approaching in 1903, William sent

one of his sons to guard two haystacks and another son to protect the sawmill while the rest of the family tried to save the house and barns. Fanned by hot dry winds, the fire took a wandering path, so no one could predict where it would hit next.

The son guarding the sawmill attempted to protect the building by



This image is of an old sawmill like that of William Strong's. The long saw blade is set vertically (in the middle of the pic).

throwing buckets of water from the mill pond onto the roof, two buckets at a time. When it was apparent this wasn't enough to defeat the flames and he was in a losing battle, he took as many tools (axes, canthooks, etc.) and threw them into the mill pond. In one final effort he grabbed a wide and long, two-inch thick unblemished pine plank and threw it into the pond before beating a retreat for his own safety.

The mill was the only one of William Strong's buildings destroyed by fire during the great Vennachar forest fire that swept through the area in 1903. Almost every other building and business in the area burned down, including a school and a hotel, but no lives were lost. Vennachar had been a growing and prosperous community before the fire,

but never recovered from that fateful fire in 1903. This tortured piece of saw is a remnant from that fateful day.

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CBC investigation finds some big grocers promoting imported food with Canadian branding. Signs say Product of Canada, but label says product of USA.

Faced with volatile fuel markets, Japan's Mitsubishi expands in the food market with new salmon farming acquisitions in Norway and Canada.

Coca-Cola to start using cane sugar in its products after Health Secretary voiced concerns about health issues with corn syrup used in the US.

After more than three decades in business, the owner of a New Brunswick duty free shop says he has no choice but to close down due to lack of cross border traffic.

Quebec's Eastern Townships tourism ad goes viral after offering hugs to American visitors. Tourism from the US is now up. Americans weren't sure how mad we were.

Canadian musician Matthew Good cancels U.S. shows to protest Trump tariffs.

TD strategist says 'we are inching closer to a wartime economy' as nations stockpile resources critical to global automotive, aerospace and semiconductor supply chains.

Ontario Trade-Impacted Communities Program - MEDJCT is a \$40M program to help trade war impacted communities and local industries.

Ontario grants Killaloe Wood Products \$952,437 to improve competitiveness and reduce fossil fuel with mobile equipment to make biomass for bioenergy production

Research found that 32.7 per cent of Canadians (10.6 million people) were obese in 2023 — an increase of about eight percentage points since 2009.

Study suggests burning calories through active living counts less than the kind of food we eat and to address obesity, public health efforts need to focus on diet.

Hundreds of bare bikers rode in the Vancouver World Naked Bike Ride. Designed to champion "human-powered transport," many wrote other causes on their bodies.

Ontario court halts province's plan to remove bike lanes in Toronto.

Transport Canada says Millions of dollars in Tesla EV rebate claims were legitimate.

Global oil consumption reached an all-time high in 2024, driven primarily by non-OECD countries, with the U.S. remaining the largest consumer.

Saint Mary's University students transforming seaweed into compostable plastics.

A restored replica of the square-rigged sailing ship that sparked a wave of Scottish immigration to Nova Scotia more than 250 years ago was relaunched in July.

All-Canadian NordSpace is on track to conduct the first commercial kerosene fueled rocket launch in Canadian history, a suborbital shot, mid-August off Newfoundland

Europe, Canada Join Forces to Create Unhackable Quantum Link. Scientists aim to beam quantum-encrypted data across the Atlantic using satellite technology.

Rogers new satellite-to-mobile text messaging service covers over 5.4M sq km, over 2.5X more than any other. Join free during Beta phase, even if you aren't with Rogers

NASA's Parker Solar Probe reveals how superhot ionized particles from the sun travel through space. Info improves forecasts of solar storms headed toward Earth.

Lt.-Gen. Jamie Speiser-Blanchet made history in July by becoming the first woman to lead the Royal Canadian Air Force.

US stripping investment tax credits from American renewables players has sparked conversations about shifting capital to Canadian projects, says industry body.

