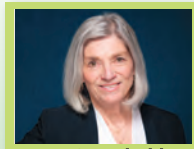


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Finally, the lazy, hazy days of summer are here! In reading current reports, the Ottawa Real Estate Board notes that overall, for the month of June, "the number of sales, average prices, and new listings declined on a week-to-week basis over the course of the month resulting in a flattening of the 2023 sales curve". Despite recent interest rate hikes, another report states the good news is that the supply of homes continues to rise while upward price pressure has yet to be significantly eased. This rebalancing of demand-supply however is resulting in a slower pace of appreciation as home prices continue to rise in most major markets and real estate continues to have Buyers' confidence as a solid, long-term investment. Summer real estate sales are still happening, and general expectations are that it should continue at this same pace.



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The Madawaska Highlander

July-Aug
2023

FREE Vol.21 Issue 3

Next issue August 23, 2023

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

Welcome!

...To the middle of summer, and as our talented volunteer writers remind us, the middle of things gone by and things to come, as we embrace the past, encourage the future, and enjoy today.

Learn about past events and future plans in Bogie Beat, News & Views, and Library Matters, and make sure to check the ads for more things to do, places to eat, and services you need.

The Cloyne Historical Society has been embracing the past for over 50 years and has amassed over 2,000 images on their Flickr site. Were you the kid in the blacksmith shop photo in Cloyne Historical?

Garry talks about home food that takes us back to our childhoods in Through Thick and Thin. Bill takes us on his grandfather's first childhood ride on the puffing, chugging, scary K & P Railway train in Memories of Vennachar. You could get there from here!

We compare past and present with the new 'dam' fine Calabogie Generating Station - twice the power with the same water flow. What a difference a century makes! More power is great, but not when it's accompanied by thunder, as Survivor Guy tells us how to survive the destructive wrath of Thor. Do you unwittingly leave destruction in your wake? Lesley gives us the rundown on what your wake could be running down in Happy Trails. Poor little baby Loons!

We must find ways to protect the environment, but Antonia raises a stink about New Zealand's new Gas Tax... on Cow Gas! in Rural Vignettes. Slime Moulds don't stink, but their names do, as Colleen introduces us to Dog Vomit and Demon Droppings in Highlands Hiker.

In Wellness, Tamatha and Derek teach us two ways to protect our hearts - by keeping our teeth clean and getting our feet dirty - getting grounded that is. If you get grounded in the forest, watch out for Dog Vomit Slime, and ponder The Forgotten Forest Product you'll need to get clean again. You'll understand when you read Watershed Ways. So, for now and in the future...

Enjoy!...



A young deer out to play in the meadow on a beautiful day in Matawatchan. It's OK Mom, I'm right here.



This seems to be The Year of the Daisy. Daisies are in abundance everywhere in the Highlands this year. View of the Madawaska from Dodge's Farm in Matawatchan.

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The Madawaska Highlander

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

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

CONTRIBUTORS THIS ISSUE

Thank you everyone!

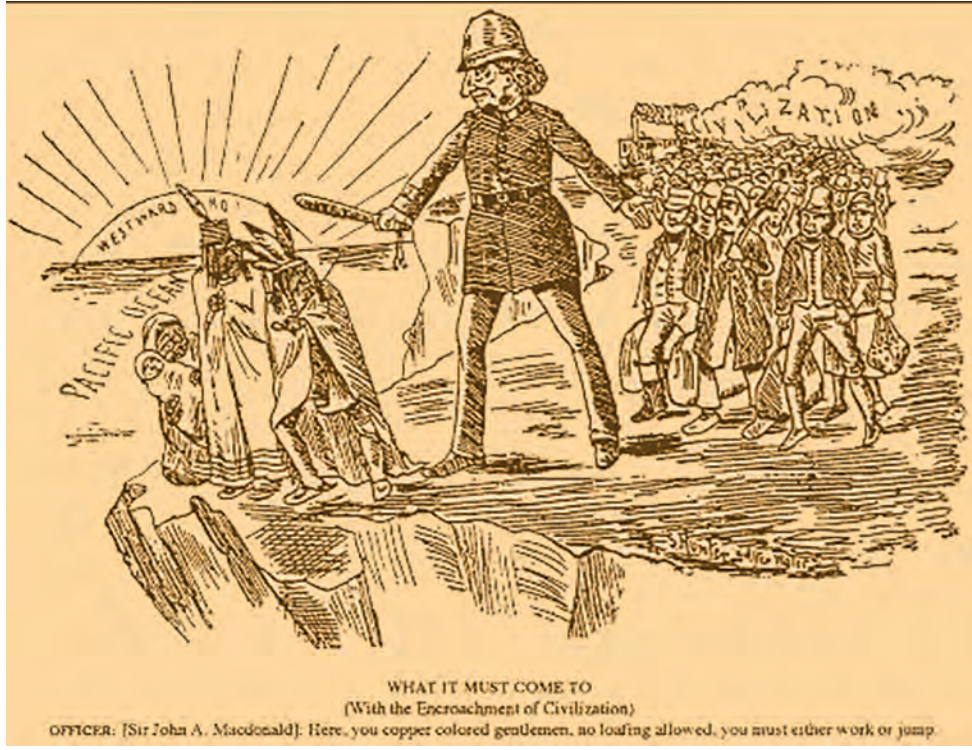
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Aug 11 for Aug 23 & 24 publication**
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Message from the editor:
Please make note of activities in Bogie Beat, GM and DV News and check the ads for updates.
Check advertiser messages right away for important information, hours of operation, specials and what is open. Tell them you saw it in the Madawaska Highlander!
We also maintain the matawatchan.ca website, which serves the Tri-County area around Matawatchan, Griffith, Denbigh and Vennachar. Also check out www.greatermadawaska.com and other township websites for information. Our community paper depends on the community, so if you have something to offer that our readers would enjoy, please contact us to discuss it. We keep our advertising rates low to keep it accessible for small businesses.

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In "What It Must Come To," published in Toronto's News, police officer John A. Macdonald forcefully separates western Indigenous peoples from the arrival of colonial settlers. In an all too accurate depiction of life on the Prairies in the 1880s, the cartoonist has captured the reality of Canada's westward expansion. Through the imposition of British law, military and police force, Indigenous spaces were to be transformed with or without the agreement of those people already living on the Land.
"I have reason to believe that the agents as a whole... are doing all they can, by refusing food until the Indians are on the verge of starvation, to reduce the expense," Macdonald told the House of Commons in 1882. Opposition response, "No doubt the Indians will bear a great degree of starvation before they will work, and so long as they are certain the Government will come to their aid they will not do much for themselves."
"Civilization" is written in factory smoke. "Westward Ho" is written on the Sun.

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By Betsy Sayers

We want to hear from you. Send your news to me at HighlanderGMnews@gmail.com or HighlanderDVnews@gmail.com



Left: View of the Madawaska River at Camel Chute on June 25. Right, same view on a humid day in July. Smoke from Ontario and Quebec forest fires caused widespread smoke warnings in Canada and into the US.



A large crowd and a few dignitaries turned out for the Denbigh-Griffith Lions Club's 25th Anniversary celebration, where cheques for \$2,500 were presented to the Addington Highlands and Greater Madawaska Fire Departments.



Canada Day at the Matawatchan Hall was a delight for families and the volunteers who made it happen.



Horseshoe tourney winners circle. See article for names.



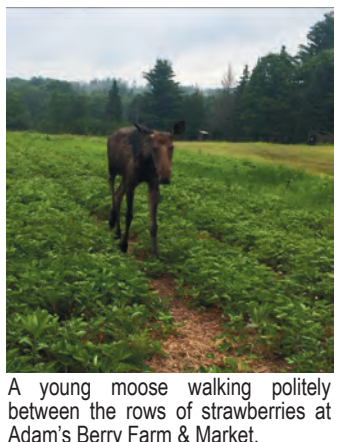
Denbigh-Griffith Lions Club members and dignitaries.



The Lions also celebrated a 10-year association with the Terry Fox Run in Griffith.



Of course there were area musicians at Canada Day Celebrations in Matawatchan!



A young moose walking politely between the rows of strawberries at Adam's Berry Farm & Market.

OPENING THOUGHTS:

Welcome to the last week of July! Can you believe it? I don't know why, but summer sure seems to be zooming by for me. The river has remained very high up above the bridge where we are, and it's no wonder with the crazy rain storms we are getting this year.

The good news is that we can have campfires again, because on July 11 the Ministry of Natural Resources and Forestry (MNR) lifted the Restricted Fire Zone for our sector and Township Fire Officials issued a public notice to all residents and visitors that the Township now has a **LEVEL 1 FIRE BAN** in effect. Campfires are permitted, but you are encouraged to continue to use caution. A temporary suspension of all issued Burn Permits is still in place for all residents and property owners.

As of publication we continue to have a Level 1 Ban in effect, but please continue to monitor the Township Website for updates as the situation could change quickly given the crazy weather we are experiencing this year.

