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According to the Ottawa Real Estate Board, August 7th, 2020, members sold 2,189 residential properties in July as compared with 1,838 in July 2019. This is a year over year increase of 19 per cent. Housing inventory is still low in the immediate and surrounding areas, resulting in a strong Sellers' market that is expected to continue throughout the hot summer weather. This too is unusual as the market traditionally slows down as buyers' interests typically are drawn towards holidays and family time. So still a great time to be thinking of selling!



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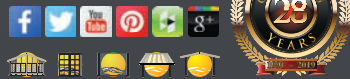
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THE MADAWASKA HIGHLANDER August-September 2020 EMBRACE THE PAST ~ ENCOURAGE THE FUTURE ~ ENJOY TODAY

The Madawaska Highlander

**Aug-Sept
2020**

FREE Vol.18 Issue 4
Next issue September 23, 2020

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

Welcome!

...To another wonderful edition of the Madawaska Highlander. There's plenty of time to have some fun while the leaves are still green and there's plenty of time to write your short stories before the September 18 deadline. See page 7 for some tips to spark your imagination. You can do it! And together we can change the world. All we have to do is eat mighty mushrooms (and legumes) and less meat to clear the air, as Colleen explains in Highlands Hiker. Cleaner air, water, and soil are the goals of a new Living Green Group. See how you can join them in Out and About.

Looking to get out and about on water and land? Take a look at Lesley's list of Must Do Trails of the Ottawa Valley to paddle, hike, bike, and ride in Happy Trails. Before you go, see how to enjoy, not destroy, in Survivor Guy's No Trace Camping 101.

Ernie is on the trail of the Meandering Mysterious Odiferous Madawaska Muskrump in The View from Here and Marcella continues her trail up Hwy 41 to Northbrook in Cloyne Historical. It is important to preserve history and our traditions. Preserving the Sacred Fire is a long-held tradition as explained in On Native Land. We also need to remember what not to do again, as Antonia reminds herself in her story of Music Lessons Learned! in Rural Vignettes.

Robbie has a lot about Late Summer Trees to teach us in The Healing Trees. Who knew apples could do all that to keep us healthy? Of course, a miligram of prevention is worth a kilogram of cure. Tamatha shows us how to take care of our oral health during stressful times in Wellness. Also in Wellness, Susan explains Bursitis and how to ease the pain. Maybe Robbie has thoughts on that, too.

The leaves are still green, but soon they'll be ablaze, the perfect time to experience Art in the Highlands as shown on page 19. Check in on our vigilant regional correspondents for what's going on in the region and as always... Enjoy!...



Lilly dipping on a perfect day soothes the soul.

Pic by Steven Manders



Young Jayce gazing over the water after a full day of fun at Snider's Tent and Trailer Park in Matawatchan.

Pic by Kirby Morrison

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3784 Matawatchan Rd. Griffith ON
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info@reelimpact.tv
613-333-9399
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www.madawaskahighlander.ca
for previous issues**

Message from the editor:

Even though activities are slowly resuming, the Madawaska Highlander won't have space for the Events Page. 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 now has up to date information of what is available for purchase in store or by delivery at Denbigh, Griffith, and Matawatchan stores and farms. The Tri-County area around Matawatchan, Griffith, Denbigh and Vennachar is the primary focus of that website. Also check out www.greatermadawaska.com and other township websites for 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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Anne Dougherty
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Marcella Neely

Susan Veale
Tamatha Strachan
Robbie Anderman
Elmer Strong
Mary Catherine Mills



En garde contre l'intrus!

In this French cartoon, a Klan member is shown crossing from États Unis (E.U.), the US, to Canada. En garde contre l'intrus! On guard against the intruder, J. Chadillon, La Presse Montréal, September 24, 1921.

In 1921, the Klan was reported active in Montréal; by 1925 klans had been established all across Canada. During the mid 1920s the KKK was established throughout Canada, primarily to preserve the "Britishness" of Canada with respect to ethnicity and religious affiliation. They stated that the KKK was a Christian organization with "first allegiance to Canada and the Union Jack", disqualifying Jews and Catholics. they burned crosses, but didn't do lynchings as in the U.S. Some people were killed when they set fire to churches. Never successful across Canada, the Klan was briefly popular in Saskatchewan in the 1920s and is now illegal in Canada.

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By Anne Dougherty & John Neale



Above: Part of Stewart and Helene Thomson's beautiful gardens on Matawatchan Rd. Below: Part of Judy MacPherson's beautiful gardens, also on Matawatchan Rd.



A rare giant swan made an appearance on Centennial Lake! A few other sightings have been reported. They are actually watercraft, so watercraft safety rules apply.



Wakeboard boats have swamped moored boats and destroyed docks and should only be used in open water, not in narrow channels. OPP will be checking.



The Tall Boyz with guests Peter Chess and Dave Guest performed to bubbles of people on land and on Centennial Lake on August 1st. It was their second annual River Concert. It had to be by invitation and word of mouth only to control numbers to allow social distancing. Groups look closer together than they were because the camera was a distance away.



As we write this column drought has given way to the occasional torrential downpour! When the sunshine returns, it has often been too hot and humid to enjoy! At least the gardeners no longer have to worry about running out of water. Wells have all been replenished. The grass is green and growing again. Despite more rain, a Level 1 Fire-ban remains in effect. Small campfires are permitted, but if the volunteer fire department needs to be deployed, there will be an investigation and service charges may be levied. Our area continues to be extremely popular as a tourist destination, especially on weekends.

This month we feature two other amazing local gardens. Stewart and Helene Thomson's house on the Matawatchan Road is surrounded by ornamental and edible gardens. The beautifully landscaped property includes a pond and a rocky outcropping as well as many sitting areas. Turns out that Stewart now lives to garden. He has built himself a greenhouse, compost bins and has a large workshop where he can create whatever he wishes to adorn his beautiful property.

Our second lovely garden is that of lifelong resident Judy MacPherson who is also on the Matawatchan Road. Judy has lovingly nurtured a large perennial garden. Judy also feeds friends and family delicious produce from her large property.

The Matawatchan Hall continues to host a Saturday morning gathering, featuring cake and coffee until Aug. 29. See the next page in "Out and About" for Living Green Group initiatives at the Hall. The Walking Club continues to be a popular social outlet. They meet at the M-Hall on Monday, Wednesday and Friday at 10 a.m. Walks are an hour long. Aerobics continue on Tuesdays and Thursdays

The Second Annual River Concert happened on Saturday, August 1st

and was attended by about 80 people between 2pm and 5pm. The Griffith Tall Boyz provided most of the afternoon's music and featured classic rock from the 60's and 70's. Members of the Tall Boyz include Pete Fischer, Derek Roche, John Neale and Pete Licari. Singer/songwriter Pete Chess was featured between sets, accompanied by David Guest on percussion. Many spectators arrived by boat and moored off-shore to enjoy the concert. Others sought shade on the shore while practicing physical distancing. There were additional "social bubbles" on the beach and in front of the stage. The event was greatly appreciated by all in attendance. In the words of Wendy McFarlane on Facebook, "Thank you to all the musicians so much for bringing great music, a sense of community and a slice of "normal" to a beautiful summer day on the river!" Thanks also go out to Pete and Debbie Licari for opening up their beautiful waterfront property to host this event. Note: If you're wondering why this event wasn't publicized in the last Highlander, you can blame it on the pandemic. Numbers had to be kept under control, so attendance was by invitation & word of mouth only.

The D-G Lions Hall remains closed and there are no planned events at the current time. Sadly, the popular **Show & Shine** vintage and classic car show, which is normally on the last Saturday in August, has also been cancelled. The club plans to do **Christmas baskets** and if you know of a household in need please notify any D-G Lions Club member or the President, Gail Fritsch, at 613-333-2224.

A Nu2U yard sale is being held every two weeks during the summer. There will be a big **BLOW-OUT sale on Saturday, August 29** from 10am to 1pm, cash only. This sale features the \$5 per box special! Load 'em up!!! Volunteers are NOT accepting donations at this event. All funds go towards helping

the GMSGHC to support seniors in our community.

Update on local business and services: (1) Ken Birkett and Joanne Murray still have some **free-range frozen beef and chicken**. All the steaks are sold but there is still ground beef available. Call to order at 613-553-1109. (2) Local **Maple Syrup** made by Bernie Blair is available at the Pine Valley and Griffith General stores. (3) Also, Darrell Hewitt still has some maple syrup available (light, amber and dark). Call 613-312-9230 to arrange pick up or delivery. (4) **Calvyn's Pub and Eatery** 613-333-9892 in Griffith has opened the patio at 50% capacity but has a minimum order of \$20 per person for sit-down patrons. Take-out is always available. (5) **The Pine Valley Restaurant** is now open for sit-down service along with take-out, baked goods by Ebony, lottery tickets, post office, groceries and gift shop. The PVR also has a covered patio where you can enjoy your take-out food on one of three picnic tables. The Pine Valley Restaurant has subdivided the dining area and created office space for the firm responsible for upcoming work on Highway 41. (6) **The Griffith General Store & popular Centex gas station** is open. The bottle return has re-opened but new procedures are in place. Best to go during the week when they are not as busy. (7) **Local Churches** continue to provide ministries. The Hilltop Church has been hosting Sunday services while practicing safe distancing. The United Church services are still virtual at 10am each Sunday but will likely re-open in September. (8) **Hair cuts** have started up again at Leanne MacPherson's salon. She has been busy and her husband has installed an air conditioner. (9) **Matawatchan Cemetery** is sorry to say there will be no decoration service because of COVID. Thanks for your support.

Internet access continues to be poor for many Griffith/Matawatchan

households. However, if you live in Griffith where the mobile signal is strong from Bell Canada, you can purchase more data (if necessary) and turn your mobile smart-phone into a "hot-spot" which your laptop can then access. This is the solution being adopted by Ebony Kauffeldt to do her online coursework.

A relatively new concern on the Madawaska river and Centennial Lake is **the Wakeboard Boat**. These boats are designed to produce a large wake and they have a ballast tank which can be filled with water to make the boat's wave even bigger for wakeboarders! It is not uncommon for these boats to produce a wake of close to a metre high at certain speeds. Needless to say this can be dangerous for small craft, nesting waterfowl, and damaging to docks. The **OPP have received complaints** and are willing to talk to wakeboard boat owners about safety concerns. There are certainly areas of the lake where these boats can operate more safely.

Councillor Glen MacPherson expects more money to be budgeted for **the Matawatchan Road**. The first area to work on will be the hill leading up from Misty Morning cottages. That section will remain gravel until it can be paved in 2021.



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

By Angela Bright

*At the present time **Land O' Lakes Community Services** is working on plans to safely reopen programs that are currently suspended; Foot Care and Diner's Club. Meals on Wheels is going well, with fantastic volunteers delivering meals every Thursday. For info contact 613-336-8934.

***The Denbigh Foodbank** will continue to operate in the same way it has for the last while, on the 2nd and 4th Tuesdays of each month. The September dates are

Sept 8th and 22nd. Call Gail at 613-333-2224 before the day. Pick up is 11am at the Addington Highlands Community Centre in Denbigh, with COVID rules in place.

***The Denbigh Library** is offering limited computer use. Masks are mandatory and one patron at a time is allowed in for 20 minutes of computer time; printing is available (fax and photocopy are NOT available). For more info see the AH library Facebook page or contact the

library at 613 333 1426. Don't forget curbside pickup is available for those looking to borrow books.

***The NU2U Yard Sale** in Griffith will take place this Saturday, August 29th from 10am to 2pm at 25991 HWY 41. There are lots of treasures available, with one hundred percent of your purchase dollars going to local seniors' programs through the Griffith/Matawatchan Seniors Housing Corporation. Social distancing rules will apply. The NU2U

shop is currently closed, and no items are being accepted. Please do not bring any items the day of the sale. Rain date August 30th.

