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It is still a good time to sell.

Summer has finally arrived and with it, here is a brief check in of the resale market's shifting benchmark. The reality is that June's sales numbers are down, continuing the Spring trend. According to the Ottawa Real Estate Board, "after the frenzy of the last two years, we are shifting towards a more traditional seasonal ebb and flow cycle." *

Economic factors such as rising interest rates and inflation are without doubt negatively impacting the market while other factors to consider may be what we will call "Buyer fatigue" and a lack of confidence amongst consumers. On the good news, historically real estate in the Ottawa area has been and will continue to be stable and dependable long term. *Prices won't fall out, rather they will level off. *OREB news release June 2022

As there is still a demand for specific properties, Sellers can be confident there are Buyers who see that now is an optimal time to venture back into a home search, and who are keen and eager to see new listings.

I look forward to hearing from you!



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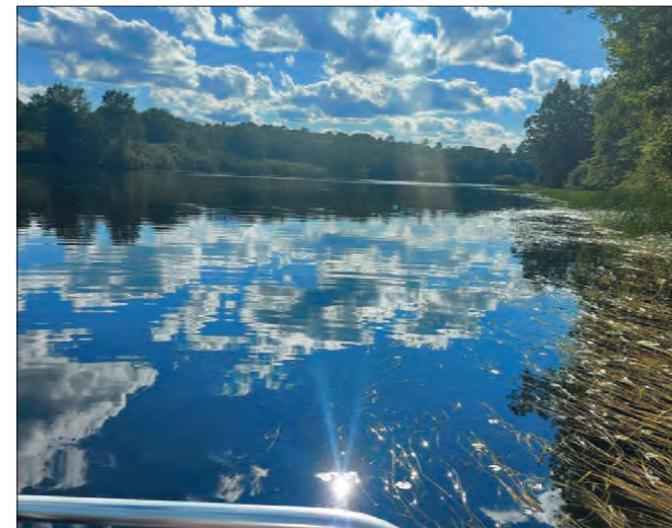
The Madawaska Highlander

July-Aug
2022

FREE Vol.20 Issue 3
Next issue Aug 24, 2022

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

Welcome!



Just one of those ordinary, unforgettable, days by the lake. Pic by Linda Rose.



"Why won't you love me?" This star-crossed Heron wouldn't give up after getting the cold shoulder from a piece of garden art on Calabogie Lake.

Pic by Nancy Christie

....To the lazy days of summer, or maybe not so lazy, as you'll read in Bogie Beat and G+M & D+V News. Our communities are back in action, celebrating Canada Day for the first time in three years! Smiles are bright and Tamatha can help you make them brighter naturally in Wellness. Did you know chewing cheese is good for your teeth, especially if it's local cheese? Eating Local Food is good for the environment and your health, as Derek explains in Wellness. Cheese, wine, and scotch are more valuable when Aged to Perfection, and Ernie adds people to that list in The View From Here.

Aging is a privilege, but stuff happens. Hopefully you won't die laughing as you read Antonia's wild account of Another Day at the Hospital Circus in Rural Vignettes. OK, no one has ever died laughing, but if you do want to live a long life, beware the Widowmaker! Survivor Guy tells us what that is and why we should leave it alone in Widowmakers - Surviving the Historical Storm's Aftermath.

Living on the edge can be quite good for you, as Colleen explains in The Edgelanders in Highlands Hiker. Now doesn't The Edgelanders sound like the title of a good story? How about writing what you think it would be about and submitting it to our Short Story Contest? The deadline is September 22, so get going!

Or how about setting out on a water trail, as Lesley suggests in Happy Hiker, Water Trails - The Original Highways. Think of the historical short stories those waterways could write... if they could write.

This year the Cloyne and District Historical Society has made history of their own, having been "Preserving history for the future." for the past 50 years. It's initiatives like theirs that allow people to dig into the past to find out about their own heritage, like uncovering the story of Johnny Atewennarikhon Bay, a story about resilience when cultures collide. The Covenanters show their resilience in the final chapters of their story in Memories of Vennachar. Free at last!

We all like being free. This paper is free, and you are free to... Enjoy!



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The Madawaska Highlander

The Madawaska Highlander
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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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Thank you everyone!

We couldn't do this without our volunteer contributors and our advertisers.

Thank you to the Denbigh-Griffith Lions Club and the Eganville Leader for your support.

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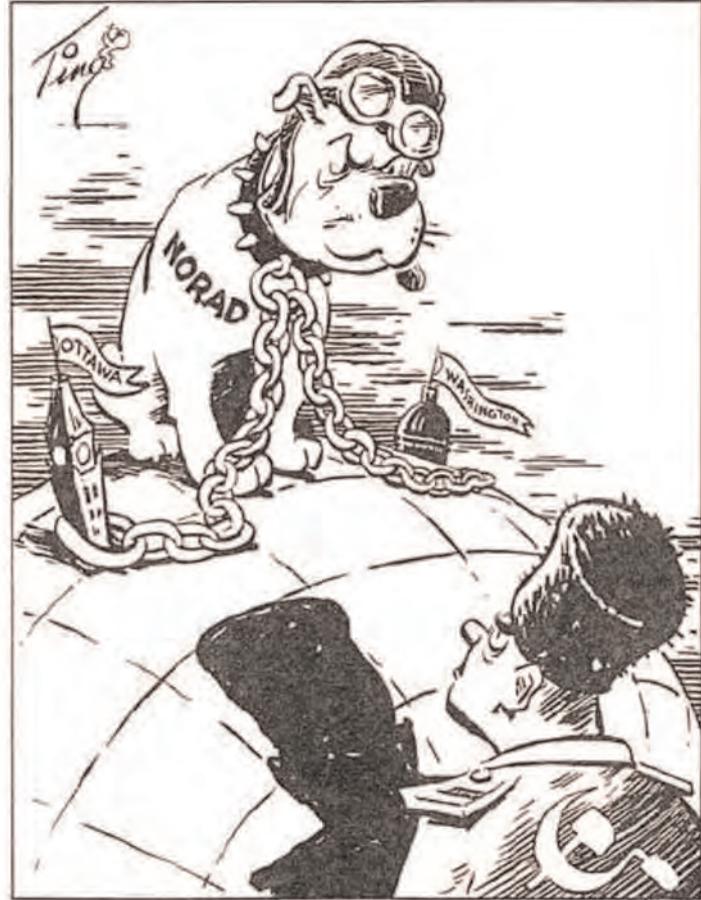
Derek Roche

Elsbeth McCulloch

Antonia Chatson

Colleen Hulett

Tamatha Strachan



Merle Tingley, *The Legionary*, August 1958.

Watch Dog

On 12 May 1958, Canada and the USA formalized the NORAD Agreement, which is a defensive air shield they believed was necessary to defend against a possible attack by long-range, manned Soviet bombers. It continues to play an important role in the defense of Canada and the U.S by evolving to meet the changing threat. NORAD can identify and track Russian planes before they enter Canadian or U.S. airspace.

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By Danielle Jacques



We celebrated Canada Day in style at the 140th annual Matawatchan Picnic. Hi Mary!



Firefighters walked the grounds to give us some safety tips, then returned with all kinds of things to share. Kids enjoyed "driving" the truck.



The weather was perfect and smiles were bright on July 2. Hooray!



Pure excitement at the Kids Games!



The popular, New Pickled Chickens started Canada Day festivities on the patio.



Waddles and Wags exotic animal rescue petting zoo was a hit for all ages. That's an armadillo, not a cantaloupe.



The TallBoyz began with O Canada before rocking the crowd.



What is a Canada Day Picnic in Matawatchan without traditional sack races, three-legged races, and spoon and egg races? Don't drop it! Kids chose their own prizes.



The Griffith & Matawatchan Fish & Game Club kicked off summer with a very well attended Kids Fishing Derby on July 9



The weather kept us guessing in June, serving us both hot and cold days within the same week. No one has been complaining though, we needed those

cooler days to continue with the clean-up from the infamous Derecho. It seems we might be turning the page in July as temperatures seem to be returning

to normal. Let the sunshine and warm temps begin!

Township update: the Township of Greater Madawaska State of Emergency began after the May 21 Derecho storm and lasted well into July. This storm now ranks as the sixth largest in Canadian history in terms of insured losses – surpassing the Toronto flood of 2005. The Reiche Griffith Pit was opened as a depot for brush and debris but is now closed. Debris should now be brought to the transfer station on Finn's Road.

Cleaning and clearing: During clean-up, fallen trees, stumps and debris were pushed into mounds on the side of our roadways. Councillor MacPherson says that clearing up these mounds is being done according to safety and priority needs of the Township. **Be aware, the clean-up is ongoing and will continue for some time.**

Lights on / Lights off: When the winds pick up, we continue to have power outages in this area, but Hydro One states it has crews available to han-

dle these situations. The last few outages have lasted less than 24 hours. **It is never a bad idea though to review Survivor Guy's How to Survive Well article in our May issue and have money, clean water, non-perishable food and medicine at the ready and on hand!**

Collaboration not competition: Not only did people help people in the aftermath of Derecho but businesses helped each other too. When the Pine Valley Restaurant's generator conked out on new owners Scott and Carolyn, Calvin's Take-out owners Derek and Sue, stepped up to help by providing them with freezer space so they would not lose all their inventory. Carolyn said they would have lost everything had it not been for them and other community members who offered help and guidance. As newcomers and business owners in the community, they really appreciated the show of support.

Continues next page...

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Old advertising (oil cans, signs)
Tin toys



The first Open Mic Night at the Matawatchan Hall on June 18 was also a memorial for John Neale who was a member of the TallBoyz. His son, Chris Neale (photo on the left) started the evening off. In the end participants decided to play and sing a song they all knew, together, for a grand finale. Music went non-stop until about 9:30. We're doing it again on August 20 at 7 pm. Please join us for another great night!

...continued from previous page.

The Township of Greater Madawaska installed **Starlink Satellite Internet at the Community Hall in Griffith** after the storm. It will remain as a **free WiFi hotspot** that is accessible inside and outside the building without a password. Lions Club members and other volunteers were at the hall to provide information and food in the aftermath of the storm.

Recently, the township installed **Starlink at the Matawatchan Hall, 1677 Frontenac Road, so now we have two free WiFi hotspots.** For some reason this installation needed a password. To access WiFi either inside or outside the building, choose the **Hall1677 network.** The password is the same as the network name, **Hall1677.**

Anyone interested in running for Council? **The 2022 Municipal Election Nomination Period is open from 2 May to 19 August 2022 at 2pm.** As of July 15, we have Lucie Perrier running for Mayor and Lois Thomson running for Ward 3 (Griffith and Matawatchan) Councillor. Susan Humphries is running for English Public School Board Trustee and Robert Lemelin is running for French Catholic School Trustee.

Canada Post News: It is now official! We should have all received a Canada Post notification letter by now making it official that we no longer have a place in the community to pick up our parcels. **The Renfrew postal office will be the pick-up location for all parcels for the foreseeable future.** If anyone has space in their home that could be

converted to a small post office, please contact the Canada Post commercial service network: 1-800-260-7678. Running a post office out of your home isn't like running it out of a business. It would be a corporate office and whoever runs it would become an employee of the post office, with full wages and benefits.

The Denbigh-Griffith Lions Club President Sandy Peters presented a cheque to Gail Fritsch of **Denbigh Community Food Bank.** This support was made possible through the many fundraising events the Lions hold throughout the year. The Lions are grateful for the continued generosity of people of this community, especially during these last couple of years.

A crowd of about 60 people had such a good time at the Matawatchan Hall's first ever **Open Mic Night** on June 18 that they are planning another one for **August 20 at 7 pm.** Join them to play or tap your toes. It's amazing how much talent we have in the area. Contact matawatchancentre@gmail.com to ensure you get time at the mic, or just show up and they'll find you a slot. No charge for entry. It's a licenced event. All ages welcome. Sandwiches available for sale.

Saturday Socials continue on July 23, August 6, 13, 20, and September 3 from 10 until noon. Come for home baked goodies, see old friends, and make new ones, outdoors under the covered patio deck.

Save the date! The Matawatchan Hall will be hosting an **Ontario Festival of Small Halls concert on Saturday October 15.**

There will be a **Giant Yard Sale, BBQ and Bake Sale inside and outside the Matawatchan Hall on Saturday July 30 from 10am - 1pm.** This year we will have two sales in one at the Matawatchan Hall. The UCW will hold their Rummage & Bake Sale alongside with the Hall's Yard Sale & BBQ at the Matawatchan Hall, 1677 Frontenac Road. Contact Nancy at 333-9556 if you have stuff to sell and rent a table for \$5. If you need stuff, Griffith and Matawatchan will have plenty to choose from because the Seniors Housing Yard Sale is on July 30, too. Read on...

Fundraiser Event: On July 2nd, the Greater Madawaska Seniors Housing Corporation (GMSHC) held the first of three summer yard sales at the Griffith Recreation Centre on Hwy 41. The parking lot filled up quickly that morning as treasure hunters arrived to walk around, fill up their boxes and chat up friends they had not seen in

a while. The winning combination of perfect weather, overall good ambience and great bargains made this day a fundraising success. By the way, did you know this local charity, is a not-for-profit organization that is open to residents, 55 years and older, of Griffith, Matawatchan, Denbigh and Vennachar area? Originally created to develop housing for seniors in the area, it has evolved into helping low-income seniors to stay in their own homes longer by offering some financial assistance to cover some of the costs of home maintenance, transportation and other needs. Every 6 weeks, at the Griffith Recreation Centre, they offer a foot care program for all seniors at a reduced cost. They also hold special events, recreation and educational programs throughout the year. **Membership fees are minimal at \$5 per year, \$10 for 3 years or \$50 for a lifetime membership.** The organization relies on these yard sales, donations and other activities to raise funds to continue offering these services and resources. The GMSHC would like to thank all donors for their continued support and extend a special thank you to Howard and Donna Carr for their generous donation. Please join the **GMSHC volunteers at their next yard sale to be held on July 30th (Rain date - July 31st) from 10am to 2pm at the Griffith Recreation Centre on Hwy 41.**

Breaking News! The Griffith and Matawatchan Fish and Game Club Annual Pork Roast has found a new venue. The club holds this annual event as a thank you to the community and to the business community for their ongoing support. **This year's Pork Roast will be held on Saturday, July 30th at the Matawatchan Hall! Festivities start at 3pm with the horseshoe tournament followed by dinner at 5pm.** The Tall Boyz will be playing! Bring your own coolers and chairs, this is sure to be a fun-filled day and evening.