Related to the wildfire this year, Snider's Tent & Trailer Park is inviting everyone to their Fire Appreciation Fundraiser on August 5th. There will be a BBQ and a Bake Sale from 11 am until 2 pm, 50/50 draw, silent auction and a donation box. If you would like to volunteer or donate please message Allison or call 613-333-5551.

There are a lot of things going on at the Township level these days, and I remember when we were cottagers and I would read the Highlander regularly with every issue, but rarely checked out the Township website to see what they were up to. In case you are a seasonal resident, I thought I would take a few lines this column to ensure you didn't miss finding out about an opportunity

to participate in two current projects.

You hopefully saw the opportunity to opt into a **FoodCycler Pilot Project** the Township is attempting to get off the ground related to kitchen composting. We have many friends who compost very effectively, but personally I have never gotten the hang of it. Friends call me the "accidental gardener" as in "if it grows and lives it must be an accident". One would think with those skills composting would be right up my alley, sadly not.

Not one to be deterred by my composting ineptitude though, I have signed up for the In-home waste diversion pilot and hope it is successful so I can simply put scraps, including bones and meat, into my new kitchen machine instead of in the garbage pail. Given the only other step is to push a button I'm hoping my skills will be adequate for the job and I can feel better about lessening my impact on our environment and reducing our waste management costs.

Anyone else wanting to join me on the pilot project can complete the Online Pre-Registration form by July 31, 2023. Go to greatermadawaska.com Hover over "Living Here" at the top and click on "Garbage and Recycling". You will see a "FoodCycler Pilot Program" button on the left side.

Questions can be directed to Facilities Manager Leonard Emon by phone at 613-752-2249.

Another important project is the development of a **Strategic Plan**. It started with an easy to complete online or hard-copy survey that allowed people to provide input on a wide variety of topics. Meanwhile, councillors and some key community members from business and community groups engaged in long conversations with the consultants who are developing the plan. Now that

the survey is closed, the information is being collated and will be shared on August 30 & 31 in council meetings, to draft the mission, vision and values and to review and discuss pillars/objectives. Then it will be shared in open houses in all Wards to gather more input. The final document will guide council on what is important to us all during the next few years, so I hope full and part-time residents all have their say.

IN OTHER NEWS AND VIEWS: DENBIGH GRIFFITH LIONS CLUB

On June 17 the Denbigh Griffith Lions celebrated their 25th Anniversary of serving our community with a celebratory meeting and BBQ. Support for our Lions was amazing with standing room only at the Griffith Hall. A terrific variety of speakers talked about the history of our Lions Club and congratulated our team on their anni-

versary. The Lions presented both the Griffith and Denbigh Fire Departments with a significant cash donation to support purchases to help keep us all safer. Lions Club membership is open to everyone and you are strongly encouraged to join this wonderful team.

The Terry Fox Run team also celebrated 10 years of their partnership with the Lions Club and reminded everyone that the Terry Fox Run will go again this year on **September 17**. Registration starts at 9 am at the Community Hall in Griffith. The "walk, run, or roll" is at 10, rain or shine. Route is a marked 5km or 10km "out and back" along Flying Club Rd. If you can't participate, please make sure you find a way to back a runner, all for Cancer research.

Bingo games are continuing throughout the summer starting at 7:30 pm - watch the Lions Hall road sign for dates. continued next page...



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Rev up your antique and hot car engines and join the Lions Show & Shine on Saturday August 26 (rain date August 27) 10am to 2pm at the Griffith Hall & Community Centre. There will be lots of activities including a visit from children's book favourite Iggy; a Kids bouncy castle; and seniors housing yard sale - admission is by donation with dash plaques for the first 100 cars.

MATAWATCHAN HALL:

CANADA DAY at the Matawatchan Hall was another smash hit this year with music, face painting, an exotic rescue animal petting zoo and Horseshoe Tournament. The Horseshoe Tournament was sponsored by VALLI Construction of Matawatchan who donated \$500 in prizes. No wonder there were so many teams! There were 18 participants making up a 9 team tournament. We would like to thank everyone for coming out and having fun. Many smiles and laughs were had. Bringing home the A-side purse of \$300 were Dave "Duke" Ariel and Aaron Robillard. B-side champs Troy Warren and Barry Skanes took home \$150. Brian Boeltge threw the most ringers to capture the \$50 ringer award. Thank you to Jared Valliquette of VALLI Construction for sponsoring the tournament and to Allan Pennock for helping with officiating the final games.

The members and executive of the Matawatchan Hall board would like to thank all of the volunteers that helped to make Canada Day such a success. It takes a large number of kind, hard working and selfless individuals in order to undertake such a large event, and your community appreciates you.

Special thanks to the Denbigh/Griffith Lions Club and Whitewater Brewing for their generous support in making this day such a huge success.

Thanks to Greater Madawaska for a \$1,000 grant and their donation of face painting kits which was a very popular addition to the festivities "brightening the faces of our youth".

Following Canada Day celebrations, Hall members and Exec needed to turn their focus to Matawatchan Hall repairs. The Executive would like everyone to know that the Hall is undergoing structural repairs to the entrance, so there will be no hall rentals until the work is completed. Aerobics is temporarily cancelled due to these repairs, but Saturday Morning Socials can continue since they take place outdoors from 10:00 - noon.

The Hall Board received a \$25,000 New Horizons for Seniors grant from the Federal Government, which will cover the job of ripping up the floor, getting rid of mould and rebuilding a level, sturdy floor. Labour is being provided by a variety of volunteers, as well as professionals still being determined. They have also applied for funds from the Ontario Trillium Fund in order to get a generator, new lawnmower and shed, as well as phase 2 of the construction, which will be more extensive and include foundation work, as well as new doors, wheelchair access ramps, steps out the side and more. Of course, donations are always welcome. The Matawatchan Hall is owned by the community, not the township, so it's your hall to care for, so we can continue great programming there.

The aim is to be sure to finish

the work before The Devin Cuddy Band goes on stage during the Ontario Festival of Small Halls on October 6. Tickets will likely go fast, so you may want to buy them now at ontariosmallhalls.com

Please continue to check the Matawatchan Hall FB page for when inside events will be back in action. In the meantime, come on out to all the terrific outdoor activities listed in 'Coming Events' below.

The Griffith & Matawatchan Canada Day Celebrations didn't stop at midnight on July 1. On July 2, Morgan and Melissa brought us 'Music at the Country Market' with Stompin' Tom's fiddle player Billy McInnis from P.E.I. and Pat Johnson who entertained the crowd at the Country Market and Berry Patch in Griffith. A few days later the Berry Patch had an unexpected berry picker too late for the music and too early for berry season. It was a young moose caught on camera checking things out in the early morning!

The Annual Matawatchan Cemetery Decoration Service is back after a pandemic pause, on July 30 at 3 pm with Pastor Steven Green officiating. This cemetery is not affiliated with any church and is owned and maintained by the community, so donations from the community are needed to keep our ancestor's final resting places looking good.

The Hilltop Church is holding their Family Funday at the Griffith Community Centre Ball Field on August 6 from 1 to 4 pm. This free event welcomes all families for lots of fun with a dunk tank; bouncy castle; games and refreshments all free for you to enjoy.

We are all very well aware of the good work that the St. John Ambulance service does at many events we attend. On June 23, the Greater Madawaska Fire Department was honoured with a visit from the Lord Prior of the Order of St. John, Mark Compton. The purpose of his visit was to present firefighters with St. John Ambulance Canada Life Saving Award Pins as well as a Life Saving award for the fire department. In return and as a gesture of thanks, Lord Prior was presented with a fire helmet signed by members of the Fire Department.

UPCOMING EVENTS:

- July 22nd - Matawatchan Hall - Breakfast by Gitte/Debbie 10am
- July 29th - Matawatchan Hall - music by Derek Roche 10am
- Matawatchan Cemetery Decoration service Sunday, July 30 at 3 pm Pastor Steve Green officiating
- August 5th - Matawatchan Hall - Huge Yard Sale 10am - 1pm
- August 5th - Snider's Fire Appreciation BBQ 11am - 2pm
- August 6 - Hilltop Church Family Funday at the Griffith Community Centre from 1 to 4pm
- August 12th - Matawatchan Hall - "Watkin" products + music by the "Pickled Chickens" 10am
- August 19th - Matawatchan Hall - music by Derek Roche 10am
- August 26 - Lions Show & Shine and Book Sale 10am - 2pm
- August 26 - Seniors Housing Annual Yard Sale at the car show
- September 17 Terry Fox Run - Griffith
- October 6 - Matawatchan Hall and Small Halls Devin Cuddy Band

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Calabogie Folks & What's Happening By Morgana Dill

Pics on this page
by Barrie Nichols

This year's Volunteer Appreciation Awards were presented by The Township of Greater Madawaska at a ceremony at Barnet Cottage. Group winner went to the Calabogie Lions Club. Senior Winner went to Sue Slattery (above right).



On June 23rd the Greater Madawaska Fire Department welcomed a very special visitor. Lord Prior of the Order of St. John, Mark Compton, met with several of the firefighters and members of council for a visit.