*As this issue goes to print, we do not yet know the exact plans as to what school will look like this fall, other than it will look different. **To the children, teens, parents and staff, we wish you all the very best.**

OUT AND ABOUT

Living Green Group

By Mary Catherine Mills



A group of like minded folks meet the first and third Mondays at the Matawatchan Hall to discuss ways we can help each other and our community live greener. We're the Living Green Group.

We share information through films we've seen, art, articles and books we've read, experiences we've had and generally have a lively discussion on ideas that might help us leave a smaller footprint and enjoy this remarkable nature around us.

All are welcome to come and listen in or participate as you choose.

Contact **Ken Birkett, joandken@xplornet.ca, 613-553-1109** for more information

Here are a few things coming up that might be of interest, some dates to be confirmed:

- Join us for coffee and a discussion on "Art in the Age of COVID" with artist and neighbour Kate McLaren. Kate will show us some of

her post lockdown watercolours. Sept 5, 10:30-12:00 at the Matawatchan Hall. Masks are required unless seated. Snacks, tea and coffee available by donation to the Hall.

- **How to make sauerkraut.** Sept 21, 7pm, sorry, sold out
- **An apple pressing day!** Likely over the Thanksgiving weekend. Bring your apples and learn how to make juice.
- **Learn to graft fruit trees,** scheduled for Spring 2021

EDITORIAL

When we had to shut everything but essential services down at the beginning of this pandemic it gave us an unasked for opportunity to question what is truly essential for our wellbeing, both on an individual basis and collectively. We all knew that if we didn't change how we were doing things our planet would eventually no longer be able to support us. We knew we collectively were driving too much, flying too much, wasting too much, manufacturing too much, buying too much, storing too much stuff, and wasting too much stuff. Many people cutting back a little bit on a few things was not making much of a difference. Stopping everything did. You can smell it in the cleaner air and see it in the starry night sky.

Many businesses have gone bankrupt, jobs were lost and international supply chains were stressed or broken. Because of this we have seen first hand the importance of buying local. Buying local will break our dependence on international mega corporations – the corporations that lobby governments for their own gain and in effect, are threatening the integrity of governments and international cooperation. Most of all we learned that we had been doing

a lot of things we just didn't need to be doing and became more appreciative of the value of socializing, cooperating, and sharing. Now we have the chance to choose what is important and make permanent some of the changes we made recently.

Humans are part pack animals and part lone wolves. We are hunter-gatherers and won't succeed as a species without socializing and working together. A Tsilhqot'in (Chilcotin) elder in Williams Lake BC once told me that in their society the richest person is the one who has the most to share. With double-digit unemployment and bankruptcies, it will be more important than ever for those who have extra to share with those in need. A sharing economy produces less waste and duplication of purchases and creates social cohesiveness. At a time where most people, especially in large cities, don't know many of their neighbours, social media can help us to connect, share, and begin to build actual local social networks. This is where the "Buy Nothing Project" comes in.

Since its inception in 2013, "Buy Nothing" Facebook pages have helped people share and connect with others in their neighbourhood. As of

January, 2020 the Buy Nothing Project has at least 1.2 million participants in at least 25 countries, led by at least 6,000 volunteers. I recently joined the Addington Highlands/North Frontenac Buy Nothing Facebook group. It is one of the few Facebook groups where people of all political stripes, religions, and philosophies confer without conflict, where everyone is polite.

From the buynothingproject.org site: "Participating in a local Buy Nothing Project group allows individuals and communities to reduce their own dependence on single-use and virgin materials by extending the life of existing items through gifting and sharing between group members. Rethinking consumption and refusing to buy new in favor of asking for an item from a neighbor may make an impact on the amount of goods manufactured in the first place, which in turn may put a dent in the overproduction of unnecessary goods that end up in our landfills, watersheds, and our seas. It most certainly creates connections between people who see each other in real life, not just online, leading to more robust communities that are better prepared to tackle both hard times and good by

giving freely." "Buy Nothing Project groups are diverting more materials from our landfills and oceans than we can possibly quantify, as hundreds of items are re-homed each day. Along with this positive environmental impact, neighbors are getting to know and trust each other, building relationships that see them through all of life's challenges and celebrations."

This is not an Ebay or Kijiji type of site. When a member posts that they have something to give they can either say it will go to the first person who answers, or they can wait a week before deciding who to give it to, based on the greatest need. In describing what you will be doing with the item you share a bit about yourself and start a conversation with someone you will be meeting when you pick up your item. The vast majority of gifts given on the site are for essential items.

The Buy Nothing Project measures wealth by the personal connections made and trust between people.

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Bogie is a Happenin' Place!

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

By Skippy Hale



New ramp at Barnet Park Cottage



New interlock brick patio at Barnet Park Cottage



Much wider road to the hydro dam for heavy equipment during construction of expanded generating station.

Aaah, the weather report! We went from hot and very dry to hot and very wet. The thunder was extremely loud and the rain came down in sheets. I could barely see across the road and when it stopped abruptly, the sun shone beautifully. I headed out to look for a rainbow, but had no such luck.

One unfortunate side effect to the warm weather, is my house has been invaded by mice seeking a cooler place. It has been worse than the winter and they are smarter than ever! I ordered some super traps to catch them and was able to safely let them go. One got broken so the ramp for the food was not raised eliminating the trigger to close the door. My next problem occurred when a mouse chewed through the hard plastic and escaped after finishing his meal. There must be an app for mice advertising my place. 'Go to Skippy's for a good meal and cool comfort. Also, she won't kill you, but is a fool for safe trap gimmicks!'

As usual, the clouds have covered up the meteor shower as I write this, but I will persist and report next edition if I am lucky enough to see them this year. I look forward to it every August and have missed them the past few years. I just returned from my walk around the block. My block is up the K&P towards the lake, across the bridge at the dam, past the Brewery and Redneck, turning right back to my home. It's a short trek because I am out of shape and trying to tighten up those muscles and get rid of the Lock-down weight. I have not been overeating, especially carbs, but it is strictly lack of exercise. I have my yoga mat out with lots of resolutions, but it's not getting the use it should. I paused to smell the sweet pine and breathe the fresh air. I noticed that the Hydro Road into the Construction area, appears much wider. I have yet

to hear loud sounds from blasting, so if they've started, it's not what I expected. The large truck traffic past my house going to the site has improved.

As I walked, I recalled my student nursing days in my ER placement. Many times, we had accident patients come in and there was no way to identify them. These were the days before universal medical care. The ER staff would begin the triage and care. I mention this to remind you when taking a jog, hike, climb or trip around the block to bring your ID, Health Card and charged phone with you. If you have breathing difficulties or allergies, bring what you need in case of emergency. When I work in the garden, I have my EpiPen in my tool pouch. One day I was pruning and did not have it with me and a wee hornet caught me unawares. A lesson learned as I ran into the house to grab the pen. There are several excellent writers for this paper and I'm sure bringing your ID is part of your backpack supplies.

Barnet Park has had the services of Summer Students for 12 years. This year the crew included three young people, Parker Mulvihill, Xander McDonald and Makayla Whyte with support from the Township of Greater Madawaska and Calabogie Lions Club. They have been busy cleaning up the trails and learning new skills under the tutelage of Leonard Emon and Stefan McDonald. A new accessible ramp, stairs and patio were installed. Please note the Cautionary Rules to be followed in the park.

The Park Trail opened in August 2018 followed by the tornado in September, destroying so many trees and causing much devastation. I must say the cleanup and repairs done are amazing! There is one large tree stump with several branches which to me symbolizes the hope and resilience of this community in

difficult times! The pine tree planted at the Grand Opening is looking so healthy and strong. It brought tears to my eyes and pride in our little village and the volunteers who make everything possible. On Tuesday, September 1, at 11:00 am, there will be a half-hour social distancing Work Bee. Bring your garden gloves, rake and shovel and join the Friends of Barnet Park. Don't forget your picnic lunch for the first community picnic on the new patio. Water will be provided by the Lions. Kudos to Margaret Legere and the other dedicated volunteers!

Speaking of the ever-busy Lions Club, there are two projects coming up, so mark your calendar! 1) 50/50 Draw at the Calabogie Brewery every Friday (5:30 - 6:00 pm), tickets 3 for \$5.00. 2) "Mask made with love" sale. \$10.00 donation to the Lions for each mask, Friday, September 4, (4 - 8 pm) at a pop-up tent across from the Brewery on the vacant

lot on Carswell Street. Send mask donations to Lion Ursula Strachan (613) 717-6534.

Feral Cats continue to be a village problem! A group of concerned volunteers have worked tirelessly over the years to safely rescue these cats for neutering and possibly rehoming them. As soon as one colony is cleared, another pops up or the same ones are re-populated. These cats are a source of disease and they attract predators into the village. They help keep the rodent population down, but they kill birds. Many females become pregnant with their first estrus and continue to be impregnated by the roaming Toms. Volunteers also provide winter shelter, food and water. When possible, the animals are captured. The following is a presentation written by Linda Gervais about the new group of volunteers formed in Calabogie to deal with these cats, kittens and dogs safely.

Continued next page...

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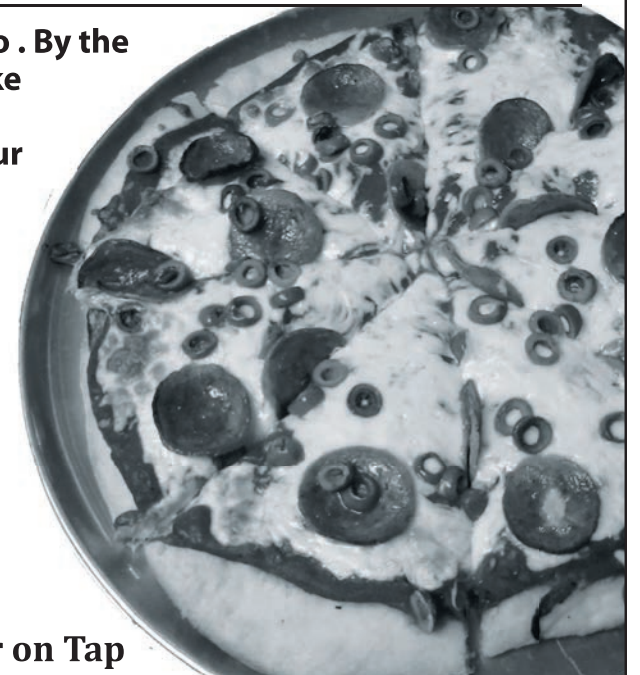
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BOGIE BEAT

...Continued from previous page.



Large bench at Barnet Park created from tornado tree

Tree stumps from trees taken down in the Sept. 2018 tornado

Beautiful butterfly garden at Barnet Park

The Story of We Care!

We are a group of dedicated volunteers who have a love for animals, we have joined to form an organization called Calabogie Animal Rescue – We Care! We are a local foster-based rescue for dogs and cats in Calabogie and the surrounding area. Our goals are to promote the welfare of animals, manage feral cat colonies by way of TNR program (Trap-Neuter-Return) and provide foster care/adoptions for all kittens from the feral colonies. Work closely with area veterinarians to provide solid health care and sterilization for all animals that come into our care, to decrease animal over-population by providing a foster based rescue for cats and dogs that have been abandoned, abused or are in distress. Provide spay/neuter program for low income families. Create and maintain a “seniors with pets” program. Provide public education within the community and surrounding area.

