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An adjusted outlook for the future! Of immediate interest, the recent bank rate was lower than expected, signalling we may be approaching the peak for interest rates now. This slow, braking period, a "cautionary phase" as I call it, could very well stall inflation for a long enough period to allow for a gentle recovery. An Avision Young report summarizes the market conditions with a "wider bid-ask spread and lower transaction volume while recognizing top quality assets will continue to see healthy demand". It seems Buyers have finally reached a tipping point, playing the waiting game, carefully sifting through listings, zeroing in on the more desirable real estate assets. A fact to close out this year is that real estate has always been and will continue to be a good investment over time.



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THE MADAWASKA HIGHLANDER Winter 2022-23 EMBRACE THE PAST ~ ENCOURAGE THE FUTURE ~ ENJOY TODAY

The Madawaska Highlander

Winter
2022
FREE Vol.20 Issue 7
Next issue May 10, 2023

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

Welcome!

...To a beautiful time of year when the Highlands transform into a winter wonderland. While some, like the Highlander, go into hibernation, many others can't wait to get out on the snowy landscape, like Lesley. Our Happy Hiker tells you where to rent equipment and where to go if you are hungry to try something new. Why not kick-start the season with some kicksledding?

Not a happy winter camper? Maybe you just need the right advice from Survivor Guy. Don't just survive the winter, learn how to do it right and enjoy the winter like you did when you were a kid. We have stories of survival of a different sort in Out and About by Valley Animal Rescue volunteers. They need our help to keep those happy endings coming for abandoned pets like Cora, Baily, and Winston.

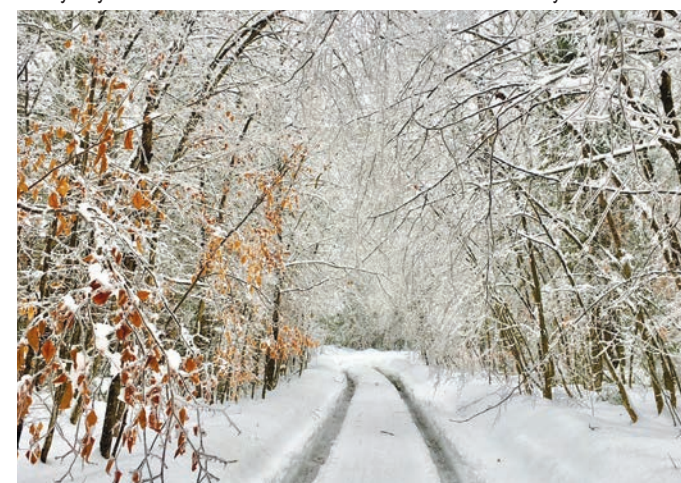
The idea is to live a long and happy life, but even trees have expiry dates. Colleen tells us how the mychorrhizal relationships with trees allow fungi to create Life After Death in Highlands Hiker. Birth and rebirth seem to be a theme in this holiday edition and Antonia Chatson looks back on a remarkable life in Mary's Musings, in Rural Vignettes.

A long life is made happier when we take care of ourselves and Tamatha tells us how the Proposed Dental Care Plan will make it easier to care for our teeth, in Wellness. Also in Wellness, Derek suggests we should give those chompers a break now and again with Intermittent Fasting. If it's right for you, you will feel better and save money on food at the same time.

Bill McNaught shares a light-hearted family history of saving money and not being outright stupid with it, in A Canadian Scot in Europe, in Memories of Vennachar. He even includes a handy tip for the best way to double your money! A penny saved is a penny earned, and sometimes a story written is \$200 earned, as we'll see with the results of The Short Story Contest. Congratulations! And of course, Bogie Beat and News & Views tell about the past and foretell the future, so cozy up with a hot chocolate, and... Enjoy...



A young turkey enjoying a leisurely stroll through a winter wonderland on a sunny day. Winter seems warmer with snow. Pic by Colleen Hulett



Snowy trees embrace the road. Winter is wonderful when you take your time and embrace it. Remember to stop and breathe the fresh air. Pic by Colleen Hulett

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The Madawaska Highlander

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613-333-9399
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madawaskahighlander.ca for previous issues

Message from the editor:
Please make note of activities in Bogie Beat, GM News, and DV News and check the ads for updates.
Check advertiser messages right away for important information, hours of operation, specials and what is open. Tell them you saw it in the Madawaska Highlander!
We also maintain the matawatchan.ca website, which serves the Tri-County area around Matawatchan, Griffith, Denbigh and Vennachar. Also check out www.greatermadawaska.com and other township websites for information. Our community paper depends on the community, so if you have something to offer that our readers would enjoy, please contact us to discuss it. We keep our advertising rates low to keep it accessible for small businesses.

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CONTRIBUTORS THIS ISSUE Thank you everyone!

We couldn't do this without our volunteer contributors and our advertisers. Thank you to the Eganville Leader for your support.
Skippy Hale Lesley Cassidy Derek Roche Sharon Shalla
Antonia Chatson Colleen Hulett Tamatha Strachan Karen Bretzlaff
David Arama Danielle Jacques Bill McNaught



From England's Daily Mirror (January 23, 1923). Top text: WHEN WE ALL HAVE POCKET TELEPHONES. Bottom Text: We shall certainly be "rung up" at the most awkward moments in our daily lives!
Squares, top to bottom & left to right: (Ting Ting Ting) When running for a train. When your hands are full. When it's raining. At a concert (SH-H-H). When you are given a baby to hold. (That bell is frightening the poor mite!) When you are being married.

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By Danielle Jacques



Councillor-elect, Lois Thomson laying a wreath for Greater Madawaska at St. Luke's Cenotaph in Denbigh.



The Arden Ontario Legion serves a wide area, so they conduct Remembrance Day at various locations on different days. The ceremony in Denbigh was well attended on a very windy day. Wreaths and flags blowing over did nothing to detract from the solemn service.



Lion Jim Phillips thanks J. Scott MacDonald for the generous donation of a new Smart TV to the Denbigh-Griffith Lions Club



The Matawatchan Hall hosted its AGM on November 15. It was very well attended with lots of new faces and energy.



2022 - 2024 Matawatchan Hall Board members. Left to right: Charlene Holleran, Jolene Meloche, Troy Leclair, Don Cockburn, Mark Thomson, Andrea Levy, Gitte Chess, Peter Chess, Linda Rose, Nancy Reid, John Reid. Later, the Board chose Peter Chess to be Chair, Don Cockburn remains as Treasurer, Andrea Levy assumes the role of Secretary. Other Board members chose a variety of duties, from maintenance to social media communications.

"It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change." - Charles Darwin

Year 2022 was all about change for the Griffith-Matawatchan area and this community adapted and pulled

through many challenges with flying colors. If resilience is an indicator of our capacity to adapt to change, then the survival of this community is assured for years to come. **Here is a look back at some of the changes this community went through this year.**

Derecho changed the landscape in most areas of this community and although it was heartbreaking to see the property damage and lose so many trees, new constructions took place and new sceneries and vistas emerged. The hydro infrastructure took

a hard hit and we have been feeling the impact throughout the summer but as high winds returned in our forecast this November, surprisingly there were no outages this time. Fingers crossed it holds up throughout the colder season.

continued next page...

From start to finish and everything in between...

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...continued from Pg. 3



Kellie Loder performing at the Matawatchan Hall on October 15, part of the Festival of Ontario Small Halls.



Willie Stratton opened with original songs with an Elvis flair and the Hall was rocking.



After 10 years of effort, with a pandemic in the middle, we finally got a chance to talk to decision makers at the MTO and OPP about our safety concerns about speeding and passing through the Village of Griffith. About 30 people attended the November 9 meeting. We agreed there would have been more if the meeting had been held in the summer and not during hunting season, when many people do not drive at night. Story next page.



Greater Madawaska's new township council's inaugural meeting was well attended on November 15 at the Community Hall in Calabogie. L-R: Jeff Levesque, Lois Thomson, Mayor Rob Weir, Rob Tripp, Taylor Popkie.



The Recreation Centre in Griffith became a reception area in the aftermath of Derecho. Lions, with the help of the Greater Madawaska Seniors Housing Corporation (GMSHC), the GM Fire Department, the Hilltop Tabernacle, and community volunteers offered some essential needs and support throughout this crisis but that did not stop them from going ahead, planning and holding their seasonal fundraisers and activities. Much loved events and activities like the Denbigh-Griffith Lions Show and Shine event and Art in the Highlands classes made their return!

The Greater Madawaska Seniors Housing Corporation announced the end of their famous big yard sales. These events started on a small scale in 2012 with the opening of the Nu 2 U shop in one of the rooms in the old municipal office building beside the Recreation Centre in Griffith. Within 5 years, the shop had access to nearly the whole building and grew from there. Although the revenues were less at the beginning, the last 6 years of operation brought in an average of \$10,000 a year. The total revenue raised in the 11 years of operation is over \$75,000. A great big Thank You goes out to the many great volunteers, the people who donated precious items, and the community that supported the project. A reminder that this work permits the development and maintenance of programs such as "Seniors Stay at Home" and the "Foot Care" programs in the community. Although the Nu 2 U shop is gone and the big yard

sales are no more, other activities and gathering events for the community are in the works! Stay tuned for the coming year!

A change of venue was in the cards for the Griffith and Matawatchan Fish and Game Club for a couple of their events as well. The Annual Pork Roast was held for the first time at the Matawatchan Hall. It was very successful and even saw a rise in membership for the Club. This event will certainly be back at the Hall next year! Also, Rosie's up in Denbigh, became the new venue for this year's Buck and Doe Contest. Winners will be announced on the Griffith & Matawatchan Fish & Game Club Facebook page.

It was the end of an era when St Andrew's Church permanently closed its doors this summer and the church went up for sale. The saving grace was twofold, it was a quick sale and the congregation was welcomed with open arms at St. Luke Church up in Denbigh. New owner, Peter Fischer, wants input from the community about the feasibility of converting it into seniors apartments. See the ad on page 8 for information.

The Matawatchan Hall also elected a new President as Lois Thomson decided to focus all her energy on running for Ward 3 in the municipal elections. A new board is now made up of some returning and some new members. After a few years hiatus, a Song Circle took place at the Matawatchan Hall in late October. Nine musicians attended along with other folks that came

out just to listen and enjoy the music. Everyone enjoyed themselves so the Song Circle will now take place once a month during this coming winter. Note that All Matawatchan Hall events will be posted on the Matawatchan Hall Facebook page and their new Instagram.

Our elected officials changed as well. In October's municipal elections, Rob Weir was elected Mayor of the Township and Lois Thomson was elected Ward Councillor for our area. We can now find out what is happening in the Township and in our community by following her "Lois Thomson Councillor Greater Madawaska - Ward 3 Griffith & Matawatchan" Facebook page.

Yes indeed, it was a year of change in so many aspects but luckily, we have some remaining constants. It would not be the start of the Christmas Season in Griffith and Matawatchan without some Christmas traditions. Christmas Craft Sales, Baked Goodies, Bingo and even a Choir/Sing-Along are taking place in November and December!

The Matawatchan Christmas Craft and Gift Sale is happening Saturday, November 26th at the Matawatchan Hall from 10 am to 1pm. You can find unique artisan and boutique gifts for that special someone and/or stock up on preserves and baked goods. While there, enjoy refreshments (beverages, baked goods and/or soup and roll) available for purchase. On December 10 at 5 pm there will be a potluck supper followed by a tree lighting and caroling around a bonfire. Hall donations always appreciated.

The Denbigh-Griffith Lions are baking their yummy tourtières again this year. For \$20, you can pre-order yours by calling 613-333-1984 or 613-333-1748 or sending an e-transfer to DGLionsClub@hotmail.com. They will be available for pick up on Decem-

ber 3rd at their Christmas Market.

The Denbigh-Griffith Lions Christmas Market will be held on Saturday, December 3rd from 10 am to 3 pm at the Recreation Centre on Hwy 41 in Griffith. There will be indoor and outdoor vendors and lunch and beverages will be available for purchase. Santa will be also making a special appearance! Vendors who wish to reserve a spot can call 613-293-6540 or 613-333-1094. It will also be pick up day for the pre-ordered tourtières.