Lord Mark Compton and his wife are rural firefighters in Australia. He shared stories of "Black Summer" there in 2019

After the tour they presented him with a signed helmet and Lord Prior presented the Fire Department with the Life Saving award. The firefighters all received St. John Ambulance Canada Life Saving Award Pins - quite an honour!

As the sun shines brightly and the summer breeze sweeps through our beloved town, I can't help but feel a wave of excitement. With this edition, I wanted to inspire you to get involved with the community. There is so much going on, and each of us has our place here. I can't help but to reflect on the magic that this little village holds for each of us. Whether you're a long-time reader or someone new to our column, let's dive into the July edition of The Bogie Beat and discover what makes this month truly unforgettable.

So far July has brought us hot days, showers, and wildflowers. Whether it's the water lilies or the black eyed susans, there is always something blooming nearby. I cannot skip mentioning the gardens! As I walk through the village, I am amazed with the amount of care that has gone into the beautiful varieties of florals. Many homes showcase gorgeous arrangements, I'm sure all of the pollinators are more than pleased. I would love to create a pressed flower collection representing the different blooms I've

found. Do you have a flower that calls to you or a garden that you love to visit each summer?

I absolutely loved hearing from many readers on what their favourite memories were by the lake. Whether it be a family reunion, a leisure weekend, or a fun adventure on the water - I could tell how much joy and nostalgia is connected to these waters. If you haven't gone for a swim yet, or even dipped in your toes - what are you waiting for? You may just create a brand new memory to share with loved ones.

Speaking of memorable experiences, I am eager to know if you have dined at Calabogie's very own lakeside lounge. **On The Rocks** is located at the Calabogie Lodge and offers a unique and fantastic experience. Mouthwatering food, seasonal cocktails, wine tastings, live music and more. They recently launched a Nibbles & Sips concept on their lakeside patio where you can enjoy a serene afternoon with specially curated snacks and drinks. Available Thursdays through Sundays from 2 pm

- 5 pm, it's sure to make waves!

On June 23rd the Greater Madawaska Fire Department welcomed a very special visitor. Lord Prior of the Order of St. John, Mark Compton, met with several of the firefighters and members of council for a visit. The group showed him the trucks, gear and the Calabogie Fire Hall. After the tour they presented him with a signed helmet and Lord Prior presented the Fire Department with the Life Saving award. The firefighters all received St. John Ambulance Canada Life Saving Award Pins.

An update from our last edition is that the **Mad River Paddle Co. was able to donate \$500 to the Greater Madawaska Fire Department** with their fundraising paddle club event. It's incredible what we can accomplish when a community comes together.

If you missed the paddle fundraiser and still want to get involved with a donation to the fire department, I welcome you to join the **Fire Appreciation and Fundraiser at Snider's Tent and**

Trailer Park on Saturday August 5th. There will be a BBQ and a Bake Sale from 11 am until 2 pm, 50/50 draw, silent auction and a donation box. Everyone is welcome, and all proceeds will be donated to The Greater Madawaska Fire Department in Griffith and Calabogie for all their efforts during the forest fire earlier this year.

If you would like to volunteer or donate to the BBQ, bake sale and/or silent auction please message Allison or call 613-333-5551.

Volunteer Appreciation Awards were hosted by the township with a celebration at the Barnet Park on June 27th. It was so lovely to see Sue Slattery and the Calabogie Lions Club receive the designation they deserve for all of the hard work they put into the community. There were some laughs had by all as Sue collected her award. We're very lucky to have such amazing volunteers in this community that help make Calabogie what it is. The Volunteer Appreciation awards were started during the pandemic, so it's nice to be able to

...continued from previous page.



Madawaska Street became a bouncy playground on Canada Day amid smoky skies from wildfires in Ontario and Quebec.



Robbie Mitchell and a couple of members of his family proudly display the big star they received at the First Annual Car Show held at the Calabogie Market on July 8th. Robbie is very proud of this truck that had belonged to his father and is the pride of the family.



With a level 2 fire ban on Canada Day, private fireworks were discouraged, but a massive display went ahead over Calabogie Lake, much to the delight of the crowd. Wind direction was closely monitored, and members of the GM Fire Department were in control. This is amazing considering they were still engaged with a forest fire that was being held, but was not out, in Matawatchan at the time

show our appreciation in person. There are awards for Youth, Adult, Senior and Organization divisions, with only two categories receiving nominations.

The Calabogie Canada Day celebration went off with a bang! A pan-

cake breakfast was hosted by the Library at the Community Hall. In the afternoon, the community gathered on Madawaska Street for the day's festivities which were paired with live music and the Calabogie Lions Beer tent. There were plenty of

activities for all ages and the rain did not stop the BASH tent! Children were invited to bring their worn-out stuffed animals to have them repaired, this booth is always a favourite! We were able to have a spectacular fireworks display to finish off the evening. A big thank you to the Canada Day planning committee and the rest of the volunteers.

On July 8th, the Calabogie Farmer's Market hosted the first annual Classic Car show. There was an arrangement of 30+ cars and trucks to view, and the weather was wonderful! The Farmer's Market is a great place to head with the family, or just on your own on a Saturday morning as they have a variety of local farmers, food vendors and crafters. There's something for everyone. If you haven't checked out the market this year, I suggest stopping by. Get to know your local farmers, purchase fresh produce, and find that something special. The Farmer's Market is every Saturday at the Calabogie Community Hall from 9am - 1pm. This year's market is presented by Granite Village which is a new subdivision planned for Calabogie.

One of the best things about living in the countryside is the lack of light pollution. I saw my first shooting star and meteor shower at my family cottage on Norway Lake. I find it meditative to stare up at the sky and identify the constellations. We're fortunate to see sparkling skies on most nights which is the perfect treat for anyone interested in astronomy. The Calabogie Peaks Resort is hosting Stargazing with the Royal Astronomical Society of Canada weekly on Saturdays. Join in on the fun by sharing stories and observations with fellow gazers and the volunteers. For more information on this event, contact the Calabogie Peaks Resort.

The Greater Madawaska Library and Learning Centre, which is located in Calabogie in the St. Joseph's Catholic School is hosting a variety of summer activities. The Madawaska Na-

ture Discovery Backpack program was launched for the summer to educate the community about healthy lakes, and the benefits they have on our environment. You're able to check out a backpack for your family or browse the new permanent collection at the library. The library is also hosting a TD Summer Reading Club with family friendly activities. If you haven't already gotten your free library card, now is a great time to sign up. Read more in Library Matters, pg. 10.

It's time to go fishing as another new program has come to Calabogie. The Tackle Share Program has launched at the Mad Shak. If you are looking to go fishing and don't have gear, you are now able to sign out some fishing gear for free. A young lad reported back that he caught a fish right off the dock in front of the Shak. This program was made possible by Blake Corbin and the Mad River Paddle Co. team. Remember to fish responsibly by having a license and following the seasonal guidelines for what you're able to catch.

If you're not interested in fishing but want to try something unique - I highly recommend the Red Shark Bikes. It's a combination of a bike and a stand-up paddle board. One of the most interesting things I've seen on Calabogie lake, and probably one of the funnest! For more information on the Tackle Share program or the Red Shark Bikes, contact the Mad River Paddle Co. or stop in at the Mad Shak.

Calabogie Pride is back for its second annual event on Saturday July 29th at the Calabogie Community Hall from 2pm - 7pm. You will find performances by special guests, food vendors, glitter tattoos, sing-a-longs, local artisans, bingo, games, and a community Pom Pom Project! I have no idea what it will entail, so I will have to report back next edition with an update because it sounds pretty cool.

These events are not just about the performances or celebrations. They bring comfort and safety to LGBTQ+, raise awareness, normalize individuals and families who do not meet the heteronormative mold, and they embrace our diversity. History and progress are recognized, confidence is instilled, and inclusivity is prioritized. This support, love and acceptance is crucial for communities. You will find educational information available at the market and if you have any questions reach out to the organizer Stacie Ross.

Well that's all for me this month. Hopefully our paths will cross at the market, on the water, at the lounge, or while searching for shooting stars. I'd love to hear from you.

If you have any suggestions for coverage, upcoming events or interesting stories that you have, please email them to me at thebogiebeat@gmail.com.

Correction to the June - July issue of Bogie Beat. The phone call at the going away tribute to Skippy Hale was an impersonator, not Katie Telford herself. She even had the Highlander fooled!

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

Pic by Henley Design Studio, unsplash.com

Favourite Feeds

By Garry Ferguson

No matter where we Valley folk choose to live out our lives or to what exotic places we travel, there remains within us an ingrained, locally acquired set of tastes against which we measure all culinary offerings from the rest of the world.

By adolescence, our tender taste buds would have indelibly written, what Renfrew County folks call, a favourite feed into our grey matter. The hint of spiced apple sauce on the chill of a Manitoba winter's evening or the aroma of new bread drifting from some little bakery along a sweltering Toronto street may cause vivid flashbacks to large Valley farm kitchens and to a time when simple tastes were becoming an integral part of the ties that anchor us to our roots.