The Kid's Fishing Derby was a big success on **Saturday July 9th**, held at Aird's Lake at the boat launch. Kids under 16 were supplied with worms and drinks at the free event and each child went home with a prize. Everyone had a good time and filled up on hamburgers and hotdogs that were for sale there.

The club lost the bulk of their members during the worst of the pandemic, because nothing was going on and people weren't travelling, but with activities coming back, they ask for your support. The club and the OFAH aren't just for anglers and hunters. They promote all outdoor activities as well as

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St. Andrews United Church was re-opened for Stewart Thomson's funeral. The church was full, and a video feed was set up outside for the overflow crowd. He will be missed.



the preservation of wildlife and wildlife habitat. The club actively promotes the involvement of the community and especially the youth of our community to participate in these activities.

Fish and Game Memberships are available at Griffith General Store, BMR Pro and Pine Valley Restaurant. You can also purchase your Club Membership through e-transfer to fishandgameclub@gmail.com. The cost per member is \$5.00 and can be sent to fishandgameclub@gmail.com

You can also pay your OFAH dues this way as well. **They encourage you to join the OFAH through the club at a reduced rate.** The savings you get by purchasing through the club will more than cover your fish and game membership. The cost of memberships through the club is: Adult \$44.35 (from \$55.99) Family \$53.95 (from \$69.25) Youth \$39.85 (from \$42.80) **To join the OFAH, contact Karen Holleran at 613-333-2294.**

Check them out and feel free to like and share their Facebook page at "Griffith & Matawatchan Fish & Game

Club" for local upcoming events and articles!

The Greater Madawaska Public Library and Learning Centre (GM-PLLC) serves the whole township, but the library itself is in Calabogie. They provide amazing programming and want to bring more of it our way. To help them do this, the **GMPLLC volunteers are hoping someone from the Griffith and Matawatchan area will join the board.** They have 7 meetings a year. Meetings can be held over Zoom, at the library in Calabogie, or perhaps at the Matawatchan Hall from time to time. Please let them know if you would like to help them bring more programming to Griffith and Matawatchan. **Contact Board President Patti McArthur at mcarthurpj@hotmail.com if you are interested in representing our area.**

Do you know any new Moms or soon-to-be mothers? Get in touch with the library and the library will welcome the new babies with the **Baby Book Bag Program.** The book bags are packed with some baby items, a book, and their first library card. The Moms



Jared Valliquette, who moved to Matawatchan recently, took on the job of replacing the rest of the steel on the Matawatchan Hall roof. He has taken over from Peter Fischer, who has retired and is working on his own projects now.

can then get together with other new Moms and perhaps form playgroups. Who wouldn't want to be part of that? That's the kind of thing we would like to do more of in Griffith and Matawatchan. **Join the library for free and you can get free museum passes, join a book club, and benefit from programs such as the Speaker's Bureau. Call or email them at 613-752-2317 gmpllc.staff@gmail.com.**

Watersheds Canada has updated their Lakeshore Protection Workbook and **GMPLLC would like to hold a shoreline protection info session somewhere in Griffith and Matawatchan this summer. They are looking for someone to host it on their waterfront property.** People from Watersheds Canada would conduct the seminar and the library will supply snacks for participants. Contact Board President Patti McArthur at mcarthurpj@hotmail.com if interested in hosting or attending if you are available on the date that is yet to be determined.

Peaches are coming, **fresh from Niagara region!** People are taking orders for August 19 delivery. They are the same price as last year \$7.00 for 3 litre basket and \$39.00 for 24 litre box. **Gail Fritsch - 613-333-2224 or Sandy Downs 613-333-1932.** They are taking orders for John Williams (United Church minister). Money raised goes to the **United Church Golden Lake Camp for Children.** Please pass this on to family, friends & neighbours. Must have order and money by Aug. 14 before order goes in, with deliv-

ery on Friday Aug. 19. So, call one of us to place your order. With thanks from Sandy Downs (Griffith & Matawatchan) and Gail Fritsch (Denbigh & Vennachar)

Steven James May of Manifestation Television Inc. will be in the area to shoot a documentary about the effect of Global TV's decision to shut down the CIII-TV-2 Channel 2 analogue over-the-air (OTA) transmitter in Vennachar by the end of August. He is looking to interview people who watch Global TV on Channel 2 with rabbit ears or roof top aerial for his documentary series "Dude, Where's My TV?". If you are affected and want to have your say, he asks that you contact him on his production cell 437-992-6150 or email him at sjm@manifestation.tv. His website is www.manifestation.tv if you would like to check out his work.

The final St. Andrew's United Church service was held on July 17th at 11:00, followed by a cold potluck at the Matawatchan Hall. More about it is coming in the next Madawaska Highlander.

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.

EDITORIAL

We have all heard of "life, liberty, and the pursuit of happiness" that is written in the US Declaration of Independence, but do you know what Canada's motto is? "Peace, order, and good government (POGG)" (in French, "paix, ordre et bon gouvernement") This is more than a suggestion. It is an expression used in law to express the legitimate objects of legislative powers conferred by statute. The phrase appears in many Imperial Acts of Parliament and Letters Patent in Commonwealth countries including Canada.

It is the foundation of why we are who we are as a country because it's entrenched in our constitution, and it concerns all orders of government, federally, provincially, and municipally.

Canada Day Festivities are a chance for us to reflect on what it means to be Canadian. It is also an opportunity for many communities to bow their

heads in reflection about our colonial past and the harms it did to First Nations people in the "New World".

It's not enough to wave a flag to declare yourself a proud Canadian. To be really proud of our country is to make it the best it can be, right past wrongs, and guide it into a sustainable future. We do that by voting for the people we think have the motivation to do that for us. We also do that by taking part in the decision-making process. We can't think of "government" as being something separate from ourselves, especially in small municipalities.

When we think of Canada as a political entity, we think of our national parties and their leaders, and we think of our reputation on the world stage. But a country as vast as Canada depends on good governance in all orders of government and throughout the system, to continue to be successful. It also de-

pends on good connections between governmental and non-governmental groups, whether they are local volunteer groups, single volunteers, concerned citizens, hospital Boards, library Boards, or multi-national not for profit corporations. The ship moves better when we all pull together.

There are few career politicians on the municipal level and running small municipalities is often a low-paying part-time job that usually is only something a retired person would be able to have the time for or be financially able to do. But it is possibly the most important order of government. It is where the rubber hits the road. It is where neighbours feel the effect of national, provincial, and municipal decisions. The Ontario Association of Municipalities is your voice on the provincial stage and the Federation of Canadian Municipalities speaks for you nationally. Municipal

government counts.

If you find yourself constantly fighting city hall and can see a better way forward for your municipality, you might be the right person to help guide your municipality into the future. Why fight it when you can spend your time more productively and help guide it?

2022 is a municipal election year in Ontario. Nominations are open until August 19 at 2pm. Go to your municipal website to see who has put their hat in the ring and see how you can participate. If it's not for you and you know someone who can do the job, encourage them to participate. It only costs \$100 to run for councillor and \$200 for mayor and you get your money back if you don't win. If there is little interest in running, you could be acclaimed.

Strong councils, make strong provinces, which makes a strong country. O Canada!

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



Top: Vadym, L - R: Mary, and Agneshka Loza on Debra Giffen's lap in her most beautiful garden! Agneshka Loza checking out the gooseberries.



Bash Tent volunteers ready to nurse stuffed animals back to health on Canada Day. A bespectacled Public Health bear holding an eye chart designed for children.



'Here comes the sun... finally! We endured so much rain and a destructive storm last month. As is typical, we are now complaining about the heat, but we can experience several types of weather in one day! My 'garden of be-

nign neglect' is showing its stress, but more from four-legged creatures digging them up! Bye bye tomatoes, pansies, and marigolds!

A good segue from my garden is to tell you about a new Nursery, 'Rae's

Sprouts' recently opened at 11970 Larnark Road. Rachel Powell, a lover of plants, has started her own business. Rachel, a young entrepreneur, starts her own plants and currently buys some from suppliers. I visited her greenhouse and bought 3 diplonemas, a rosemary, a cute planter and a gerbera daisy. The plants are healthy and reasonably priced. At present it is cash only, but if you wish to use a card, her Mom Emily's yellow and purple chip truck is on the same site. Emily is starting to do breakfasts as well! Yay! Make it a one-stop, two deals event!

I had the pleasure of visiting Barnet Park where St. Jo's kids were enjoying their End-of-School Hoopla. The Staff and volunteers planned many activities to enjoy that beautiful day. A rotation of several spots kept them amused and active. Fishing, Face Painting, Wet sponge and Spoon relays, Exercise machines, Enchanted Woods, Playground, Jump Rope for Heart and Beach volleyball (sans nets) all kept them busy for the day. Ruth McNulty, school principal, wished to thank the volunteers, Todd McDonald, Dorothy Garlough, Tyler Galaski, Sue Slattery, Ron Brown, and Jean Libby. I hope I didn't miss anyone. Pizza lunch was provided by Calabogie Pizzeria.

Canada Day was celebrated in person for the first time since 2019! Everyone was full of joy and ready to celebrate 155 years of Confederation! The day started with a Pancake Breakfast at the Community Hall. Volunteers included the Firefighters, Library Staff, Board Members, and helpful residents. Councilor Lucie was on duty as well. After 4:00pm, various booths kept us amused on Madawaska Street! The Firefighters were showing their trucks and let the kids sit in the cabs. They collected donations in a box. I miss the big boot for

collecting! They had many give-aways to remind us about safety and prevention. Unfortunately, I am too old for the fire helmets! As usual, St. Andrews had a great food concession with pulled-pork, beans, hot dogs and burgers. Pastor Ryan Kim was kept busy flipping burgers and dogs. They also had a lottery table, and I won an oriole feeder.

The Annual Bash Tent was up and busy as ever. Sue Slattery and her crew were caring for injured and hurt Stuffedies, reassuring many children who attended with their precious ones. The Bears Ambulatory Surgical Hospital volunteers included: Marie Kennedy, Cathy and Doug Jordan, Denise McLean, Lorna Johnston, with special volunteers, Wylie Cameron, and Grayson McLean. Several folks donated supplies including the Renfrew County Public Health Unit. A wee bear with spectacles, advertised a reminder to get your eyes checked. OHIP covers an annual check-up and any follow-ups for certain chronic conditions. Children should have their first check-ups between 2 and 3, or as early as 6 months if they are not meeting development milestones, frequently rubbing or blinking eyes, eyes turning in, or infections. They do not need to be able to read as long as they can identify the pictures. Consult the Renfrew County Health Unit to find out about programs to provide eye exams and eye care for children covered by OHIP. There may be a program to help cover specs for wee ones.

At the Doctor's office, I picked up a booklet 'Good Night Pain' to help parents deal with minor symptoms and when to call the doctor. As a former Paediatric Nurse and Obstetrical Nursing Instructor, I thought I was ready for anything, but I still had questions and made sure to keep my kids' appointments and

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...and there were Mini Moo animals made of soap.
Right: Rick Horne, a vendor holding a tiny goat!



July 9th was another Animal Day at the Market. There were two miniature cows in a pen and two chickens...



Kerrie Mertes of Mini Moo Soaps



Matt Doddridge, artist

shots up-to-date. This has been difficult during the Pandemic for families, so make sure to make appointments to get your kids' vaccines, caught up.

The Greater Madawaska Public Library had a tent with information about the **TD Summer Reading Club** and other events and give-aways. Call the Library for more information to keep your kids reading over the summer with fun events to boot.

Lucie Perrier had a table with information about her new enterprise called **KidsN'Quids: Growing your piggy bank**. It's all about teaching Financial Literacy to Kids. She is just developing her website, so more information when available.

Before the **'Buckle Down Band'** began to play, Councillor Lucie presented the Volunteer Awards. **The Food Bank won as a Community Organization**. Bev Moran and Ann Senack accepted the much-deserved Award! Wherever you go, if something is happening, you will see Jean Libby; at the school, the UC Church or wherever helping hands are needed. A great cheer went up when Jean's name was announced by Councillor Lucie. Congratulations to the winners and all the volunteers who keep things running and making this a special place to live and be.

For years, I worked Canada Day as Mother Goose handing out Library info, so it was nice to attend as a visitor this year. However, I did not stay for the Fireworks, but watched them later from my deck. As usual, they were spectacular! Lately, some folks have been concerned with the effect of the sound on pets' ears. I understand that now there are silent ones, which is hard to fathom. Perhaps it's a thought for the future.