There will be more fun in the evening on December 17th at Denbigh Heritage Park for the Denbigh Stationary Parade. Come one, come all - it is a great way to get into that Christmas spirit!

A Christmas Monster Bingo will be held at the Recreation Centre on Hwy 41 in Griffith on Tuesday, December 6th from 7 pm to 9 pm with two \$500 Jackpots to go.

The Village Voices Choir presents A Christmas Concert on Sunday, December 11th at 2 pm at the Hilltop Pentecostal Church in Griffith (snow/rain date December 18). Everyone is encouraged to sing along! Fellowship and snacks will follow. Donations are also welcome for the Denbigh Foodbank. This community choir started up just before COVID but was put on hold during the pandemic. Group practices have started up again and the group practices every Wednesday morning at 10am in Griffith at the Hilltop Church. The group is open to anyone and interested community members can contact Choir Director Debra Green at 416-389-9841 or email maison_green@hotmail.com. More events will take place during the winter months and will be posted on the Villages of Matawatchan and Griffith Ontario Facebook page.

Heads up!! The Township of Greater Madawaska is looking for one rink attendant for the Griffith rink. The deadline for applying is November

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30th at 4 pm. The job posting and application instructions can be found on the township website, greatermadawaska.com. Go to Township, Careers, and click on Rink Attendant Griffith to see the opportunity.

Art in The Highlands with Reina Coulhart will continue into the New Year at the Recreation Centre on Hwy 41 in Griffith. The cost is \$150 payable to the Denbigh Lions Club or by e-transfer to DGLionsClub@hotmail.com or you can contact Reina directly for other payment arrangements (613)-333-1709. Start up day and time will be confirmed on the Denbigh-Griffith Lions Club Facebook page.

Message from Ward 3 Councillor Regarding The Griffith Mile:

Various councils have been dealing with citizen's concerns about safety on Hwy 41 through what is known as "The Griffith Mile" for ten years, and on November 9 a public meeting was finally held at the recreation centre in Griffith. An OPP officer and two representatives from MTO

listened closely. They empathize and want to help, but they explained that they have to abide by a specific set of metrics for consistent markings and traffic rules throughout the province, and information they gathered from the mile does not justify reduced speeds or creating a no passing zone. The OPP officer shared collision statistics that also don't indicate a problem. If you have even a minor collision, you must report it to the OPP if for no other reason than to put it on the record for more realistic statistics that could help our case.

This sounds disheartening, but we discovered that there are safety measures we can take as a township, with MTO permission, and MTO were already addressing one of the concerns that was brought up on November 9.

They will be adding a yellow centre line to the first section of Church

Street beside the General Store, so drivers and pedestrians are aware that section of road is not part of the General Store parking lot. We asked MTO to look at Blueberry Lane, beside the Pine Valley and do the same.

MTO also said that we have 22 access points in that stretch of road and when it is averaged out on a per-kilometer basis, there is no issue. What they will do is isolate the section that includes the Matawatchan Road, Slate Falls Road, Calvin's, Adam's Farm and Paddling, a narrow bridge, three picnic areas, Church Street, and two entrances to the General Store. They can't reduce speeds on such a short stretch for understandable reasons, but it will help inform them when deciding if the entire stretch warrants creating a Community Safety Zone where signs will be posted that speeding fines are doubled within the zone.

The township CAO made a comprehensive list of ways we can make the roadway safer and get more accurate road use statistics. Next summer we will ask MTO for permission to place a small

data collection unit near the bridge. This unit will measure far more than speeds (which are on AVERAGE 105kms/hr). It will measure how far apart the vehicles are, direction of travel (so we can tell if they are passing), speed, as well as the length of vehicles (which would include trailers and ATVs), pedestrian crossings, and animal crossings. It will also identify when rates of speeding and other infractions are highest, to justify a police presence on those occasions.

In the meantime, we can request permission to establish a Community Safety Zone, and look into other safety measures. Next steps: The CAO will bring her report to council for a vote so that staff can make requests at the MTO based on council's decisions and advise us about costs to the township.

Danielle Jacques and her husband Michel retired here in 2016 after falling in love with the Centennial Lake area. Danielle is fluently bilingual, a lover of nature and has developed an expertise in genetic genealogy. She is looking forward to capturing the essence of this community by meeting and talking to people, gathering their stories, news and events, and highlighting them in the Madawaska Highlander.

BOGIE BEAT

Bogie is a Happenin' Place!

By Skippy Hale

This is your column. Contact me to report on anything you find interesting. 613-433-1131 maryjoanhale@gmail.com

I am starting with the weather report as usual, but it has been extremely 'unusual'! Temperatures in the high teens in November were a welcome change and enabling those lingering Fall preps to be done comfortably. By the time this paper is in your hands, it may be a different story. You can thank me for the good weather, because I had packed away my summer clothes before the start of the comfortable weather! While there were shorts and tees on others, I was sporting long-sleeved shirts and warm leggings.

I wish to congratulate our new Council: Mayor Rob Weir, Ward One Councillors Rob Tripp and Jeff Levesque, Ward Two Councillor Taylor Popkie, and Ward Three Councillor Lois Thomson. Many thanks are due to the outgoing Council Mayor Brian Hunt, Ward One Councillors Lucie Perrier and Chuck Rigelhof, Ward Two Councillor John Frost, Ward Three Councillor Glen MacPherson. Best wishes on your next journey!

The Township of Greater Madawaska Firefighters offer us protection and education for Fire Safety. These volunteers go in when we leave a burning house or vehicle. Thank you. They participate on Canada Day, The Santa Clause Parade and visit our St. Jo's School. I had the pleasure of visiting the Lions' Community Hall and Rink on **October 30. The Hall was decorated as an eerie Haunted Walk.** It was so scary and exciting, with skeletons, hanging spiders, a table with a head cut off by a mad scientist and other things that 'go bump in the night'! The rink had displays of all their equipment and tables of educational giveaways. The

Lions gave out treats and Tamatha Strachan of Calabogie Smiles was there with Oral Health educational materials. What a great Community we live in! I loved seeing all the wee ones in their costumes. The most common costume was Spiderman, but in various colours, not just Peter Parker's familiar one. Apparently, there's a new 'Spiderman Series' which takes place in an alternate universe. It seemed very complicated to me, but my granddaughters verified it and watch it as well. If I get back to AZ before they outgrow it, I will be immersed in this world and given my spider identity. The cutest spider person was dressed in a pink spider costume.

On November 6, The Fractured Crow sponsored a Fundraiser for the Library. I have always wanted to see this place. Reggie Amonas and her husband Bill provide a place for artists and artisans to share their work. I was so impressed with the variety of pieces on display, from pottery, crocheted toys, quilts, and paintings for example. There was also a dog-friendly trail walk. The Library Staff and Volunteers provided a Hotdog and Chile lunch with a variety of desserts and donuts to increase your sugar level to the highest... yum! Everyone was full of joy and friendship. Ruth Jones had giveaways as well as an organized quest for the Nature Walk and a craft table for children using natural materials.

Janice Barbour Moss was presenting her new book, 'The Nest', part of a Series. Vicki MacNabb up-cycles jeans into purses, teddy bears and aprons. She crochets stuffed animals. There is pottery by Rocky Bivens and Evelyn B. Leon, Acrylic

and Oil painting by Donna Morey and quilts by Emma's Quilt Closet as well as works by others.

Seniors created the gardens at Barnet Park many years ago including the beautiful Butterfly Garden.

The Friends of Barnet Park continue to weed, prune, and do Spring and Fall Care organized by Maggie Legere. The Faeries go there to dance, and the Gnomes and Elves tend to the flowers to help the Seniors between seasons.

Kenneth Francis Lefebvre

October 21, 1931 ~ November 13, 2022



Ken passed away November 13th, 2022 in his 92nd year. Ken was born on October 21, 1931 to Marjorie (nee Brazeau) and George Lefebvre at Grace Hospital, Ottawa. Big brother to Roy. He attended St. George's parochial school. After graduation from Nepean high school, he was hired by the Federal Government for the summers, but chose to stay with the government for 35 years. He retired as chief purchasing agent for the Federal Reserve. He married Louise Pelletier, June 1957 and they lived on Leeming Drive for many years in Ottawa. Calabogie Hills was a favorite spot where they shared their cottage with family and friends for swimming, water-skiing and golf. Ken was president of the Norway Lake Association and to this day, the close family members have also built homes in the area. He enjoyed travel in the east and west. His beloved wife Lou passed away in 2003. In 2004 he met Nan Kennedy. They were classmates in elementary school and dated in college. They married in 2005, honeymooned in Italy and enjoyed cruising the world every year. They spent their winters in Florida and summers in the beautiful Calabogie area on the Madawaska River, gardening, golfing and sightseeing with family and friends. Ken enjoyed sharing stories of his wonderful life and was a talented craftsman. He took pride in his cousins, nephews and niece: Michael Lefebvre, Todd Lefebvre and Sandra Robert. "Papa Ken" to his grand nephews and nieces; Jacob, Benjamin, Owen, Colleen, Adam and Chelsea, Madison and Paige Robert. Lately he so enjoyed them as they began preparing for colleges and their careers. We thank Dr. Stephanie Langlois for her immeasurable help in guiding us through this difficult cancer disease and the Renfrew Hospice Staff for their deep care and compassion. You made this journey much more comfortable. **A Memorial Mass will be celebrated at St. Francis Xavier Church, Renfrew on Friday November 18th, 2022 at 10:30 am. Interment Most Precious Blood Cemetery, Calabogie. In lieu of flowers, donations to Hospice Renfrew would be appreciated. Online condolences/donations may be made at www.gouletfuneralhome.com**



Left to right at the Community Hall in Calabogie on October 30: An eerie dinner party_Mahusky Family - Clara, Sam, Charlotte & Theodore in stroller_Riddle Family - Miley, James & Princess Stella_ Grady Zeil_Colby Zeil, & Zoey Riopelle



Left to right at the library fundraiser held at the Fractured Crow Studio: Herb & wee Wyatt Roseneck making bird feeders_Janice Barbour Moss with her new book *The Nest*_Lux and Ivy Kobzik on the Nature walk_Library CEO Ruth Jones leading crafts with Lux and Ivy



Marge Watts laying a wreath for her father, with brother Bill Cosman in the background. Councillor Lucie Porrier laid a wreath for Greater Madawaska

Regiment from 4th Canadian Division Support Base Petawawa

John Watts and Colour Party during the Royal Anthem.

St. Andrew's Choir at the Cenotaph. Left to right: Marjorie Watts, Lorna McDermid, Chris Gordon, David Wolff, Joanne Riddle, Rob Tripp, Alison Fay, Amber Wright.

The Remembrance Day Service used to be on the Sunday before November 11, but last year and this, it was held at the Cenotaph on the Lake on Remembrance Day. We were delighted to have the presence of the children from St. Jo's. John Watts has been organizing the program for as long as I have been in Calabogie and it is always very touching. All the familiar elements were present which makes it very comforting as we remember those who made the ultimate sacrifice for our freedom. We did not have the Renfrew Pipe Band this year, but the recordings of the Last Post and the Scottish lament clearly rang across the lake as our flag rippled honourably in the slight breeze. It was a beautiful day

and there was only a slight drizzle towards the end of the service. Father Kerry Brennan of Most Precious Blood Church gave the Homily and Reverend Sean Kim of St. Andrew's gave the Blessing. Allison Fay Turner sang a famous World War II tune made famous by Vera Lynn. Before singing, she paid tribute to the late Marie Buscomb who always sang the last song and did so just shortly before her death. Throughout the Service, the choir from St. Andrew's Church sang with the Assembly, most notably, 'The Prayer of St. Francis'. A notable change was the singing of 'God Save the King'. The last time I sang that, I was six years old! Plus ça change, plus c'est la même chose!