Our first project as a group is to manage a Feral Cat Colony in Calabogie by using the TNR program. These colonies spread disease to other animals and of course over-population. It becomes



Foreground: Xander McDonald, Parker Mulvihill
Background: Makayla Whyte



The work crew who built the accessible ramp and the beautiful new patio. L-to-R: Makayla Whyte, Parker Mulvihill, Stephan McDonald, Supervisor, Xander McDonald

a vicious cycle of constant pregnancy, predation, hunger, disease, cold, misery and suffering. Our program will clean up the colonies one cat at a time. We need to stop the inhumane suffering of countless animals. Help us reach our goals and please give us your support; we are here for you and your community to work together. Please visit our Facebook page for more information and upcoming fundraising events. Donations can be made by etransfer to calabogieanimalrescue@gmail.com. Cheques can be mailed to 1317 Scotch Bush Rd, Douglas, ON K0J 1S0. Cash donations can be made at the Bogie General Store. HELP US HELP YOUR COMMUNITY

An update on the dead fish came to me. They are still washing up, but until now, no one has sent me a picture or a fish to send to MNR. Keep me posted. I wish to thank Charbonneau's Store for supplying Road-side pick-up and delivery during this Crisis. I personally benefited by the road-side pick-up service. They also have a new addition for the beer, wine and liquor empties. Returns will be accepted on Wednesday, Friday and Saturday from 10 am to 5pm only. Please check with the store to learn the regulations which are for the care of the employees. Do not drop off your empties if an attendant is not on duty. Check a cashier.



Caution signs at Barnet Park



Skippy Hale moved to Calabogie with her late husband Richard in December 1999. Living in the first Train Station in Calabogie, Skippy now has opened her home as an AirBnB, the Kick&Push Guest House. She travels between her home and away with family and friends when there are guests. It's the best of both worlds.

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On the Trail of the Meandering, Mysterious, Odiferous Madawaska Muskrump

By Ernie Jukes - Artist, Writer, Rover

Seldom seen, but often smelled, the Madawaska Muskrump has been eluding trappers and hunters throughout our region for many years. Through the centuries there have been very few reports of this wily cross between a fisher, a fox, and a flying skunk. My old pal Ardean Kelly says that if you ever hear that "scrape on a chalkboard sound" from the bush from high on a hilltop in the dead of winter, beware! It could be a Muskrump. Or perhaps rejoice if you are a Muskrump tracker. It has been said that the Muskrump is much like a Sasquatch, only smaller and smellier. This long and continuing quest to find the Muskrump has brought us to recent supposed sightings, or more accurately, smellings.

One shot out of Warren Ainge's storage shed over in Vennachar while he was getting wood. It surprised him so much he twisted quickly and cracked his ankle. He didn't get a really good look at it, but the place smelled bad. That was for certain. The other "sighting" was by a group of snowmobilers and ATV'rs who lost all their fish while ice-fishing near Matawatchan. Dave Felder reported that their huge catch had disappeared while they were "having a few snerds" in their tent during a sudden snow squall. Was it a Muskrump that left a horrible odour by their ice holes? Even their new tip-ups were gone! Go figger.

Apparently one of those critters might have been around the Village of Black Donald Mines in 1953. There was a bad smell around Wilson's Store that lasted for weeks and all of the town's stray



A rare photo of what is believed to be a Matawatchan Muskrump

Pic by Neil Rosenstech - unsplash.com

cats were gone. Some say it could have been gas from the graphite mine.

The Muskrump doesn't leave a trail and seems to be very conscientious about where it leaves its spoor, scat, excrement, or whatever you want to call it, because somehow all it leaves behind is that awful odour. There has been some confusion about their odour and the smell of leaking propane tanks. This error in identification of this elusive, beady-eyed bugger will not be accepted as a sighting by any Muskrump sighting authority. The veracity of any actual sightings has been lessened by an overabundance of whisky, which is why every hiker today carries a camera for the chance of recording a sighting, which greatly increases the chance of finally verifying whether or not this creature exists. I am sure if you do happen to capture the image of a Muskrump and send it in to the Highlander, you would win a free subscription and a matted print of a painting by this writer. There are cameras everywhere these days. Maybe a Muskrump will have his portrait taken on a

trail or game camera, as suggested by Al Pennock who keeps an eye out for them while hunting deer each autumn. Maybe, but I'm not hopeful. Evidently, he doesn't see many deer either.

This strange screeching animal is also known to rest, almost invisibly, in the crotch of a tree, but unlike the porcupine it can leap in a single bound to the ground and quickly disappear. And they can swim, says Gary Stinson from Griffith, adding that he watches them from his new high deck along the Madawaska River from time to time. Also, during my recent survey, a fella named Ken said that in the spring they are sneaking in and drinking new maple syrup right out of the sugar shack, causing shortages of syrup in some areas. But you may also have heard that more than Muskrumps have been known to sip a wee dram of something in those shanties.

It has been suggested that the most quiet and remote wooded places high in our rolling mountains may also be possible habitat for Muskrumps, therefor your cottage and outbuildings

will likely be quite safe in any season. Of course, contemporary sounds of smart-phones or iPods could send one flying and stinking into the bush.

Trapping is not a sensible method of catching this mystery animal, in fact capture of any kind is firmly discouraged. Neither is hunting with a gun, especially if you hunt with the aid of dogs. They take family pets in a very painful manner, leaving their scent to burn and rot the flora and fauna for weeks. Photos only please.

Well, it looks like we won't see one stuffed any time soon. Neither Cabela's Outfitter Stores nor the Ministry of Natural Resources and Forestry has ever heard of this weird animal. We might never see one, but there are many places associated with its foul odour, such as overcrowded hunting camps after a week of eating bacon and beans. Do you suppose, like a lot of subjects from the past, the Muskrump might simply be a legend?



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

LAST CALL - SEPT 18 DEADLINE! MH SHORT STORY CONTEST 2020

By Lois Thomson

"There are three rules for writing the novel. Unfortunately, no one knows what they are."

~ W. Somerset Maugham

When searching for an idea for your short story, consider a theme that intrigues you. Some short story contests offer a theme, such as "Isolation" that "The Write Practice" offered in their latest contest. Just the one word, isolation, draws up so many ideas. Who is isolated? Why are they isolated? Is it social, geographical, or physical isolation, as in blindness, deafness, or disabilities? Do they have issues that keep them from relating well? Are they being kept apart against their will? With these questions we have set up story possibilities ranging from love stories, murder mysteries, historical fiction, and more. Other themes

could be fear, hunger, stress, illness, embarrassment, bullying, growing up, aging, achievement, failure, awkwardness, laughter, etc. Characters and settings will flow out of the theme and the plot will come out of the characters and settings. Choosing a theme even helps with non-fiction stories. It's not only what happened that matters, it's how your character felt or what they overcame, as above.

September 18 is approaching quickly. If you haven't started writing, you should start right now. Pick a theme, develop a character or two, put them in a situation that causes them to do something interesting, write it and send it in. And please encourage a young person to enter. Good luck and good writing!

"There is no greater agony than bearing an untold story inside you."

~ Maya Angelou

Madawaska Highlander judges use the following weighted point system:

- 5 points - Title of story: Does the title tweak interest and relate to the story?
- 15 points - Opening: Does writer engage the reader's attention immediately?
- 20 points - Plot: Is it cohesive, interesting, and compelling to read?
- 15 points - Characterization: Are characters believable and well rounded?
- 15 points - Style: Is there a refreshing manner of phrasing (sparkle) throughout?
- 15 points - Denouement (Closing): Did the plot finish with a flourish?
- 15 points - Mechanics: Are spelling, grammar, punctuation, and facts correct?

Adult Fiction - one prize of \$200

Adult Non-Fiction - one prize of \$200

Youth Fiction or Non-Fiction one prize of \$50

People's Choice Fiction or Non-Fiction - one prize of \$50

• Email your story as an attachment to info@reelimpact.tv before Sept. 18 at midnight · Include your name, address, email address, phone number, story title, and category in the body of the email · Do not put your name on your story or include any identifying information in the story itself. **Maximum 1200 words.**

For a complete set of rules visit madawaskahighlander.ca

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B.C. buys \$8 million working cattle and hay ranch for the Xat'sull First Nation as part of treaty negotiations with the Northern Secwepemc te Qelmuw.

'Insane': Report - vast section of Alberta backcountry once considered for a park is being overused by thousands of campers who cut trees, strew garbage and trespass.

Human feces, dead deer found by RCMP at site of Red Deer bush party that drew about 500. Fireworks and property damage among 11 calls for RCMP in 12 hours.

Gaspé officials beg campers to stop dumping RV septic, trash on beaches. Residents asked to record licence plates, report illegal behaviour, as police boost patrols

Water haulers see 'record-breaking' demand with three week waits, as people decide to "staycation" during the pandemic and are putting in pools.

Party boats and monster wakes causing damage to shorelines and docks as boating surges during pandemic

'Selfish and stupid': Spike in boaters, jet skiers in danger zone above Niagara Falls. Charges, fines, and watercraft confiscations on a sharp rise.

Norwegian Cruise Line CEO 'Astonished' People Are Still Booking Cruises, expressing optimism the company will be able to weather the COVID storm.

Frightening video shows 2 blood-splattered men revving chainsaws at Cherry Beach in Toronto, clearing the crowded beach.

About 16 per cent of Canadians use social media as their primary source of information on COVID-19

Coronavirus conspiracies spreading at alarming rates across Canada, experts say. People should think critically about where they are getting their information.

An Alberta brewery has apologized for unknowingly naming their beer 'pubic hair' after using a Maori word they thought meant feather.

Egypt invites Elon Musk to see pyramids after he Tweets they were built by aliens. Musk also hinted that pyramid builder Pharaoh Ramses II may have been an alien.

The deep valleys scarred into the surface of Mars under thick sheets of ice show that the planet once mirrored the Canadian High Arctic, says a new study.

Canada cracks down on those traveling through to get to Alaska. They must use 1 of 5 designated border crossings and can face \$750,000 fines or up to 6 months in jail.

Alaskan man escorted out of Banff after breaking rules to meet Calgary woman. He was irritated when told he couldn't use the spa and thinks the pandemic is a hoax.

U.S.-Canada Border Crosser Arrested After River Float Chase. The river was actually flowing back into the U.S.

Canada Border Services Agency has turned away over 10,000 Americans since the start of the pandemic.

Airbnb units in Toronto moving to long-term rental market due to travel restrictions.

More than 6,000 Ontario tenants could face eviction for nonpayment of rent during COVID-19, new figures show

MacKenzie Scott, the ex-wife of Amazon Founder Jeff Bezos, donated \$1.7 billion to NGOs in areas of economic equality, public health, climate change, among others.

Elon Musk's zero carbon nickel supply challenge for Tesla batteries answered by Canada Nickel Co., poised to build a aero carbon facility for that purpose.

Toronto is emerging as a tech superpower as immigrants choose Canada over Silicon Valley in the US because of restrictive immigration laws.

FAA Orders Active Boeing 737s To Be Inspected For Engine Issues After Coronavirus Storage. Critical valves have gotten stuck during flights.

UFO sightings across Canada have spiked during the pandemic

Canadian planetary geologist is working with NASA on a 10-year mission to Mars to bring back some of its rocks and to look for signs of life - a childhood dream of his.

ABBA to go on holographic tour as their younger selves in 2021. After some 35 years, they will join forces again and go into the recording studio.

Online shopping sales surge by 99% in Canada amid coronavirus pandemic. Total retail sales fell by 17.9 per cent as brick and mortar stores closed.

Canada's Shopify revenues nearly double in Q2 amid COVID-19 shift to e-commerce.

German magazine says Nazis are setting up a colony on Cape Breton. Eva Herman and Andreas Popp hold seminars but say "clear thinkers" are buying on their own.

Big Apple in Colborne now wearing a mask. People posting selfies on social media.

Canadian military shrinks Middle East footprint as ISIL fight enters new phase

Canada has received bids to replace its jet fighter fleet with either Lockheed Martin F-35s, Boeing F/A-18E/F Super Hornets or Saab Gripen E fighters.

Mississauga Baptist pastor who came out to her congregation as a transgender woman fired after congregation voted to remove her, stating it was "God's will".

'It's OK, I'm a mechanic': OPP charge Caledon man who had hole in hood for exhaust pipe with operating an unsafe vehicle. Plates were removed after other issues found.