E.P.A. Says It Will Eliminate Its Scientific Research Arm after a Supreme Court ruling allowa the administration to slash the federal work force and dismantle agencies.

The long-anticipated opening of Biidaasige Park in Toronto was celebrated in July. The Don River was diverted through a rehabilitated brownfield industrial area.

Melting glaciers and ice caps could unleash wave of volcanic eruptions, study says.

Canada and Alberta are teaming up 50/50 on more than \$200 million in affordable housing, part of the Stronger Foundations affordable housing strategy.

A federal judge has certified a class-action lawsuit against Canada Post for allegedly failing to transparently disclose the full price of its business shipping services.

A romantic message in a bottle thrown from the cliffs of an island off Newfoundland nearly 13 years ago was found on a beach in Ireland in July - the couple is still in love

More "dealer" drones being caught at Canadian prisons in victory against smuggling

Corrections say they've seized more than \$400,000 in contraband at Stony Mountain Institution, a multi-security level federal prison about 24 km north of Winnipeg.

Canadians lost \$224M in cryptocurrency investment scams in 2024. \$103M in 2025 so far. Most involved AI videos of fake celebrity endorsements for scams.

Scammers are sending mail with official looking logos urging you to scan a QR code to "protect" your account from an emergency. Always go through proper channels.

Scammers impersonating businesses going bankrupt, copy their websites offering "incredible deals" then stealing your credit info. Never click on social media links.

New \$25M Halifax facility features multiple examination stations to closely monitor shipping containers and target all forms of illegal activity, in and out of the country.

When bodies were found in a park in Rome and investigators were stalled, a TV program specializing in missing people helped identify them, and a suspect.

The United States has reached its highest annual measles case tally in 33 years, hitting at least 1,277 confirmed cases as anti-vaccine movement continues.

Nearly three times more measles cases in Canada than U.S. right now, according to public health data. Ontario and Alberta lead the list of cases.

New Brunswick's regional medical officer of health for Sussex says an outbreak of measles in the area has provoked a "fantastic" response as people get vaccinated.

Alberta has been rat free for 75 years. Residents asked to kill rats to save agriculture.

Thanks to the Island Nature Trust, dog owners can now borrow a leash from a leash library at public beaches in PEI where migratory birds are known to be dwelling.

Toronto Zoo to become home of Cedar, a blind baby moose rescued near Ottawa. Wild animals cannot be enclosed unless deemed unfit to be released into the wild.

'Robo-Bunnies' Newest Weapon in the Fight Against Invasive Burmese Pythons in Florida. Rabbits lure the destructive snakes out of hiding so they can be euthanized.

## Slices of Life along the Road to Writing By Lois Thomson

*"Writers are socially observant. We find people endlessly fascinating..."*  
*Indeed, writers are great people-watchers. But even more interesting is how those people-watchers react to other people's foibles and quirks, so I consider myself among the breed of people-watcher-watchers."*

- Julianna Baggott

The Madawaska Highlander is thrilled to announce that Ken Puddicombe, one of our Short Story Contest judges, won top prize in two categories in the Guyana Prize for Literature. Wow! This follows a previous win for his book of short stories in the Fiction category, *Down Independence Boulevard and Other Stories*, which is described by Guyana's Stabroek Weekend publication as...

*...an entertaining and educational work that is one third historical, one third fictional and one third personal experiences, set in Guyana's immediate pre and post-independence era.*

Ken's new Non-Fiction book is based on observations of people he met or observed in his life - from British Guiana (now Guyana) where he grew up during political turmoil, to his home in Brampton Ontario, and from his travels elsewhere. Aptly named *Pages From a Notebook: Slices of Life Along the Road to Writing*, it consists of stories lifted from the pages of his notebooks that recapture the sights and sounds of the places he visited and people he encountered over decades.

It is a small book, only \$13.99 on Amazon, that any writer would find interesting and beneficial to read.