I am very excited to get my St. Jo's toque! Go Junior Jags! We are lucky to have such a great village school with a dedicated staff. We also have a Day Care Centre, Kidz B Kidz. I love to see Melanie Brown with her red multi-seat wagon/stroller and her wee ones on board! With the increase in birth rate and the new families moving here, it bodes well for our future!

Don't forget the Santa Claus Parade on December 4! The jolly fellow will be getting the lists from all the wee ones at the Hall afterward. So, until next May, I hope you enjoy a wonderful Christmas, Hannukah or however you celebrate the holidays. Stay well!

that participants pre-pay.

Baby Book Bags are available this month. Each book bag contains a new library card, a book, and a few baby necessities. New parents/ caregivers can register for a Baby Book Bag through the library or register online: <https://form.jotform.com/222505062778255>. This program is funded by a donation from the past Calabogie Women's Institute. It is FREE to participants.

Registration is open for Christmas Countdown Book Bundles (or Advent Book Bundles). This is a collection of 24 books from our children's section. Unwrap and read one book every night until Christmas. The 24th book is one that you can keep at home and enjoy for years to come! Participants require a valid library card. If interested, please contact the library. This program is FREE.

Library Matters

Wreath-decorating on Saturday, December 3 2pm-4pm. Wreaths will be pre-made. Refreshments will be available. We will have guest Jennifer Plager visiting to share her decorating expertise. Pre-registration is required. Interested parties can contact the library or register online: <https://form.jotform.com/22306357765260>. The cost of the workshop is set at \$50. We are asking

Skippy Hale lives in the original K&P Calabogie train station with her antiques and spends her time in her art studio, her garden of benign neglect and writing. She loves being Nain (North Welsh for Grandma) to her four beautiful grandchildren. Life is good!



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Canada's immigration goals include growing the economy, reuniting families, and offering asylum. 465,000 in 2023, 485,000 in 2024, 500,000 immigrants in 2025.

Canadians are more supportive of immigration than ever, new poll finds.

Influence by "spicy" immigrants, Canadian tastes for hot sauces is growing. New "Sorry Sauce" is made from 100 pepper varieties grown in a "garden of apologies".

Ontario announced sweeping housing changes that will allow for the construction of up to three units on each residential lot in municipalities with water and sewer.

Conservation authorities will no longer to consider factors such as pollution or land conservation, focusing only on natural hazards. E. Ontario CAs objecting to this.

Ottawa's OCP is approved with changes imposed by the province – urban boundary expansion, more areas with higher buildings, removal of rental housing protections.

Ontario backtracks on Greenbelt, opens 7,400 acres of protected land for housing while adding 9,400 acres to the Greenbelt, including already protected waterways.

Landlord claims 'professional' tenant owes her \$13,000 after she stopped paying rent. Tenant has a history of paying first and last months rent, then not paying.

SingleKey app allows landlords to screen prospective tenants. App reports non-payment to credit bureaus, "incentivizing" tenants to pay on time.

According to Rent Panda's Canadian Monthly Rental Report for October, the average individual in Toronto spent 119 per cent of their income on rent last month.

Canada to invest \$970M low interest loan to develop grid-scale small modular nuclear reactor at Darlington, reducing emissions - with no waste management plan

Alaska cancels snow crab season for first time, after population collapses.

Salmon travel deep into the Pacific. As it warms, many 'don't come back.' A research expedition is trying to understand salmon booms and busts in the high seas.

Strong sockeye salmon return through South Okanagan a testament to Indigenous dedication to hatcheries, stream restoration, and dam passages since 1990.

Once devastated, protected corals around the southern Line Islands in Central Pacific have recovered with shocking speed from the heat of the 2015-2016 El Niño.

Ultra rare, 43 and 1/4 inch "Cabbage Dragon" Muskie caught and released in Toronto Harbour reveals a comeback of the once prolific "monster fish".

Winnipeggers toss their Halloween gourds ten storeys into a truck. Whole pumpkins will be pureed for the needy, pierced ones become animal feed or composted.

UBC scientist discovers way to make strong plastic alternative from grass crops. Grasstic, made from agricultural waste, is not using a food source.

Narwhal report: Most Ontarians get 13 days to hunt deer. Members of Griffith Island private club just got the season expanded to 13 weeks without reasons given.

Mormon Church moved \$1B out of Canada, legally, costing us as much as \$280 million in tax breaks. Donors told money was for charitable work, not for investing.

Billionaire Louis Vuitton's CEO sold his private jet saying he'd started renting private aircraft for his trips instead over "jet tracking, shaming" on social media.

Demand for seats between Canada and Australia is rebounding so quickly, Air Canada is moving to daily Vancouver-Brisbane services in 2023.

Air Canada, WestJet launch legal battles to overturn orders to compensate passengers for cancelled flights, saying transport regulator misinterpreted the rules.

The world's largest cruise ship is hitting the seas, featuring the largest waterslide at sea and eight distinct neighbourhoods, 28 types of accommodation, for 7,600 people

Ottawa to introduce tax on share buybacks. S&P/TSX 60 companies spent nearly half as much paying dividends as they did repurchasing their shares as they did in 2017.

Despite surge in global oil and gas demand for Canadian liquefied natural gas and crude oil during war in Ukraine, Canada is working faster to phase out fossil fuels.

BP says the world needs to invest in oil and gas companies as they transition to renewables (by 2050). Renewables are local, providing affordable energy security.

North Vancouver school given traditional, Tsleil-Waututh name. Seycove Secondary is now Seycove at *sóyomətən* (A place of calm water), the area's original name.

Canadian Screen Award winner, Mi'kmaw filmmaker Jeff Barnaby, considered a visionary of modern Indigenous cinema, died at 46 after a yearlong cancer battle.

Sacheen Littlefeather's Sisters Claim She Lied About Native Ancestry: 'She Lived in a Fantasy'. She turned down the Oscar for Best Actor on behalf of Marlon Brando.

A Merritt-area First Nation has purchased a lakeside resort with log cabins, tenting sites and RV sites, southwest of Kamloops within their traditional territory.

From Canada Day to Labour Day, the maximum group stay at some of the busiest Ontario parks will go from 23 nights to 7 or 14 nights, depending on the park

To recognize 56 years of health care for James Bay and Hudson Bay patients, Five Nations Energy Inc. made a \$250,000 donation to Kingston Health Sciences Centre.

Nokia to spend \$340M to upgrade Canadian HQ in Ottawa, opening mixed-use hub (housing and office space) in 2026, expected to create more than 340 new jobs.

20 different cell phone towers targeted by vandals in Eastern Ontario. Call Crime Stoppers at 1-800-222-8477(TIPS) if you see suspicious activity around towers.

80 per cent of Canadians would seek new job if forced back to office, survey finds.

Uber Eats to deliver cannabis in Toronto through Leafly partnership. Uber Tokes?

Co-working spaces operated by federal government in Ottawa suburbs grow in popularity, providing space nearby to meet with on "remote working days".

Loblaws freezes No Name prices until January. Grocery chains in other countries have already made similar moves.

Ontario study finds long-COVID patients have distinct blood biomarkers. When COVID gets into the blood it circulates through all of the organs causing ill effects.

Canadian Blood Services says the blood of donors who have received non-live vaccines does not pose a risk to patients who receive a blood transfusion.

Teachers feel giving \$200 to \$250 per child for student learning supports to parents, because of COVID 19 effects, would be better used within the school system.

Ontario is reducing doctors' payments for one-off virtual appointments from \$20 to \$15 to stem virtual-only clinics and prescriptions without full patient care.

Hospital pilot project places paramedics in the ER 12 hours a day to care for up to four patients at once, so that transporting crews can head back out in an ambulance.

Vaccine-doubting doctor ordered to pay \$1M in legal costs after libel suit quashed.

Brain cells grown in a Petri dish connected to computer chip can learn to play Pong demonstrating, "synthetic biological intelligence." They did better than mouse cells.

Researchers are learning that cells once thought terminal or dead can resurrect themselves, giving hope to restore diseased cells to health and resuscitate organs.

Pharmacy in Eganville warning of scam calls pretending to be them to get your personal information which they believe is to access and transfer money from banks

Judge sentences Dutch man, B.C. teen Amanda Todd's online tormentor, to 13 years in prison. Prosecution asked for 11 years. Defense asked for 2 years.

Kingston man's tire punctured after driving over a 100 oz. bar of .999 silver, which he turned in to police. Did you drive off with a bar of silver on the roof of the car again?

An Ontario housing development promoted by Mike Holmes is now the subject of an \$8-million lawsuit filed after some homeowners said their houses had defects.

Supreme Court strikes down Harper-era law requiring sex offenders to be automatically added to registry after two offences.

IKEA Asks Horror Game To Change So People Stop Comparing It To IKEA. "The Store Is Closed" is a co-op survival game that is set in a furniture store.

Slavery was abolished in the US 157 years ago with an exemption for convicted prisoners. On Nov. 8, 5 states asked voters if prison slavery should be banned.

Around 75% of prisoners at the penitentiary are black, according to the Innocence Project, a group that works to exonerate wrongly convicted prisoners.

Beijing accuses Canada of 'suppressing Chinese companies' by forcing three of its state-controlled corporations to sell their stakes in Canadian critical minerals.

BC Hydro makes claim that three of its Metro Vancouver sites are haunted.

Hugo Paradis of Quebec City ran the Toronto Waterfront Marathon with an ironing board and iron for a Guinness World Record fastest while carrying an ironing set.

Chilean parrot landed on reporter's shoulder to pluck an earbud out of his ear as he was reporting about high robbery rates. Parrot later dropped it and fled the scene.

Leafs fans all a Twitter after Dwayne the Rock Johnson leads chant as "Let's Go Leafs" instead of "Go Leafs Go". Could it be the last spike in the team rebuild?

American teen Ilia Malinin landed the second ever quadruple axel in competition without so much as a wobble, becoming Skate America's youngest ever champion.

Taylor Swift Becomes First Artist To Occupy All 10 Singles Spots In Hot 100 Top 10. With streaming, all songs are considered to be singles. Great album = Great Singles

AND THE WINNERS ARE...

Thank you to everyone who took the time to tell your stories, to the people who read them and voted in the People's Choice Awards, and to our judges: Michael Joll, Ken Puddicombe, Garry Ferguson, and Diane Bickers. Reactions were very positive with such a fine selection of stories.

The stories and authors in random order:

FICTION

- Night Terrors by Bennett Chatigny
- Of Monsters and Muskies by Jerry Papousek
- McGrath's Deposition by Richard Marquardt
- Uncle Lee's Pullman by Tyler Smet
- Thoughts and Desires by Boris Godzinevski
- Killing Time While Time Kills Me by Danielle Jacques

NON FICTION

- When Cancer Called by Cindy Bennett
- A Monastic Vow by James Gemmell
- Opeongo by Lynn Rusin
- The Close Call by Derek Roche
- A Rainforest Romp by Mary Harwood

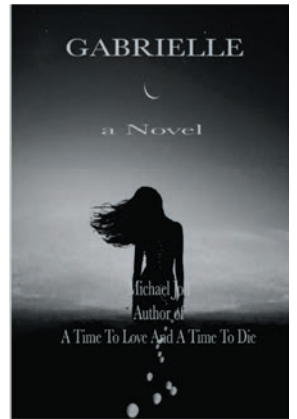
Non-Fiction Prize of \$200

goes to
Derek Roche for
A Close Call

Fiction Prize of \$200

goes to
Richard Marquardt for
McGrath's Deposition

Congratulations to the winners and to all our story writers!



People's Choice Prize

Gabrielle, a novel by Michael Joll (one of our judges) goes to
Danielle Jacques for
Killing Time
While Time Kills Me



New Seniors Residence in Matawatchan?



It is possible if there is enough interest!

Local builder, Peter Fischer, bought the United Church building on Frontenac Road in Matawatchan this year. He is willing to invest in converting it into a seniors residence if there is enough interest.

Would you or a relative like to live here?