Smithville, Ont., woman 'dumbfounded' after cat missing for nearly 10 years is found 25 kms from her former St. Catherine's home. The microchip made it possible.

More than 12,000 species worldwide are experiencing range shift due to climate change - everything from fish to bees to caribou to grasses to berries to trees...

Two Canadian ice caps have vanished from the Arctic, NASA imagery shows

Melting glaciers will bring instability to glacier-fed streams and more than 1 million Albertans' water supply.

After months of holding out, Exxon Mobil (XOM) finally warned that a huge piece of its reserves may be unfeasible to extract due to low oil prices. Exxon stock slipped.

The first grid-scale battery energy storage project in Alberta will be ready in August. Ontario was first to store energy for release as needed from wind and solar

Three Micronesian sailors found after 3 days lost at sea, on a remote Pacific island. They drew a giant SOS in the sand to attract the attention of rescuers.

Scientists revive ancient microbes that had lain dormant at the bottom of the sea since the age of the dinosaurs, able to eat and even multiply after 100 million years.

75 million year diagnosis. Canadian research specialists from surgeons to paleontologists have identified what they say is the first known cancer in a dinosaur.

A fox in Berlin stole and hid more than 100 shoes from city-dwellers' gardens before being caught red-pawed and posted on social media.

You swine! German nudist chases wild boar that stole laptop in a plastic bag. Photographer who captured naked bather who gave pursuit says he 'gave it his all'

Canadian Food Inspection Agency (CFIA) urged anyone who receives a package of unsolicited seeds not to plant them and contact their local CFIA office "immediately."

Costco has launched same-day online grocery delivery at 76 of its warehouses across Canada through a new partnership with Instacart.

Cineplex welcomes back moviegoers across Canada, with 137 slated for reopening

First established US department store founded in 1826, high end Lord & Taylor, files for bankruptcy protection during the coronavirus pandemic.

22 large Canadian businesses seeking protection from creditors - highest point in more than a decade in May and June. Trend likely to continue because of COVID-19

Retailers are using bankruptcy protection to quickly get out of leases and shutter thousands of stores, threatening real estate market and mortgage-backed securities.

The Ontario government is committing \$3.3 million in cost-share funding to 58 Rural Economic Development (RED) projects across the province.

Renfrew will get up to \$2,700 through the Rural Economic Development (RED) to design and install wayfinding signs and add public Wi-Fi to the downtown area.

Renfrew County to get up to \$14,550 for career fairs, employee tours, develop a rural transit ride-share program and support on-farm value-added products.

County of Renfrew is fighting to keep the virtual triage and assessment (VTAC) after pandemic, because the province is looking at how assessment centres are funded.

If a blast the size of the one that went off in Beirut were to happen in Montreal, it would have been felt as far away as Quebec City, Ottawa, and Montpelier Vermont.

Brain injuries, excessive alcohol consumption and exposure to air pollution late in life can all increase the risk of dementia, according to new research.

New study finds association between cannabis use during pregnancy and autism

Breakthrough in autism spectrum research finds genetic 'wrinkles' in DNA could be a cause, an important new clue into how to diagnose ASD early, or even treat it.

A restaurant in China apologizes for asking diners to weigh themselves before ordering - an overzealous response to China's initiative to stop food waste.

Holland America Cruise Lines donated 7 shipping containers measuring more than 15 meters full of surf and turf and luxury foods to Vancouver food bank.

Sacred Fire

By Noreen Kruzich

There is something about fire which draws all of us around it. We come to it for warmth, for the cooking of food, for stories told and retold, for the reunion with people we love, for peaceful nights under the stars. First Nations also chose to make it the center of ceremony – A way to talk to the Great Spirit – A *Sacred Fire*.



“Sacred Fire” by artist Vern Skyhawk, Plains Cree-Saulteaux living in the Ottawa Valley.

The fire creates a doorway – through its smoke – where through it passes thoughts or material offerings onto ancestors who have passed on, or sends up a message to the Great Spirit. It’s the smoke which carries your intentions up.

“The smoke goes to the Creator,” says Larry Henry, whose First Nation name is Grey Wolf. Henry, a member of the Algonquins of Pik-wàkanagàn, has been a “fire keeper” for the last decade, both at the Golden Lake Pow Wow and at the Ottawa Pow Wow near Dows Lake. The fire keeper must not allow the fire to go out, so it’s a 24-hour role among a good handful of fire keepers, who are honoured by the responsibility.

“I have worked night shifts and day shifts,” says Henry. For the Golden Lake Pow Wow and for many Pow Wows that means a fire that continues over four days from Thursday to Sunday evening.

In respect to the fire, Henry says, “It’s a very sacred, very spiritual,” traditional practice. Fire keepers must see that protocol is upheld around the fire. “No one can curse or smoke around the fire. We must respect the fire, respect the land and respect the people who are coming to the fire,” underscores Henry. Respect is shown in various ways says Henry, “If you have a hat on and it doesn’t include an eagle feather, it must be removed. As firekeepers, we have to maintain good standards.” And that respect begins even before the fire is lit, says Henry. “We clean out the fire pit and lay tobacco down in the hole to remove any bad energy.”

When people approach the Sacred Fire, they come in from the East door and always walk in a clockwise or sun-wise direction around the fire. Individuals come to the fire with intention. “Tobacco, sage, cedar or sweet grass is offered to the fire, the four medicines,” says Henry,

this offering will hold the thought or prayer and take that up within the smoke caused from the offering.

Among other protocols, Sacred Fires should not be photographed, nor should the ceremonies which revolve around them.

Pow Wows are not the only ceremonial events where Sacred Fires can take place. Sun Rise Ceremonies are held around a Sacred Fire. At a Sun Rise Ceremony, a pipe is also lit and smoked by an elder and sometimes passed to everyone in attendance, who circle around the fire. The rising sun is honoured and the Creator is thanked for the opportunity of a new day. Sun Rise Ceremonies are often conducted at Pow Wow events as well.

Sacred Fires could also be a chance to listen to the old people who will share teachings. Such a fire could be lit at someone’s passing or lit for a Full Moon Ceremony – a First Nation women’s tradition to honour Grandmother Moon and seek guidance from her.

In many ancient civilizations the open flame has played a central role in basic human survival, but the Sacred Fire serves as a central spiritual symbol. Those entrusted with tending this flame hold a responsibility to not let it go out until such time as it has served its purpose. And maybe this long-held First Nation tradition holds even more – as an inspiration to go beyond survival and live life to its fullest.



Noreen Kruzich specializes in First Nation and Metis genealogy/social history. She is the author of *The Ancestors are Arranging Things* (Borealis Press/Ottawa/2010) and the history researcher for award winning documentaries, *Colonization Road* and *Trick or Treaty*. She is currently working on her second book, *Blood, Paper and Spoken Word* - a highlight of indigenous ancestries across Canada, revealing suppressed indigenous history—and putting faces to the stories.

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Five Must-Do Trails in the Ottawa Valley

By Lesley Cassidy

What's your trail? Paddling down a river? Or rolling over steep terrain with a 4X4 kitted out with massive tires? The Ottawa Valley is chock full of trail options for both motorized and non-motorized enthusiasts. Here are five trails you must explore this year.



The Jamieson Mountain Trail near Griffith is a hidden, uncrowded treasure. The view from the top of the mountain is a beautiful reward.

The California Road Trail in Lanark County is a great introductory road with manageable challenges - zigs and zags and rocky climbs through uneven terrain.

Hiking One foot in front of the other. It's really the simplest way to travel. Jamieson Mountain, north of Griffith is a hidden uncrowded treasure, a lovely 3.4-kilometre trek one-way with spectacular views of the rolling landscape and the Lower Madawaska River Provincial Park. The parking lot off of Hyland Creek Road at Crooked Rapids has room for about five vehicles.

From the parking area, point your hiking boots in the direction of the water, and follow the old ATV trail. It then veers left under a canopy of mature pine and hardwoods. Continuing left, the trail passes several waterfront campsites, then continues away from the river and meanders through the bush with a few low-lying wet spots to navigate. The climbing starts after about a kilometre;

the terrain rises consistently with a few steep rocky sections to test your quads and your lungs. The footing requires attention as you move your feet over the granite slabs and approaching the top, the trees thin out. You are rewarded with a large rock cairn at the peak. However, if you continue trekking along the ridge for another 100 metres, there is a welcoming flat perch to enjoy lunch or water break with an unobstructed view of the lush rolling hills and river below. Easy to follow, the well-defined trail offers 650 feet of elevation gain. If you enjoy history, try finding remnants of the old fire tower that stood tall at the top of the mountain decades ago.

There are so many hiking trails to choose from in the Ottawa Valley; this gem is an uncrowded treat. Pack a cam-

era, water and sturdy footwear and head out for a new destination.

4X4 Off-Road

Do you own a Jeep? Or any vehicle with four-wheel drive and love dirt, water and rugged destinations off-road? The Valley offers a range of choices from maintained dirt roads, to ruddy washouts and rock gardens. For the genuinely white-knuckle experience - there are water crossings higher than two feet, mud and sharp rocky inclines 30 degrees or more requiring oversized 35+ inch tires, skid plates, and a winch. These advanced trails are not for the uninitiated - it requires a high degree of skill (and nerves!).

Evan Croskery of the Ontario Federation of 4WD Recreationists recommends the California Road Trail. This

introductory option offers zigs and zags and rocky climbs through uneven terrain. Located in Lanark County, it's a 10-15 kilometre section of hard gravel road and the trail at times meanders under hydro lines offering a more rugged experience, until it drops out onto Highway 511.

Croskery shares that their website is a great place to start for everything you need to know and more about four-wheeling. There are several clubs in the Valley, including the Eastern Ontario Trail Blazers, the Ottawa Valley Off-Roaders and the Ottawa Jeep Club. Several clubs are specific to the type of vehicle you drive - Land Rovers, Nissan Trucks, Jeeps etc. The Federation promotes the tread lightly principles with an emphasis on riding on sustainable

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The Shabomeka LEGPOWER Pathfinders Trail is a narrow, technical, gentle-use path, meant to have minimal impact on the environment. Above Right: Some of the small tools used to keep the path open. Use of the path is a privilege, not a right.

Several dams along the Madawaska require portages. Ontario Power Generation maintains well marked portage routes around them, the longest being only 1.8 kms.

surfaces to ensure minimal damage and protecting the trails they enjoy for the future.

Clubs focus on skill development, education and learning to ride in a technically precise way to access remote lookouts, uninhabited lakes and back-country areas to camp with family and friends. There are events scheduled almost every weekend during the summer. Check out a local club, beef up your ride and start California dreaming.

Mountain Biking

Love two wheels? Near Shabomeka Lake in the Madawaska Highlands located by Cloyne, Ontario lies an intertwined series of adventurous single-track paths. Narrow and hilly, they follow the contours of the land and offer plenty of rocks, roots, and exciting technical cycling.

Glen Pearce, the man behind the more than 60 kilometres of paths has spent thousands of hours over the past few decades building and lovingly maintaining this network. He has not always received support, and unfortunately, only a few of his original metal trail markers remain nailed to trees with the name "Shabomeka Legpower Pathfinders". Pearce has placed pairs of bread-box sized rocks about 60-70 centimetres apart to indicate a new junction or path, where possible; you can still see the faint thread of some paths as they wind their way through a forest logged back in the eighties. Lots of intersections offer many options to go out and back or follow a loop or two from the parking area. Maps are available online at Trailforks, a popular trail website and application. Blowdown in places makes the ride a bit

more of an adventure, especially the further away from the parking area that you travel. Parking is available near Pearce's home, and he enjoys meeting cyclists who ride the paths.

If you are looking for a wide graded easy to ride path that encourages speeding along, this isn't for you. These narrow and technical paths transport you to an era when taking your time to enjoy the natural surroundings was a big part of the ride. Bring your mountain bike, navigation skills and be prepared for a bit of bushwhacking, and you'll have an experience you won't soon forget.