The other day, I had the great pleasure to visit the **Loza family from**

Ukraine, at Debra Giffin's beautiful home and garden. I had met Vadym and Mary at St. Jo's when we made grilled cheese sandwiches for the kids but had not yet met their beautiful 6-year-old daughter Agneshka. She is a very happy, active child and does excellent cartwheels! I asked Mary and Vadym why they chose Canada and they told me it had been their dream since they got married. They thought about other places and Canada was their first choice. They had already started preparations to emigrate and it's a slow process, but after the invasion, it became easier. When it was apparent that Russia was going to invade Ukraine, Vadym's employer in Israel, suggested they leave, and he could continue to work remotely. He worked in the IT field and hopes to get employment here in Canada to use his skills. Mary is an HR Consultant and hopes to also get employment in her field. They lived in an apartment in Kyiv and left Ukraine before the invasion and went to Krakow Poland, where they stayed until they got the papers to come to Canada. Because they had always planned to emigrate, they had been saving, but life in Poland was very expensive. However, they were able to pay for their own flights to Canada. Many of us already know that Tiffany Rowan was the catalyst to bring the Loza family to Calabogie. The whole extended family have joined together to welcome Mary, Vadym and Agneshka. Tiffany sent them train tickets to get to Ottawa from the airport. They neglected to remind them to get off at Fallowfield and Tiffany and Debra watched as they saw the family stay on the train to Alta Vista! They brought two vehicles to accommodate the family and luggage. There were a couple of snags getting testing, but it was solved easily at the Arnprior Hospital. Tiffany arranged

for their OHIP cards and school registration for Agneshka. The Loza family were constantly reminded 'not to worry', just concentrate on your trip and Tiffany and her family would make their transition as seamless as possible. They gave them English-Ukrainian books to help Agneshka with her words and her vocabulary is growing! The family live with Rick Fleming whom Agneshka calls Grandpa. Mary and Vadym work at the Golf Club doing landscaping and on Friday, Mary helps Debra preparing Cabins at her Whippoorwill Resort. Meanwhile, they are working on improving their English. Debra said that when they were researching the lists of folks who wanted to come to Canada, the dominant theme was that all prospects wanted to get work as soon as possible. Mary, Vadym and Agneshka have been absorbed into the extended family which is so obvious when you see how comfortable the wee one is with Debra and where all the 'grands' toys and craft stuff are. The love between Debra and the Lozas is so easy to see. Debra says, 'they are family' and it is a joy to behold! Debra said they 'won the Ukraine lottery' and I believe the feeling is mutual! The Lozas are so grateful for the welcome and everything provided for them by Tiffany, Rick, Debra, their families, and our community and are so happy to settle in Canada and fulfill their dream! We are delighted they have chosen our community too.

July 9th was another Animal Day at the Market. There were two miniature cows in a pen and two chickens. I missed the Goat Day. They were from **Caprassion Acres Farm**. The cows and chickens were from the farm where **Mini Moo Soaps** are made from the cows' milk. The soap comes in many shapes and colours! The farm has some beef cattle as well. I do hope that you con-

tinue to visit the market and 'Buy Local!' We have fresh meat, produce, and gifts of all kinds. This is good for our local economy and a place to meet and greet after two years of the Pandemic. I purchased a 'Hot Pepper plant from **Kennelly Farms** and they have warned me that they will be hot, but the plant will be ablaze with colour.

Anna Doddridge has beautiful woven plastic bags. They are waterproof and handmade by artisans in Mexico. They are not bio-degradable or recyclable, so they will stay new for a long time. Her brother Matt, is an artist who takes commissions. He works in acrylics and watercolours as well as photography.

The Calabogie Ski Racing Club were raising funds for their Club events. It's a valuable, local kids' activity and they always do well in competitions. It's expensive to travel to other venues, so if we can help, we should. My grandkids are in soccer and hockey, and travel and tournaments hit the parents' pocketbooks hard, so chip in and show that Calabogie cares about its young folks! There were cupcakes, cookies and baseball caps.

This is your paper, so if you have announcements of births, deaths, marriages, or club activities, please let me know. I appreciate notes, photos, and suggestions from friends.



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!

The 50 Year History of Preserving History

Find us at cloynepioneermuseum.ca and on Facebook, Cloyne Pioneer Museum and Archives and Flickr.com/photos/cdhs

By Elspeth McCulloch



The New Pickled Chickens entertained visitors inside the Pioneer Museum before the 50th Anniversary Speeches on June 24.



Margaret Axford spoke about the 50-year history of the Cloyne and District Historical Society.



Cloyne and District Historical Society in 1974. Authors of *The Oxen and the Axe*, a book of stories of the struggle to open up and colonize that part of the Canadian Shield known as northern Lennox & Addington and Frontenac Counties. Back L - R: Andrew Snider, Oscar Meeks, Harold Thompson, Irv Brown, Alf Wickware, Clarence Bishop. Middle: Sarah Perry, Ada Levere, Dorothy Thompson, Ruby Bishop. Front: Nadine Brummell, Elsie Snider, Gene Brown, Geraldine Wickware. Absent: Arleigh and Mildred Maitland. It took two years to write the book. The fifth edition of the Oxen & the Axe is for sale at the museum and on pioneer.mazinaw.on.ca



Shirley Sedore (left) and Ken Hook welcomed visitors, Catherine Grant (center) welcomed Griffith and Matawatchan into the CDHS catchment area and introduced Lois Thomson (right) who said a few words about our shared heritage.

Fifty years have passed since the original Pioneer Club members joined to record and celebrate the rich history of their ancestors in the communities of Addington Highlands and North Frontenac.

On Saturday June 24, 2022, about 60 museum supporters gathered in Benny's Lake Heritage Park in Cloyne. We tapped our toes to the "North of 7 Bluegrass" stylings of The New Pickled Chickens String Band, enjoyed barbeque lovingly prepared by Janet and Joe Wilson and Cathy Newcombe, and reconnected with each other after two long years of COVID, and the storms that have recently ravaged our area.

During words of welcome

from Shirley Sedore and Ken Hook, the museum staff, Rebecca Delyea, Josie Heyman, and Jacob Heyman distributed delicious, frosted chocolate and vanilla cupcakes. Margaret Axford spoke about the genesis of the Pioneer Club and its' 50-year evolution of documenting the lived experiences of the local people. The community has continued to diversify and grow, with waves of new members from "South of 7" who come seeking the rugged beauty of this beloved land.

Catherine Grant of the Cloyne District Historical Society's Board formally welcomed the communities of Griffith and Matawatchan to the CDHS catchment area, an effort championed by Lois and Mark Thomson, publishers

of the Madawaska Highlander. Thomson remarked that the consolidation is logical as the communities of Denbigh, Vennachar, Griffith and Matawatchan have many important historical linkages.

Nancy Strachan of the Land O'Lakes Garden Club spoke to the Truth and Reconciliation Medicine Wheel that has been thoughtfully and beautifully created as a remembrance to the Indigenous children who lost their lives and suffered staggering traumas in the Canadian residential school system. The garden lies between the Museum and the Barrie Hall on Highway 41. Strachan said that the garden is designed as a large medicine wheel, featuring four sacred plants: cedar, sage, sweetgrass,

and tobacco. It is the Garden Club's hope that this space can be used as an open and safe meeting place for dialogue and storytelling among Indigenous and Settler communities, so that together we may acknowledge the past and begin to heal.

The Cloyne Pioneer Museum will be open every day from 10 am to 4 pm through Labour Day. Stop by for a museum tour or to pick up one of our many books about local history.

Follow us on Flickr, YouTube, Facebook and Instagram. For updates, membership, and (excellent) newsletters visit our site: pioneer.mazinaw.on.ca

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Remembering Johnny Bay

From the CDHS Spring 2013 Newsletter, "Remembering Johnny Bay" by Julie Druker. Photos are from flickr.com/photos/cdhs



Johnny and Anne Bay on the left, unknown date. All photos part of the Laura Schwager Album.

After much research into her family tree, and in particular her Mohawk ancestry, Laura Schwager presented her findings in a presentation she gave at Barrie Hall in Cloyne on Sept. 17, 2013 as a special guest of the Cloyne & District Historical Society. Laura Schwager is the great-great granddaughter of Johnny Atewennarikhon and Anne Tekakwen Bay. Laura researched her family history and part of it is chronicled in the May 2013 Pioneer Times Newsletter, "Remembering Johnny Bay by Julie Druker", and printed here.

Schwager's research with

family members, local historians and genealogists has brought to light the lives of Johnny Atewennarikhon Bay and his wife Anne Laforce, who eventually settled on the shores of Mazinaw Lake on Levere Road (Indian Point). During his time there, Bay helped build numerous cottages including the Osborne, Blatchford, and Pearson cottages, and also Skootamatta Lake Lodge.

Schwager's research uncovered Bay's earliest roots, which originated with the Hotinonshonni People of the Longhouse, also known as the Six Nations of the Iroquois Confederacy who



This 1904 Bon Echo Inn (Massanoga) brochure featured Johnny Bay in one of his canoes. At the time the Inn was owned by Dr. Weston Price. Later in 1910 the Inn and property were sold to Flora MacDonald Denison.

lived on land in Upper New York State and southern Ontario. Each longhouse was comprised of a married couple, the wife's extended family, and was led by a clan mother.

Schwager was able to trace Bay to the Akwesasne Mohawk Reserve, which "consisted mostly of Mohawk people wary of warfare between the French and the English, the British and the Americans, and Canada and the United States and that was formed to 'identify, categorize, and control the people that lived off the land through the area that would become 'Akwesasne'". Schwager was able to find records of Johnny Bay's grandparents on both sides of his family from the late 1700s and records of his parents from the early 1800s. Bay's parents, Peter Bay and Mary Cook had 11 children, all born on the reserve. One of the questions that Schwager was most interested in was why Johnny Bay eventually left the reserve, where she believes he lived from 1850-1876, to end up on Mazinaw Lake. Part of the answer she said was based on her academic findings. In her presentation she highlighted the plight of Aboriginal peoples throughout the country as "new diseases swept through the reserve and the Canadian government worked to build a nation without 'Indian interference', a time when rapid changemaking procedures were run to guarantee types of culture extinction, which she said likely played a large role in Bay's move off the reserve.

By the time Johnny Bay was married he was faced with definitions foreign to his ancestors; he was forced, though he might not have known to the extent that I am aware of today, to fall from a place he knew, and into categories of 'identity', 'community' and 'ownership' as defined by Euro-Canadian society." Schwager also cited unrest within the



Matilda Bay (Bey) in one of Johnny Bay's canoes.

Johnny Atewennarikhon Bay (Bey) was born in 1850 and died around 1924. He is buried in the Flinton Catholic cemetery along with his wife Anne Tekakwen Bay, his daughter Matilda, and his son John. The Bay (Bey) family was well known in the area for their many skills - building construction, basket making, canoe building and guiding among others.

Johnny Bey Sr. was a guide at Bon Echo Inn. He also is credited with discovering gold at the Ore Chimney Mine. Bey Sr. is buried in the Catholic cemetery in Flinton.

There are two canoes in existence that he made, one at the museum at Bon Echo Provincial Park, and one that was used in the Tyendinaga landing ceremony for many years that is now stored at a private residence on the Tyendinaga Mohawk Reserve.

reserve as a motivating factor for the Bays to leave it. "I am told by the genealogist at Akwesasne that the Mohawk people had asked the Canadian government to assist them in having the families who were of mixed nations leave the reserve in order to keep the Mohawk blood line pure.

She also referred to the book, *The Oxen and The Axe*, and said, "It is around the same time that the Bay family was known to have considered an offer made to them by the Canadian government to move to a large area of land around Effingham and Weslemkoon Lakes - if 24 families would agree to settle there. The project was dropped because only five families wanted to go. But apparently the Bays liked the area and decided to stay."

Schwager also pointed to how the move likely led to Bay and his family losing their native status. "The Bay family, having left Akwesasne, were now enfranchised, which legally or by government definition means - to lose one's identity, breaking up a so-called community (reserve) to 'own' land. There would be no distinction between an enfranchised non-status Indian and other non-Native citizens. The Bays would be protected from alienation and would supposedly escape the 'baggage' of having 'Indian status' or being of the 'Indian problem'. There are records of information that suggest to me that Johnny Bay may not have even been aware that he had lost his status 'identity' and that the land he had acquired would never really be 'owned' by him or his family.

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Matilda with Bill Schwager with their children. L - R: Matilda with baby Gilbert, Bill with William, Mildred, Mary, John (Jack). Unknown date.



Peter Bey, one of the four sons of the legendary Johnny Bey. An article in the *Oxen and the Axe* quotes the family as saying that the name should be spelled "Bay", but since the gold mine which Johnny discovered was called the Bey Mine, the writers at that time chose to stay with that version. (Research has shown that there are at least 3 spellings of the surname - Bey, Bay, and Baye.



John Bay Jr. and Matilda Bay - unknown date.

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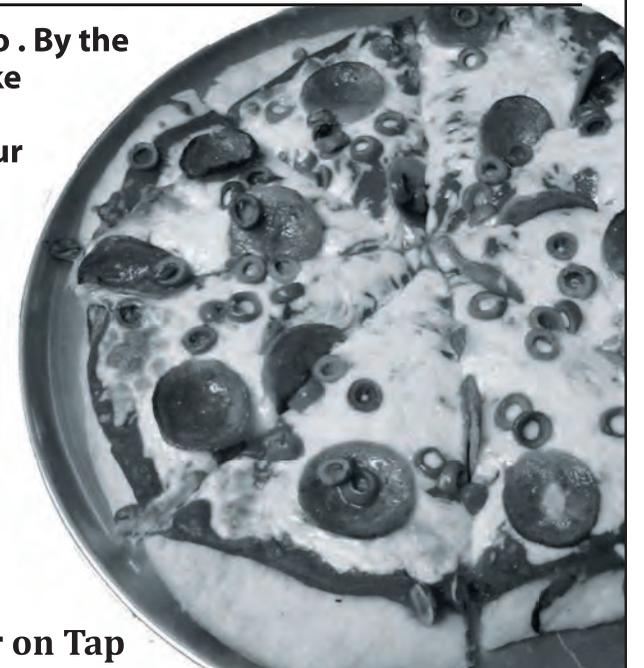
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Benefits of Eating Local

By Derek Roche

It is that time of year again! Farmer's Markets and roadside stands are providing us with fresh, delicious and healthy foods. Several benefits come from eating local food, including environmental, economic, social, and health benefits. Here are 6 fantastic benefits of eating local.