3 affordable, private 1-bedroom rental suites with kitchenette and bathroom. Large communal kitchen. Large guest reception and recreation area. All fully wheelchair accessible. 11 acres of land close to the Matawatchan Hall in the quiet hamlet of Matawatchan.

Contact Peter Fischer at 647-544-1427 pfc.ltd500@gmail.com
If enough interest is shown, a public meeting will follow.

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Mary's Musings By Antonia Chatson



Pic by Mohammad Unsplash.com

I was one of five girls in our family - the eldest. Our father was a sheep farmer and we lived on the outskirts of Nazareth. Now as you can imagine, five girls in the family would not have been a farmer's first choice for a family. He would have preferred a couple of boys to help with the sheep, but we girls surprised him pleasantly with all the chores that we did do to help him.

Our life was hard: we were never wealthy. No one is who is a farmer ever really is, but our lives were fulfilling and we looked forward with joy to each new day and the blessings that the Lord would bestow on us. The only cloud on our and everyone else's horizon was that of the Roman occupation, their constant presence, and their exorbitant taxation. We, as did others, often wondered if we would be able to continue our existence with so much of our income going out to them. But we always recalled the verse from Psalm 34, where it says, "Fear the Lord you His saints for those who fear Him lack nothing." This always assured us that God would never see us lacking anything.

Our life was good. I would not have changed it for the world. And my life in particular was made even better when a young man from the village began to court me. Truth be told I had had a crush on him for years, but it was only recently that he had begun to notice me. And... he finally asked me to marry him. I thought that my cup was surely running over, but then things started to happen that put me in such a turmoil that I didn't know what to think. Apart from being reassured by the Angel Gabriel that all would be well, I relied on another verse in Ps 34. "Taste and see that the Lord is good, blessed is the man who takes refuge in Him." My faith had always been strong, but I knew now that it had to be stronger yet to see through what was really a wonderful thing that was happening to me.

When Gabriel first appeared to me, I was disquieted by the news that he gave me. He said that I was to have a child who would be called Son of the Most High. I could not fathom what he was saying about His having the throne of His father David or that He would reign over the house of Jacob forever and that His kingdom would never end. I was in such a state of shock I had an awful time remembering all that he had said. But long after Gabriel had left, it all came back to me. At first, I could not un-

derstand how I could have a child when I was not even married to Joseph, but then Gabriel explained how the power of the Most High would overshadow me. I thought I understood. As if this was not enough, Gabriel also informed me that my elderly cousin Elizabeth was also going to have a baby and she was now in her sixth month. Had it been that long since I had written to her?

Well, after Gabriel left, my first duty was to tell all of this wonderful news to Joseph. I thought that he would be thrilled with the news, but when I told him in the quiet of his carpentry shop, he was most upset. It was not until a few days later that I found out that he was planning to leave me. When I confronted him about this, he said that he did not want to embarrass me or put me to shame in the eyes of the public. My wonderful world was starting to fall apart.

I could not seem to get through to Joseph. I spent several sorrowful and tearful nights in prayer. Shortly after this, I was surprised by Joseph's appearance in our house one morning when I was kneading bread. He did not normally call until the evening when his work and my chores were completed. He lovingly put his arms around me while I, of course, cried in perplexity. He told me that an angel had visited him telling him that the child conceived in his Mary was of the Holy Spirit and that their son was to be called Jesus, which means 'Jehovah saves'. After another little cry and with Joseph's protective arms and those of God wrapped around me, I knew that all things would work together for those who loved the

Lord. My fears vanished and my world suddenly pulled together again.

Now I felt that I could also discuss Elizabeth's good fortune with Joseph and we both agreed that I should go and stay with her for a while and help her. Elizabeth and I spent a wonderful three months together and found joy in each other's company and solace in our daily routines that we did together. I insisted on drawing the water from the well and shopping at the market, leaving her free to make the bread and the curds from goat's milk. We always praised the Lord for his blessings that He had conferred on us, but often wondered why He had chosen us, such humble servants for His great purpose.

I left Elizabeth just before her baby was due and returned to my fam-

ily and Joseph and began to prepare my layette. I was fast approaching my time and my sisters and parents were so looking forward to a new baby in the household, when that odious Quirinius put forth an edict that yet another census had to be taken and that we were all to return to the place of our husband's birth. How many censuses do those Romans need? They just had one two years ago. The Romans are so money hungry that they have to tally every head to make sure they are getting all the tax that is owing to them. It would really be nice if all the provinces under Roman rule would amalgamate, then there would be no need for all of this needless travel, or in my case - travail.

The journey to Bethlehem was awful. It was in mid-summer and the heat during the day was horrific. Joseph insisted that I always ride the donkey as he walked alongside. Often, I would get so faint from the heat that he would have to support me. We slept at nights, mostly in homes along the way and rested during the heat of the day, partaking

of the food that we had brought with us. The worst was yet to come.

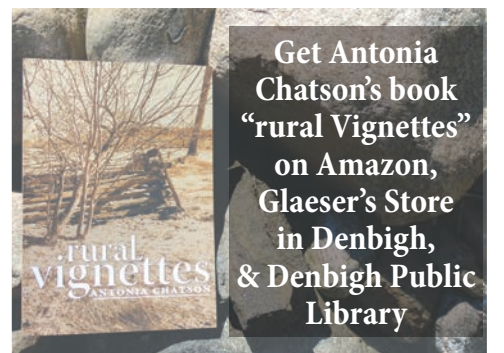
When we did reach Bethlehem, it was late at night, and there was not a room to be had, not even at the large caravansary at the outskirts of town. Joseph even asked at private homes, but every room was filled. He finally returned to the small inn where he had left me, and the innkeeper told us that we could bed down in the stable behind the inn. Thankfully we had a soft place for the night, but then little did I know what kind of a night I was to have!

The rest is history and I think you know our story. What a time we had of it after our Jesus was born, our flight into Egypt and our stay there for three years. I never did like cosmopolitan living. And how grateful and thankful we were to finally return to Nazareth and finally settle down to a normal life.

Little then did I know the whole story - but Joseph and I would do it all over again if we could. And sometimes - I just miss our little boy.



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.



Get Antonia Chatson's book "Rural Vignettes" on Amazon, Glaeser's Store in Denbigh, & Denbigh Public Library



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Intermittent Fasting

By Derek Roche

If you are one of those people who is struggling with excess weight, feels tired and sore, has digestive issues or even more serious health issues like heart disease or diabetes, then this article could be a game changer. I am not writing about the newest fad diet. While many diets focus on what to eat, intermittent fasting is all about when you eat. Intermittent fasting is an eating plan that switches between fasting and eating on a regular schedule. Research shows that intermittent fasting is a way to manage your weight and prevent — or even reverse — some forms of disease. I first discovered this technique from a very popular youtube video that I encourage everyone to watch.

<https://www.youtube.com/watch?v=A6Dkt7zyImk>

With intermittent fasting, you only eat during a specific time. Fasting for a certain number of hours each day or eating just one meal a couple days a week, can not only help your body burn fat, but there are many other health benefits, as well.

Intermittent fasting is more important now than ever, as we are surrounded by health challenges.

Fifty years ago, it was easier to maintain a healthy weight. There were no computers, and TV shows turned off at 11 p.m. People stopped eating because they went to bed. Portions were much smaller. More people worked and played outside and, in general, got more exercise. Nowadays, TV, Social media, the Internet and other entertainment are



Pic by Derek Roche

available 24/7. We stay awake for longer hours to catch our favourite shows, play games and chat online. As a result, we're sitting and snacking more during the day and the night. Extra calories and less activity can mean a higher risk of obesity, type 2 diabetes, pain and inflammation, heart disease and other illnesses. Scientific studies are showing that intermittent fasting may help reverse these trends.

There are several different ways to do intermittent fasting, but they are all based on choosing regular time periods to eat and fast. My favourite approach is eating anytime during an eight-hour period each day and fast for the remainder. In our household, we aim to eat between 8am and 4pm. (obviously, there are spe-

cial occasions when we allow flexibility) We end up going to bed a little hungry, but we sleep well, wake up feeling rested and really enjoy breakfast! In general, I find that I enjoy cooking and eating more than ever. If a later dinner with family is important, you may try waiting until 10am to eat breakfast and enjoying a meal in the evening before 6pm. Another version is choosing to eat only one meal a day two days a week. There are many different intermittent fasting schedules.

After hours without food, the body exhausts its sugar stores and starts burning fat. However, I must caution enthusiasts. Longer periods without food, such as 24, 36, 48 and 72-hour fasting periods are not necessarily better for you and may be dangerous. Going too long without eating might actually encourage your body to start storing more fat in response to starvation signals.

Be patient. It can take two to four weeks before the body becomes accustomed to intermittent fasting. You might feel hungry or cranky while you're getting used to the new routine. Personally, I get a little peckish in the evening, but a cup of herbal tea seems to reduce the urge to eat. Those who make it through the adjustment period tend to stick with the plan, because they notice they feel so much better.

People often ask what they can eat while intermittent fasting. During the times when you're fasting, water and zero-calorie beverages such as black coffee and tea are permitted. During your eating periods, "eating normally" does not mean packing your feeding times

with high-calorie junk food, super-sized fried items and treats. People who read my articles regularly know that I recommend eating more whole plant foods. Whole plant foods like fruits, vegetables, nuts, seeds, and legumes are rich in nutrients and antioxidants. What I like about intermittent fasting is that it allows for a range of different foods to be eaten. It is also important to be mindful and take pleasure in eating good, nutritious food. Eating with others and sharing the mealtime experience adds satisfaction and supports good health.

Intermittent Fasting Benefits

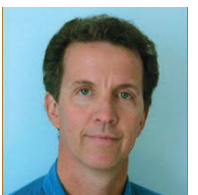
There are numerous health benefits associated with the practice. These include a longer life, a leaner body and a sharper mind. Many things happen during intermittent fasting that can protect organs against chronic diseases like type 2 diabetes, heart disease, age-related neurodegenerative disorders, even inflammatory bowel disease and many cancers. Some people try intermittent fasting for weight management, and others use the method to address chronic conditions such as irritable bowel syndrome, high cholesterol or arthritis.

But intermittent fasting isn't for everyone. Those who should steer clear of trying intermittent fasting include:

- Children and teens under age 18.
- Women who are pregnant or breastfeeding.
- People with type 1 diabetes that take insulin.
- Those with a history of eating disorders.

People not in these categories who can do intermittent fasting safely can continue the regimen indefinitely. As a lifestyle change, it provides countless benefits. (including savings on your grocery bill!)

Wishing you all good health!



Derek Roche is a Natural Health practitioner who is now retired with his spouse Andrea Doucet and living in Matawatchesan, 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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Canada's Proposed Dental Care Plan

By Tamatha Strachan



Pic by Piggy Bank, Unsplash.com

There is good news for Canadian parents on the horizon. The Government of Canada recently announced its plan to follow through on its promise of a Canadian Dental Care Plan (CDCP), known as Bill C-31.

At time of writing, Bill C-31 is at second reading in the Senate, having passed third and final reading in the House of Commons on October 27, 2022. If passed, this will be great news for the estimated 500,000 Canadian children eligible for free dental care under this program.

Why is this important?

The plan acknowledges the important role dentistry plays in our healthcare while recognizing that about one third of Canadians do not have dental insurance, and may avoid seeking dental services due to cost. This is especially concerning for children with cavities or other problems with their teeth. Good dental hygiene is important for all ages, but it is particularly important to set up

good dental habits at an early age. This includes daily brushing and flossing, as well as regular visits to the dental hygienist. For that reason, the government has committed to a plan to provide dental care for uninsured Canadians with a family income of less than \$90,000 annually.

What's in the plan?

The Canada Dental Benefit (CDB) is the first stage of the federal government's plan to deliver dental coverage for families with income under \$90,000. It is anticipated that this stage will run from December 1, 2022 to June 30, 2024 and will enable eligible children under 12 to get the dental care they need while the full Canadian Dental Care Program is being developed. It is anticipated that the CDB will provide eligible parents or guardians with direct, up-front, tax-free payments to cover dental expenses for their eligible children.