ATV / Side by Side

Views of the Madawaska River, a favourite local fishing hole and an intermediate climb by ATV? If you love ATV riding or dirt biking, this lookout is for you. Tom Irwin of Tom Irwin Adventure Tours recommends the Wabun Lake lookout, where "the view is better than Eagles Nest".

The lookout perches about 800-900 feet above sea level. It involves a twisty four-kilometre ride up a hydro line to the peak, where the Madawaska River floats by on one side, and a stunning vista of Wabun Lake can be viewed on the other. It's a beautiful spot with few people and a perfect lunch stop. The ATV trail is not suitable for beginners due to the rocky sections and steep inclines. Enjoy the mature pine forests, with lots of wildflowers and Canadian shield.

There are several places to trailer your ATV - including the central parking spot where people camp and launch their fishing boats into Wabun Lake. If you take the right turn on the Wabun

Lake Road, it leads to the boat launch on the Madawaska, and grassy area with enough space for parking and trailers. The ATV trail starts here.

Irwin offers ATV, side by side, snowmobile and off-road motorcycle tours. He has worked with numerous private landowners so that he can share trails and views not ordinarily accessible by everyone. Irwin calls the Madawaska, and its surrounding trails and Crown land, "an ATV and dirt bike oasis". Sign up for a tour or fuel up your ATV and ride to one of the prettiest lookouts around.

Paddling

Calm flat water or frothy white-water? The mighty Madawaska will not disappoint. Rugged wilderness and raging rapids, the Madawaska River travels over 200 kilometres from Algonquin Park to the Ottawa River in Arnprior, dropping over 224 metres along the way. For hundreds of years, this river was a highway of trade and travel. Tamed by five hydro-electric dams, it hasn't lost its magic or wildness. Long sections of the Madawaska are lined by pine trees, stony shorelines and uninhabited wilderness.

The upper part of the Madawaska, before it reaches Griffith, is a white-water paradise. Two provincial parks line sections of the river - the Upper Madawaska and Lower Madawaska Parks and both offer plenty of swirling water, solitude and camping opportunities. The rapids range from class one swift water to the vicious and boulder-strewn Slate Falls; a portage must for most mortals. If flat water appeals to you, from Griffith to Arnprior is a beautiful paddle, floating

with the current, meandering through lakes and miles of Crown land or reserves. There are options to park and put the canoe in near Griffith, Calabogie, Cherry Point and at the Burnstown Beach. If you start near Griffith, you'll paddle through Black Donald, Centennial, and Calabogie Lakes. Carry a map with you; these lakes are all large bodies of water with narrow channels that can challenge navigation to the next portage and dam. The safest way to travel near the dams is to follow the bright yellow signs indicating portages around Mountain Chute, Barrett Chute and the Calabogie Generating Station. The longest portage at 1.8 kilometres long skirts around the Mountain Chute Dam and Ontario Power Generation maintains these paths. Below Griffith, the river is calm, but depending on the time of year and dam operations, it can become swift water quickly in a few spots. Pick your type of paddling and discover the Mighty "Mad" your way!

So, pack a lunch, pick a trail option and enjoy one of these gems of the Ottawa Valley.



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

By Robbie Hanna Anderman

Here we are in late Summer, with Trees still green and vibrant, swaying in the winds in a manner than can even be seen and acknowledged as dancing. It's a joy for me to be able to stand in one open spot, with nary a mosquito to distract me and watch the tops of Trees as they dance and wave to each other at any and all hours of the day and evening.

Before the deciduous Trees begin withdrawing their green chlorophyll back into their trunks and roots for food storage, we have one last opportunity to gather and dry various Tree leaves for their unique medicinal and tea making value. Some say that waiting until after the green is gone and only the yellow, orange or red remains results in a leaf that is more specifically beneficial to the lymph and immune systems of our bodies.

Late Summer is also the time when many wild and domestic fruit Trees are offering their bounty. Of especial note are the Apples. We've all heard: "An apple a day keeps the doctor away." There are many benefits to eating apples, besides their tasty and basically quite nutritious content. The apple of the Crabapple Tree, a Native Tree of the Americas, is also considered to be a tonic and cleansing to the system. Pectin, found abundantly in Crabapples, is used to set fruit in jams and jellies. The strained, sweetened juice of the Crabapple makes a fine jelly on its own. It is probably this pectin that helps in cases of diarrhea.

Fresh apples eaten raw are a great aid for ending constipation. Once they are dried, they, too, can help end diarrhea.



Red Haralson Apple Tree, laden with fruit. Haralson apples are crisp and juicy, having a tart flavor. They are good for eating, cooking, and are an excellent choice for pies. The skin is medium-tough, and the stem is medium.

A fresh apple, preferably a tart one, can be chopped up with its skin on and boiled in a half-pint of water, then sweetened. The water is then drunk to help ease a fever.

A poultice of the peeled apple flesh has been bound onto hot, sore eyes overnight to ease discomfort.

And let us not forget applesauce, apple pie, apple Betty, apple crumble, apple cake and my mother's apple pizza. Thank you, Apples!

And then there's Apple Juice. Several folks in the area have presses of various sizes to extract the fresh vibrant juices that are stored inside those round globes of fruit. Though many folks like their juice best after a few days of letting

it sit and slightly ferment, I note that it is a very rare person who does not brighten up after sipping some Apple juice fresh from the press. In France, where unsweetened Apple juice is a common drink in season, it is known to be a great remedy and preventative for kidney stones. It is also used as an excellent diuretic. One French doctor found that the bacillus of typhoid fever cannot live long in Apple juice, and therefore recommended that doubtful drinking water be mixed with cider.

Speaking of which, we often ferment a hard cider from the Apples that grow in our orchard and that we press into juice. Putting the juice into a glass jug, a wood barrel, a carboy, or a demi-

john right after pressing, then corking it properly with an airlock, and letting it sit for weeks to months or years is the basic method. It is a simple, easy way to store the juice. We don't add sugar or yeast, as the fruit has enough fruit sugar (fructose) to feed the yeasts that naturally grow on the skin of the fruit.

We find this homemade hard cider to be a digestive addition to our supper meal, as it is a raw food with lots of digestive enzymes. With no sugar being added, the alcohol content is usually between 5 and 7 per cent.

Hard apple cider is an old European tradition, which is growing in popularity in North America once again. Before Prohibition in the 1920s, hard apple cider was a common drink. Johnny Appleseed was growing wild Apple seedlings for settlers to plant on their new homesteads so they'd be able to have apples to ferment in this fashion. He wasn't raising and selling sweet Apple varieties.

If one leaves apple juice uncovered, with only a cheesecloth or a screen above the fluids to keep out the flies, it won't be too long before one has apple vinegar. One can speed up the process by adding a "mother" from a previous batch of vinegar or even go the whole route and ferment the juice to cider and then add the "mother" and air to get real Apple Cider Vinegar.

Dr. D. C. Jarvis, in his classic 1957 book, Folk Medicine: A Vermont Doctor's Guide to Good Health, expounds upon the wondrous healing qualities of Apple cider vinegar. He points out how, like Apple fruit and juice, it contains significant amounts of potassium along with phosphorus, chlorine, sodium, magnesium, calcium, sulfur, iron, fluorine, sili-

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con, and many trace minerals.

He tells us that Apple cider vinegar, taken regularly one to three teaspoons in a glass of water, can help improve the health of the digestive system when taken before each meal to prepare the digestive tract for digesting food. In particular, he cites several cases where his patients drank this drink before a meal to prevent the food poisoning symptoms of vomiting and diarrhea. Their friends at the same meal did not take the vinegar drink ahead of time and did have those unpleasant experiences.

Dr. Jarvis then tells us about the doctor friend of his who called him in the morning with food poisoning at a convention they both were attending. He made up the vinegar drink with one teaspoon of vinegar in one glass of water and had his friend take one teaspoon of the mix every five minutes until the glass was empty. Then he made up a two-teaspoon mix and took that every five minutes until it was empty. This was followed by the same mix taken every few minutes. At supertime, the friend was able to enjoy a good meal.

Apple cider vinegar is a wonderful food, and likely the healthiest of all the vinegars. It is also a great topical healer, as it has been applied directly (or diluted) to diaper rash, prickly heat, rheumatic joints, and poison ivy.

After apples have been ground up and pressed to expel their juice, what remains is called the "pulp." By itself, it is called "pomatum" and has been used as an ointment or poultice or "mask" directly on the face as a beautifier.

Humans and both wild and domesticated Apple Trees have had long time and long term relationships with

each other. Apple Trees are literally Trees bearing great fruit, available to all who approach (including many mammals, birds, and hornets), especially with respect. One of the wondrous gifts of Trees in late Summer in the Upper Ottawa Valley.

Robbie Anderman has been a regular Madawaska Highlander contributor for many years. His book "The Healing Trees: The Edible and Herbal Qualities of Northeastern Trees" is available in many stores, through Burnstown Publishing House burnstownpublishing.com, His own site healingtreesbook.com, E-book at Amazon.ca. Cover art by Kathy Haycock kmhaycock.com



Robbie Anderman has had an intimate working relationship with Trees for several decades, as orchardist, Tree-nursery person, Tree pruner, luthier, woodwind musician, off-grid forest homesteader, sustainable Tree harvester, and Tree herbalist using Tree medicine for himself and friends and family. In 1969, Robbie co-founded the 100-acre intentional land-based off-grid community which is still his home. Morninglory Farm is an ongoing learning/teaching/pioneering experiment in co-operative Earth-friendly living, consensus decision-making, natural building, organic gardening and farming, and home schooling for many of the children.

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Bursitis - A Common Cause of Joint Pain

By Susan Veale



I remember as a child hearing my grandmother using the word "Bursitis" when describing her shoulder. As I would watch her struggle with kitchen duties such as lifting dishes or working pie dough, she would try to make accommodations for the use of her shoulder.

I didn't understand what bursitis was at that time, but I knew it must have been painful and limiting. For people suffering from inflammation, swelling or other unpleasant symptoms caused by bursitis, it has likely affected their work, sleeping or leisure activities.

Under and between bony surfac-

es are small fluid-filled sacs called bursae. These bursae act as a cushion for the bones, tendons, and muscles near joints. Bursitis happens when the bursae become inflamed. The most common locations for bursitis are shoulder, elbow, hip but can also occur with the bursae of the knee, heel, and the base of the big toe. It most often appears at joint sites that perform frequent and repetitive motion.

The symptoms of bursitis will leave the affected joint feeling achy or stiff. There will be more pain when the area is moved or pressed, and it will often look red and swollen.

Repetitive motions or positions may cause bursitis. Activities such as throwing a baseball or leaning on the elbows or knees for extended periods can put the bursae at risk—carpet installers, gardeners, painters or playing a musical instrument.

Obesity can also put more stress on joints, especially the knee leading to bursitis.

There can also be other causes such as trauma to the affected area, inflammatory arthritis, gout, or infection. Although anyone can develop bursitis, it tends to occur more with age. Since this condition is of a soft tissue nature, treatment is typically rest and ice. In most cases, bursitis pain will go away within a couple of weeks, but reoccurring flare-ups are typical. It is essential to avoid any type of repetitive stress where possible. Ongoing irritation may lead to chronic bursitis and the possible formation of fibrous scar tissue, resulting in further inflammation.

Strengthening the muscles around an affected joint is helpful. Taking time to warm up and stretch before starting a sport or activity is beneficial, and concentrating on proper mechanics for the joints will help minimize stress to the bursae.

Another conservative treatment option is the OSMO Patch. Combined with proper rest, the OSMO Patch is

a natural, non-steroidal alternative to reducing swelling and associated pain caused by bursitis.

To learn more about the OSMO Patch non-invasive treatment option, see the ad in this paper or go to www.wellnessnaturalhealth.com.

If you have any questions, call me at 613-752-1540.