Most of us do acquire new tastes – I have even learned to like broccoli and to tolerate parsnips – but our entrenched lists of favourites seem to become even more enhanced with time. Though we may eventually enjoy tucking into concoctions hotter than a bush fire or willingly sample some delicacy, such



Isn't it true that the simple home cooked favourites of our youth never fail to become our nostalgic comfort foods? No matter the umami delicacies you might experience later, be it ever so humble, there's no food like home food.

as kidney pie – which should cause any functioning olfactory sense to trigger images of a pot once kept under beds – we stubbornly reserve the right to brag about that Madawaska Valley haut cuisine of childhood memories.

It's probably safe to say that most of us still drool at the mention of fried bread, fresh baked bread, pit-baked beans, onion laced stews (even better with illegal venison as the main ingredient), sea pies or any of the other stan-

dard fare on which we existed, but each of us has his or her own unique, customized favourite feed.

Nothing has toppled mine from its enshrined position up there at the pinnacle of my personal gourmet delights list. If I could order it up now, I'd call for fresh brook trout fried in butter. Dessert would be warm, fresh-from-the-pan maple syrup and hot, torn homemade bread splattered with home-churned butter. My arteries twitch and my taste buds beg sedation when I think about it.

Except for the bread, my menu is not likely to be found in a cookbook. Hopefully, those reminiscing of more intricate valley fare have also stored recipes for their favourites away in aging grey matter, because they're not likely to find them in any cookbook either.

Though most of us don't often get around to whipping up our favourite feeds these days, it might be fun to order up something like sea pie with a side order of fried bread in some Canadian city restaurant – then sit back and watch the reaction. The reaction should be amusing – provided you had time to observe it before you were kicked out.

CLOYNE AND DISTRICT HISTORICAL SOCIETY

1 of Over 2,000 Images on Flickr.com/Photos/CDHS

By Lois Thomson

The Cloyne and District Historical Society now has over 2,000 historical photos on their 10-year-old Flickr site. New contributions come in regularly from Denbigh, Vennachar, Matawatchan, and Griffith in the north on Hwy 41, and south through Cloyne and Northbrook, down to Kaladar.

These contributions preserve the history of that area, assist with genealogical research and historical education, and create community engagement. When you log onto the site you can make comments and add to the information. For instance, in the photo on the right from the Carol Lessard Album, the accompanying information about it contains a few questions that you might be able to answer...

"Circa early 1900's blacksmith shop in Flinton, facing onto Clement Street, at the corner of Harrison and Clement Streets.

The man on the left, (horseshoe in hand) is about to shoe the horse using farrier tools in the tool tote at the horse's feet. The man on the right is repairing a wagon wheel. The child in the foreground is most likely Francis Allair; however, there is another child behind the wagon wheel. Could that be Francis? Which man is his father and owner of the blacksmith shop, Eli Allair? Who is the other man in the picture?

Notice how similar in appearance both men are. Perhaps it's Eli and his brother, Joe Allair, but who is who? Another pioneer mystery!

Photo courtesy of Carol Lessard, research and information courtesy of Yvonne Marshall.

Part of the Carol Lessard Album"

You can click on Carol's name to see her entire album, or click on the small magnifying glass and put in key words to find all kinds of people or places. The large magnifying glass at the top lets you search the entire Flickr site, so make sure to use the smaller one that is immediately on top of the photos to stay on the CDHS site.



Early 1900s blacksmith shop in Flinton.

Genealogical researchers love being able to search photos of cemeteries to look for the final resting places of relatives. Go to flickr.com/photos/cdhs-cemeteries to see photos of every memorial marker in thirteen cemeteries, along with descriptions.

Ken and Cathy Hook, long time CDHS members, have been instrumental in travelling to various cemeteries and taking photos. If you have any digital material related to the CDHS catchment area, please contact Ken Hook and he will add them to the appropriate sites. kenhook@45degreeslatitude.com

But that's not all, a search for 'Cloyne and District Historical Society YouTube' will get you to the CDHS YouTube channel where you'll see historical and "history in the making" videos. They really are quite good.

You can get links to all of the sites from the pioneer.mazinaw.on.ca website, but don't forget you can also go in person to the Pioneer Museum to see even more and maybe buy a book.

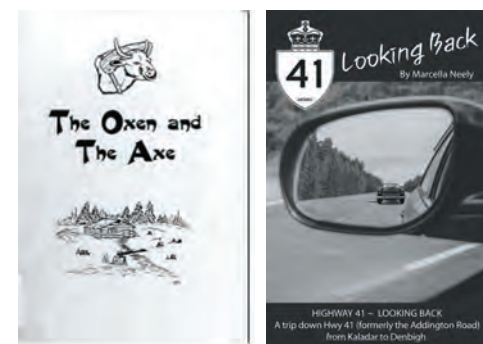
You might think your old family photos won't be of interest to anyone other than your family, but years from now they might be of great interest to your descendants. If you have some old photos, contact Ken and he will make ar-

rangements to scan them, upload them, and return them. Of course, any information you can provide about them will add to the value of your album.

It takes a lot of hard work and dedication by volunteers to make this work and their only reward is when they see how many people attend the museum and view the websites, and there are many. Thank you!

You can become a Patron of the Museum (\$25 per household) or a Member of the CDHS (\$10 per person for 2023). The fee can be paid from the website (Membership tab) or by sending an Interac e-Transfer to: cal21@mazinaw.on.ca

The Pioneer Museum on Hwy 41 in Cloyne is open 10am - 4pm 7 days a week until Labour Day



Above left: The original edition of The Oxen and The Axe, now with a second edition for sale. Right: The newest publication, Highway 41 Looking Back. Two of many books available through pioneer.mazinaw.on.ca and at the Pioneer Museum Hwy 41 Cloyne.

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Robinson Huron Nations reach \$10B settlement with feds, province \$5B from Canada and \$5B from Ontario to be distributed to all 21 First Nations in the Treaty.

Ottawa's Sir John A. Macdonald Parkway to be renamed Kichi Zibi Mikan, meaning "Great River" Road, it's original name, supporting language revitalization.

American Ben & Jerry's ice cream maker tweeted call to action, linking to an online petition to disband C-IRG and BC's use of police to suppress Indigenous rights

Kainai Nation runners reach Pacific Ocean after cross-country run for MMIWM, from St. John's to Victoria. Terry Fox's inspiration kept them going.

Government studies found air pollution leads to 15,300 premature deaths in Canada every year, "greater than the number of Canadians who died from COVID in 2020.

Ontario deliberately destroyed evidence in wind power project lawsuit: Case involves abrupt termination of Ontario's much criticized wind power projects.

Canada's first renewable diesel refinery to open in Prince George. Tidewater Renewables will produce 170M litres of renewable, canola-based fuel per year.

Canada calls for halt to deep-sea mining echoing European governments, scientists and environmental organisation's concerns about environmental devastation.

Arbor Metals Applauds Canadian Government's Commitment to Establish Canada as Global EV Supply Chain Leader.

China's 'condensed' battery breakthrough could power 1,000km. long-range electric cars and planes, and will be in mass production later this year.

Rapid progress of key clean energy technologies shows the new energy economy is emerging faster than many think, but more work needed to reach net zero by 2050.

A 33-year-old Canadian, and an MIT professor who is on his 6th clean-tech startup, launch a clean cement-making process. Cement making creates 8% of world's GHGs

Canadian fires shutting down oil and gas in AB, mining in QC and sawmills in the forestry industry, carving about 0.1% points off Canada's real GDP.

US is now sharing satellite data in a co-operative agreement between the US National Interagency Fire Center and the Canadian Interagency Forest Fire Centre.

15,000 lightning strikes recorded in ON over two days in July. Usually seen with rain, lightning fires can smolder underground until surface dries, changing to flames

Ontario starts pre-development work for a large-scale nuclear plant to generate up to 4,800 megawatts to power 4.8 million homes - at Bruce Power in Tiverton, Ont.

Following Algonquins' news conference against a radioactive waste disposal plan on unceded land 1 km. from the Ottawa River, Renfrew County warden supports it.

New full-service provincial park being created in Bracebridge. Bigwind Lake Provincial Park will be Ontario's first new fully operational provincial park in 40 years.

Ontario Greenbelt development plan faces new threat from federal government because of 29 at-risk species that live — or are likely to live — on the lands.

Finally, Ontario protects 1,600HA of Canada's last undeveloped Lake Ontario shoreline in Prince Edward County's Monarch Point Conservation Reserve.

Mississippi-Madawaska Land Trust is now protecting a 106-acre Blue Heron Wetlands property in Lanark County that adjoins other properties protected since 2014.

B.C. fisherman fined \$160,000 in Boundary Bay crabbing case. Fishing could jeopardize Canada-U.S. efforts to preserve and maintain populations, judge says.

Ontario banning overnight stays on public waterways in converted shipping container style floating homes — primarily used for accommodation, not navigation.

Lenders now seeing 60-, to even 90-year mortgages as Canadians struggle with rising interest rates. Fixed payment, variable rate mortgages adjust term automatically

Ottawa hosted the 40th annual convention of the International Association of Gay Square Dance Clubs (IAGSDC) for a week in July: Square, queer, and here.