1. Local food is very fresh

Food that's grown or produced in your community isn't imported from distant states or countries like a lot of supermarket items. This means that local food, especially produce, is often extremely fresh and tastes better than nonlocal items. If you've ever enjoyed a perfectly ripe tomato or crate of strawberries from your farmers market, you know what I mean.

Local produce sold at farmers markets may be picked or harvested just a day or two before — or on the morning of the market. As a result, some fruits and veggies can stay on the vine to ripen longer or may have more favorable growing conditions than they would if they had to travel to the grocery store. Depending on the type of produce, this may make them sweeter, juicier, and tastier.

Other types of local food, such as eggs from a farmer who raises chickens, are also usually fresher than options that come from farther away. Most chefs and home cooks probably agree that the freshest ingredients tend to produce the best-tasting dishes.



Pic by Aaron Cloward unsplash.com

2. Local food is often more nutritious

Fruits and veggies may lose some of their nutrients during transportation and processing or while sitting on grocery store shelves. Vitamin C, an important water-soluble nutrient that's necessary for healthy skin and tissues, begins to degrade in fresh fruits and veggies shortly after harvesting. What's more, the antioxidant content of some produce declines during storage. Getting antioxidants from foods is important to fight reactive

molecules called free radicals that contribute to disease

Since locally grown produce usually doesn't have to travel very far or sit in storage for long, it retains more nutrients. Although this may not always be the case, chances are the fresh asparagus at the farmers market is more nutritious than the bunch you see at the store from a distant place.

3. Eating local is an opportunity to try new foods

If you shop at farmers markets or local food co-ops, you'll likely be introduced to a new or unique food that's grown in your area. Discovering these items is an excellent way to learn more about the food history and agricultural practices of your community. You may even find a new favorite food or ingredient.

Over years of shopping at farmers markets, I've tried locally grown and milled flour, cave-aged cheeses, teas made from herbs and plants foraged in my state, and so many interesting products. Signing up for a community-supported agriculture (CSA) share is another great opportunity to expose yourself to local foods that may be new to you.

4. Purchasing local food benefits the environment

Supporting local farmers and food purveyors supports the environment. As I noted above, local food travels a shorter distance to markets and stores than products that come from other areas. Thus, their transport usually contributes to less pollution and fewer carbon emissions than foods that necessitate longer trips. Some local foods may come from a farmer or purveyor right down your street, while other local items may be grown 100 miles away. Still, this is a lot closer than a farm thousands of miles away or in a different country.

5. Less waste and plastic packaging

A lot of local foods, especially produce, are sold at farm stands without packaging. Plus, you can bring your own reusable bags to carry the items home. This

equates to less waste, particularly of plastic packaging and plastic bags. As a bonus, local produce doesn't need to undergo processing, which preserves foods but contributes to waste.

6. Healthier ecosystems

Finally, supporting local farmers helps maintain green spaces and farmland in your area. Local farms that use sustainable practices may boost biodiversity, protect pollinators that are vital to healthy ecosystems, and promote clean air, water, and soil.

7. Eating local supports your regional economy

When you buy local food, your money is likely to continue to circulate within the local economy. Some studies suggest that local food has a multiplier effect, meaning it contributes to increased employment and income in a community, among other positive effects. Local businesses not only provide jobs for community members but also their owners and employees are more likely to cycle their incomes back into other local stores and institutions — further reinforcing the regional economy

8. Eating local teaches you how your food is grown

One of my favorite things about buying local food is making connections with farms and food producers. Building relationships with those who grow your food is a great way to build community. At the same time, you can ask questions and learn about farming practices. Such connections may help you develop a deeper appreciation for your food. Personally, I feel more satisfied and mindful when I have a connection to the food that I eat. Just like using a favorite family recipe, enjoying local food can evoke positive emotions and boost your spirits.

If you're interested in eating more local food, here are some of the best ways to get started :

- Head to your local farmers market.
- Become a member at a local food co-op.
- Sign up for a CSA share.
- Dine at farm-to-table eateries in your area, some of which may even have a CSA or farm stand connected to the restaurant.
- Browse the produce section, or check with the produce manager, at your grocery store to see whether they identify local foods. Some may add labels to local products.
- Forage for local wild foods. (See the Highlands Hiker article "The Edgelanders" on pages 22 and 23.)

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



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Natural Ways to Brighten your Smile

By Tamatha Strachan

Do you wish your teeth were whiter and brighter? 99% of people tell me they do. Everywhere you look you see people with perfect white teeth. Don't be fooled. Much of what you see, on-line and in magazines has been Photoshopped, and most of the celebrities and models have had cosmetic work such as porcelain veneers placed on their front teeth. Teeth that are not perfectly white can still be healthy. Natural tooth colour is a blend of white with yellows, browns, greys and pinks. Like skin color, tooth color can be many different shades.

To determine how to keep our smiles bright, we first need to understand why our teeth are discoloured. There are intrinsic (inside the tooth) and extrinsic (outside the tooth) factors that affect the appearance of our teeth. Intrinsic cases cannot be reversed naturally, such as genetics and age. If the layers of tooth did not develop correctly, they can cause grey or yellow-brown permanent stains. Some people are born with more porous enamel. The more porous the enamel, the more likely it is for teeth to begin yellowing. As you get older, it is perfectly normal for teeth to yellow. Changes in the body, whether from medication or illness, may create a change in the coloring of your teeth. Trauma to the tooth will most likely cause a change in colour.

So, what can you do? Lifestyle changes can help improve the appearance of your teeth. Quitting smoking can make a huge difference, as can reducing consumption of food and drinks which stain the teeth such as coffee. Two chemicals found in tobacco create stubborn stains: tar and nicotine. Dark-colored foods such as beets, tomatoes, pomegranates, blueberries, and raspberries will stain teeth. Using a straw will reduce contact with your teeth. If you cannot use a straw, swishing with plain water afterwards helps. Chewing sugar-free gum for 5 minutes after meals and snacks stimulates saliva production and helps to neutralize and rinse away acids. Wait 30 minutes after



Pic by Miguel Bruna unsplash.com

eating or drinking to brush your teeth. Root exposure or enamel wear can make your teeth appear yellow and discoloured. The outside layer of your tooth (enamel) is white but the second layer of your tooth (dentin) is actually yellow. As the enamel thins or wears down over time, your teeth may become more translucent and appear yellow as the second layer of your teeth becomes more visible.

Decreasing acidic intake will limit the acidic attack on your teeth; thusly maintaining the integrity of your enamel. Follow a good dental hygiene routine consisting of gently brushing with a power toothbrush twice a day for two minutes and flossing once a day. Use a low abrasive toothpaste. Do a google search of how abrasive your current toothpaste is. You might be surprised. Once a week, use a DIY toothpaste with 1 part baking soda and 2 parts 1.5 % hydrogen peroxide. Add a drop of peppermint essential oil. Mix well to form a loose paste. Use a small head toothbrush and gently exfoliate any visible stains. Rinse your mouth thoroughly. Mouth rinses with 1.5 %

hydrogen peroxide are effective as well. Did you know certain foods can help keep your teeth bright naturally? Crunchy fruit and vegetables like apples, celery, and carrots, can scrub away plaque and bacteria, stimulate saliva production, and provide good sources of vitamins and minerals that strengthen your teeth. Leafy greens, like spinach, romaine lettuce, and kale

contain folic acid, which is necessary for cell growth and repair, and can help reduce inflammation in the gums and make teeth more resilient to plaque and bacteria. Cheese contains calcium, which strengthens tooth enamel and bones. Cheese also contains casein, a type of protein, which plays an important role in repairing tooth enamel.

Our teeth are one of the first things people notice about us. When you are confident with your smile, you smile more often. Smiling can reduce stress, and make you feel better. The easiest way to keep your teeth naturally white and bright is through good oral hygiene and regular dental cleanings.

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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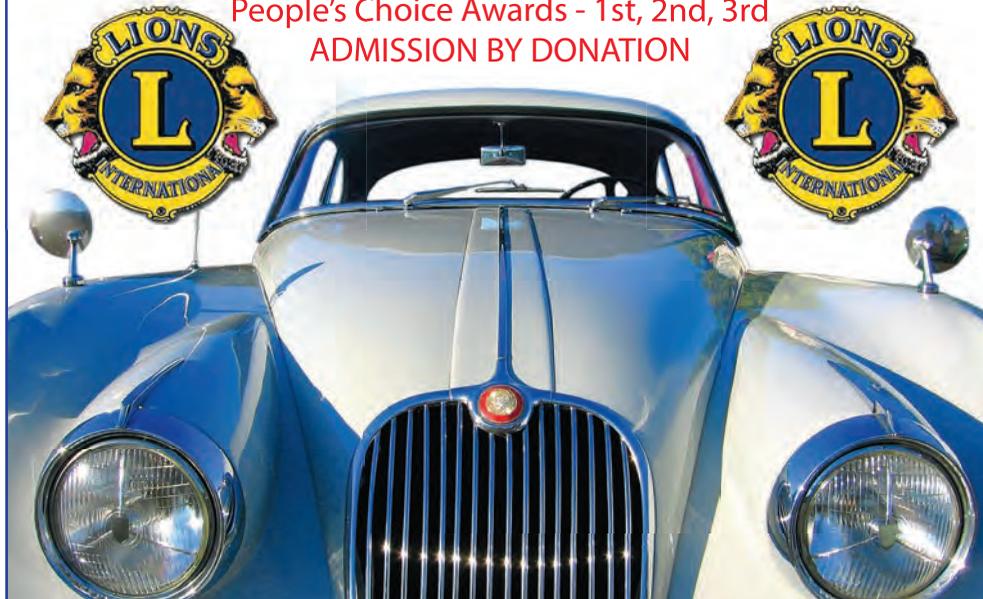
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Water Trails - The Original Highways

By Lesley Cassidy

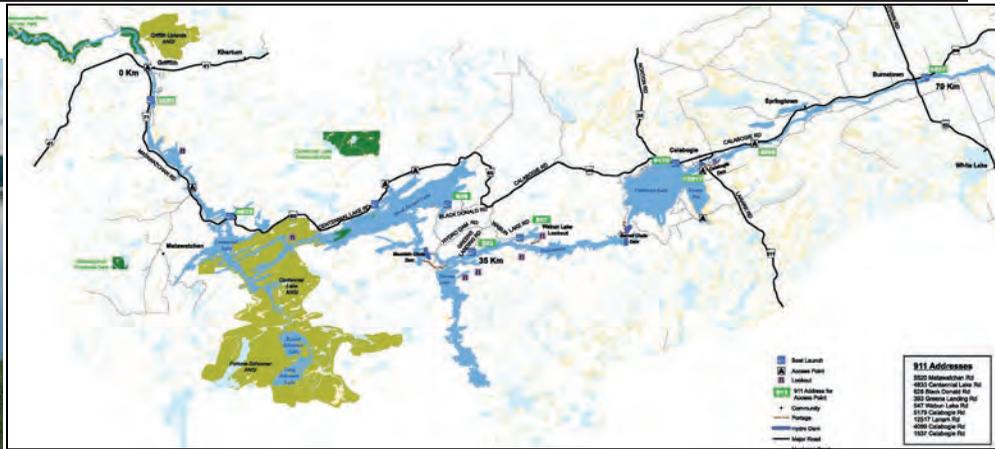
It's a clear blue sky summer morning. Gravel crunches under the tires as the truck rolls into a parking spot at the boat launch. The canoe strapped to the roof... the water trail calls. Water trail? It's a thing.

Across Canada and the United States, volunteers, non-profit organizations and communities have identified lakes, rivers, creeks, white water and shorelines specifically for recreation opportunities. These waterways connect visitors with wild spaces, and towns and volunteers invest time and effort into maintaining these areas.

The Trans Canada Trail (TCT) defines water trails as "marked, designated routes on coastlines, lakes and rivers for people using non-motorized watercraft such as canoes and kayaks for single-day and multi-day trips." Other definitions include motorized options or camping facilities, signage, rental boats, and cultural or historical sites of interest. Regardless of the wording, water trails, or blueways, have a few elements in common - two significant ones are recreation and responsibility. That sets them apart from a boating or paddling route. These routes and waterbodies receive special attention. Typically supported by an informal network of volunteers, a non-profit or government organization, people step up to clear portages, clean trash, and work with municipalities and indigenous communities to provide a recreational experience. This intentional effort and special attention encourages visitors to be responsible for their actions and care about the area.



Water trails need access points like this boat launch on Centennial Lake, maintained by Greater Madawaska.



This map created by the Township of Greater Madawaska shows access points, portages, parks, Areas of Natural and Scientific Interest (ANSI), and scenic lookouts. Listing other attractions and areas where you can get food, accommodation, and access public WiFi, would add to its usefulness.

In our backyard, three recognized water trails include the Madawaska River, the Ottawa River and the Rideau Canal. Courtney Sinclair, an Advanced Flat-Water Stand-Up Paddleboard Instructor and international guide based out of Golden Lake, spends many hours on the Ottawa River each year teaching others how to paddle board and discover the magic of waterways. "The more time we spend with the river and water, the more we start to feel responsible. We begin to want to advocate and share it with others, and then we care about it more," she explained recently.