Susan Veale, BSc. Kin., is a trained Mindfulness Meditation teacher, Kinesiologist, Pilates Instructor, Author and Natural Health Practitioner at Wellness Natural Health Centre in Calabogie ON. Her "by appointment" private clinic offers services of nutrition, soft tissue massage, energy medicines, homeopathic drainage, natural health products and mindfulness healing therapy for individuals and groups. Learn more: www.calabogiemindfulnessmeditation.com www.wellnessnaturalhealthcentre.com



Stress and your Oral Health

By Tamatha Strachan

Stress has a huge impact on your oral health, and the signs can be easy to miss. Your dental hygienist is your first line of defense, and will watch for a number of issues:



One thing you do not have to stress about is your safety during a cleaning. Your hygienist and dentist only want you to leave with a nice bright smile.



Photo by JEshoots.com through Unsplash.com

Clenching or teeth grinding

People under stress may clench or grind their teeth, especially during sleep, which can wear down tooth enamel. Teeth can become sensitive, painful, loose, or even break. Symptoms may include sore jaw muscles, headaches and problems opening or closing your mouth. Your dental hygienist may refer you to a TMJ physiotherapist for treatments or a dentist to have a night guard appliance custom made for you.

Periodontal (gum) disease.

Research has shown that stress affects our immune systems, increasing our susceptibility to infections, including gum disease, which can include bleeding gums. During stressful times, it is impor-

tant to have regular dental cleanings and checkups.

Tooth decay.

For many individuals, stress leads to a poor diet. Not obtaining the nutrients necessary to maintain a healthy mouth and body increases the chances of developing tooth decay and erosion of enamel. Your dental hygienist can counsel you on dietary changes to prevent cavities.

Xerostomia.

Dry mouth is a common side-effect of medications taken to treat stress. If left untreated, bad breath, tooth decay and gum disease can occur along with a greater risk of fungal or viral infections. To combat this, your dental hygienist

may recommend chewing xylitol gum and using non-alcohol mouthwashes and saliva substitutes.

Canker sores.

These harmless sores occur on the inside of the mouth and can be painful. They will usually go away on their own within 1-2 weeks. Your dental hygienist may recommend a topical numbing solution to ease your discomfort and warm saltwater rinses to promote healing.

Cold sores.

Also known as fever blisters, they are caused by the herpes simplex virus and can appear on or around your lips during stressful times. Like canker sores, they often heal on their own within 1-2 weeks, but since the virus is contagious, immediate treatment is important. Your dental hygienist can recommend treatment or refer you to a doctor who may prescribe an antiviral medication.

Burning Mouth Syndrome.

BMS is a hot sensation affecting your tongue, lips, palate, or entire mouth. Other symptoms include numbness or tingling, a bitter or metallic taste or a dry mouth. The burning sensation can sometimes be worse at times of stress. Your dental hygienist may discuss discontinuing use of dental products with alcohol,

sodium lauryl sulfate and flavourings. Avoiding spicy foods, caffeinated beverages and smoking may help.

Chewing on lips/cheeks.

This may be a nervous reaction to stress and can cause painful and bleeding lips, scarred tissue on the inner cheeks, and opens the mouth to a host of bacteria and potential infections.

Nail biting.

The grinding friction of teeth against nails can gradually wear the enamel away, or even cause teeth to chip or crack. It can also cause your teeth to move and shorten the tooth root. Bacteria get trapped under our fingernails which then gets transferred to our mouths which can result in gum disease.

Stress is an inevitable aspect of life. It is important to learn how to cope and manage stress effectively to minimize the risk of developing detrimental issues such as those discussed here. A healthy mouth is vital for a healthy life, so be sure to take care of it.

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 in the Calabogie Medical building.



WHAT IS IT?

By Elmer Strong



Spittoons were created to meet the need of chewing tobacco users to spit. They were popular during a period in North American history from the mid eighteenth hundreds until the mid-nineteen thirties, when it was socially acceptable, indeed fashionable, to spit. Elaborate spittoons were found in such public places, as hotel lobbies, railway stations, barber shops and also in private homes. Their use continued, in isolated cases, to as late as the nineteen fifties, when public opinion would no longer accept the obnoxious practice.

The age of this particular spittoon is unknown. It was found in an old long ago abandoned Matawatchan farm house by a group of bear hunters. Considered worthless, it was given to a local collector of historical artifacts, perhaps sixty five years ago and he kept it in his collection until recently. The original owner and its true age remains unknown. It is probably safe to assume that this spittoon is generic of the

many that were used in Matawatchan many years ago.

The relatively small size of the spittoon was usually compensated for, by placing it on newspapers or scattered sawdust. This is not to say that most of the tobacco chewing old timers did not take great pride in their aim. It was recalled that one elderly chap frequently launched a salvo from his favourite chair, which followed a trajectory up over the wood fired cook stove and splatting down into the wood box, more than seven feet away, with an accuracy of nine out of ten.

Chewing tobacco was marketed in two forms. One was loose in a fancy tin box and the other in plug form that you shaved off the amount you needed with a sharp jackknife. Unlike snuff which was placed under the lower lip, chewing tobacco was wadded up into one cheek until the whole face was distorted.

Common names were Wolf, Grizzly, Copenhagen, Skoal and Big Ben.

Staycation Environmental Disaster, No-Trace Camping 101

By David Arama

Canadians produce more garbage per person than any other humans on earth. The amount of waste is already appalling, now add into the equation the current Covid-19 Pandemic and the number of first-time staycationers and you have an environmental disaster in the making. I'm urging parents and teachers to pay more attention to the environment and teach kids proper respect for the earth. When someone shows zero respect for the earth and nature, chances are that they don't respect anything, including themselves. My belief is that 95% of us respect nature, and like everything else, it's a small percentage who have zero regard for anything or anyone. We have a duty to teach them right from wrong, and if they don't learn, it's our duty to contact the authorities, e.g. Park Staff, Ministry of the Environment, By-Law Officers, and if needed, the O.P.P. to have charges and fines laid as an incentive to change bad behaviour.

Beaches, campgrounds, and resorts have been swamped with multitudes of travellers, leaving behind unprecedented wear and tear, feces and defecation everywhere, and loads of garbage. It's against environmental laws and municipal by-laws to treat the earth as your personal landfill site. And it's sickening. Recently at Marble Lake Lodge, some guests checked out and left the cabin firepit filled to the brim with discarded facemasks, plastic and Styrofoam, and a week's worth of cigarette butts. As a bonus, they left a ton of food in the fridge, and full containers of shampoo. We now charge a \$100 cleanup fee on their credit card for this abuse.

Pack it in, pack it out

The philosophy that Outdoor Pursuits leaders always teach is that if you can carry it in, then you can carry it out and leave the place better than you found it! No trace camping includes any use of the great outdoors, e.g. picnics, fishing, boating, hiking, backcountry camping, beach, and BBQ for any amount of time. The following list includes much of the garbage that I have personally had to clean up numerous times this summer: Cigarette butts everywhere. Plastic wrappers of a zillion types. Kids toys discarded. Glass, Styrofoam, and tin cans. PPE's, used facemasks. Broken discarded lawn chairs. Inflatable plastic and rubber floating water toys. Beer bottle caps. Beer bottles and cans. Garbage emptied out from cars. Used toilet paper. Used tampons. Pet poop. Fireworks debris

My personal peeves include cigarette butts. Why is it that smokers can't afford a smokeless butt holder at Dollarama? Just plain lazy and disgusting. And spent facemasks! Nice of people to throw them into the woods, or onto the beach for others to find!

Reusable mess kits, cutlery

Instead of buying tons of single use, disposable plates and cutlery, why not invest in camping mess kits and reusable plates and cutlery, or borrow some? These can be purchased at fine outdoor retailers, including MEC, Sail, Cabelas, and also at Walmart and Canadian Tire.

Don't cut down trees or gather firewood around campsites. Buy local firewood wherever possible. Don't bring firewood from another region. That's illegal since it could contain invasive bugs and caterpil-



The top four photos are from ontarioparks.com/parksblog where it says "Our parks are not a landfill. It's becoming more and more common for park visitors to purchase items for their trip, then toss them in the garbage. We are finding tents, barbecues, tarps, and shelters. These are big items, and they add up fast. While we do have staff that work very hard to keep our parks clean, at times it can be more than they can keep up with. We as a society need to ditch our culture of "disposability," and think about how we pack, what we pack, and how we can be less wasteful.



We tend to think our one action or inaction will not make a difference, but if everyone makes one small change to help, together we'll make a huge difference. Many trails and parks are groomed by volunteers. Why not help them?



Enjoy. Don't destroy. Teach your children well, so they can teach their children well. Pic by Leila Boujnane unsplash.com

lars that could start a local infestation. If you're at a backcountry campsite, chances are that the site has been denuded of all firewood and there's been damage to surrounding trees.

Do not burn garbage in the firepit. Fire pits are not, I repeat, not garbage cans. Do not dump cigarette butts, PPE's, and beer bottle caps into the fire pit and especially do not burn plastic and toxic garbage in them! And don't burn food waste. The smells will attract racoons and bears for years.

Proper sanitation, latrines, and use of thunder boxes: If there is no thunder box, outhouse, or washroom facility, then some options include the following: Bring a small porta-potty, bucket, or rv chemical toilet available at Canadian Tire and outfitter stores. Build a latrine, dig a hole, cover up waste with leaves and soil.

Tip: Use fully extinguished ashes from the campfire to disinfect the latrine or thunder box. The ashes neutralize odours!

Phosphate-free soaps: Use only phosphate-free soaps and dish detergent and have a wash pit away from the lake or water, and away from the tent site. This pit can also be used for brushing your teeth. Most cottagers get their drinking water from lakes and rivers, as do all animals, fish, and birds, so keep it clean.

Noise By-Laws: All regions of Ontario have noise by-laws, and charges can be laid for causing a disturbance or nuisance to other campers or Cottages. This includes loud music, loud drunken behaviour, and fireworks. **Quiet hour begins at 11pm until 8am, but also applies 24 hours a day for overly loud and disturbing behaviours.**

Fireworks Dangers: Increasingly, fireworks are becoming a noise nuisance, and a real danger. Now add alcohol and watch what happens! When used improperly in an unsafe staging area, fireworks can injure people, damage structures and vehi-



Choosing a Campsite: Avoid setting up tents in open areas, on beaches, and too close to tall trees and their root systems, due to lightning danger. Don't set up next to Widow-makers, or dead trees waiting to fall on you! Never setup Tents on animal trails or near cooking and campfire areas to avoid animal encounters. Watch for ground hornets' nests and red ant nests. Hang your food up in a tree, well away from your tent site, and keep a clean camp site e.g. no food or toothpaste inside tents. Remember, you are escaping your home environment to experience the restorative quiet of nature and clean ecosystems. Don't treat the campsite, beach or cabin like a Tim Horton's parking lot. Don't expect others to be your maids to clean up your mess. Show some respect for nature and other fellow citizens. Thank You!

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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Journey Back in Time -

By Marcella Neely

Our journey along Highway 41 is continued from the July-August issue...

Continuing north along on the east side of Highway #41 across from what is now Foodland, we pass the big white house and Parky's store. During the 1950's this was the location of Bernie Inwood Service Station. The adjacent home housed the post office. Geardie Hawley bought the property in the late 50's then sold it to Alex Buchanan in 1964. It operated as a Steadman's store for a short time before it became Parky's. Right behind Parky's, on Peterson Road, was a large building that served as a church and funeral home. It eventually became "Sandy Beach Antiques and Tea Room, then a gift shop, and now a music store and coffee shop.