The stories include a relentless

tailgater in Brampton, characters encountered at the Mississauga Airport, a conversation with the man who drove him from the airport in Guyana, notes about startling ads and riders aboard the New York City subway, and more. One story, *A Finance Conference*, stems from his career as an accountant. Who says accountants are boring!?

Ordinary, unusual, and noteworthy observations - slices of life - provide the basis for interesting short stories.

*"Writing after all, is part biographical, part imagination, part research and discovery. I hope you will find my selection of Slices of Life interesting enough to spend some time with me..."*

- Ken Puddicombe

Ken honed his skills in the Brampton Writers Guild with fellow writers like Highlander contributor, Garry Ferguson, and Short Story judge Michael Joll, and is a member of several other writing groups. After trying to be published by mainstream publishers with little success, he founded Middleroad Publishers where he publishes for other selected Indie Authors (including Garry and Michael). Ken retired from accounting and now pursues his love of writing full time.

*"I will help to promote writing, especially encouraging younger ones, in any way I can."*

- Ken Puddicombe

It can be a long journey from a beginning writer to a winner of top literary awards but think of the characters you'll meet - and create - along the way. So, start observing and get writing!

## Categories and Prizes:

Adult Fiction - one prize of \$200

Adult Non-Fiction - one prize of \$200

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

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

## Judges:

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

Kenneth Puddicombe, author

Garry Ferguson, author, writer, editor, Madawaska Highlander contributor

Diane Bickers, writer, and enthusiastic reader

Dr. Max Buxton, physician, writer

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

## Stories must be:

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

## Sending Stories:

Enter any time before October 5, 2025.

Email your story as an attachment to [info@reelimpact.tv](mailto:info@reelimpact.tv)

Include your name, address, email address, phone number, story title, category, and age if under 15, in the body of the email.

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



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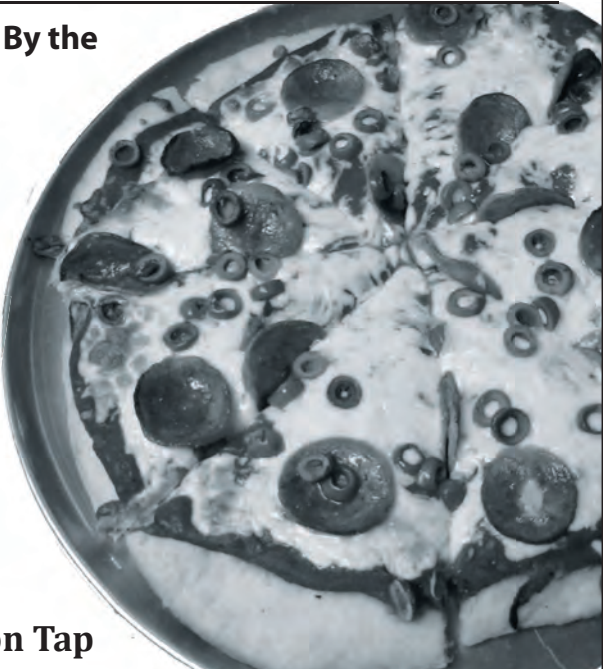


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## Final Community Appeal: Mississippi-Madawaska Land Trust Closer to Conserving 500 Acres of Wilderness in the Madawaska Highlands

### News Release

The Mississippi-Madawaska Land Trust is buying properties in the Denbigh and Matawatchan area to protect them for nature and they have two important properties in our area that they are close to saving. They secured Rose Hill Nature Preserve a while ago and the adjacent Chatson Woods recently. Now they are over half way to their goal to preserve two large properties totalling 500 more acres just a few kilometres away.