Google is testing its medical AI chatbot at the Mayo Clinic. Med-PaLM 2 can respond to medical questions, summarize documents and more.

Thomson Reuters has agreed to acquire Casetext, a legal startup with an artificial intelligence-powered assistant for law professionals, in a \$650 million all-cash deal

Shares of Shutterstock popped after they said it will provide OpenAI with "high-quality" training data by granting access to its video, image and music libraries.

Google CEO sounds alarm on AI deepfake videos: 'It can cause a lot of harm.' CEO Sundar Pichai says Google is intentionally limiting Bard AI's public capabilities.

AI pioneer, Dr. Geoffrey Hinton, has made headlines recently as he departs from Google to openly express his concerns about the potential dangers of AI to society

GPT-4 is getting significantly dumber over time, according to a study. Ask it why?

Samsung Introduces SeeColors Mode on 2023 TV and Monitor Lineup to Enhance Experience for Color Blind Users, helping them to see the World as others see it.

Honda Recalls 1.2M Vehicles For Faulty Cable That Could Cut Rear Camera Feed. Odyssey, Pilot, and Passport could lose rearview camera functionality while in use.

Engineer turned the back of his pickup truck into a giant dot matrix printer using computer-activated water valves under his truck to print with water on pavement.

One millionaire pulled out of the Titan sub voyage after paying the deposit, citing fears the operator 'cut too many corners'.

Ryan Reynolds among new investors backing Renault's Formula 1 team Alpine in US\$218-million deal. Reynolds recent Ottawa Senators bid did not move forward.

Musk-Zuckerberg 'cage match' pay-per-view would cost \$100, bring in over \$1 billion: 'This would be the biggest fight ever in the history of the world'

Musk's mom says she has 'canceled' Mark Zuckerberg fight. Elon is staying "mum"

Shopify vows to fight CRA request to hand over records from more than 121,000 Canadian businesses, although a court order to do so could force his hand.

About 600 CRA employees under investigation for receiving potentially inappropriate pandemic benefits. 20 are no longer with the organization.

"Too Good to Go" App connects people with businesses with items that would otherwise be thrown away, at a third of their retail value — expanding across Canada

US retailers ransomed with bomb threats if bitcoin and gift cards not given to them.

IBM acquires Apptio from Vista for \$4.6B to double down on hybrid cloud services

IRL, A messaging app startup that raised \$200M from SoftBank and others is shutting down because 95% of its users were fake.

B.C. government seeks forfeiture of money, gold, watches linked to cryptocurrency company QuadrigaCX that defrauded clients of \$169 million.

Microsoft admits June service disruptions to OneDrive, Outlook cyberattacks from mysterious hacker group.

Calgary-based Suncor Energy says it suffered a cyber security incident. They believe no customer information was compromised.

A massive cyberattack on Petro-Canada's parent company forced hundreds of gas stations to only accept cash — which most people don't carry in large quantities.

Multiple US Navy personnel say they've received potentially malicious smart watches in the mail. Devices automatically connect, "gaining access to user data"

"Flipper" hacking device on track to make \$80M worth of sales. They can be programmed to emulate a bunch of different remote lock systems and unlock them.

NASA Perseverance Rover Finds Evidence of Diverse Organic Compounds on Mars

On June 5, an earth-shattering report was released saying that a whistleblower had taken advantage of a new policy to reveal the US has "aircraft of non-human origin."

Euclid mission, partially funded by Canada, sets out in search of clues to universe's biggest mystery: the nature of dark energy.

An asteroid the size of a 20-story building hid in the sun's glare before zooming by closer to Earth than the moon on July 13. Scientists didn't notice until July 15.

Bayer's Parkinson's cell therapy passes early clinical safety test, moving to start testing whether the candidate can undo damage and restore motor function.

New Tinnitus Therapy Can Quiet Torturous Ringing in the Ears. A combination of acoustic and electrical stimulation reduces tinnitus by half.

Australia is first to let patients with depression or PTSD be prescribed MDMA (ecstasy for PTSD) and Psilocybin (magic mushrooms for PTSD) in controlled doses

While pushing to hit Ontario's target for new long-term care beds, the province is paying for expansions at homes with some of the worst COVID outcomes.

Humans aren't the only ones fixated on phones. The Toronto Zoo is cutting back on gorilla screen time as it can lead to anti-social behaviour.

Toronto area teacher makes public plea for help with chronic student misbehavior. School board investigates the teacher, rather than trying to solve the problem.

Ontario teachers could be the ones doing the learning as cursive makes mandatory return to curriculum, as a generation of teachers may have missed out on learning it

Cameron Young sent a tee shot on the 10th hole at the US Open sailing toward the gallery, later discovering it had settled in the ball hole in a golf cart. Hole in one?

The Forgotten Forest Product By Lynn Jones

When you hear the term “forest products” what comes to mind? You likely think of some of the following: logs, timber, lumber, wood pulp, sawdust, paper, cardboard, bark mulch, etc.

But there is another forest product that most of us don't think of. And arguably it's by far the most important - water.

I first had my eyes opened to the importance of water as a forest product by a New York Times article in 2003. The author noted that 60 million Americans relied on national forests for their drinking water at that time and that millions more depended on state and private forests to facilitate the refilling of aquifers from which they drew their drinking water. The non-profit conservation organization, American Forests, offers a more recent statistic that more than 50% of America's drinking water originates from forests.

Forests are equally important for providing fresh water in Canada. According to University of Waterloo professor Monica Emelko, ‘Seventy to eighty percent of accessible freshwater in Canada is derived from forested systems.’ Professor Emelko is the scientific director of ‘forWater,’ a network of Canadian researchers who are working to deliver safe drinking water, from the source to the tap, now and into the future.

There are a number of interesting processes through which trees and forests produce clean drinking water for millions in North America and around the world.

Forest canopies intercept much



Pic by John Royle, unsplash.com

of the precipitation that falls over them. This rain and snow would otherwise fall directly on the soil, washing it away as erosion. The water that lands in the forest canopy gently drips to the ground with much less force than direct rainfall, and then percolates through the soil into aquifers. According to Mike Dombeck, former chief of the United States Forest Service, mature forests do this work best and should be protected for the simple reason that they provide the cleanest water in the country.

Forests also filter and clean water acting as “sponges”, that are capable of collecting and storing large amounts of rainfall. Forest soils absorb four times as much rainfall as soils covered by grass, and eighteen times more rainfall than bare ground.

Water flows in the opposite direction in forested areas. With their deep root systems, trees are able to pull water up from far below the ground. The water moves up through the trees and is used in photosynthesis. From the leaves, it is evaporated as water vapour which has a cooling effect on the surrounding air.

In this cycle, trees are living “water fountains” that redistribute liquid. Moisture that would otherwise remain trapped deep underground is released through tree leaves into the air, where it condenses into clouds and falls as rain once again. Without trees to redistribute this water, the climate in many areas would be far drier. Trees tap the underground reservoir of water slowly and evenly, helping to prevent seasonal floods and droughts.

Water shortages are increasing worldwide. Aquifers are being depleted and precipitation is declining in many areas, a side-effect of global warming and climate change. Rivers are going dry and lakes are disappearing in some parts of the world. Unfortunately, at the same time, world forest cover is also declin-

ing at a time when we need it more than ever. Our economic system does not recognize or value the water provided by mature forests, putting this vital life support service at risk.

We are forest-rich in the Ottawa River watershed. Three-quarters of the 146,000 square kilometer area of the watershed is forested. Our forests give us wood products, paper, wild food, recreation, the opportunity to commune with Nature, climate moderation, flood control, clean air, and many other things. Most important of all of these is water.

Lynn Jones is a member of the Ottawa River Institute, a non-profit, charitable organization based in the Ottawa Valley.

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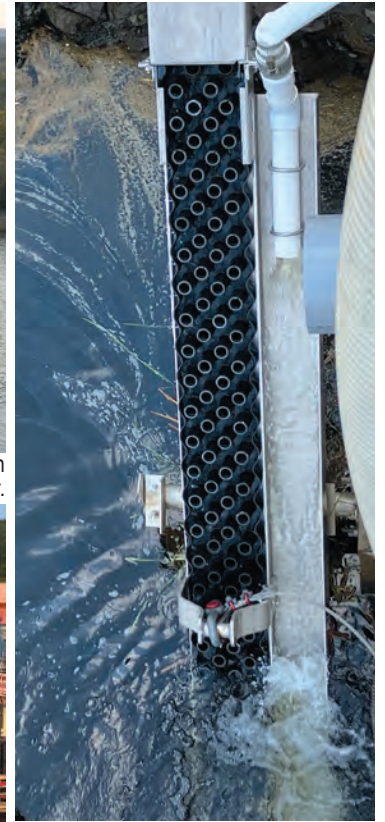
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Upper left: The old power plant, built in 1917, is one of OPG's oldest plants and was due for refurbishing. A 2018 tornado spurred the decision to completely redo the plant, rather than refurbish it. Upper Right: The new power plant is the pride of OPG. Built 50 metres upriver with reshaped forebay and tailrace. It generates double the power with the same amount of water.