The Madawaska River, flows through numerous communities in the Ottawa Valley and supports fishing, motorboating, paddleboarding, kayaking, Crown land camping, and businesses. An informal group, Friends of the Madawaska Watershed, focuses on zoning issues around a former lodge in the Township of Madawaska Valley; however, they also share information

about the watershed. Other informal groups clean up litter along the shorelines and Crown land campsites near Griffith and Calabogie. The Bonnechere River has an active advocacy group initiating water-related projects and monitoring issues involving the watershed.

Several long-distance water trails have been developed in Ontario, including the Lake Superior Water Trail stretching for 1000 kilometres with 16 access points, joining communities between Thunder Bay and Sault Ste Marie. The Path of the Paddle route meanders over 1100 kilometres between Thunder Bay and the border of Manitoba. Nearby, the Haliburton Highlands water trails include almost 30,000 hectares of lakes and forests. Volunteers or municipal organizations maintain these routes, clear portages, add signage and provide a tourism experience that represents the area and its history.

Water trails support public access for recreation; they reinforce a level of

protection as local groups, recreational users, and volunteers advocate on behalf of the area, and it builds a community of people who encourage responsible use. Having eyes and ears on the ground contributes to a stronger connection with the watershed. A premier paddling destination, the Madawaska Kanu Centre, located near Barry's Bay along the River, shared that the importance of the Madawaska River water trail "brings attention to a truly special place. It attracts people. New paddlers ask many questions about the river's history." The Centre highlighted that the river offers excellent white water for beginner, advanced and expert paddlers. With the most significant market being new paddlers, this experience exposes visitors to the magic of the river and encourages people to care about it and return. And it contributes tourism dollars to the rural area. Water trails are an economic driver.

Visitors arrive and require supplies, accommodation, meals,

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Whether you are looking for a relaxing smooth-water paddle or a fast-water challenge, your trip requires planning that includes what to do in an emergency, just in case.

and rental services from rural communities. A study completed in the USA highlighted that “water trails can be beneficial components of rural communities. In water trail communities a sense of stewardship is fostered, and the number and success of retail and service businesses increase as the community builds a reputation as a paddling destination.” (Case Studies of Water Trail Impacts on Rural Communities, Lindsay Johnson, 2002) The study found both positive and negative aspects, including tourism challenges but did state that “a water trail must be advocated and maintained locally if the community will reap economic and social benefits.”

Water trail groups promote access. Access for both motorized and non-motorized is under pressure due to increased housing development along shorelines, a limited number of boat launches and the charging of fees to access the water. Members of the paddling community along the Rocher Fendu

section of the Ottawa River launched an initiative to locate an accessible public location to take out or put in boats along the Ottawa River. Known for big water and big waves, barren rocky outcrops and an eastern white pine landscape, this area is a magnet for paddlers. This group of volunteers approached the local council to build a new free access point on a municipally owned right-of-way. In 2021, the white-water rafting company announced it would no longer charge a fee to access the river – happy news to families, visitors, and paddlers.

Another trail, the Trans Canada Trail, is a network of trails weaving over 28,000 kilometres across the country, from coast to coast to coast. The network includes over 2000 kilometres of water-based trails that form lengthy connections to the land route. “The Trans Canada Trail is a trail of trails, and we see water routes as an exciting means of connecting people with trails and as a means of safely exploring the environment,” says

Michael Goodyear, National Manager, Stakeholder & Visitor Experience, Trans Canada Trail. “To bring water trails into our network, we worked with organizations that had established water trails or were developing them”. He noted that Trans Canada Trail, in partnership with Paddle Canada, is currently developing criteria that will define water trails in ways that will improve user safety and recreational enjoyment. “The classification guidelines, which we hope to have completed by spring 2023, are being developed to improve paddler safety.” The guidelines will help paddlers know what to expect and understand how to prepare themselves with equipment or training that may be needed before travelling along the routes, several of which follow large bodies of water.

Conditions vary significantly on larger water bodies and rivers due to wind and weather. Another factor impacting paddling is motorboat wakes. A “Be #WakeAware” campaign launched

in 2021, encouraging motorboats to slow down near the shoreline. Large wakes may swamp canoes and paddle boards, cause damage to the shoreline and wildlife, particularly during nesting season in May and June. The Federation of Ontario Cottagers Association, Muskoka Lake Association and Safe Quiet Lakes partnered to create the program, establishing a marine ambassador’s program. Numerous marinas in Ontario signed up to share the message about large wakes.

Spend time online and locate a water trail for a day or multi-day trip this summer. If you want to meet other like-minded individuals, check out the Water and Dirt Festival held in various locations in the Upper Ottawa Valley between August 4-14, 2022 (wateranddirt.ca), where you can find a fly-fishing clinic, a beginner’s and expert’s race on the paddleboard, a moonlight paddle, a kayak fishing tournament, and a paddle with your pooch. Discover a water trail and soak up the summer on the water this July!



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

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Widowmakers - Surviving the Historical Storm's Aftermath

By David Arama

Below, Palmer Tree Care at work.



Anyone who has watched professionals take care of a problem tree has stood in awe of the equipment, safety precautions and skill the workers use to take a tree down. Those branches look small when they are 30 ft. up, but don't be fooled. Think of the damage a baseball bat can do to you. Now picture the whole branch swinging toward you. In the photo upper right, you can see a gap between the two tree trunks. The upper branches are holding the top trunk off the ground. If you cut the tree somewhere in that space it will change how it is supported and the whole thing could turn, drawing that big upper limb toward you as the tree rolls or jumps after being cut. The trees below are what you expect widowmakers to look like, but even trees on the ground can be widowmakers. It is all about the balance of pressures on each component. It's not like cutting a straight tree on a calm day.



The May 21st widespread destruction left by the Derecho, Tornado-Spawning storm, left a path of destruction throughout our region. There were hundreds of downed power lines and poles, thousands of downed trees, many fatalities, and injuries. And in the aftermath, there were additional injuries, fatalities, and near misses as businesses and residents faced decisions about how to clean up in a cost-effective manner.

One of the major cleanups involves tree removal and disposal. In some cases, trees were perilous-

ly hung up on live hydro lines, or weakened, leaning, and ready to fall. At Marble Lake Lodge, we hired a professional tree removal company, Palmer Tree Care (Brendon Palmer) who are ISA Certified Arborists, to do our storm damage tree removal. They were safety oriented, professional, efficient, used the right equipment, and were reasonably priced. As a business, we are very aware of the need to hire insured and certified contractors, and the risks associated with hiring the neighbourhood handyman.

Here's an example of what can go wrong. On June 28th, I awoke to a normal day at the lodge, enjoyed a coffee, and started some work on my laptop. Around noon, the hydro went off. I heard a loud bang and a commotion outside. When I ran outside, I saw a bunch of people by the roadside at highway 506 and a Bell Canada truck that had run directly into a live hydro line that had fallen across the highway. Miraculously, the Bell guy wasn't electrocuted, and there wasn't a catastrophic head-on crash since the hydro line was three or four feet above

the road. So, how did this line end up falling?

For a few months there was a tree that had fallen over a hydro line at the private cottage across the road. The owners knew about it and everyone driving past this cottage saw it every day. At the time the power went out I noticed a Dodge Pickup Truck parked at the cottage. A man came over to chat and he said he was, "doing some work at the cottage for the owner, so that they could come up for the Canada Day Weekend". He made no mention of the tree, except to say

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Widowmakers may pose a risk to equipment or personnel working under or around the tree. They can become dislodged by wind or during tree felling and are responsible for 11% of all fatal chainsaw accidents in the U.S. Avoid working beneath widowmakers, knocking them down, or pulling them down with a machine. Hire a pro.

that it came down on its own. The obvious chainsaw cuts on it told a different story. Very interesting.

Some minutes later, a Hydro One crew stopped to make repairs to restore the hydro. That's when the man from the cottage came over to my parking lot and proceeded to get hostile and verbally threatened me. I had no interest in fighting this toxic individual. I notified the Sharbot Lake OPP and I also had a chat with the Electrical Safety Authority. Likely the cottage owner's insurer wouldn't be too happy with this situation.

Recently, other tree removal accidents have occurred due to people climbing unsupported ladders with chainsaws, and people having branches fall on them, resulting in serious injuries and death. How this man escaped being electrocuted is beyond me. Hydro One wasn't notified to shut the power off before he attempted the tree removal, and as far as I know, this

guy wasn't a Certified Utility Arborist, or an electrician. Additionally, he caused considerable damage to the owners' electrical mast and hydro meter.

The good news is that nobody died as a result of this incident, but they could have. While it's tempting to do tree removal yourself or with unqualified help with the goal of saving money, ultimately this plan could backfire very badly, resulting in much higher repair costs, along with physical risks. You save in the long run when you hire professional, certified, and insured workers, so when hiring a tree removal company, ask them if they're insured, have certifications, and references.

Be careful!
And let's hope that we don't get any more of these mega-tornadic storms.

Tips:

- Operating a chainsaw is easy - just fire it up. Operating a chainsaw safely requires education. Accidents involving this power tool can lead to debilitating or even deadly injuries, which is why employees should stay in touch with the latest safety procedures. Even workers who frequently use chainsaws, especially in the logging and forestry industries, should take a course every 3 years.

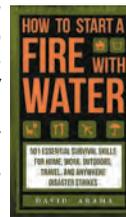
esafetyfirst.com is a Canadian company that offers engaging courses and certification online for under \$60. At the end of the course you will receive a certificate which will demonstrate that you have received the theoretical training and the evaluation for that specific course. It won't make you an ISA Certified Arborist or Certified Utility Arborist, but it will make you aware of the dangers and how to avoid injury or death.

- Get a good quality chainsaw like Stihl or Husky. Don't attempt to remove trees that are hung up on live hydro lines, or ones that could fall on your car or house, that could pull out the guts of your electrical system, or could kill you.

They don't call them widowmakers for nothing.

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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MEMORIES OF VENNACHAR

The Covenanters, Parts 3 and 4, of 4

By Bill McNaught

Read parts 1 and 2 in the June 2022 Madawaska Highlander at madawaskahighlander.ca

Part 3 - Equality - A New Idea

In his book, "A History of Scotland" Neil Oliver discovered that the Covenant Document signed by ordinary Scotsmen and Scotswomen during the 17th century (the Covenanters), had a "profound importance" on the evolution of humankind towards modern democracy based on the rights and responsibilities of individual citizens. Surprisingly, Oliver failed to mention another evolutionary idea that both men and women, who signed the Covenant Document, were asserting that men and women alike have individual rights and responsibilities. This may be the first document in history which asserted equal rights for men and women. Looking back over 325 years, an objective observer can make the connection between equal rights for men and women and the development of modern democracy.

That equality extended to martyrdom as well. Scotswomen were victims of the policies of the Privy Council, the King's representatives in Scotland, who were determined to eradicate by execution the resistance to their forced religious views, regardless of who held their own separate views. The Privy Council, in administering the law in Scotland, attempted to hamper religious services of the Church of Scotland by requiring Scots to attend Church of England services in the Scottish Churches. The response by the Covenanters was swift. They attended secret outdoor services known as "conventicles". In response, anyone attending a conventicle or suspected of attending a conventicle was arrested and tried for treason.

Still the resistance grew. In 1679, there was an event that went beyond the norms of Scottish society. In response to the government's prohibition of conventicles, a few Covenanters tried to capture a strong proponent of the government policy, Archbishop Sharp of St. Andrews. They killed the archbishop when he was accompanied by his young daughter. Killing was commonplace and gruesome in Scotland but never in front of a victim's daughter. The killers escaped and were eventually captured during a battle near Glasgow. The Government troops killed many Covenanters and captured 1400. Some were executed; others were loaded onto a prison ship bound for the Colonies. The prison ship foundered in a storm. The prisoners trapped in cells below were drowned. One atrocity had led to another.

It became clear to the government that a policy of terrorism would be necessary. To determine whether a Scot was a traitor, the Test Act was enacted. It was a simple question—Who leads the Church? All Covenanters were bound to respond, "Jesus Christ" not the King. That answer was a death sentence by trial and hanging or summary execution.

An old book, "Martyrs for the Truth", written in the 1700's by W. McGavin gathered the personal statements and final words of those Scots who were killed for their religious beliefs during this "Killing Time". It was an attempt by the Privy Council to eradicate the Scottish resistance by terrorizing citizens rather than the leaders, whom



Martyr's memorial in Edinburgh Scotland

they could not entrap. Surprisingly, there are over 75 written testimonies of the executed martyrs, normal citizens who were at the wrong place at the wrong time. In a cynical decision, the Privy Council embarked on a program to execute women as well as men. The deaths of two women, Isabel Alison, and Marion Harvie number among the victims of this policy of public terrorism.

Each woman was young, only 20, when they were brought before the Privy Council in Edinburgh. Their crime was attending an outdoor meeting of Covenanters. In each case, no evidence was produced of any crime, but their words were used to create a charge of treason. Both Isabel and Marion were well versed in the Bible. Their testimony which was recorded by observers reveals that they were able to avoid the theological traps of the Council.

Both women documented their ordeals and how the administration abused the rules of evidence by various methods to establish a charge of treason. Isabel Alison in her signed testimony recounted how she was brought before the Privy Council in Edinburgh. She was asked about the murder of Archbishop Sharp. She did not disagree with the murder. She was asked about her Christian duty to obey civil magistrates. Isabel answered that a Christian had a duty to obey civil magistrates only when they "act(ed) in accordance with the Bible".