Since launching their campaign in late May, the Mississippi Madawaska Land Trust (MMLT) has raised over 50% of its \$120,000 fundraising goal — bringing the organization one step closer to permanently conserving more than 500 acres of rich forest, wetland, and wildlife habitat. Thanks to the incredible generosity of the community, MMLT has waived the financing conditions for the proposed MapleCross Newlands Nature Reserve, a 308-acre property of exceptional ecological value near Matawatchan Provincial Park. “This is a huge step forward,” said Steve Kotze, MMLT President, “Commu-



nity donations and funders have enabled us to move ahead with the purchase — a real win for conservation in this region.” The purchase is set to close on August 29.

However, a second property along Aird Creek — which MMLT also hopes to protect as a nature reserve — still requires urgent funding to move forward and avoid the risk of being logged. The 200-acre site features old-growth forests, dramatic rock ridges,

and a thriving wetland valley.

During a visit to the Aird Creek property in June, MMLT directors saw firsthand the aftermath of a roughly 100-acre clearcut on adjacent land — just a few scattered trees left standing in an otherwise stripped landscape. “It was shocking to see,” said director, Steve Blight. “It only reinforced how urgent it is to protect this piece of the Madawaska Highlands.”

If MMLT cannot secure the

necessary financing, the privately owned property will return to the open market. The land trust team has been working hard to secure grants and additional funding, but most of it is contingent on matching community contributions. “We’re immensely grateful for the generosity we’ve seen so far,” said Steve Kotze. “This momentum gives us real hope that we’ll succeed in protecting both of these wild, carbon-storing landscapes forever.”

**MMLT hopes to raise an additional \$50,000 from individual supporters by September 2 to unlock those funds and acquire the property before it’s too late.**

MMLT is a registered charity dedicated to conserving wilderness properties and ecologically significant landscapes in the Mississippi and Lower Madawaska River watersheds. The organization currently protects more than 3,690 acres of land in eastern Ontario.

**To learn more about MMLT and the ongoing appeal to protect these two properties, visit: [mmlt.ca](http://mmlt.ca)**

## Mississippi Madawaska Land Trust’s Festival of the Wild Child - See Nature Differently!

By Susan Howe



Families seeking an immersive and educational outdoor experience should mark their calendars for Saturday, August 23rd, when the Mississippi Madawaska Land Trust (MMLT) hosts its annual Festival of the Wild Child at High Lonesome Nature Reserve.

This popular family event offers a full day of nature exploration, hands-on discovery, and outdoor fun, with activities designed to engage both children and adults. This year’s theme, “See Nature Differently,” invites participants to experience the natural world through the eyes of botanists, geologists, researchers, artists, and naturalists, who will lead interactive stations and educational experiences throughout the day.

“I never saw a salamander up close before. I love its little spots!” — Lee, age 7  
Visitors will have the chance to observe butterflies in the meadow, frogs in the stream, birds in the canopy, and beavers in the pond. And if you look closely enough, you might just spot a fairy or two hiding in the woods.

“Flat stones make great hiding places for all kinds of creatures!” — Ross, age 10  
With over 8 km of trails winding through forests, meadows, and wetlands, the reserve provides endless opportunities for exploration. Festival highlights include a pollinator path, pond exploration, craft stations, and more!

Designed for all ages, the event also features a screened-in sitting area for grandparents or those who prefer a slower pace.

“My kids and grandkids loved getting a close look at trees and insects,” shared Michel, a past attendee.

Register today at [mmlt.ca/events](http://mmlt.ca/events), or sign up on-site the day of the event. Admission is just \$10 per adult, and kids under 16 get in free. Donations are welcome and help make events like this possible! The event runs from 10 a.m. to 4 p.m. on Saturday, August 23rd, at High Lonesome Nature Reserve, located at 867 Carbine Road, Pakenham, ON. In case of rain, the event will be held the following day, Sunday, August 24th. Free parking is available on-site, and food and cold drinks will be available for purchase. Prices will be listed on the event page prior to the event.

Visitors are kindly asked to leave pets at home to help protect local wildlife. For the full schedule of activities, maps, and Wild Child t-shirt information, visit [mmlt.ca/events](http://mmlt.ca/events).