Across the road on Peterson Street was the Kaladar Northern telephone office (1960's), then Isobel's bake shop. The brand-new Bank of Montreal building was welcomed on the north east corner of Peterson Road in the late 1980's. Previously at this location banking was part time in a temporary recreation trailer or at the main branch in Tweed. In the early 1900s, directly across from the bank, on Highway #41, Caspar Thompson bought, renovated, and expanded the Carscallen General Store. He and wife Lulu also operated a funeral service, and farm supply from here. Lulu ran the retail portion while Cass was funeral director. Stories of Lulu Thompson prove her to have been a vibrant individual, tiny in stature strong in spirit. Coming to the area as a school-teacher then working in retail then real estate. She eventually bought a vacant



Thompson's Variety Store, 1922



Tourist Hotel Northbrook built around 1915 by Lulu & Casper Thompson. Contributed by John and Elaine Bolton



The 1941 Fire started in a propane refrigerator in magistrate Jack Lloyd's house, approximately where Cod Fathers is today.



Furniture saved from homes and businesses after the 1941 fire was piled across the highway. Photos are from Violet Thibeault



Gladys's Cup and Kettle Restaurant in Northbrook with Gladis and Paul Atherton



Telephone office was approximately where the Liquor Store is now.

property on Head Road that used to be Snider's Depot and built the successful campground that became "Lencliffe" and is now "Bon Echo Family Campground". While working in the store in Northbrook she cheerfully served and entertained.

From 1946 to 1969 the Alf Northey Family ran the Thompson business as a supply depot, general store and gas station. Location then was occupied by Doug Butson followed by Ron Sedore then Dick Hook. Dick tore the old buildings down and built the new Northbrook Delibrook grocery store. In 1987 he sold it to Bob Gleecoff for I.G.A. It is now a Foodland grocery store.

On the same side, just to the north, is the Northbrook Hotel, built by Cass Thompson and operated as a room-

ing house, with a space rented to a dentist. In 1931 the hotel was licenced, and several owners came and went. In 1950 Joseph Bolton purchased it and operated it until 1965 when his son John took over. In 1994 John and Elaine Bolton sold the business. There have been several owners since. It is still licenced as a hotel but is currently closed.

Across the highway again, next to the bank, Lorne Lloyd built a general store in the 1940's. The building still stands. After being a general store, it became a coffee shop, Rowat Construction office, and a post office. In the 1950's Vi Hope established it as a restaurant. Several owners ran the business off and on. Captain John's Fish and Chips and the Lighthouse are two of them. There were stretches of vacancies then Codfather's Fish & Chips.

Next door, still on the east side of the highway, was Lorne Lloyd's family home and offices of Lopat Insurance. Immediately behind the house was his construction company office. Later the office became a hairdressing salon and

rental apartment. (Karen Elliot's "Clever Cuts then Anita Haircut"). From 1950 to 1970 the next house was the home and office of Ed Morley. Justice of the Peace. Now it is a private residence. The next house is also a private home. Prior to burning down in 1941 Gordon Wood, an electrician, operated a garage here. The present house was rebuilt after a fire. Directly across the highway is Land O'Lakes Building Supply built in the late 1950's by Mac Blaney and Earl Hawley. Later Larry Lessard added a Polaris dealership and ran it until the late 1990's. Pro Hardware operated one season then the building was sold to Darrell & Wendy Thompson for Interior Zone decorating & Kaladar Northern Construction office and yard. The Interior Zone portion was vacant for several years then rented seasonally by Bush Furniture.

Information for this section is primarily from John & Elaine Bolton and from Roxanne Bradshaw's 1990's Road Trip.

To be continued...

Starting Aug. 8, Christina (Berndt) Hermer's book, "This was Yesterday - A history of the village of Denbigh and the townships of Denbigh, Abinger and Ashby" is available at the museum for \$20. Open every day until Labour Day, 10am to 3:30pm

Anyone looking for information is welcome to visit the Flickr photo gallery, read through our newsletters at cloynepioneeremuseum.ca, or contact us at pioneer@mazinaw.on.ca

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

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Music Lessons Learned!

By Antonia Chatson

I have given music lessons all my life. I love doing it for the music itself and also for the interesting relationships that I have formed with my students. The teaching itself and the rapport with the students came easily to me. After all, I had grown up with my father being a teacher and was pretty familiar with the territory.

Then, when I married for the second time and we had two children to care for, I continued on with my students while my husband continued to run the farm. In between students I also helped with the cattle. But income from cattle came mainly once a year which left us scrambling for ready cash most of the year. So, my husband decided that he would accompany me on my musical jaunts with the intention of teaching guitar. Let me tell you about my husband's musical ability. He was second to none playing nearly every instrument he could get his hands on (except the bagpipes) and he was completely self-taught. I had studied at the Conservatory in Toronto, so we made up a strange combination. I always referred to us as "the odd couple". I learned so much by listening to him play and talk about how he did this or that. We had our own musical group which included our two children and we also played with other groups. It was a most interesting and invigorating existence

But there was one catch. Although my husband was a most proficient player, he was not, of his own admission, a teacher. Well, either you are, or you are not. He would spend grueling hours at the kitchen table writing down songs by letter for his students. If they were quick at picking things up, they would watch as he demonstrated some technique then they were able to imitate him. But despite teaching not being his forte, he devised a few things which left me with my mouth open. He took two pieces of plexiglass and with a saw made one piece for me with five cuts in it for treble and bass notes and another for himself with six cuts for the guitar strings. But his most ingenious invention was the game of "Fishy". He took a square lid from a bucket of kitty litter. In the middle of the bucket lid he attached a fish made of plastic which was mounted so that it could spin. He then cut out twelve circles and on these twelve circles, he would put musical symbols, except for on two of the circles. On these two circles, he wrote Candy. And of course, as back up one had always to keep a full and varied supply of sweets for the lucky person who, when he had spun, the head of the fish would land on the word candy. You would be amazed at the age of some of the students who just lived to play Fishy. Perhaps we inadvertently raised up a generation of gamblers. I hope not.

We gave lessons at home and also out of schools in several communities. My husband was usually stuck in the furnace room which was at least private even if the environs were not inspiring and the view non-existent. As the piano was usually parked in the corridors of a school, that is where I taught. It was reasonably secure and private except of course during recess time and lunch break, when other students would tear past on the fly either talking, screaming or yelling. I could count on ten minutes lost as recess



was declared and ten minutes lost when the students returned to classes.

Years later we noticed an ad in a Bancroft paper asking for music teachers who would give lessons at the back of the store that sold musical instruments and accessories. There was not much room, but it was not needed and definitely a much more congenial environment.

One would have thought that in the decades of teaching, one would have run into at least one Mozart, but alas that was not to be. Not even close. But we did have some interesting encounters with students and their families.

And we had some interesting experiences. One man who came to me for fiddle lessons was covered head to toe with tattoos. Now I may be using a bit of imagination when I say head to toe for all I could see of him was his hands, arms and neck. I am assuming the rest. And since he was a tattoo artist I guess he practiced on himself. He had with him a most beautiful fiddle which he said his father had made for him. And who was his father? A Baptist minister! I was always afraid that he would want to pay me in kind by sharing his tattoos.

Parents would usually ask me, at the beginning of the lessons, how I wanted to be paid. My stock answer was "In gold bars". That worked until one man I was teaching apologized that all he had on him was the gold nugget that he was wearing around his neck on a chain. Apparently, he spent every summer in the Yukon, panning for gold.

One autumn a man brought in his two children for lessons. The boy was about 9 and my husband gave him guitar lessons. The girl was about seven and I taught her piano. The father would have been in his mid-thirties and was the epitome of masculine beauty. I wondered why it

was always he who brought the children for their lessons. He always emphasized that his wife helped them with their practicing. He boasted that his wife was a concert violinist. Only after several months did she come to drop the children off. She would have been at least fifteen years his senior and very plain to look at. Just commenting, no business of mine. The year was completed and next fall I phoned to see if the children wished to continue their lessons. I got the father on the phone and he said that would be wonderful if he knew where the children were. Apparently, his wife had taken off on him, taking the children with her as well as his brand-new truck. Not sure if order of preference was set in stone.

One time, a parent phoned me to say that they would have to skip lessons this week as they were using that money to get their septic tank pumped out. My question would be, "Where can you get your septic tank pumped out for \$32.00?"

Francis gave a little boy guitar lessons who was very quiet and subdued. One day when the boy came for his lesson, he got his guitar out and laid it across his knees, ready to use the steel. He said and did nothing for ten minutes and my husband was perplexed. Finally, he blurted out, "I'm going to be sick." and he puked all over and inside his guitar. Not sure if my husband was paid for that lesson.

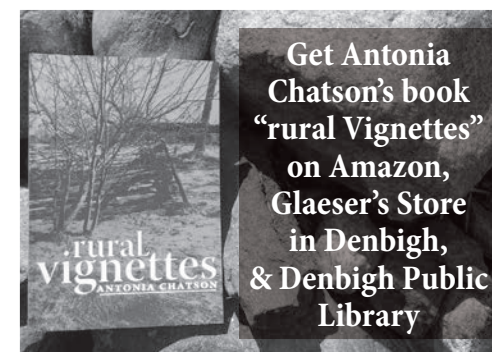
Another time when my husband was teaching another less than inspiring student, he suddenly was awakened by a loud snort and realized that he had fallen asleep. He said that the boy had his head cocked to one side viewing this phenomenon with great interest. Without missing a beat, my husband inquired of the lad if his snoring had bothered him. Another time my husband woke himself up with a grunt and noticed a new student sitting in front of him, different from his

previous one. Apparently, there had been a changing of the guards during his slumbers that he had missed entirely.

We taught two children of a minister at home here. My husband gave the little boy guitar lessons and I gave piano lessons to the sister. One time when they arrived the boy headed for the bathroom and locked himself in there. Despite all the poundings on the door, from both sides, and pleadings of the father, the boy remained adamant that he was not coming out for a lesson. Needless to say, the attention span of his sister was relatively low.

This incident was only outdone by one girl I was giving piano lessons to at home on my electric piano. With absolutely no warning, she stood up and yelled, "I don't want to take piano lessons!" and before I could get my lower jaw unhinged, she was banging with all her might on the upper register of the piano. From then onwards any note beyond high C registered only squeals, tinkles and high discordant shrieks. We used these sounds to scare trick or treaters on Halloween. This teaching business was becoming an expensive proposition. That is not quite what we had in mind when we began this endeavor.

We finally called it quits and settled down to a life of retirement tending gardens, which were a little more predictable than students. As we sat, peacefully swaying back and forth on our rocking chairs, with the sun shining down on us and a gentle breeze trying to keep the mosquitoes away, my husband let out a long sigh. "You know dear, you may enjoy teaching, but in my books, I classify it along with the Second World War - "Never again".



**Get Antonia Chatson's book
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& Denbigh Public
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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.

The Mighty Mushroom!

By Colleen Hulett

This column is for educational purposes. Never eat anything unless you are 100% sure. Beginners should forage with an experienced guide.



Blue Roundhead. *Stropharia caerulea* (not edible, just exciting to find... an aha moment)



Eastern Fly Agaric. *Amanita muscaria* (not edible, just exciting to find.)



Oyster mushrooms I ate last week. *Pleurotus ostreatus*



Oysters, chanterelles and boletes I foraged two weeks ago. There is one mysterious guy in there... Do you see it?



A baby Chicken of the Woods has the best flavour. Older specimens are good dried and ground into powder for flavouring soups and stews. I ate this one 3 weeks ago.



Silky Rosegill *Volvariella bombycina* edible, uncommon but not rare mushroom. A real beauty to find. Mild flavour... I ate it.

The two last weeks with rain-fall were a blessing. Fancy fungi edibles popped up everywhere along the trails to celebrate and procreate. My brother brought me to an Aspen-Birch forest that he's been talking about since the tornado went through last year and was certain the conditions were perfect for fungi. He was right and I was able to forage three choice edible mushroom species fairly quickly. Chanterelles, Boletes and Oysters. The week before I brought him to my neck of the woods, and we foraged some Chicken of the Woods mushrooms. I prepared them in separate meals on different days so I could savor each one. Mushrooms cooked properly can have a meaty texture and be substituted for meat in a lot of your favorite common meals. One should dry pan fry the mushrooms until all its water has almost evaporated from the mushroom and then, only then, add a little butter and brown the mushroom till slightly crispy. Fungi perfecti as they say...