That was enough to forward her case to the Criminal Judges. She disowned the power of these judges on the basis that no evidence of a crime had been presented against her. "Ye have nothing to say against me but for owning Christ's truths and his persecuted members."

She next appeared before the Assizes, a jury of peers, where an indictment for treason was read. Isabel owned (admitted) to "Presbyterian principles", based on Christ being the

head of His Church, not the King. Again, she stated the lack of evidence, "Your proceeding against me is only for owning Christ, His Gospel and his members, which I could not disown, lest I should come under the hazard of denying Christ and so be denied of Him." It was a strong defense, clearly articulated but the Assizes understood that evidence was not necessary for treason just her admission that she was not obeying the orders of the administration.

Isabel was found guilty of treason on January 20, 1681 and sentenced to death by hanging. In her written testimony of her ordeal, Isabel defended her beliefs by reaffirming her adherence to the "Holy Scriptures of the Old and New Testament." She also stated that she protested against "all the violation done to the work of God these twenty years bygone" in particular "against all cruelty used against the people of the Lord". Isabel exhorted other Covenanters to "be zealous for the truth" and "to labour against a spirit of bitterness".

Isabel was executed with another woman, Marion Harvie. She was required to mount the scaffold and permitted at the top to pray silently and make some final words, witnessed by many of her friends. "Be zealous, sirs, be zealous, be zealous (of the truth)!" and "Into thy hands I commit my spirit, Father, Son and Holy Ghost." Then the hangman threw her over.

Part 4 - The End of the Terrorism for the Covenanters

In frustration that their policy of executing ordinary male members did not stop the resistance of Scots to the outside interference in their Church of Scotland, the Privy Council determined to execute both men and women for abiding by their religious beliefs. The administration could not capture the leaders of the resistance. The Covenant leaders reacted to every provocation, in particular the Test Act, which required

Scots to state that the King was the head of the Scottish Church and not Christ. The Scottish leaders denied the power of the King in religious matters; they "excommunicated" Charles II and his Scottish supporters from the Scottish Church (the Torwood Excommunication). Finally, they declared war on Charles II (the Sanquhar Declaration). Still the resistance by ordinary folk continued.

The Privy Council adopted a policy of executing ordinary people and went further by publicly hanging two women, Isabel Alison and Marion Harvie on January 26, 1681 in the Haymarket in Edinburgh for attending secret outdoor conventicles. In neither case was any evidence of a crime produced. At the inquest before the Privy Council Marion stated her view on the authority of the king— "When (the king) brake his oath (to the Covenant) and robbed Christ of his kingly rights, which do not belong to him, we are bound to disown him and you also." Marion had no opinion concerning the murder of Archbishop Sharp but called him "a perjured wreck and a betrayer of the Kirk of Scotland." When asked if she was mad, she quoted the words of Christ that "he who seeks to save his life shall lose it." She was asked to sign the indictment outlining "her sin of rebellion" but she simply smiled, "If I were as free of all sin as the sin of rebellion, I should be an innocent creature." Although there was no proof of any crime, denying the authority of the king was enough for an indictment of treason.

When brought before the Assizes (a jury of peers), the Assizers balked at proceeding with the charge of treason. Marion stated that the case against her was without fact "but only for owning Jesus Christ and his persecuted truths." The Advocate asserted that treason by itself was "fact" and threatened to fine the individual Assizers. He determined to proceed without their sanction. The



Martyrs' Monument, Windy Hill, Wigtown Scotland

MEMORIES OF VENNACHAR



The Wigtown Martyrs or Solway Martyrs, Margaret Maclauchlan and Margaret Wilson were Scottish Covenanters who were executed by Scottish Episcopalians in 1685 in Wigtown, Scotland, by tying them to stakes on the town's mudflats and allowing them to drown with the rising tide.

Assizers complied. The advocate had his example to terrorize people.

The written testimony of Marion is cohesive and comprehensive. "I die not as a fool or an evil-doer or as a busy-body in other men's matters; no, it is for adhering to the truths of Jesus Christ and avowing Him to be King in Zion and the Head of His Church." She identified the real criminal, "I leave my blood upon the traitor that sits upon the throne (the king)." She wrote of the offer of her life if only she would renounce her beliefs, something she could not do. She gave her final advice to other Covenanters to continue their resistance "Keep up your societies and the assembling of yourselves together". Finally, she spoke of the ministers who supported the Privy Council, "They are blinded and do not see".

Marion and Isabel were hung together in the Haymarket at Edinburgh. The Privy Council wanted a public spectacle to send a warning to other Covenanters but instead they got a rebuke from these two young women. When it became apparent that the women would die bravely, Bishop Patterson, a member of the Privy Council, rushed to the scaffold and in an attempt to embarrass, tried to pray for them. Together Marion and Isabel drowned him out by singing the XXIII Psalm and mounted the scaffold. Out of spite, Marion was not allowed to commit her spirit to God. As soon as she spoke with the rope around her neck, "the major called to the hangman to cast her over, and the murderer presently choked her."

The effect on the witnesses in the Haymarket was dramatic. The manner of the death-time behavior of both women was dignified in contrast to the contemptible conduct of the judges and Bishop Patterson. Rather than deter further resistance, people still kept their beliefs and even more attended the secret meetings in the ensuing years.

So how did it end? In January 1685, Charles II, age 55, died either of a stroke or by having too much blood drawn by his doctors. There is even an account asserting that Charles II was poisoned. His brother, James II, became King and tried to continue the persecution of the members of the Scottish Church. He was unsuccessful. He upset even the English Church and had to flee Britain. He was replaced in 1688 by his daughter Mary and his nephew William III. They had other priorities, in particular fighting Louis XIV of France. They made peace

with the Scottish Church and the Killing Times ended. The "Act of Supremacy", which was used to declare that the king was the head of the Church of Scotland, was repealed.

After so much needless suffering, something good emerged. In 1689, a Bill of Rights was passed in England, which beyond settling the succession of monarchs, limited the power of the monarchy and codified rights for Parliament. Among the rights recognized by the Act was the right to petition the king and the prohibition of prosecutions for such petitioning. The Bill of Rights also prohibited cruel and unusual punishment. A separate but similar document, the Claim of Right Act 1689, conferred the Bill of Rights to Scotland. It was the beginning of the new idea, the Scottish idea, recognizing human rights for both men and women.

Author Oliver states that the Covenant Document, which Scots signed, pledging to protect the Church of Scotland was "of the most profound importance" for Scots began to consider themselves citizens with individual human rights rather than subjects of the king. It was also important for it recognized that women had individual human rights as well as men for the first time. The Covenant document was a profound document based on profound ideas.

It is surprising to read that Oliver then discounts these radical ideas—equality, freedom of speech and conscience, because they were propounded in a religious context. Without these new ideas, progress towards democracy, based on equal human individual rights could not have occurred. One hundred years later, another document beginning with the words, "We the People..." accompanied by an expanded and expanding Bill of Rights began another democratic experiment. What Author Oliver does not discuss in his "History of Scotland" is the shape of our modern world if the Covenanters had not resisted and been prepared to die for their beliefs. What if the Covenanters had not survived and what if their principles including citizenship with human rights, equal for men and women had been abandoned?

To an objective observer, the conclusion of Oliver's book is also disappointing. While admitting that Scotland is "an astonishing country" and "As a people, Scots have been, and are, an international success story without parallel", he overlooks the foundation of that



The author, Bill McNaught, at the Dalry Covenanter Sculpture in Scotland. The Sculpture represents the Biblical Burning Bush, symbol of the Church of Scotland since 1691. Several leaves of fire are veined with the names of well-known Covenanter martyrs. St. John's Town of Dalry was chosen because of its importance in Covenanter history. Sir William Gordon Bart and his son, Alexander of Earlsoun Dalry were prominent in the struggle.

success – ideas. Some of those Scottish ideas were espoused and defended to the death by the Covenanters despite 50 years of government persecution costing more than 18,000 lives.

Even more disappointing is a misguided description of Scotland, "In a million years, the rock that is Scotland will have moved on once more, to make somewhere new, and everything will be different. None of this will matter then.

Only the rock lasts forever." I disagree. For it is the Scottish ideas, in particular the new idea of citizens with individual human rights, equal for women and men, that will outlast the Scottish rock, as long as we heed the message from Isabel Alison to her fellow Covenanters 340 years ago, "Be zealous, be zealous of the truth."



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DEADLINE IS SEPT. 22

**Have you Started?
Is it Finished?**

“For some artists, a work is done when it leaves the studio. Others keep tinkering in the galleries. One waits for the piece to “cry uncle.”

- Anne Landy, ARTNEWS.com

As hard as it is to get a story started, it can be even harder to know it's finished. Have you ever had the experience of “fixing” a paragraph or two, only to find you have gone down a rabbit hole that requires a complete rework to make the new paragraphs flow with the rest?

For this I have two pieces of advice:

- One is to keep a copy of the original story. Every time you sit down to revise, save it as a new file. That way you can always go back and “unfix” what you “fixed”.
- The other piece of advice is walk away for a few days when you find yourself changing things and then changing them back. After a break you are better able to read your work as would someone who has never read it before and might like it just as it is. When you get too close to your work you can lose perspective.

“A writer writes... ALWAYS”

- Writing instructor Larry Donner
“Throw Momma from the Train”

When you are writing a short story, you are working on a big puzzle that can preoccupy your mind as you do other things. Even when you are not actively putting words down, your subconscious continues to work. A writer writes... always. In the time when you walk away to do other things, you might hear something or notice something that triggers a thought that will get you going again. Write it down before you forget!

It is often hard to know when you should stop trying to “fix” your story and declare it done, which is why a deadline is so important. In reality, it's only truly finished when it is printed, or you hit the send button.

September 22 might seem like a long time from now, but if you remember those term projects from school, eventually it will be tomorrow.

Email to info@reelimpact.tv. Check entry details under “Sending Stories” on the right hand side in this article.

Good writing and good luck!

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Judges:

Michael Joll, author, and President of the Brampton Writers' Guild
Kenneth Puddicombe, author
Garry Ferguson, writer, editor, former Madawaska Highlander contributor
Diane Bickers, writer, and enthusiastic reader
Dr. Max Buxton, physician, writer

Entries: No charge to enter. One entry per person. Open to Highlander readers including volunteer (unpaid) Madawaska Highlander contributors. Youth entries must state the age on their entry email and must be under 15 years on September 22, 2022. Youth 15 and under are eligible to enter either as youth, stating their age, or as an adult, without stating their age, but not both.

Stories must be:

Primarily in English. Original. Never published before. 1200 words maximum not including the title. Should not include your name or identifying information. Should only include category and title

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Aged to Perfection - Part 1

By Ernie Jukes of Old Camp J

Pic by Alevision unsplash.com

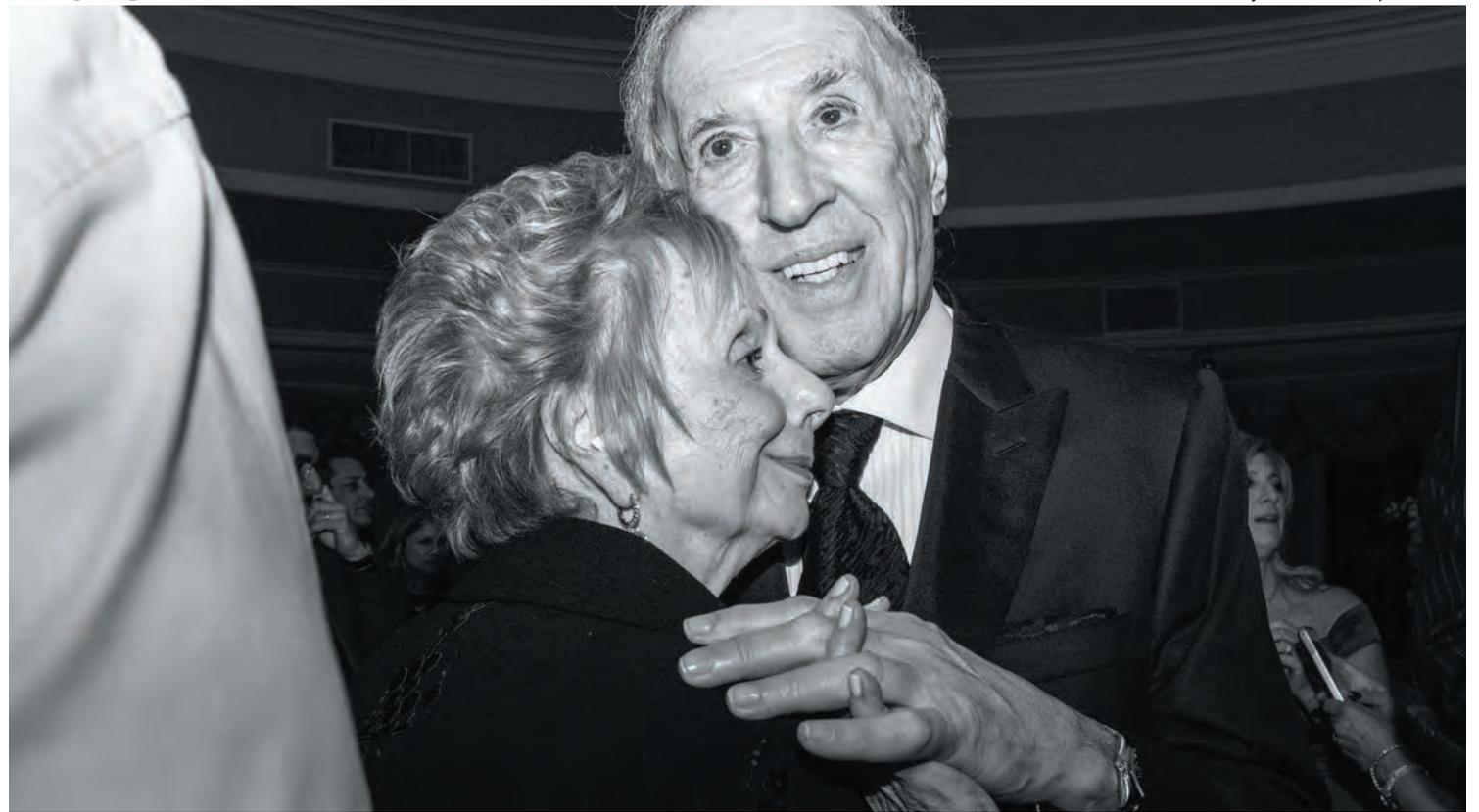
Well say now, old friends in our highlands, don't let this title fool you. We are not talking about old, expensive Scotch here, but something considerably more valuable – seniors like us!