Whether you’re a curious child, a seasoned nature lover, or someone simply looking to enjoy a day outdoors, the Festival of the Wild Child promises a unique opportunity to learn, play, and see nature from a whole new perspective.

The Mississippi Madawaska Land Trust invites you and your family to High Lonesome Nature Reserve for their annual Festival of the Wild Child on Saturday, August 23. This popular nature-themed family event is a fantastic opportunity to experience outdoor fun along the wooded trails, beaver ponds, and butterfly meadows.

### The Mississippi Madawaska Land Trust’s The Festival of the Wild Child

August 23, 10 am - 4 pm (rain date: August 24)

High Lonesome Nature Reserve, 867 Carbine Rd., Pakenham, ON

FREE for children or youth under 16 years and \$10 for adults

Participants are encouraged to pre-register at [mmlt.ca/events](http://mmlt.ca/events).

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## A Canadian Icon in Trouble

By Lesley Cassidy



The Ontario Coat of Arms, adopted in 1909, depicts our most well-known and indigenous to Ontario wildlife - a deer, a bear and a moose.

It's not the toothy beaver, the maple tree, or its delicious syrup, nor related to hockey. This is a story about the gangly four-legged creatures that stealthily wander through Canadian forests - the moose.

Moose wander up to the edge of the tundra, through the Yukon and across all provinces to Newfoundland, preferring cold weather, rocky wooded forests, lakes, and marshlands. In Ontario, they are primarily found in Algonquin Park, central and northern Ontario, and occasionally in the Ottawa Valley.

But something is happening in Ontario forests. The moose population, depending on location, is in serious trouble. In response, the Ministry of Natural Resources (MNR) launched a study to investigate the issue.

"In 2000-2010, moose populations declined in Northwestern Ontario. The MNR had to cut back the harvest quotas, but they didn't bounce back after



A bull moose along Highway 60 in early spring. The blank patches are from the moose rubbing up against the tree to remove ticks. Pic by L. Cassidy

six or seven years," said Brent Patterson, a large mammal biologist with the Ministry of Natural Resources. "There wasn't much improvement."

In 2024, a feasibility study was initiated to test survey techniques and gain a better understanding of the moose population. The MNR chose Wildlife Management Unit (WMU) 13 to study because it's close to Thunder Bay, has 13,000 acres of wilderness, and key infrastructure is in place, including helicopters and staff. As well, the moose population in this area has declined by 50% or more. During the winter of 2024, they tested tracking collars and collared a small number of female moose and Brent Patterson reported that the survey techniques worked well.

"The full study started in 2025, and by the end of this past winter, 100 moose were collared. We have installed a grid of trail cameras to observe them and are using other survey techniques. The study is now well underway," he ex-

plained.

Moose are one of Canada's largest mammals. Bulls typically weigh over 850 pounds and can reach up to 1,800 pounds, with their antlers measuring up to 6 feet across. Cows, the females, can weigh up to almost 800 pounds and have one or two calves each year. Moose are vegetarians, eating primarily leaves, twigs, bark, woody vegetation, and aquatic plants found in lakes, marsh areas and muskegs and they are ravenous eaters. Moose inhale up to 73 pounds of food a day in summer and 34 pounds in winter.

Algonquin Provincial Park is one of the best places to spot a moose in Ontario. With an ecosystem they thrive in, driving along Highway 60 through the Park in April might land you in a moose jam - people watching moose quietly consume the watery vegetation on the side of the road after a long winter.

Helen Grose has been observ-



Brent Patterson, a large mammal scientist with MNR, is working on a moose in deep snow to collect samples, count ticks and place a collar. Credit: MNR

ing moose in Algonquin Park for eight years and offers wildlife photography workshops. She is an accomplished and respected wildlife photographer and stated that "100% of the time moose are the most preferred animal in my wildlife photography workshops people ask to see."