The old generators bear very little resemblance to the new ones. It was quite a puzzle to plan for manufacture and delivery of state-of-the-art machinery made all over the world in different time zones during a pandemic.

Skippy Hale on The Beat in 2021. The scale of the project was massive. OPG, along with its owner's representative, KGS Group, helped define the technical parameters. SNC-Lavalin, responsible for the station's design, teamed up with M. Sullivan & Son, which led construction, all while following COVID rules.

Eels are attracted to the splashing sound made by the pipe on the right and snake their way up the water pipe on the left between a series of cylinders. A holding tank at the top is checked often and eels are safely taken upriver. The sound of the spillway helps them find their way back.

What a difference a century makes! Of course, the technology and equipment being used in the newly completed OPG Generating Station in Calabogie is bigger, better, and more efficient. That's to be expected. But the biggest difference is how the contractors and subcontractors, biologists, and Indigenous people took pride in having as little im-

act on nature as possible and correcting mistakes of the past.

Former Bogie Beat contributor, Skippy Hale was treated to a tour of the construction site in 2021. In her September Highlander article she wrote, "The original station built in 1917 by Calabogie Light and Power Company, one of M.J. O'Brien's companies, was severely damaged by the Tornado of 2018, causing OPG to accelerate their construction of a new station to double the capacity from 5 megawatts to about 11 megawatts. It will provide electricity to about 11,000 homes." She was very impressed with the scale of the job site, the environmental measures being taken, and cultural consultations with the Algonquins and Williams Treaty First Nations.

Indigenous peoples were not just consulted for their cultural background, but many were part of the team working in various capacities after job openings were advertised at the Algonquins of Pikwàkanagàn and other First Nations. They explained their cultural connection to the American Eels that once swam upriver to spawn, all the way from the Sargasso Sea in the Atlantic Ocean. As a result, there is now an "eel-ready" eel ladder to help them up and

over the dam into Calabogie Lake. Now we wait for them.

The new Generating Station is about 50 metres upstream from where the old building was. OPG had to drain the intake channel so they could access the huge turbines that had been below the surface for over a hundred years. After they built a coffer dam upstream, where they drained the water to about knee-deep, biologists counted and identified rescued fish, amphibians, and even mollusks before draining it the rest of the way. Working as a team, the engineers, environmental staff, and biologists designed the intake and its velocities to defer fish away from the generating station.

Over 50,000 cubic metres of rock that was removed and given to the Township of Greater Madawaska to use locally, rather than truck countless loads across country for disposal, saving Greenhouse Gas Emissions. Some equipment, including a Francis turbine, an early model Wicket Gate Positioner, and a Woodward Compensating Governor were donated to the township and fittingly, are now on display at Heritage Point Park just across from the generating station.

Biologists made note of varieties and quantities of certain species of fish in the outflow channel. Then they built underwater mounds to provide habitat for Walleye spawning. Walleye is already proving to be more bountiful, from having almost none there before.

Of course, the facilities themselves are much more energy efficient. A reshaped forebay and tailrace results in less spill and more generation, while doubling the output of the original plant. The project helps OPG attain its Climate Change Plan goals, which include becoming a net-zero company by 2040 and helping the economy reach net-zero by 2050.

Last month Greater Madawaska Council and key staff were given a tour of the new facility. It was immediately evident that everyone involved in this project is extremely proud of what they were able to achieve on a very large and complex project. A dam like this is not a cookie-cutter project. There were a lot of hurdles and head scratching, but in the end, we have a state-of-the-art facility and I'm sure the wildlife would thank everyone for fixing many of the wrongs of the past while generating clean hydro-electric power for the future.

Documentary in Production in the Cloyne area

Do you watch TVO (TVOntario) over-the-air on Channel 21 with an aerial/antenna (rabbit ears)? I hope to interview you for my independent documentary. Please contact Steven at sjm@manifestation.tv or 437-992-6150.

My previous documentary is available for download from the Lennox & Addington Libraries through Hoopla. *Dude, Where's My TV? Presents Ben v. Bell*

Steven James May, Ph.D.
Manifestation Television Inc.
Addington Highlands, Ontario
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All This and Books Too! By Ruth Jones



Watersheds Canada volunteer presenting at the Matawatchesan Hall



Do you know where "River" Otter is now?



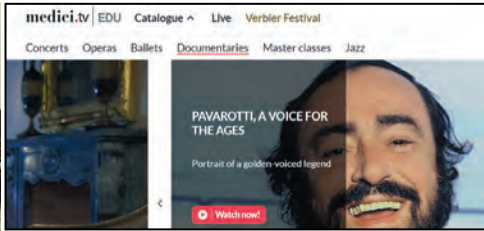
Exploring Nature Discovery Backpack items at Barnet Park.



Nicole presenting Backpacks in Calabogie



Volunteers who made the July 1st Breakfast a success.



Get Medici Educational TV through the library.

tdsummerreadingclub.ca
clubdelecturetd.ca

TD Summer Reading Club 2023

Reading fun for kids, from Canada's public libraries

Club de lecture d'été TD 2023

Du plaisir pour les enfants dans les bibliothèques publiques du Canada

This month, the library circumnavigated Greater Madawaska Township together with Watersheds Canada as we begin to introduce the library's **Nature Discovery backpack program**. Each of these backpacks includes a set of nature guides, binoculars, magnifiers, a dip net, a water test kit, and some other tools for exploration. For more in-depth learning and exploration, please consider joining a volunteer-led outdoor session-- to follow in early September on a safe and shallow shoreline in your community. Check out the Nature Conservancy of Canada's site to see how you can use the backpacks to participate in **Backyard Bioblitz** (a nature inventory August 3-7) and other citizen science projects: Go to natureconservancy.ca Click on "What you can do", then "Events".

Many thanks to the Matawatchesan Hall for their hospitality, to the DACA Community Center for lending us their space, to Betty of Dacre for her kindness, and to Pine Valley Restaurant in Griffith for their continued support (and for lunch!).

The library hosted **Calabogie's Canada Day Breakfast**. Thanks again to all of you who contributed to the success of this event. We are grateful for the volunteers who offered their time, skills, patience (and smiles!), and to all of you who came out to join us.

We have won another \$500 grant this year from the **International Dyslexia Association of Ontario** to grow our collection of 'decodable' books for readers who struggle with dyslexia. The text in these books incorporates words, letter sounds, spelling and morphological patterns (e.g., prefixes & suffixes) that a student has been explicitly taught. In order to make the text more readable, a small number of high-frequency words that have more difficult or unexpected spellings, such as 'the', 'my', 'was' are also used. As a student learns

new parts of the alphabetic code the vocabulary used in the text expands to include new learning.

Dyslexia is one of the most common learning challenges facing students in the classroom. October is dyslexia awareness month.

Book Club will start up again in September and meet monthly on the 3rd Wednesday of the month (September 20). The library will order in the first of the books on the reading list in August. New members are welcome. Contact: gmpllc.book.club@gmail.com for more information.

Ontario Library Service (OLS) and the Big Library Read (BLR): Looking for your next read? OLS is now hosting their next BLR and you can participate in this free, global, digital book club through your subscription to Libby App (FREE with your library card). The fiction title selected is *A Very Typical Family* by Sierra Godfrey. Access this title on the OverDrive site & in Libby with no holds or wait times from July 13-27. Learn more at biglibraryread.com

The **TD Summer Reading Club (TDSRC)** is Canada's biggest, bilingual summer reading program for kids co-created and delivered by over 2,200 public libraries across Canada.

Kids (and their caregivers) can participate anytime, anywhere—at local public libraries across Canada as well as at home, online, on the road or wherever their summer takes them. Participants explore recommended reads; track their own reading; connect and share with others across the country; read e-books online; join in activities at libraries; write jokes, stories, and book reviews, and more.

In Greater Madawaska, register for the 2023 TDSRC through the library. Please check with the library to see if your child's card is still valid (annual renewal is required).

September's pick: Friends & Lovers and the Big Terrible Thing, by Matthew Perry



Science student volunteers with Let's Talk Science create science kits and make the occasional visit.



Lynda M reading at St. Joe's. She and Sharon Nichols have been reading in French and English. Sharon arranged a remote visit with her book illustrator for the kids as well.

TC Summer Reading Activities

Registration is ongoing throughout the summer. Learn more at tdsummerreadingclub.ca

- July 20 | Shine your light** - Make a beautiful rainbow paper lantern
- July 27 | All hands on deck!** - Create an optical illusion artwork using your hand, some marker, and a little bit of sparkle.
- August 3 | Let's Talk Science** - Participate in a science activity with this fabulous group of students from the Ottawa U and Carleton U science departments. Have some fun and learn some cool facts!
- August 10 | Nature mobile** - Make a nature mobile with 10 objects found in nature.
- August 17 | Mystery bags and Mad Libs - What's in the bag? Find out!** Participants will learn about nouns, adjectives, verbs, adverbs and have some fun, too. Oh, my!
- August 24 | BUG BINGO!** - Learn about some wild and weird little creatures!