The government has committed to starting coverage for kids under the age of 12 from uninsured low- and middle-income families by the end of this year, followed by the inclusion of under 18 year-olds, seniors, and people with disabilities in 2023. The final plan will roll out to all eligible Canadians by 2025.

The amount of dental coverage per child is based on your family's income level. Children under 12 with family incomes of less than \$70,000 a year will qualify for \$650 per year. Children in families with incomes between \$70,000 and \$79,000 will qualify for \$390 per child per year, and finally, families with

incomes between \$80,000 and \$89,000 would be eligible for \$260 per child, per year. The program will cover expenses retroactive to October 1, 2022.

The government anticipates this first stage of the Canada Dental Benefit will roll out once the enabling legislation passes through Parliament. Once it does, parents will be able to apply to the Canada Revenue Agency (CRA) directly for the benefit, either through the CRA's "My Account" or through a CRA contact centre.

To receive benefits, parents and guardians must attest that their child does not have access to private dental care coverage and that they will use the benefit to pay for dental services. Applicants will have to prove that they have a child in the eligible age range and that the family income is within the prescribed range.

People using the program will be asked to provide the CRA with the name of their dental professional and the date of the appointment, and will need to retain their invoices for the work done in case CRA asks to verify service.

Families that provide false information, can't provide receipts or don't use the money for dental care could face a maximum fine of \$5,000. The benefit is to cover the cost of dental services, which is defined in the legislation as: "...services that a dentist, denturist or dental hygienist is lawfully entitled to provide, including oral surgery and diagnostic, preventative, restorative, endodontic, periodontal, prosthodontic and orthodontic services."

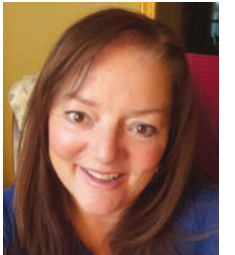
Our two cents

Having your child's teeth examined and cleaned regularly is essential to prevent tooth decay, infections, and oral diseases. Catching problems early also helps to avoid bigger issues down the road. If childhood problems aren't treated, they can cause more than just cavities. Chewing difficulties and speech problems sometimes result from dental issues.

It is recommended that you take your child to see a dental hygienist within six months of the eruption of their first teeth, and regularly after the age of three. New funding for childhood dental care will make preventative dental hygiene services more affordable for families and protect the health of children's smiles.

With that being said... please don't delay treatments or your dental appointments. It is better to keep getting regular dental checkups and cleanings now to catch problems before they become painful and expensive to treat. We understand you may be thinking of delaying dental care or rethinking your benefit coverage hoping the costs will be covered by the CDCP. But until the Bill passes, it is uncertain what services or treatments will be covered, or when that coverage will even start.

Tamatha Strachan is a registered dental hygienist with the College of Dental Hygienists of Ontario. She is the owner/operator of Calabogie Smiles Dental Hygiene Services located in the Calabogie Medical building.



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Winter Survival Skills on Roads & Trails By David Arama



Every child loves to play in the snow, but somehow many people lose that joy when they no longer wear warm snowsuits and have to drive through dirty snow in the city. Maybe it's time to rekindle your love for winter and start to appreciate what all of those weird winter enthusiasts experience. Winter is fabulous in the quiet wilderness if you are warm, comfortable, and prepared.

Pic by Mara Ket, Unsplash.com

Right: ScoutLife.org has an excellent series of illustrations and information about quinzee shelters. Search for their article "ScoutLife How to Build a Quinzee Snow Shelter". It's full of tips, like make sure to put measuring sticks into the snow mound, so you won't dig too far, and to dig right down to the ground so the cold air will flow down and out of the quinzee. Admit it. You want to play in one.



There is something special and calming about being the only few people experiencing the wonders of nature in the winter. It feels like it was all put there just for you. Pic supplied by Colleen Hulett (Highlands Hiker)

The benefits of winter outdoor pursuits include pristine snowy scenery, frozen lakes, fresh crisp air, and escaping away into the wilderness without the crazy summer crowds. With the right clothing and gear, and good planning, it can be a wonderful experience.

Vehicles and roads lead to winter fatalities, much more likely than dying in the woods. Common mistakes include weak battery, summer tires, and bad driving habits. Carry an emergency

battery charger and invest in snow tires. Also, pay attention to changing weather and road advisories. Sudden snowsqualls result in many fatalities on our highways every winter.

Survival Tip: Park your vehicle facing away from the prevailing north winds, to avoid having the engine block freezing solid. Carry lock de-icer and gas-line antifreeze.

Communications in case of an accident or dangerous situation, you need to make it easy for the search & rescue to locate you. A cellphone booster and a satellite tracking device are low-cost options that we didn't have 20 years ago, especially for snowmobiling and ATVing, which account for a large percentage of Winter fatalities, and for automobile mishaps e.g., sliding into the ditch, getting snowed in.

Survival Tip: Carry a valid roadside assistance membership card.

Camping newbies experiencing winter adventures, often are unaware of the most basic dangers. Experienced outdoor enthusiasts know that by taking a few basic precautions they can enjoy a day or two in nature in comfort and prepared for mishaps that rarely ever happen.

For anyone venturing into the winter wonderland wilderness, it's important to know what to do if you become lost or snowed in. I remember a college Survival training weekend, where upon returning to the vehicles, we found that most of them wouldn't start, and that all roads were closed due to a blizzard. We had to go back into the bush and hunker down.

Fairly quickly, you can **build a tarp shelter using ropes**, and have a big fire with space blankets reflecting a fire. **Lean-tos are easy to build.** Basically, a sapling ridgepole across two forks in trees, or using a sturdy rope tied across two trees, or simply lean branches against a downed tree or rock outcrop.

A-Frames are usually smaller shelters, with a ridgepole going from the ground up to two forked sticks or use rope and duct tape to tie up. The importance of a fire and solar blankets cannot be overstated. **Always keep a fire starter and solar blankets in your vehicle.**

Snow hut quinzee shelters can be a life saver, especially when incorporating a tarp, space blanket, and a big fire. Quinzees are fun to build, however, they require a full day to construct prop-

erly, and you get soaked in the process, so a change of clothes will help. Locate a deep snow area, preferably facing south (toward the sun). Then simply pile a large 6 - 8-foot mound of snow. Stamp down the snow frequently with a lightweight folding aluminum shovel or snowshoes. Leave the mound settle and harden in the sun for a few hours. Place small sticks into several locations on the mound from 4 - 6 inches deep. These marker sticks will prevent over-tunneling and collapse. Once you tunnel in to a higher sleeping area than the entrance, glaze the insides by passing a candle or kudlik fat lamp around the surface.

It is critical for you to poke a ventilation hole somewhere on the roof or walls and make a vent cover (use a piece of bark etc.) to prevent it from filling with snow.

Hypothermia is a condition whereby the core body temperature plummets. Also known as exposure, cold sub-zero temperatures are much worse when you add windchill and dampness. Simply wearing the wrong clothing, plus perspiration (sweating) can speed up hypothermia. Hypothermia can kill you in a few hours or less.

Survival Tips: When hypothermia threatens, get near a fire, and wrap a space blanket around you. Breathe the warm air. Heat up water and drink warm fluids. Avoid caffeine and alcohol.

Frostbite occurs when exposed skin meets cold air and windchill. Early signs are waxy skin, followed by painful skin and discoloration. Frostbite can lead to gangrene and loss of limbs.

While waiting for medical assistance: DO immerse the affected area in warm (not hot) water DON'T apply a heating pad or seek warmth from a fireplace or radiator DO wrap the affected area in a soft cloth DON'T rub or massage the area, as doing so can cause further damage

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A short drive or sled ride into the wilderness could end up as a long walk back. A pair of light weight snowshoes can take the walk back from being tiring, to being dangerously exhausting. Always take them with you when you set out..
Pic by Eberhard Grossgasteiger, Unsplash.com

Dehydration often catches newbies by surprise in the winter. When surrounded by snow in cold conditions, it's common to believe that you don't need much water. Surprise, it's quite the opposite, you need to drink a lot, since winter activities cause increased perspiration, and the cold air dries you out. Dehydration can also cause complications if you have inherent health issues, e.g., diabetic, cardiac history, etc. Never eat snow! It will bring your internal temperature down and could cause hypothermia.

Exposure to severe cold temperatures, without proper clothing, can lead to blood coagulation, collapse and heart attack/failure, sort of like high cholesterol. Something to consider depending on your level of fitness, and cardio health.

Snow blindness is common, especially when there's fresh snowfall and high UV, sunny conditions. Wear UV goggles to avoid this painful and potentially blinding condition. In an emergency, almost any workable material can be used to make a quick pair of snow goggles. Cut narrow eye slits and a semi-circle for your nose into a "mask" of cardboard, leather, or birch bark to reduce the amount light hitting your cornea, somewhat like squinting. Snow blindness damage is as serious as looking directly at the Sun.

Winter Camp Gear is crucial.

- Sleeping Bag Subzero -30 Celsius or lower rated
- Ensolite Double Underpad to prevent conduction from the ground
- Dome and Tube Tents are best for snow load and high winds
- MEC Tarps are silicone coated, enabling a fire underneath
- Biolite Stoves use wood, and MSR Dragonfly naphtha stoves heat water quickly

Hot Tent Camping is the most cozy and fun way to camp, utilizing a woodstove along with winter sleeping bags. It's easier to pull a Pelican-style sled, since the hot tent and stove have a bit of bulk and weight. I have an Esker 3-man Canvas Hot Tent and Cold Rolled Steel Woodstove and Pipes. There are much lighter Alaskan Nylon Hot Tents, and Titanium Stoves, for 3 times the cost.

Cold weather Clothing and Footwear are bigtime keys to surviving the great outdoors in the wintertime. I cannot stress enough, to wear layers, woolens and fleece, a base layer e.g., merino wool, and a water repellent outer shell. Warm hat and warm socks = happy camper. Dress for functionality, not fashion. Also, understand that activity-specific clothing e.g., cross-country skiing, snowmobiling, are not adequate if you have to survive the night, or walk out.

Survival Winter Tip: Carry instant heat warmer packs.

Winter footwear options depend on what activities you are doing. I generally prefer snowmobile and rubber waterproof boots, with thick wool liners. And buy your boots extra-large, so you can wear extra woolen socks. Some folks prefer Thinsulate hiking boots. Others like old-fashioned moccasins with Dur or wool liners.

Snowshoes and Crampons are essential gear for winter activities. However, every year, newbies arrive from cities and more southern climates, where they have very little snow on the ground. Then it's surprise, back in the bush, there's three feet of snow. If there is more than six inches of snow, it's time to wear snowshoes. In icy conditions, even roadsides and sidewalks become treacherous, and that's where crampons can save you from a disastrous fall.

Survival Tip: When snowmobiling, carry a compact lightweight set of snowshoes, in case you have to hike out.

For many activities, modern aluminum or ABS plastic snowshoes are the best, especially on trails. They are lightweight, maintenance free, and require no training to learn how to use them.

Get outdoors in the wintertime, roast marshmallows, sip hot chocolate, and enjoy the wellness that comes from the snowy winter wonderland. And do it safely!

It's not a good idea to try winter camping without an experienced guide or training. If you want to experience the freedom, peace and quiet of winter camping, we will be running a Winter Survival & Camping Weekend overnight course, February 11/12th at Marble Lake Lodge.

For information:

david@wscsurvivalschool.com
905-435-7305

Remember, be prepared, you are biodegradable.

We are offering a Free Digital Disaster Survival Book, \$20 Value, to anyone who reads the Madawaska Highlander and/or resides in the area. When this Pandemic is over, please support local businesses, many of which have suffered great financial hardship, and this newspaper.



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.
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Hungry to Try a New Winter Sport? Rent! Rent! Rent! By Lesley Cassidy

Recently, the Weather Network posted that Ontario and Quebec will experience above-average precipitation thanks to La Nina. La Nina is "a natural phenomenon in the climate system that has been occurring for centuries," according to Environment Canada. "In Canada, climatic anomalies during the winter months include: above average precipitation in British Columbia, colder-than-normal temperatures in the Prairies and above average precipitation in Ontario and Quebec" (Environment Canada Website). In other words, expect more snow in the Ottawa Valley!