As I sit here and write about my bounty I realise how much I also enjoy the serenity of the forested trails. This environment really does shut down annoying mind chatter and I am grateful. Mushroom hunting heals the mind, body, and soul. I can see why it can become addictive. Wild mushrooms matter in my life. If I may quote from the lovable host of the Mushroom Hour Podcast, I have "been inoculated and there is no turning back". There are so many mysteries to unravel about fungi. I feel good knowing that at the very least my immune system is measurably stronger than it was before I ingested these wild treasures. A strong immune system is key to fighting viruses in these trying times, so I say bring on the mushrooms!

Mushrooms are very nutritious in their own right and a good source of many vitamins and minerals. They have Vit D2, Ergothioneine, iron, Fiber and Vit Bs, especially B3, B5 & B12, among



Last two photos are of the edible Ash Tree Bolete. It has a mutualistic relationship with Ash trees. *Boletinus* sp.



other nutrients. I noticed I consumed animal meat only once that week because of my alternative bounty. Mushrooms have about 2 - 3 grams of protein but some fungi have higher amounts like the impressive Chicken of the Woods. Since there may not be enough protein in mushrooms to replace meat ounce per ounce, please make sure you include other plant proteins like nut butters to help raise the protein amount in your dish. The good news is that mushrooms have comparable vitamins and minerals similar to meat. According to Adam Haritan from "Learn Your Land" that amino acid Ergothioneine found in mushrooms is rarely found elsewhere on the planet. Humans cannot produce it in their body and therefore have to eat it for its value. Scientists have found unique receptors for ergothioneine in our human cells, but they don't really know why we need them. Scientists know that this amino acid hangs out in our bone marrow, liver, kidney and eyes among other important places. Sigh, such a misunderstood little creature fungi are. Scientists have shown though that eating mushrooms even as little as only twice a week has measurable benefits to human health. Wow, I hope you already do this.

As I mentioned earlier, I only ate meat once last week and I feel a bounce in my step. A meaty meal after 8 hours of

labor always knocks me onto the couch but last week, I was full of energy and went kayaking almost every night after work. Always remember a good balanced meal is supposed to give you energy and mushroom meals always deliver for me.

Did you know that if you switch completely to a plant-based diet (this includes mushrooms) then you are not only contributing to your 'personal health' (as a multitude of cancer studies confirm) but you are also contributing to our 'Planetary health'? Just ask Canadian Environmental researcher Nicholas Carter. Or follow him on social media. He's a very cool dude using sound scientific studies to refute all greenwashing that pops up into the media. A hero for our planet's health.

Nicholas Carter has been serious about our planet's health for many years. He originally began examining how climate change could be helped with businesses using alternative energy technology (electric cars, solar panels and wind turbines, etc.) and discovered that this route, although beneficial and necessary for planetary health, is too slow to get us off fossil fuels and save us. So, Mr. Carter looked for quicker and immediate ways to stop climate change in its tracks and found his nose in the agriculture sector. Since 2010 he has been researching the detrimental practices of the agriculture sector and how they impact planetary health. I urge you to listen to Plant Proof podcast #104 and the conversation between interviewer Simon Hill and Nicholas Carter to get the in depth scientific details and source notes but basically Mr Carter said that he discovered through research that the major way to planet health is through land use, especially the use of trees to sequester greenhouse gases. Presently 46% of the earth's trees have

already disappeared. The biggest user of land is agriculture. Agriculture uses 50% of the earth's ice-free land and 80% of that land is for livestock. To grow livestock is very inefficient with 90% wasted product. Trees are being cut at an alarming rate in order to create graze lands for livestock who themselves create methane gasses that contribute significantly to climate change and poor planet health. So, Nick tells Simon that the most significant way to lower one's footprint is to switch to a plant-based diet and less land will be used for grazing and more land will be available for our sequestering trees. So, I looked the study up. A plant-based diet (which includes mushrooms and excludes meat and dairy) lowers one's carbon footprint by 73% (Science 2018;360:987-992)! Dang, if everyone did that it would be fast. Of course, it's a long-shot to turn us all vegan overnight but we can definitely become 1/2 vegan, right? Now lower your footprint down the nearest trail and go forage some plants and mushrooms. Have a meatless meal, even if it's only on Mondays, and contribute to our planetary health. If you get to know your mushrooms, then you will also get to know the trees they live on. Understanding trees and how they are key to our survival is big. Understanding how mushrooms build forests so they can share mutualistic relationships with them is big. Understanding that every footprint counts is even bigger. So, turn off the light, fix that leaking tap, travel less and forage plants and mushrooms. Be good. Teach your children well.

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.
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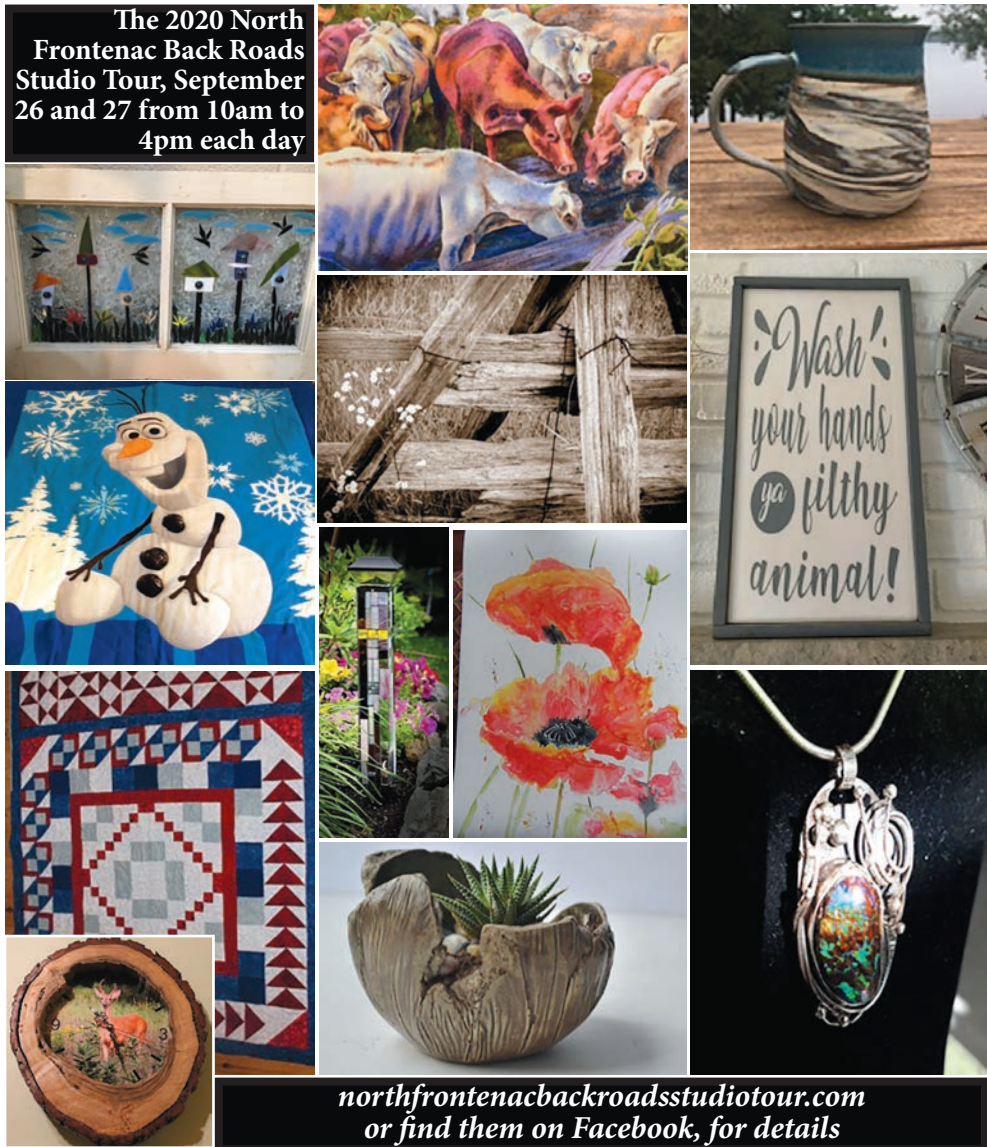


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Richard Gill 2020 Show "SCOTLAND in the Yard" outdoors at Bittersweet Gallery in Burnstown until Sept 6, 11am - 5pm daily, with guest artist Jack Stekelenburg. The interior of the gallery will be open to patrons in limited numbers. Disposable masks will be available for those who forget. While masks are mandatory indoors, kilts are not.

Scotland in the Yard Sculpted Clay Relief Wall Plaques by Richard Gill



Richard holds a fascination and curiosity with human settlements, history, immigration, the roots of our country, and the connections we all have inherent in our DNA. The Burnstown artist resides in a former tavern built by Scots in the 1800s where the Laird of MacNab frequented. It was here that the settlers eventually conspired to oust the notorious laird from the township, ending feudalism in North America.

Scotland has been on his radar for some time and an opportunity emerged to travel there last fall. From the Highlands of Perthshire where Robert Burns penned "The Birks of Aberfeldy", Killin (home of the Clan MacNab), Dunkeld, Crieff, the glorious gardens of Drummond Castle, Eilean Donan, Blair, Stirling, Menzies. The sojourn continued to distilleries of fine whiskeys and on to Glasgow. Additional works are inspired from earlier travels with his son to the Royal Mile and Edinburgh Castle. Pipes and drums, highland dancers, and iconic cattle all emerge from the sculptor's hand giving form and dimension in clay sculpted wall plaques.



Steel by Stekelenburg Invited guest artist Jack Stekelenburg joins Richard in the yard with his forged expressions and abstract metal sculptures. Although Jack creates pieces that are representational, he often creates art as an unconscious, unscripted, wordless act of emotional expression. The gallery hosted a successful solo show for Jack 2 years ago and is delighted to have him back.

It is on again, with social distancing, each day. Featuring: Debbie Emery Quilts, Forest Frames - Richard Emery, Red Dragon Gallery and Gift Shop, Free Spirit Creations, Original Photography by Michelle Ross and Grindstone Pottery, Betty Hunter, Shawn and Heather Avery and Linda Rush, Tuscany Concrete by Design, Tailgate Creations.

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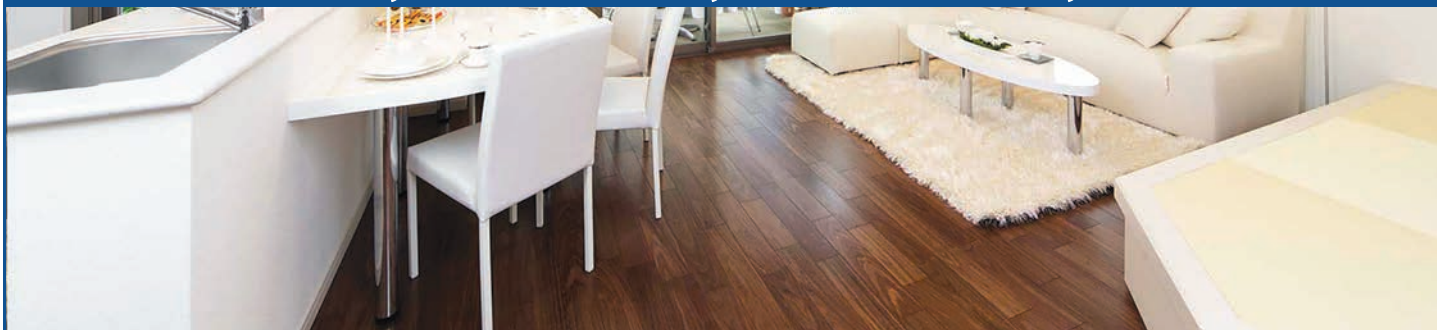
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