Self-directed activities for families throughout the week

- Tuesdays 2pm - 4pm:** Board-not-bored games!
- Wednesdays 2pm - 4pm:** Craft station - we provide the materials and inspiration, you bring imagination!
- Friday morning 10am - 12pm:** Lego Lounge (moved from Saturday)
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Destruction in Your Wake? By Lesley Cassidy

Ah... It's summertime, and it's all about the lake. Kayaking, pontoon boating with friends, fishing, camping, paddleboarding, canoeing, jet skiing - it's time to soak up the sun and fun on the water.

During the pandemic, sales skyrocketed for all types of vessels. Powerboats, paddleboards, kayaks, you name it. Boating of all kinds shows no signs of slowing down; in May alone, over 3500 new pleasure boat licenses were issued in Ontario. And ownership of paddleboards and kayaks, according to a 2021 survey completed by Safe Quiet Lakes in the Muskoka and Georgian Bay areas, increased by 33% and 16%, respectively, since the last survey conducted eight years ago.

But not all is smooth sailing on the lake. Tensions regarding mandatory personal flotation devices (PFDs), muffler noise, and wakes are brewing. Lately, wakes, the waves created by boats are grabbing headlines. The American Coast Guard identified wakes as one of the top ten factors contributing to boating accidents in the United States. Wakes can be powerful depending on their size and speed and potentially dangerous to swimmers, other watercraft, personal property (docks and other moored boats) and shorelines.

Waves from boats are typically steeper, closer together, and move faster than wind-produced waves. It's an easy assumption to make, the bigger the vessel or faster the motor, the bigger the wake. The issue is not that simple. Without getting into too much engineering - the type of boat, the weight, the horsepower



Be aware of swimmers, other boaters, property owners with docks and moored boats, and most importantly, all the creatures who depend on the shoreland "ribbon of life" along the shoreline. 90% of all lake life is born, raised and fed in the transition zone between land and water. Your fun day shouldn't leave death and destruction in its wake.



This super-easy website, smartboater.ca tells you exactly what you need to know as a boat owner (both motorized and non-motorized) to be on the water.

Right: Deacon Bridge is a boat launch at the north end of Golden Lake where the Bonnechere River flows. They have posted this sign to remind everyone about the rules of boating.

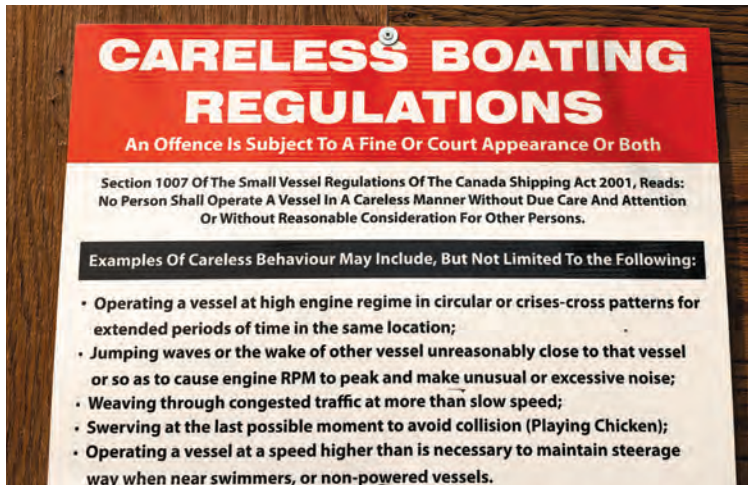
of the motor and the design of the hull (the part that sits in and on the water) - all affect the size of the wake.

For example, wake boats can be quite short compared to pontoon boats and have tanks that may hold 1000 pounds of water, allowing for heavier weight to produce the ocean-size waves riders prefer. These travel at very low speeds (10-25mph or 16-40 km/h) compared to many powerboats, which travel

up to and over 100 kilometers per hour. Another factor involves how a watercraft speeds up and slows down. Boats travelling at slow speeds generate little wake. When the boat starts to speed up, there's a period when the front of the boat (the bow) lifts, the back (the stern) drops down, and then it eventually levels out. During the transition time before levelling out, the motor generates big wakes. It uses the maximum amount

of fuel as the waves from the front meet the waves generated at the back of the boat, increasing the size and strength of the waves. Transport Canada has established speed limits near shore for all vessels for the safety of others, personal property and the shoreline.

In Ontario, Manitoba, Saskatchewan, Alberta, British Columbia (inland) and Nova Scotia (inland), the rule is: less than 30 meters from the shore,



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A knapsack for kids (and adults too) covering fun topics about shorelines and lakes. It contains all sorts of information, binoculars, a net, etc. Borrow one from the Greater Madawaska Library today. You keep the workbook.



It's not easy to make changes when lakes and rivers are managed at the federal level. A process exists where any level of government can apply for a restriction on a waterbody (speed, wake, etc., with seven types of restrictions). It's called the Vessel Operation Restriction Regulation (VORR). It's a long process, and they first encourage people to work together to resolve issues. Ontario has over 330 VORRs in place.

boaters must drive at 10km/h or less unless otherwise posted, with minor exceptions. Transport Canada has an Office of Boating Safety, which covers how to buy a vessel, license it, PFDs, safe practices, and information on the pleasure boating safety course (a must for a vessel with a motor). The Ontario Provincial Police (OPP) enforce Transport Canada rules. The Canada Safe Boating Council focuses on life jackets, hypothermia, cold-water boot camps and a well-advertised safe boating awareness week every year. However, there's not much detail on these and other related websites about wakes, particularly from the perspective of the damage they cause to the shoreline.

When waves from boats become too big and frequently smash against the shoreline, shrubs, grasses, and dirt are slowly pulled into the water. The shoreline starts to wear away. Wake waves swamp nests, drowning young loons or other birds and wildlife that rely on the shoreline for breeding. And that's just what we see above water. Below, fast-moving wakes churn up sediment, contributing to algae or weed blooms and blow apart schools of fish.

Shorelines, especially the first 10-15 meters of lakes and rivers, "provides food and habitat essential to the

survival of many wildlife species. In fact, 90% of all lake life is born, raised and fed in the transition zone between land and water." (Lake Links, Lake Protection Workbook, a Self-Assessment Tool for Shoreline Property Owners) It's known as the ribbon of life.

Also, shorelines are critical to enjoying swimming, fishing, and hunting. Lakes provide calming spaces to connect with family and friends and income for the tourism and fishing industries. Numerous towns and cities rely on water bodies for clean drinking water. Without healthy shorelines, these activities couldn't exist. Sitting beside a lake with a shoreline falling into the water isn't aesthetically appealing or safe.

Diana Paquette, a powerboat owner (and owner of several kayaks), is the Chair of Safe Quiet Lakes in the Muskoka region. This group was formed 12 years ago by people passionate about lake life, safety, quiet and respect for all water users. They launched a "wake and speed pilot project" and worked with the OPP to remind everyone of respectful behaviour on the water. The group has conducted surveys of waterfront owners over the years, and several recommendations emerged based on the concerns identified during the 2021 edition; the top two focus on responsible and respectful

boating and protecting shorelines and people from wakes.

Wakes, respect and shorelines seem to be common themes. Researchers at several universities in Canada and the United States study wakes and erosion. Erosion is a natural process and occurs over time. A study by the University of Minnesota found that a wave 12.5 cm (5 inches) high does not cause significant damage. Waves 25cm tall (almost 10 inches) are four times more destructive than a wave 12.5 cm high. The study demonstrated large waves need time and distance to flatten and lose energy before they reach the shore. Ken Pearce, Vice-President of the Muskoka Lake Association, with over 11,000 members, shared they recently installed wave motion sensors developed at the University of Windsor to measure the pressure of the waves that come to shore. They distinguish between natural waves and waves from all types of vessels. The data from these devices will help governments and landowners understand the rate of erosion and help make better decisions to prevent problems in the future.

What can we do and not sacrifice what we love about boating? Be wake aware. Like us, Haliburton's geography shares deep lakes, tall pines, hunt camps, and rolling hills. The Haliburton Lake Cottagers' Association publishes a newsletter that features fun activities, marina news, local history, and a section on lake information. For wakes, they suggest:

1. Be aware of the size of your wake during displacement, transition, and planning speeds.
2. Position your passengers through-

out the boat to reduce the time spent in transition speed.

3. Look behind you to see and understand the impact of your wake on shorelines, docks or other structures. Adjust your speed and direction to minimize the impact. Respect the shoreline zone. Reduce your speed to less than 10 km/h within 30 meters of any shore, including the narrow channels between islands.

4. Water-ski, tube, and wakeboard well away from all shorelines. Try to make use of the entire length of the lake. (Haliburton Newsletter, May 2022).

The managing editor of Boating Industry Canada (an uber-informative website with links to everything boating), Andy Adams, shared that "like so many other things if people learn it (boating) properly, they approach it with the respect it deserves". Let's enjoy our summer on the water. Respect each other, the wildlife and the wild environments that make the Valley so special. And watch our wakes. See you out there!