It's the time of year to pile wood, stash the boat and tune the snowmobile. Or wax the cross-country skis. But what if you don't own skis or a sled? Rent! Rent snowshoes, cross-country skis, and fat bikes or take a snowmobile tour here in the Valley and try out a new recreational activity during this snowy season.

Snowshoeing:

Where do you want to go? Explore thousands of acres of Crown land and meander off-trail. Pick a county forest or refer to the Ontario Crown Land Atlas online to locate a lake that can be your snowshoe destination. Favour a marked path? Check out Forest Lea Trails near Pembroke, Manitou Mountain Trails in Calabogie or a snowshoe-specific trail at one of the cross-country ski centres in the Valley. Or take a drive to Shaw Woods near Eganville and tramp amongst the oldest trees in the region.

But what if you don't own snowshoes? Try Calabogie Peaks. They offer snowshoes for rent at \$15.00 a day, and just outside their front door, you will



Kicksledding! The new kid on the block. Check it out at the Mad River Paddle Company, it's \$45 dollars for the day or \$30 for 4 hours. Mad River also rents snowshoes and fat bikes. Pic by Mad River Paddle

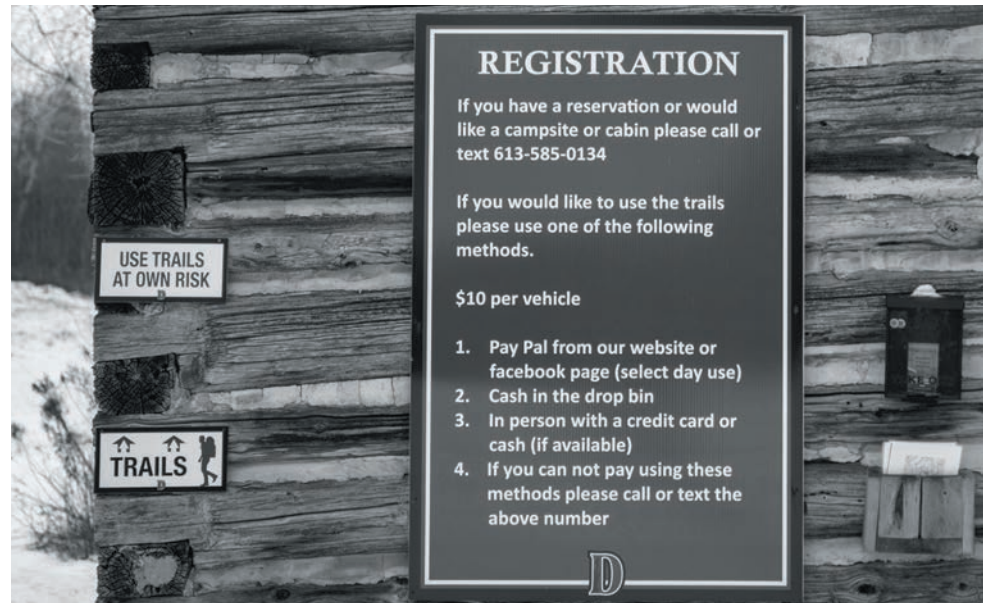


Classic cross-country skiing at the Madawaska Nordic Recreational Trails in Calabogie before the groomer went by. The trails twist and wind through the bush, offering views of the ski hill and the tornado damage from 2017. Pic by L.Cassidy



All smiles and tired after a fun Zoom Zoom tour with Tom Irwin Adventure Tours in Calabogie. Pic by L.Cassidy

find a network of well-marked trails, part of the Manitou Network. To avoid slogging uphill, pay \$5.00 to hop on the chairlift, where you can access additional paths from the top of the mountain. If you live or stay near Pembroke or Golden Lake, check out the Killaloe Library, which has a sports and recreation equipment lending library. Library member in good standing? You can rent snowshoes, cross-country gear (and oodles of other equipment such as baseballs, footballs, soccer balls, kayaks, etc.) for a week. The library inventory includes eight pairs of snowshoes and twelve sets of adult cross-country ski equipment. Or rent a pair of snowshoes (adults and kids available) at the Mad River Paddle Shack in Calabogie. Snowshoes rent for \$10 for 2



The Deacon Escarpment - easy pay and you're on your way. Please don't skip this step. Volunteers have done all the hard work for your enjoyment. Show them your appreciation with your payment and heck, why not add a little more for the fun of it?

hours or \$20 a day. And they deliver to Burnstown, White Lake and the Calabogie area. Gearheads in Petawawa also provides kids and adult snowshoes and poles for rent.

Cross-country skiing

What type of cross-country skiing do you prefer? Groomed track set (classic), skate (similar to skating motion) or plowing through snow in the backcountry? Opeongo Ski Club, located west of Foymount, offers skate and classic options with over 19 kilometres of hilly terrain. Ski for \$10.00 a day or join the Club with a family membership for \$85.00 a season and ski every weekend. Meet new friends in the toasty yurt, and Club fees help cover grooming, maintenance of equipment and fuel. No skinny skis? Hilltop Ski Rentals, located one minute from the entrance, shares ski and snowshoe rentals for \$10.00/day, including both adult and kid-friendly choices.

The newest addition to the two-plank scene is the Madawaska Western Backcountry ski trail that starts from the Madawaska Nordic Ski and Recreational Trail Network in Calabogie. It will finish at Dacre Heights, 40+ kilometres away when trail work is complete. Access this trail from Madawaska Nordic, and ski out the Blue Jay trail to connect with over 20 kilometres of backcountry to Centennial Lake Road along this new advanced terrain option. Prefer a shorter ski, park at the pull-out off Ferguson Lake Road and ski two loops that will give your advanced skills a workout. Mountain Equipment Company (MEC) in Ottawa offers backcountry skis for rent, but currently, the program's on hold due to the pandemic. Gearheads bike store in

Petawawa rents classic and backcountry ski packages for a day or a weekend. Forty dollars will cover poles, boots and backcountry planks for a weekend. Calabogie Peaks also offers cross-country ski equipment options to rent at \$20.00 a day. Trapse across the road and test your quads at the Madawaska Nordic, with over 20 kilometres of groomed classic ski routes (and a few snowshoe and fat bike trails too!)

Snowmobiling

Zoom zoom!! Frozen lakes, pine forests, remote towns with piping hot coffee, home-style meals and inns - snowmobiling can take you there. The Valley has numerous clubs that groom and maintain local and connecting trails so that you can ride into Quebec, towards Haliburton and Muskoka or link to Northern Ontario. Many clubs have a Facebook page, including the Griffith-Matawatchan Sno-dusters, Eganville Sno-Drifters, Opeongo Snowbirds (Barry's Bay/Whitney), Peterson Pathfinders (Combermere), Snow Road (Ompah, Perth), and Whitewater Sno-Goers (Cobden/Renfrew) among others. Join a club to access thousands of kilometres of trails and meet new friends at fun events. Sign up for the Snowmageddon Club Social Ride with the BEAST (Beautiful Eastern Association of Snowmobile Trails) and wander up to 250 kilometres through Lanark, Renfrew and Golden Lake. The Beauties of the BEAST, an annual event for female riders, has something for beginners to experts. It's a weekend ride that focuses on community and friendship and raises funds for a charity each year. No sled? Visit Tom Irwin Adventure Tours in Calabogie. It's

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HAPPY TRAILS



Riding through a winter wonderland by fat bike at Kahlua Gordon's Trails just outside of Eganville, Ontario.

Pic by Charlie Gordon



The Deacon Escarpment offers 30km of trails for snowshoeing or hiking. Day-use visitors are welcome, and it costs \$10.00 a vehicle. It's located a few minutes north of Golden Lake.



Getting ready for a fat bike adventure at Kahlua Gordon's Trails.

Pic by Charlie Gordon



Relax and chill around the campfire after your fat bike ride at Kahlua Gordon's Trails located near Eganville, Ontario.

Pic by Charlie Gordon

a super cool way to try out this need-for-speed sport, travel over new terrain and inhale a tasty lunch after working hard to hang on. As well, Urban Sport in Calabogie rents ATV/UTVs with tracks for snow travel. You have to be 25 years of age or older and hold a valid driver's license. With this beast, Crown land snow-covered ATV trails are yours to discover.

Fat Biking

Bundle up and start pedalling. Two wheels are a winter thing! Near Eganville, check out Kahlua's Trails, with over 15 kilometres groomed for fat biking. A spot to relax, a roaring campfire, and bicycle racks make this a perfect Saturday ride and chill day. The Ottawa River near Beachburg has over 20 kilometres groomed for the big tires, and

you can end your ride near the White Water Brewing Company or sample the two lip-smacking bakeries in Cobden. The Forest Lea Trails, near Pembroke, are not just for cross-country skiing or snowshoeing; they welcome fat bikers to use snowshoe trails marked with yellow circles. Prefer to chart your own course? Start at Forest Lea Road (closed to traffic in winter). Numerous snowmobile-packed trails wander through Crown land — for example, pedal to Alice, a tiny hamlet accessible by road and these trails. Please pay attention to snowmobiles; it's a popular area to sled. No fat tire bicycle? Mad River Paddle Shack in Calabogie rents fat bikes year-round on an hourly, half-day, full-day, weekender and one-week basis. A half-day is \$60, and a weekend is \$100. Gearheads in

Petawawa offered fat bikes for rent; however, due to the pandemic, they did not run the program the past two winters.

Eldertrekking

A new program in the Ottawa Valley - Eldertrekking - recently launched to encourage people of all ages to get outside and try new activities. It's run through the Echo Centre in Eganville thanks to a provincial grant and provides introductory classes and outings. In November, there is a hike in Westmeath Provincial Park and two e-biking events, one in Eganville and the other from Deacon. Register at least a week in advance to try out these adventures with free equipment. A winter schedule will be shared in early January. Is this the newest adventure club in the Valley? Stay tuned.

Whet your appetite experiencing a new activity in the Valley this winter! And if you love it, contact a local club and join. They need volunteers to keep the trails open and accessible. And with a club, you will find yourself amongst new friends who love being outdoors and share your passion for frosty adventures.



Lesley Cassidy has been cottaging near Calabogie for over 40 years and has just moved to 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 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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A Canadian Scot Travels to Europe By Bill McNaught

My father's family left Kirkcudbright Scotland in 1900 and settled on Osborne Street in Montreal. They brought with them a clock, a kettle, and a driftwood toy. They also brought several life-lesson stories. One concerned my great grandfather, Robert Hall McNaught, when he attended the Kirkcudbright Fair in 1855 as an orphan. Robert's mother, Elizabeth Hall, died in 1849, shortly after Robert's birth and his father, John McNaught, died in 1852, when he choked on a chicken bone in his bowl of soup. The family separated. The two older boys, Adam and John Jr. joining the British army and the third son, James, serving in the constabulary at Carlisle. Robert and his sister, Agnes, were taken in by various community families.

Kirkcudbright was in farm country in the era of huge, more profitable farms. The Fair was the highlight of the harvest. On a Saturday afternoon in late September 1855, Robert had finished feeding and watering the plough horses and was allowed to attend the Fair. As he was walking around in the crowds, amazed at all the merchandise for sale, he looked down and saw a glint of gold. He reached down and pulled up a gold coin—a half-crown (pronounced "croon"). In his amazement, Robert held the coin up and shouted "Look what I have found!"; whereupon an adult, a total stranger, snatched the coin from Robert's hand and said "That's mine!"

There was a life-lesson somewhere in this cautionary tale but my brothers, my sister and I had difficulty finding it. We were cool and we had never seen a "half-croon". But looking back, I can see the foolishness of showing money to strangers, especially at the Kirkcudbright Fair.