"I have noticed changes in the population," Helen shared. "Easily, I used to see 14-15 sightings driving across the Highway 60 corridor, now it's fewer. And this past year, I've noticed there are way less moose than other years." Highway 60 is a high-traffic roadway at certain times of the year. "I wish people would take more care when driving through the Park and slow down. Once a moose is spooked, it runs and there isn't a way to predict what direction it will run in," Helen explained. "Last year over a 24-hour period, four moose were killed due to traffic, all near or in the Park."

The timing of this study

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The Ministry of Natural Resources staff working to check the health of a calf. Credit: MNR



MNR collecting samples and attaching a collar on a moose in Northern Ontario. Credit: MNR

couldn't be better. But how exactly are large mammals, such as moose, studied? Brent explains that it's not like TV, where the animal is darted and passes out immediately.

"To collar moose, we go out in a helicopter in winter, flying, looking for the moose near Thunder Bay. We take the doors off the helicopter; it gets breezy and cold in January or February! We shoot a dart into the moose from the air and then take off upwards, gaining altitude to hang out and wait for the moose to fall asleep. The drugs can take up to 10 minutes to take effect." Brent elaborated that they wait it out in the air and keep an eye on the animal. Once it lies down, they land the helicopter, strap on snowshoes, and carry their monitoring and processing gear to the moose.

"This past winter, the snow was very deep. We get to work, and we strive to have the moose back on its feet in less than one hour. We have an oxygen hose

for the nose to keep oxygen high, a heart rate monitor is put on, a portable ultrasound to check for fat count, take blood and tissue samples, and count ticks across three transects (areas)." A collar is attached, and then they return to the helicopter.

Monitoring moose activities is a daily operation. The collar worn by the moose transmits one reading per hour, along with its GPS location, which is sent to the office twice a day. Sensors in the collar record when the moose has stopped moving for more than 12 hours. The MNR staff take that as an indication that the moose may have died or the collar has fallen off. They mobilize to access that location as soon as possible to determine what happened. When a collared moose is found dead, researchers study the habitat where the moose was found, the cause of death, snow depth, identify the area's predators, and other relevant indicators.

Hunters in the area are sup-

portive of the study. Brent explained that their perception is similar to that of the MNR, both suggesting that moose populations have decreased over the past 20 years. Hunters have expressed concerns about potential predators, such as bears and wolves.

A healthy adult moose, due to its sheer size, hooves and speed - capable of running up to 35 miles per hour for a short time - is a difficult mammal for a bear or wolf to take down. However, these predators typically target calves or moose that are sick or old. Moose face threats from smaller predators as well, including ticks and parasites such as brainworm, which is transmitted from white-tailed deer and can also be fatal to them.

Paul Sartori, a member of the Matawatchan Fish and Game Club in the Madawaska Valley, is a moose hunter who has travelled north of Wawa in Northern Ontario for the past few years with his brother and several other hunters. They rent a large trailer that sleeps four and haul it north, creating a portable camp that works well for them.

"My brother, who has been hunting for decades, said that the group had to move to this area near White River about fifteen years ago, because of tag challenges further south, and he was seeing a decline in the number of moose where they were," Sartori commented. Hunting moose requires a tag, which is issued based on a points system. Changes were recently announced for the 2027 hunting season to make the process easier.

Another critical area of ongoing research is related to ticks and moose, given the high number of ticks found on these animals. Calves, which are moose less than

one year old, are most affected because of their smaller body size and blood loss. Brent shared that the calves collared in 2025, as of a few weeks ago, have a high number of ticks. However, none of the calves have died from this, and all are still alive, which is a positive development.

This unique-looking animal, featured on the coats of arms of Ontario and Newfoundland, symbolizes Canada's wilderness and wildlife. "I think it is difficult for us to think of something so large as also being so fragile. These animals have such a hard existence, and they are affected by so many little things," commented Helen. "It's worth paying attention so that the population doesn't just survive, it thrives."

The MNR expects to share results after three years of study. Stay tuned for an update about our beloved Canadian icon.



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

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