Down through the ages the world has learned to listen to their elders. We have knowledge, experience, and know-how worth sharing, which is much needed in today's messed up world. When this Pandemic is truly over or at least when the rules really relax and the ridiculous price of petrol gets down to being affordable, younger people may consider an auto or RV trip across parts of our vast province, our country or beyond. These kinds of educational journeys are wonderful, and planning, which is half the fun, may now include seniors. Many of us have been there, done that, and would be delighted to guide you, for best routes, best parks or hotels, and so much more.

In a smaller way, seniors may utilize that information to create enthusiasm for a hobby now that you have time to do them. How about woodworking or quilt making? Writing or painting? Scrimshaw? Perhaps reading more and passing those books along? Feed the critters and birds? Build bird houses? Doing your family history? Even telephoning your friends or family, especially during this pandemic, is good for everyone to enjoy. An active productive lifestyle even on a small local scale is still a lot more fun, and there are many more which I can personally recommend or help you get started.

Back in my day, OLD was a state of mind, or perhaps more a feeling than it was an actual blight by number of years, but due to better diet, improved medicine, and greater technical knowledge we have overcome some of the hardships of yesterday. Our perseverance and outlook plus knowledge and even old-fashioned manners and etiquette have got us through a drastically changing world.

Yes, we know we are slower physically, but so what? Contrary to opinion we have accepted and understand most change that has come so rapidly. We know a good attitude comes from reasonable health bringing the enthusiasm which may be a primary answer to aging gracefully. However, I cannot overstress the importance of "No Stress" in the everyday lives of our senior citizens. Comfortable, reasonably enjoyable



days should be expected in a residence, apartment, or your own home. But wherever you are, "Elder Abuse" should never, ever, be tolerated, not even for a minute, no matter the source! We have more than paid our dues and certainly our taxes!

Some of us say that aging improves with time. We have learned to eat healthily, keep moving and perhaps most importantly, use our brain! Of course, good food in a reasonable diet is important to any age. Cleaning up and looking decent also makes sense, particularly when you give your loved ones a hug and tell them you love them. If you have any bad habits, perhaps the worst is being sedentary. No, most of us aren't playing hockey or on the track team anymore, but perhaps we can still walk, pile wood, swim or use an exercise bike. Any movement is better than none! Mobility is truly important for your longevity.

You can easily see there are endless activities to be considered at any age if your mood and health allows. They will bring you more enjoyment to each day, in fact some oldies report they grow happier as they grow older. Count your age by friends and smiles. Don't worry about the wrinkles. What's wrong with looking old when you are?! Remember it is a privilege so often denied.

An old proverb says, "Time waits for no one," and although we can't avoid the aging process, we can control it in various ways. Perhaps these suggestions will help you or someone you know.

You are only old once so enjoy it!

See next months issue for more details and help on growing old more enjoyably, which includes...

"He who laughs – Lasts"



about those ancient cultures. Today they create quilts and paintings at their old log cabin on Frontenac Road in Matawatchan. Visitors Welcome.

R. Ernest Jukes. Artist, Writer, Rover. For over 75 years he has won national awards for his art and design. An ardent storyteller, he has a rucksack of yarns to share. His poetry and articles have been published in premier magazines and books across North America including "We Came Like Monarchs", "My Road to Matawatchan", "This Cabin" and "Pull up a Chair". Audrey and Ernie's travels by RV and canoe have taken them across Europe, Canada, the USA and Mexico, painting and writing

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Another Day at the Hospital Circus

By Antonia Chatson

I did not feel well on Wednesday, I felt worse on Thursday. At 11:30 PM I decided to sit in my La-Z-Boy for a while as I was getting bed sores lying in bed. Three minutes after sitting myself down, I wanted the bed back. I began to walk into the bedroom, and halfway there I thought it would be most expeditious to drop to my hands and knees and crawl into the bedroom, but once there I seized up and could not move. My daughter phoned our good friend who brought along his sidekick to assess the situation. Our friend scooped me up in his arms and after tripping over the kitty litter box and stumbling into the commode he breathlessly deposited me onto the bed. Next thing I knew my hand was being gripped tightly by his side kick whose face seemed to be a foot away from mine. "Tony, Tony look into my eyes. Don't fall asleep, you are drifting away. Look deeply into my eyes and squeeze my hand." I could get used to this. It has been a long time since a handsome man had sat on the edge of my bed begging me to look deeply into his eyes.

"Hi, I am Larry and this is my brother Darryl and this is my other brother Darryl!" Well, all tarnation has broken!

One thing I can never understand about medics and doctors is all the questions they ask me, "What day of the week is it?" "What year is it?" "Who won the last election?" "Where are we now?" "How many fingers am I holding up?" "Can you squeeze my hand?" Why come to me for answers? I am sure there are many professionals in various fields represented by the questions who would be able to answer them more accurately than myself. And when you do answer their questions, they are so busy putting stickies on my body and finger oxygen levels, and handing me a puke bag, strapping me into the stretcher, that they never tell you whether your answer is right or wrong! I think it would be helpful to know my academic rating before we go to the hospital.



Pic by Clay Banks Unsplash.com

When I finally awoke in my hospital bedroom, I thanked the powers that be that placed me into this large room with a huge picture window facing a forest. In the morning, I watched as the murky green morphed into shapes of various trees. There was the gently swaying of the maple tree, the scintillating coins of the coy poplar tree inviting all others in the forest to observe her flirtations. Candelabras of the pine tree were illuminating the scene, under the watchful eye of the pale green leaves of the stately birch. A cotton ball puff of poplar seed would float by in front of the scene, or a bird who was testing out the air waves.

Any of you who has spent any time in the hospital will know that nurses are obsessed with your bodily functions. If you ring to go pee, and you tell the nurse over the intercom, it could be quite a while until they arrive in the room. But if you really want to see them run, tell them you have to make a dump. As there are three choices for arrival on the scene: A) Before, B) During, C) After. The

nurses are obviously aiming for Plan A.

They stick a swab up your nose for a COVID test, and for a test to see if you have acquired a hospital virus, they stick a swab up your nose and one at the other end. I heard the nurses laughing about that one in the hall one day.

On the second day at the hospital, I overheard a conversation between a patient and a nurse. The patient had asked for a laxative. She must have thought the results to be imminent, for the next thing I heard was a chorus of nurses stating loudly, "Uh5! Uh4! Uh3! Uh2! Uh1!" This was followed by a ten second silence then a chorus of nurses sighing deeply in disappointment. This was tried several times but with no success.

As I was lying in bed. I became aware of a large thud about once an hour above my head. It must be the man upstairs I thought (NOT GOD)? Then I heard scraping sounds. I could envision munchkins sitting on commodes encircling the big Boss waiting for the big "drop." The nurses said it has something to do with the heating system, but I don't think so.

Interestingly, after the above episodes we were all rewarded for breakfast the next morning with a

large bowl of Red River bird seed.

There was more to amuse me at the Hospital Circus. A lady patient several doors down seemed to be having trouble locating her hearing aids. There had been many voluble exchanges between her and the nurse about their whereabouts, but they had not been satisfactorily located. One morning there had been a bazaar outside the hospital and she must have gone there. Now, there are a limited number of personnel and visitors in the hospital, but I heard her telling whoever fourteen times that she had purchased four books there. There must have been some overlap. At the fifteenth time telling the nurse, "I bought four books out there today." The nurse replied, "I know all about it." The nurse must have asked her some questions and she replied, "I can't hear you." The nurse repeated it and the patient said louder than the first time, "I can't hear you!!!" The third time she said this the nurse lost it and she roared at her, "they made good sandwiches and fine coffee." Maybe they did or maybe they didn't?

About ten thirty, one night, the nurse had the patient get up to do some therapy. The attempts were unsuccessful as the patient refused to comply. The nurse responded, "Would you be this uncooperative when you go to rehab?"

She replied, "I will do it then but not for you." About an hour later I heard great sobs coming from the patient for about five minutes. And then at the first stroke of midnight an ear-piercing shriek reverberated through the hallowed halls of the hospital. She must have expended all of her energy because after that there was silence. The next day she was back on the four books she bought at the bazaar. Seemingly putting last night out of her mind.

Who needs a television in the room?

Dear Readers

I know this will come as a great disappointment to you. But this is the last of the hospitalization series. (Deo Volente)

So, until next time, adieu!

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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

50 years later, 'Napalm Girl' has a message for children in Ukraine. Hang on there. Don't lose your hope. Don't lose your dream. There are many people who will help.

European Union grants Ukraine candidacy status after nearly two-decade struggle.

City of Ottawa denied 'outrageous' request the day before Ukraine invasion, to fly Russian flag and light up City Hall in June on Russia Day.

Russia opens rebranded McDonald's restaurants. The corporation sold its branches in Russia to a local licensee after Russia sent troops into Ukraine.

'Flag war' with Denmark over tiny Hans Island in the Arctic set to end peacefully with deal. Canada now has a land border with Greenland, a Danish territory.

Russia could lose 15,000 high net-worth individuals (HNWIs) in 2022, compared to 5,500 in 2019. That equates to about 15% of Russia's millionaire population.

Canada ranks 9th for migrating millionaires. Many of them are coming from countries in strife. Montreal, Toronto, Calgary and Vancouver are popular.

Vancouver surpassed by Toronto as most expensive city in Canada for housing, utilities, food, transportation and entertainment. Montréal, Ottawa, Calgary follow.

Military's intelligence command avoids posting staff to Ottawa because of region's high cost of living, by supporting working from home.

Ottawa ranked first in Canada and seventh worldwide for best work-life balance, with Vancouver and Toronto sitting at 16th and 19th

St. Catharines-based company to help design 'transformational' Niagara Hydrogen Centre, the largest green hydrogen facility in Ontario to be ready by 2024.

Canada announces \$2M for EV battery innovation in Sudbury to add mining equipment powered by batteries and electric motors and establish a Battery EV lab.

Canada and Ontario have reached a deal with a global materials technology and recycling group to build a battery component facility for EVs in Loyalist Township.

The U.S. Supreme Court dealt a blow to the fight against climate change ruling the EPA can't put limits on emissions from coal-fired energy plants.

From 1990 to 2010, plastic production more than doubled. Over the last seven decades, less than 10 per cent of plastic waste has been recycled.

Biologist finds tree 1,000 to 2,000 years old, 5.8 m. in diameter, one of the largest trees recorded in B.C. one of the largest and oldest living things on this planet.

The Tsleil-Waututh Nation has played the long game to reclaim its authority of vast rainforest on the north shore of Vancouver, and this year that work has paid off.

Tahltan Nation has final say on proposed \$600-million gold mine.

Squamish school reclaims its true name. Stawamus School has been reborn as St'a7mes School, shaking off its colonial Anglicization.

Buffy Sainte-Marie calls for dissolution of Papal Doctrine of Discovery. "...it essentially says it's okay if you're a Christian European explorer ... to go anywhere in the world and either convert people and enslave, or you've got to kill them."

A new program, IndigeSTEAM, in Ottawa is connecting Indigenous youth with technology and the Arts sponsored by local technology company Kinaxis.

Some cities skip the fireworks, focus on reconciliation for sombre Canada Day

Indigenous Science framework to teach the connections between indigenous and Western science, has been removed from the primary school curriculum in Ontario.

Assembly of First Nations National Chief Roseanne Archibald was suspended after her call for a forensic audit and efforts to create change within the AFN organization

Edmonton, Calgary take steps to give land back to Indigenous communities with permanent urban spaces for ceremonial gatherings and cultural exchanges for all.

Unemployment rate has dipped to a new low as Canada has been creating more jobs — including more for women, who face higher job losses in the pandemic.

Canada's inflation rate now at 7.7% — its highest point since 1983. Gas prices up 48% in the past year. Mortgage rates still much lower than 16% highs in the 80s.

Canada's job vacancies reached one million in April, up 43.3% from April 2021. We are now in a period of equal number of vacancies and job seekers.

Food in NA travels an average of over 1,500km and farmers pay no tax on seed, but gardeners ask why seed packets for carbon-friendly home gardens are taxed.

Police rescue nine people from Georgian Bay in two days. Most of those rescued were not wearing lifejackets, many were on inflatable toys, police say.

Man caught up in powerful currents off the coast of Myti Beach in Kassandra, Greece

survives 18 hours at sea by clinging onto football lost 10 days earlier, 80kms away.

Outdoor industry leaders say Alpine Club's hiring of women leaders for first time marks ongoing culture shift.

Looking for self reliance, women are taking up hunting in record numbers in B.C.

U.S. Supreme Court expands gun rights in first major ruling in a decade.

'Enough is enough': Protesters demand new gun-control measures in rallies across U.S. Demonstrations held across U.S. in wake of recent mass shooting in Texas.