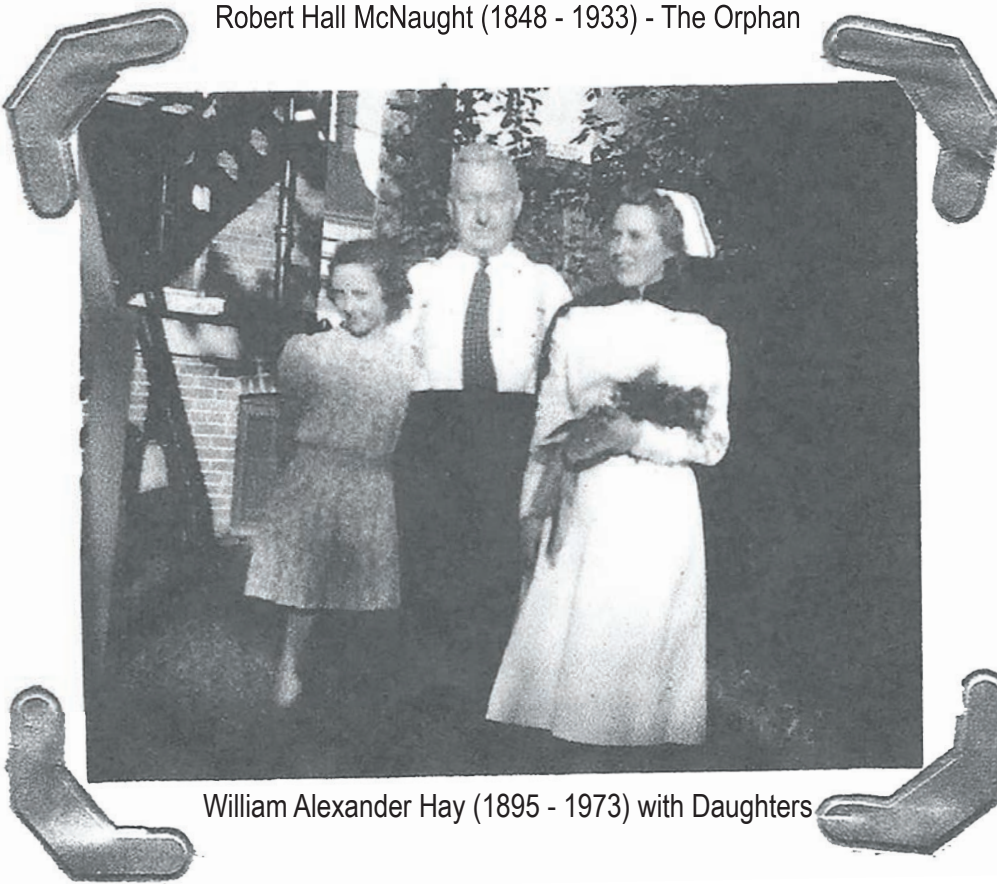
There were also life-lessons handed down from my mother's Hay Family. My grandfather, Bill Hay, and his two brothers, John and Milton were bankers. Their brother, Gordon, had been permanently injured during a gas attack in the trenches in northern France during the First World War. Gordon had a difficult life after he returned home. He died in 1947, age 54.

Gordon's brothers were successful bankers, avoiding the pitfalls of bad loans and investments during the Great Depression (1931-1939). It seemed that bankers relied on the unspoken principle that people could get a loan only if they didn't need it. Collateral was king. As a result, no Canadian bank failed during the Depression, whereas many American and European banks did fail. In 1933, a bank holiday was declared when all American banks were closed.

By 1950, the Depression was many years in the past; World War Two had been won; post-war prosperity was in full swing. As bank manager, Grandfather Hay continued the principles that had made him successful during the hard times. As a character-building exercise, Grandfather Hay hired his 18-year old daughter, Catharine Alexander, to work as a summer replacement teller. The rule for tellers was that before going home at night, all tellers



Robert Hall McNaught (1848 - 1933) - The Orphan



William Alexander Hay (1895 - 1973) with Daughters

had to balance "to the penny." Staying after-hours at the bank, crimped Aunt Catharine's social life but she stayed late on several occasions, grudgingly, looking for that elusive "penny".

Aunt Catharine was rescued by a visiting Bank Supervisor who advised Grandfather that times had changed and the bank was less concerned about "pennies". Instead the Bank wanted to spread the money throughout the community in order to obtain a greater return even if collateral was not fully present. Moreover the Superintendent pointed out that after-hours balancing made for disgruntled employees. The

"modern" bank benefited from happy employees, serving depositors. (I have often wondered how Grandfather Hay would have viewed our modern credit-card society and the on-going debt management that many of us tackle each month. Fortunately he retired in 1957.) For the rest of the summer, Aunt Catharine enjoyed an active social life with her best friend Molly. Aunt Catharine always smiled when relating her experiences as a bank teller and the "elusive penny". We were young but we could see that that it entailed her small victory over her father. We could also see that the story's moral had little to

do with "a penny saved... etc."

Later in life, I followed the columns of Garth Turner, the Business Editor in the Toronto Sun. After one stock market meltdown — perhaps Black Tuesday in 1987, when investors lost a lot of capital — Garth gave the sage advice that "the easiest way to double your money is to fold it over and leave it in your pocket." I have found that advice to be a good principle for I have learned that the best investments I have made were the ones I didn't make.

So when my wife, Bernice, and I got to the point in our lives to travel to Europe, I believed we were well-prepared to deal with all the tourist scams and rip-offs that were reported by the media. Our first trip included several days in Paris in a charming hotel near the Gare de l'Est, only 6.8 kilometers from the Eiffel Tower and the Champs Elysees. We discovered the accuracy of this statement when we walked all of the 6.8 kilometers along the banks of the Seine. Along the way, we found the memorial to Princess Diana. It is in the shape of a flame, similar to the top of the torch that the Statue of Liberty holds aloft, and covered with small locks for wishes.

As luck would have it, that Saturday morning there was a giant flea market at the northern terminus of the Metro (subway). Bernice and I discussed the flea market; there was a compromise; we went to the flea market. As we exited the subway, I was a bit nervous when we saw various police patrols. Each patrol had 3 officers, the center officer carrying a machine gun. I was careful, tucking a 20 Euro note in one pocket and a 5 Euro note, deep in another. Nevertheless, we wandered past the stalls but none of the merchandise caught our attention.

Soon, we were exiting through the gate. Bernice spotted a young man with 7 purses looped around his right arm. One glance was enough to get his attention and he rushed over to us. Bernice quickly found an interesting purse—a "brand name". I reminded her that often these purses were knock-offs. Hearing this, the young man stated indignantly, in a low voice, "No, Monsieur! I am from Algeria. It is against our code to sell knock-offs. But these others..." He waved his empty left arm at other young men with armfuls of purses. I tried to edge Bernice away but it was not to be. Bernice alerted me that this "Dune" purse back home would cost "\$150 or \$200." I looked at our Algerian "ami" but he just smiled, "Only 30 Euros, monsieur, but for your wife 25 Euros." My last hope was to admit that I only had 20 Euros but I knew it was useless. I turned away to wriggle that extra 5 Euro note, deep in my right pocket. But our Algerian "ami" thought we were leaving and quickly said, "20 Euros, monsieur, 20 Euros!" Bernice snatched my 20 Euro note, gave it to him and we walked to the subway with the purse and our new understanding of the Algerian Code for knock-off purses. I still have that 5 Euro note, which had been tucked deep in my pocket. Score one for Gath Turner.

When we returned home to Toronto, I noticed that Bernice stored the purse in her closet with 7 or 8 other purses. She rarely took it out in public. I'm not complaining – just observing. As the ball player/philosopher Yogi Berra once said, "You can see a lot just by observing!"

Our next trip was a tour of Ireland. So charming! We visited Blarney Castle, surrounded by extensive colourful gardens. Bernice and I joined the line mounting the many stone steps to the top. At the top we lay down on our backs while 2 brawny lads held us out over the wall—a long way down. Above our heads, suspended from the wall, was the famous Blarney Stone. Just to get my money's worth, I kissed the Blarney Stone twice for luck. The result was dramatic. Despite normal rainy weather in June, we encountered only sun-drenched days, visiting the Cliffs of Mohar and historic Galway. Each evening we visited different pubs, sipping cold beers, listening to the local musicians and watching the local dancers. Enchanting!

Our last day was spent in Dublin. Our hotel was located above

the Bleeding Horse Tavern. Down the street was a large indoor market which required another compromise and then we walked to it. There were many stalls but Bernice gravitated to a small jewelry counter, where she spotted a silver-coloured chain with a small shamrock dangling from its end. "5 Euros", said Bridgett, the red-haired salesgirl. Just to be difficult, I asked, "Is the jewelry locally made or is it imported?" Bridget put her finger to her lips and said very softly, "We don't like it known but all our jewelry is hand-crafted by a family of leprechauns who live just south of Dublin" and she winked. I was satisfied with her total honesty. We bought the chain.

Our third trip was to Albufeira, a small village in the Algarve, the southern part of Portugal. We marveled at the rugged Atlantic Ocean coast and the tropical orchards on top of the steep cliffs. We drove to the lighthouse at the westernmost point. Gazing at the horizon, we could almost believe that we could see the eastern coast of North America if only the curvature of the earth did not make such a view impossible.

As luck would have it, our trip coincided with the monthly Gypsy Flea Market. There was another compromise. As we drove to the field filled with tables and caravans, I patiently reminded Bernice that these flea markets were typically the location of scams. She should be alert. I added that I would help her by staying in the background, watching to see if she fell victim to a scam. Soon she spotted some colourful scarves. I slipped her a ten Euro note and tucked another ten Euro note into my jeans' pocket just in case she needed it.

I watched intently. Suddenly a young fellow was at my side. "Oh, senior," he said, "you look intelligent but you need a new pair of sunglasses to look cool." I waved him off and pointed to my reliable sunglasses which I had picked up at the Dollar Store just 6 years previously. "But senior, these sunglasses are Ermanis, which would cost 80 maybe 100 Euros in the store. I don't want to sell them but my mother is sick and needs medicine. Please try them on." I told him that I heard of Armani sunglasses but not Ermanis. He explained the Ermani sunglasses were

the highest quality Armanis. Only older seniors wore regular Armani sunglasses. I tried them on.

"Mais cool", he said. "Could you spare 20 Euros for the sunglasses so I can help my sick mother?" I replied that I had only this 10 Euro note, which I extracted from my pocket. I could see he was reluctant to part with the sunglasses but to help his sick mother, he would part with them. He grabbed the 10 Euro note. I adjusted the sunglasses on my face and turned to ask him how cool they looked but he was gone—to help his mother, I am sure. A little later, I thought I saw him talking to a couple across the field—probably arranging transportation to the farmacia.

So with the help of life-lessons from my family, Bernice and I survived the perils of Europe. With my help Bernice got 3 scarves for 10 Euros and I got my cool Ermanis. But we don't want to press our luck – our next trip we plan to stay within the safe confines of North America — Las Vegas.

OUT AND ABOUT

Valley Animal Rescue Needs Continuing Support By Karen Bretzlaff and Sharon Shalla

Pets were in great demand during the pandemic and Valley Animal Rescue gained enormous support. We reached out through social media, Facebook and Instagram, to appeal for donations. We would often feature a specific animal and their urgent need, and received a great outpouring of support financially and had no problem rehoming animals in need.

As our lives cautiously return to normal, we have noticed a decline in financial support and need your help.

Valley Animal Rescue is a registered charity that has been rescuing and rehoming cats and dogs in the Ottawa Valley for the last 10 years. We operate solely by volunteers and an Executive Board of Directors, who are also volunteers. We rely on the generous financial support of our many patrons from the community. All of the funds raised by either Fundraising activities and donations, go directly to the cost of caring for our animals, whether it be vetting costs, boarding and training of animals and food and litter.