U.S. President Joe Biden signs landmark gun safety bill: toughen background checks for youth, restrict domestic violence offenders, help states put in red flag laws.

Health Canada approval of new ALS drug allows Canadians to get access first

Archeologists use AI to find evidence of fire use from a million years ago.

Google engineer convinced that an AI chatbot had become sentient: 'I am often trying to figure out who and what I am.' Higher ups disagreed and fired him.

Microsoft stops selling emotion-reading tech, limits face recognition. Existing customers will have one year before losing access to those AI tools.

New bill would compel key industries to bolster cyber security — or pay a price. Essential companies like Bell, Rogers and rail likely subjects for the legislation.

CBC Ottawa's go-to weatherman Ian Black retired from the CBC on June 16 amid widespread tornado warnings, closing out his 33-year career on the air.

Concerns are being raised about the safety of poor quality e-bike batteries after over-charged or faulty one became suspected cause of a deadly Vancouver hotel fire

COVID vaccines saved 20M lives in 1st year, scientists say, but even more deaths could have been prevented if international targets for the shots had been reached.

Omicron deadlier for Ontario seniors than previous waves. 3,700 Ontarians over 60 have died since mid-Dec. Most had been vaccinated only once or not at all.

Canada's COVID-19 response better than many comparable countries. Research credits restrictive, persistent public health measures and successful vaccination

People with COVID-19 can infect and sicken cats and dogs by cuddling them: study

The federal government is injecting \$1 billion for provinces and territories to improve long-term care homes improve the prevention and control of infections.

Major advance in treatment of stroke, with Tenecteplase drug commonly used for heart attack patients as standard treatment for acute ischemic stroke.

US did away with the constitutional protection of abortion, leaving the matter to individual states, 13 of which were poised to immediately ban the procedure.

Disney, other companies vow to cover employees' out-of-state abortions. Executives across U.S. condemn overturn of Roe v. Wade

An Ottawa scientist is launching a new clinical trial to study a stem cell treatment for a form of chronic lung disease in premature infants.

Asteroid dust with the presence of 23 different amino acids supports the theory that space rocks brought life to Earth in the early days of the Solar System.

Frozen baby woolly mammoth discovered in Yukon gold fields. 2nd found in the world, 1st in NA. She has a tail, tiny ears, and prehensile trunk. She's perfect.

Air Canada is cancelling more than 9,500 flights this summer due to delays at Toronto's Pearson Airport, Canada's busiest airport.

Stray dog rescued from Puerto Plata was left in soiled crate without food or water, with lost baggage at Toronto Pearson Airport for about 21 hours.

An Air Canada passenger took only a carry-on to avoid luggage chaos says she was made to check the bag, only for it to go missing. One of many luggage loss stories.

Pandemic pets ending up in shelters as owners return to office, struggle with costs. Toronto Animal Services using mobile clinics to help keep animals with owners.

NASA's rover Perseverance has spotted a small piece of foil, human trash, on Mars. Who went all the way to the red planet to litter?

Astronauts lose decades' worth of bone mass in space that many do not recover even after a year back on Earth.

A previously unknown self-portrait by Vincent van Gogh, X-rayed and found hidden under glue and cardboard on the back of "Head of a Peasant Woman" painting.

Sanctioned graffiti zones being considered to deter vandalism in Vancouver.

The Edgelanders

By Colleen Hulett



"Edgelanders" is a word I made up for all the beautiful, edible plants that grow along the edges of roads and forests. Only a few hundred years ago everyone living here knew what was good to eat and what was good for medicine. New plants came with European peasants, but "civilized" society frowned on the practice of foraging, and it became lost to most people. It is time to get back to better ways of sustaining ourselves - because we must.

When it comes to foraging for medicinal or edible plants, I find myself before the forest gathering the ones I need, without having to venture deep inside where the mosquitos live. I fondly call these plants the 'edgelanders'. Here on the edge of the forest are giant sun-seeking goodies with a host of butterflies, bees, and birds to view as well. It's heaven. After several years of foraging, my pantry is well stocked with dehydrated plants, so I only venture here from time to time to replenish expired stock or use the fresh plant while in its peak. Usually, I am deep in the forest hunting gourmet mushrooms. I wonder, is this why I never see anybody else out foraging? Are they all only here some of the time and never at the same time as me? Hmm, or does the suggestion that the horrific stigma of eating 'savage' and 'peasant' plants still

have its grip on us? I think so and the stigma is something we sincerely need to change if we want to work towards being sustainable individuals.

It is a sad fact of life that humans have been foraging since the beginning and that today when the headlines show climate change catastrophes, they are followed by headlines of organizations scrambling for donations so the affected won't go hungry. So, what happens when technology crashes? Today Roger's communications went down country-wide and no one could use their Interac card at Tim Horton's for breakfast or lunch. Heaven forbid the chaos at the drive through window! Living in a cashless society certainly sucked today and made for a grumpy constipated crowd. A reminder to carry real money. Eating plants is how we have sustained our lives



St John's Wort along the edge of the forest produces larger flowers for easier harvesting.



Edible Oxeye Daisies are abundant and easy to forage.

forever and everyone should still know how to forage in emergencies.

Respected forager Samuel Thayer surmises that "as a society we are coming to believe the fallacy that people make food. Deriving a small part of our sustenance directly from the earth helps keep us in touch with a sobering reality that despite our advanced technology we cannot manufacture our most basic needs."

Hunting and gathering food is human. We are built for it. Soon after trying foraging out several times one gets right back into the groove as if you have been doing it all along. One of the many side benefits that accompany foraging is that one gets innately close with our natural world and miraculously understands their own ecological role in it. Participating in Nature is the ultimate

loving connection.

Did you know 'hunter and gatherer' practices of the past were almost wiped out because the hunter and gatherer occupied the soil needed by increasing numbers of agrarian based villages? Bolder than Spock, Thayer states two reasons why agrarian economies wiped out the hunter and gatherer: one, 'Human societies tend to despise their economic competitors.' Two, 'Foragers represent an entirely different socioeconomic system that threatened the stability of oppressive, feudal agrarian civilizations.' As a result of this soil war Thayer also states that 'hatred of hunter-gatherers became the universal dogma of civilized cultures.' All of a sudden, wild foods became gross and foraging indignant. Foragers who used wild plants were killed or mistreated and it was honourable to take

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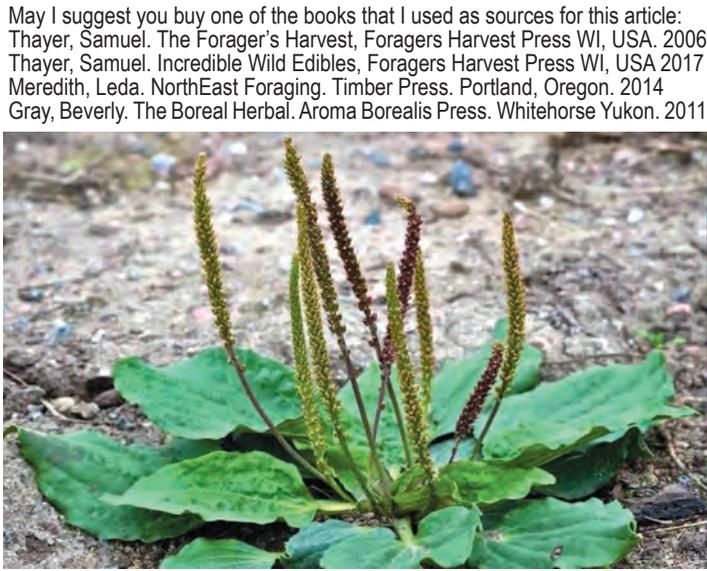


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Plantain was brought by Europeans as a quasi-vegetable plant. It has edible leaves and seeds that have been used medicinally for centuries. Why pay for psyllium or mucilage when the makings of them are growing in the edgelands?



Chicory root makes a tasty, caffeine-free alternative to coffee. Mix it with coffee grounds to upgrade the taste.



Wild Rose is used for skin healing concoctions.



Wild pea is a "pick your own" vegetable.

over their land!

European settlers in North America almost wiped out First Nation traditional diets by the early 1900's primarily by making the defeated First Nations peoples embarrassed by their traditional dialects and diets that only 'beasts or savages should eat'. Ethnobotanists and Anthropologists also ignored recording First Nations traditional knowledge because they saw no value in "savage" information. Disheartening indeed. Due to worldwide stigma attached to wild foods, the European settlers refused to eat them. When there was an emergency such as crop failure from disease, for example, settlers had to eat from the land. They chose not to eat what the First Nations 'savages' ate and brought with them from Europe peasant plants, which had their own stigma attached to them

from non-peasant Europeans. These plants are routinely listed in Canadian plant books and are found in the edgelands. Such plants as dandelion, chicory, plantain, stinging nettle, curly dock, sow thistle, common chickweed, lambs quarters, amaranth, purslane, wintercress, sheep sorrel, and black mustard.

Thus, the dominant culture of North America has been inherited from European peasant tradition and not our native land.

There are so many reasons why forging is good for you. The food is pesticide-free, fresh, and free. Expert forager Samuel Thayer says it the best "The power certainly is in the buck, but the opposite is always true as well. The paradigm is that there's power in spending no buck as well. That's right, foraging reduces your grocery bill when you need

to. Being independent from the market economy feels good and you'll feel even better knowing you can feed yourself if times get tough.

Foraging the edgeland plants on the south facing side of any forest yields more flowers and fruits. Edgelanders can be found in many places like at the edge of fields, buildings, fences, waste lots, etc. Please know the quality changes depending on the soil grade. The edgelanders include indigenous and endemic Canadian plants too, of course. Hopefully I'll see more of you out foraging once in a while as silent protest to the oppression hunters and gatherers around the globe have experienced and are still experiencing today. For example, fast food hamburgers come from cows. For monetary reasons Cows are raised in the jungle. Therefore, the jungle has to

be clear cut and turned into grass lots... There go the precious edible and medicinal plants! The mysterious spore cloud living above the forest canopy disappears where? Then up goes the methane gasses, creating climate chaos.

I don't expect you to become an expert forger, but I do expect you to do it once in a while out of respect of our ancestors and for your present physical and mental health.

I don't know about you, but I think I may start practicing some 'no buck days' out of principle.

Happy foraging.!

Colleen has a B.A. in Geography from Carleton University, with a concentration in Cartography and Satellite Imagery. She has completed many courses in photography and drawing at Algonquin College and studied the Art and Science of Herbology 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. Hulet. Colleen@gmail.com www.calabogiehiker.com Twitter: Highlands Hiker @calabogiehiker



ART IN THE HIGHLANDS

Burnstown Sculptor Richard Gill Sheds Light on 50 years with Milestone Show

Half a century ago Richard Gill artist/sculptor, his wife Jacqui, with infant daughter Erin stopped their '68 Volkswagon camper in the hamlet of Burnstown to change the baby's diaper. They noticed a house for sale and it wasn't long before the family moved here from Toronto. He never looked back.

The boarded-up former tavern/stoppin' place without plumbing or electricity would become his lifelong home and ceramic studio where he earns a living working his passion in clay.

Even when tragedy struck shortly after when his wife was killed on an icy morning drive enroute to Arnprior where she often taught, he stayed, and with the help of neighbors, friends, and patrons he persevered through the emotional hardship of grief and loss as well as the physically demanding hands-on work of mixing his own clay body, and labor-intensive wood firing. It's rewarding work that grounds him to this day.

His work evolved into the detailed sculpted clay-relief wall plaques that he is so well known for today.

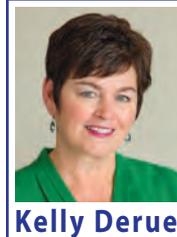
This milestone anniversary show is the artist's choice encompassing primarily Canadian content, Ottawa valley, as well as Newfoundland and Mexico. In addition, Richard has created 50 architectural lamps, shedding light, so to speak, on a remarkable half a century of creations.

Invited guest, Springtown fine metal artist David Ivens returns to join Richard with experimental collaborative works in metal and clay, now in progress.



The show will open primarily on the grounds of Bittersweet Gallery as well as indoors from August 20 to August 28. Opening day festivities include opening remarks by Richard, live music, and light refreshments.

Richard's ongoing work and those of over 50 Canadian artists can be seen daily from 11 - 5 at Bittersweet Gallery at 5 Leckie Lane, Burnstown.



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5117 Murphy Rd, Calabogie This well maintained home sits nestled amongst the trees within walking distance to the village of Calabogie. 3+ bedrooms, 2 baths. Walk out lower level would make this home an excellent choice for a B&B or even two Families to share MLS1287958 \$599,900

New Listing! Cabin on a Lake!



28044 B Hwy 41 Beautiful, peaceful location on small private lake. Enjoying the great fishing, swimming, kyaking or just sitting in the screened porch taking in the view. Over 3 acres of natural beauty and only no neighbours within eyesight. Easy Access to Hwy 41 MLS1300714 \$349,900

SOLD

Just Listed Just Sold!



795 Fourth St, Renfrew This immaculate home sold in 2 days. A good example of hard work paying off! Take the time to clean, declutter and maybe hire a stager. I'll guide you through the steps.

Just Listed!



home, centrally located in Renfrew. Large, bright living room with 2 good sized bedrooms on the main level and lots of space downstairs. Detached single garage. MLS # 1298478 329,900.

New Build!



Ready by the end of 2022 Stunning 1600 sq/ft home on over 2 acre lot on Pinnacle Road on the outskirts of Renfrew. Upgrades include stone fireplace in the great room, hardwood floors, double garage, covered front porch as well as covered back deck. Lower level drywalled and electrical in place. \$849,900 MLS 1295609

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