Over the years, Valley Animal Rescue has taken into our care, hundreds and maybe thousands of cats and dogs. Often the cats are found to be abandoned, largely mothers with a litter, or about to give birth. We find a foster home for them and arrange for their vet care at one of the local Animal Hospitals. They are all vaccinated and spayed or neutered. Once they are ready, they are put up for adoption, on our Facebook page or Instagram. The dogs we receive have been abandoned or found in shelters where they have not found a home. We take them into our care, either with a foster family or at a dog boarding/training facility for assessment. Vaccinations, spaying, and neutering is also done if needed. Once



Two of many success stories: Cora and Baily's owners were getting older and could no longer take care of their dogs. They needed a new home, hopefully the same home. You might have heard the story of Winston, the cat found as a kitten almost frozen to death behind the Canadian Tire in Renfrew. Caring people like you give these stories happy endings.



they are determined to be ready for a permanent home, we post them for adoption on FB.

We are always in need of more foster homes and volunteers, so if this is of interest you, please contact us at valleyanimalrescue@hotmail.com

We have many heartwarming stories of our successes. Here is one of a special pair of dogs. In the summer of 2021, a Case Worker from Renfrew Hospital called Valley Animal Rescue regarding the need to rehome two dogs, Baily, a 14-year-old Beagle, and Dora, a 13 year old Shepherd mix belonging to elderly clients. The dogs had nowhere to go and had never been apart. One senior owner was already in a nursing home and the other would be going at some point. The dogs were getting to be too much for the elderly man to look after. We took them into rescue and they were placed in a foster home. We had them up for adoption for a while, but only as a pair. We didn't want to separate them. We eventually decided

to make them permanent fosters that would stay in our care until they passed. The foster family agreed to keep them in their home. Their first Christmas was a special occasion for Dora and Bailey and their foster family, snuggling by the fire and even receiving Christmas gifts. Unfortunately, Dora passed away in October, with cancerous masses. Baily is still with us at the age of 15. She has had a health checkup recently and the vet reported that her heart is good. The foster family just told us this week she is learning new tricks and loves to go for her daily walks. A success story for sure.

One of our favourite cat stories is Winston. He was found as a kitten almost frozen to death behind the Canadian Tire Store in Renfrew. Winston was in such a state of hypothermia that he wasn't even registering a body temperature when he was brought to the Renfrew Animal Hospital. The pads of his feet were severely frostbitten to the point that the tendons were exposed on one of them. His tail was also frozen which required surgery to remove

a third of it. As well, he had lost the top part of both ears. Initially he was also found to be diabetic. As you can see, Winston had multiple health challenges. Fortunately for us and him, one of the Vet techs at RAH administered treatments to him around the clock at work and she even took him home so she could continue these treatments and administer his insulin. She spent hours and weeks giving him care and encouragement to continue fighting. Eventually she and her partner decided to adopt this adorable kitty. He is such a sweet, loveable kitty, that loves to purr. He has the most beautiful blue eyes that will steal your heart. His paws have healed and he is no longer diabetic. It is because of such caring and generous people, that we have many success stories like the two you have just read about.

We are planning some upcoming events to raise funds but if you would like to support our efforts at Valley Animal Rescue, you can either ***etransfer to valleyanimalrescue@hotmail.com or mail a cheque to VAR, PO Box 214, Renfrew, Ontario, K7V 4A3.***

We have a couple of fundraising opportunities coming up soon. ***We will be having a float in the Renfrew Santa Claus Parade on Dec. 3 in downtown Renfrew. You can stop by our float as we will be accepting donations of cat and dog food and litter or cash donations. Then, on Dec. 11 at the Renfrew Legion, we will be holding a large sale of household items. Look for it advertised and come out and support us if you can.***

You can also drop empties into our bins at Mill Music in Renfrew, behind the Women's Institute in White Lake, and at locations in Pembroke and Calabogie. Thank you!

HIGHLANDS HIKER

Life After Death

By Colleen Hulett



*The dead in the ground
Granted Life under the oak
A Mushroom stands there!*
- Life after Death Haiku by S.E.H.



Left: This tree is approx 300-800 years old. Mother trees like this one have strong mycorrhizal relationships with fungi. Its definitely well fed wouldn't ya say?

Above: Fungi are everywhere even if you don't see them. This gall is covered in mycelium and is fruiting too. Do you think they feel like I do in the big tree?

Right: Orange Mycena mushrooms are working hard to devour this stump.



I have been observing the nature of fungi since 2016. Stalking them weekly, actually, because the Funga Kingdom is fascinating to me. Fungi are everywhere and have played the starring role in bringing back life to Earth

after every major catastrophe since the palaeolithic era. We humans would not exist if it wasn't for these symbionts and I find it humbling to walk among them in a forest world they created.

So maybe you can understand

when I say it surprises me just how many people are repulsed by the lowly misunderstood fungi. The thought of touching or consuming mushrooms is daunting to most Canadians. We have all watched how mould fungi devours a

rotting tomato. Not pretty. I get it. The Canadian diet rarely includes mushrooms as the main course and many think canned mushroom soup is a 'gourmet' sauce which is a bit embarrassing if you compare us to 'mycophilic' diets

Merry Christmas!

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If we are to love Fungi we need to see decay as the beautiful thing. We need to embrace the changing forest.



Honey mushrooms are parasitic decomposers who work very fast in huge colonies to clean up an area.



Destroying Angels cause the most Mushroom deaths in North America, often being mistaken for the common button mushroom. Never eat a mushroom that grows out of an egg sack..



Psilocybe mushroom devour the decaying mind and turn its depressed or anxious state into a happy purposeful one. Like magic!

in other countries. Canadians are mycophobes. Picking wild mushrooms is considered a 'gross' death risk they don't want to take. It's the ultimate omnivore's dilemma, right? Please trust me when I tell you, mycophobes are misguided. Hunting gourmet mushrooms is pretty safe and easy if you study the basics of fungi identification. There are more plants that can kill you than mushrooms and there are 6 times more mushrooms than plants by the way. You do the math.

I find it sad we export most of our wild gourmet mushrooms out of the country due to our phobia. We should be eating them. Nonetheless, however morbid, mushrooms respond readily to death and decay. It's their thing. Let's face it, one of a mushroom's key responsibilities is to decompose dead or dying organic matter and it's an easy subject to get queasy over. I assure you the ability to break down and decompose tough materials is a talent. Death is very mysterious to many but let's face it, anything in organic form eventually dies. Fungi then come to recycle the debris and restore balance to the ecosystem. Just imagine if fungi weren't here we could probably walk to the moon on the backs of fallen logs and plant debris, lol.

Incidentally, consuming psilocybe cubensis mushrooms can ease the unexpected dying process (for example given 8 months to live) making it mentally acceptable and joyful. Patients live their last days in joy and lose their fear of dying by becoming more comfortable with it. This is a godsend and a huge study is underway at John Hopkins with fascinating results in each and every case. The study is so fascinating that magic mushroom (psilocybe) dispensaries are popping up everywhere in North America. There are three such new dispensaries in Ottawa serving those with PTSD, depression, anxiety and the dying. It's as if the magic mushroom cleans out the cobwebs of the brain and rewires it back to a happy slate. The ability of

fungi to break down and decompose is a talent we should be fascinated by even if we don't understand it.

Like humans, fungi have to hunt for their food in order to consume it. We go to the grocery store but fungi cannot and have adapted accordingly. They consume food with enzymes like humans do except we break down our nutrients in our stomach internally. Fungi excrete their enzymes externally and dissolve their food first before reabsorbing it. The Flora kingdom on the other hand gets their food energy from the sun through photosynthesis and this is quite different from the Fauna and Funga Kingdoms. This is why animals and fungi are closely related as opposed to plants even though we are quite different in every other sense.

Fungal enzymes are incredible. They can dissolve anything... things like wood, plant debris, plastics, oil spills and even rock. The waste industry uses for fungi is limitless but what's really fascinating is how fungi break down materials and retrieve minerals and other nutrients to share with other species, like trees and plants. Not all fungi make a living by breaking down living things that are already dead. The different strategies fungi have adapted for acquiring food are surprisingly varied and cool. Some fungi (mycorrhizal fungi) wrap their mycelium around the roots of plants and trees and enjoy a food exchange economy. Simply put, Fungi exchange minerals and nutrients for sugars. This cycling of elements from dead organic matter is essential for nutrient turnover and energy transfer in land ecosystems. Mycorrhizal fungi are attached to 90% of the tree and plant roots on earth and if fungi were not present the whole ecosystem would collapse. Humans would die. This is new knowledge as we are just getting to understand a smidgen of the fundamental role of fungi in Nature. What we do know is how important they are for both life and death and how important

it is to save our forests and their fungi.

Fungi are present at the end of life but they are present at the beginning of life too. They make a mycelial mat in the soil's rhizosphere and house the forest plants for which it feeds on to grow. The mycelial mat also stores 70% of each plant or tree's carbon. That's right, we used to believe that trees were the big carbon sequesters for earth but as it turns out they give 70% of that carbon to their mycelium friends to store for thousands of years underground. We have 300 miles of mycelium under every footstep we take so the mycelial mat is basically a natural engine storing carbon under the ground. We know trees are important for our survival in many ways but everyday we realise more how fungi are the big sequesters and greatly instrumental in helping to reduce global warming. Fungi are so widespread and numerous that they make up a large proportion of the biomass in any given ecosystem. We need to keep it that way.

Humans breathe in mushroom spores at any given time and have our own mycobiome (fungi) in our gut responsible for helping to balance our immune system. New research confirms that gourmet mushrooms like Lion's Mane and many tree conks like Chaga are instrumental in fortifying and balancing our gut biome and immune function as they contain prebiotics.

Mushrooms also have quality proteins, B-complex vitamins, antioxidants and vit D to name a few. How they balance our complex immune system is their best gift to us and to the forest. If smart, we will consume foods that are beneficial to our gut mycobiome so they may fortify our immune system. I think it's the missing link in a lot of people's health. Astonishingly, a healthy gut mycobiome helps us adapt to our surroundings too, reducing stress and anxiety. Consume foods with probiotics (like unsweetened greek yoghurt) and prebiotics (like asparagus or mushrooms)

and remember to eat a varied diet. Unfortunately, having a varied diet these days is difficult due to the fact that our Western diets are too high in sugar and fat. Shockingly 75% of the world's food is produced from only 12 plants and 5 animal species according to researchers Heinman and Greenway. Mushrooms in the grocery store account for 5 out of 1.5 million choices. Now there is a solid case for getting out to forage in your local forest to obtain food diversity.

Plants and fungi are social beings just like humans and we need to hangout with them in order for our soul to connect with its 'place'. Our deep soulful connections will help us stand up for our forests and ultimately save our Funga Kingdom and ourselves. Fungi have an incredible capacity for making change quickly and we need to harness their intelligence as we don't have much time to save the planet. We too, need to respect the cycle of life, know it is beautiful whether it's in decay or growth. We need to celebrate our births and to celebrate our deaths. Both are extremely important for living and balance in any community.

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



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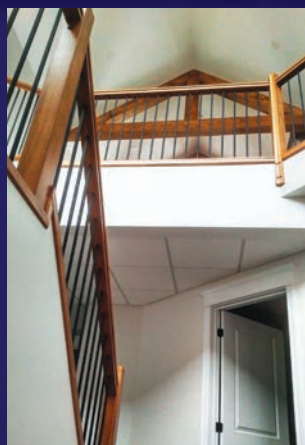
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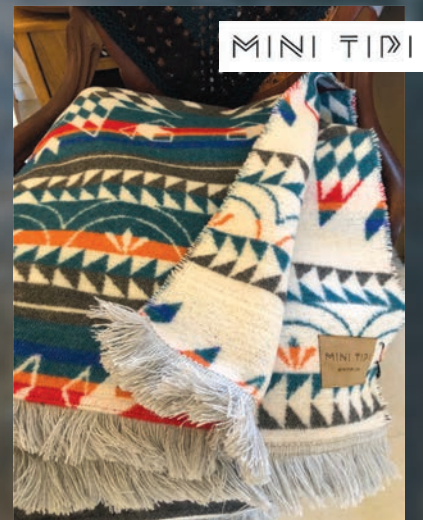
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