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



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Grounding for Cardiovascular Health By Derek Roche

With summer in full swing and the (really) warm weather upon us, it is time to share with you a simple and powerful health tip. It may sound a little flakey at first, but science is now proving the tremendous benefits of "Grounding"!

What is grounding?

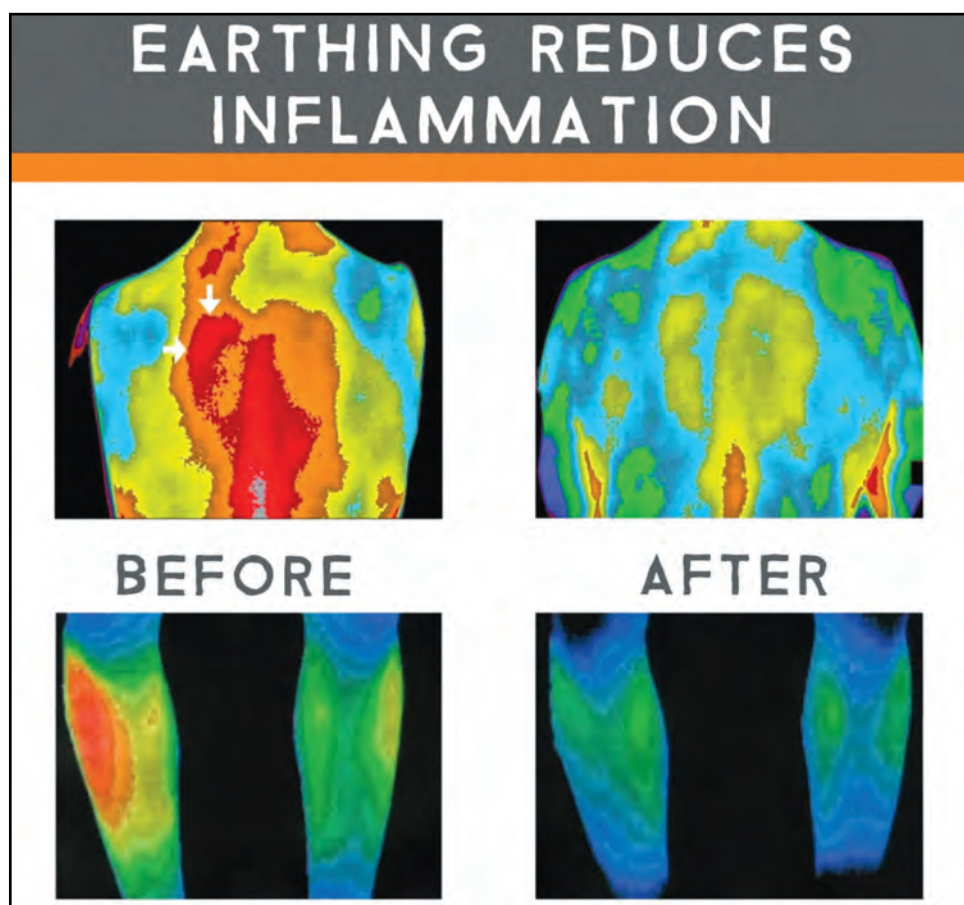
Also referred to as "Earthing", grounding is the direct contact of the skin on the hands or our bare feet on the surface of the earth. (Conversely, it can be done via a grounding system. See below) The amazing thing about the "discovery" of grounding is that it is not new! For thousands of years, people all over the world in diverse cultures have talked about the benefits to their health and well-being from walking barefoot on the earth. Modern Science has discovered that one of the greatest causes of inflammation and related diseases around the world was the development of synthetic rubber soles on our shoes! If you are sceptical, you are not alone, but read on. It can change your life.

The Main Benefits of Grounding

With coronary heart disease continuing to be our number one killer, perhaps the most important benefit of grounding is that it has been shown to increase the surface charge of red blood cells, thereby reducing blood viscosity and clumping. The red blood cells maintain separation as a result of their surface charge, allowing for a more orderly single-file flow into the capillaries. Grounding appears to be one of the simplest and yet most profound interventions for helping reduce the risk of cardiovascular events. The circulatory benefits of earthing increase the health and recovery of our body's tissue by improving the delivery of oxygen and nutrients throughout the body, including the brain.

Evidence-based Benefits of Grounding

- 1) Reduced inflammation- We know that ninety percent of all of our chronic health conditions are linked to excessive or persistent inflammation. Grounding is one of the simplest ways to address that.
- 2) Decreased pain
- 3) Decreased stress response- It can help shift us from our sympathetic state to our parasympathetic state in our autonomic nervous system
- 4) Increased heart rate variability- The higher our heart rate variability is, the interbeat between the heartbeats, the better the function of our autonomic nervous system. This can be associated with bet-



ter recovery, better emotional resilience, and overall well-being.

- 5) Improved sleep
- 6) Improved cortisol rhythm
Cortisol is one of our key stress hormones.
- 7) Improved wound healing- Grounding can be a great thing to include in an integrative approach to healing.
- 8) Reduced blood viscosity- Grounding can be one of the best things you can do for reducing your cardiovascular risk.

How Can You Ground?

The easiest way is to just get outside barefoot. You could spend as little as 10 minutes to see some benefits. Stand or sit in a chair and place your feet on the ground. This is the simplest way to ground to the earth, but if that's not realistic for you, you can use a grounding system. That can come in the form of a sheet, mat, patches, wristbands, and ankle bands, which are connected to a grounded outlet. By connecting to this grounded outlet, you're connecting to mother earth. There are a number of good products on the market. We bought our fitted bed sheet from Grooni Earthing. <https://grooniarthing.com/> Earthing Canada is another good company. <https://earthingcanada.ca/products/sheet-set/>

Why does this work?

One of the theories is that our skin contact with the earth allows electrons to absorb into the skin as well as the entire body, which benefits the immune system. Human beings function optimally when we have a slight negative charge, the same to that of earth, which happens naturally when we connect directly to the earth. The electron-rich natural rhythms of sunlight, lightning, and the earth's hydrologic cycle charge the earth with an unlimited supply of negative ions. When we humans are disconnected from the earth, our bioelectric potential and immune system become deficient. This happens more rapidly with exposure to man-made electronic frequencies (cell phone, wifi, refrigerator, smart meter etc.) as this man made form of EMF affects tissue repair processes and disturbs immune function through stimulation of various allergic and inflammatory responses.

Although grounding has been around forever, research is clearly demonstrating the potential health benefits. When you connect to the earth's surface you bring your body back into a state of balance; reducing inflammation and driving parasympathetic nervous system response.

What is Inflammation?

Inflammation is primarily caused by neutrophils, which are a type of white blood cell the body releases when it detects a pathogen or damaged cell. Neutrophils are sent to the site where the pathogen or damaged cell is located, encapsulate it, then release reactive, electron-deficient oxygen molecules.

When a neutrophil does its job to destroy the pathogen or damaged cell, there are leftover reactive electron-starved oxygen molecule byproducts. If there are not enough electrons in the body, within seconds these reactive molecules are going to steal an electron from a healthy cell. Free electron deficiency is common in those who live an unnatural lifestyle and lack a whole foods diet and regular connection with natural environments.

When electrons are stolen from healthy cells, due to a deficiency in free electrons, the immune system is then triggered into thinking that there's more damage, and sends more neutrophils to remediate the newly damaged cells, and so begins a chain reaction. Silent, chronic inflammation that can continue for years. To prevent this inflammatory domino effect, it's easy: connect to the earth and get grounded.

When you are electrically grounded to the earth, free electrons spread throughout the body, which has a resulting antioxidant effect. After the neutrophils release their oxidative burst and seek out electrons, the electrons from earthing are there to neutralize the situation by offering electrons, which prevents neutrophils from stealing electrons from healthy cells, thereby staving off the inflammation cascade.

In summary, when we live disconnected from the harmonizing frequencies of unadulterated earth, our internal timing and immune systems are off, which results in serious problems like inflammation, insomnia, mood affective disorders, and autoimmune disease. Make barefoot walking a way of life, and our Mother Earth will heal you!

For more information, there is a full documentary on YouTube entitled "The Earthing Movie- The Remarkable Science of Grounding". There is a shorter film entitled, "Down to Earth".

Science-Backed Benefits of Earthing

The most important fundamental change that occurs when you are grounded is responsible for all of the science-backed benefits of earthing: reduced inflammation.

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



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Heart Health and Your Dental Hygiene Appointment

By Tamatha Strachan

You may have heard there is growing evidence suggesting that taking care of your teeth and gums is not only important for a healthy smile but also for a healthy heart. When we don't take good care of our teeth and gums, it can lead to gum disease, which is an infection of the tissues that support our teeth. Studies have shown that people with gum disease are more likely to develop heart disease. The bacteria that cause gum disease can enter our bloodstream. These harmful bacteria can stick to fatty plaques in our blood vessels, making it more likely for blood clots to form. These clots can block the blood flow to our heart or brain, causing heart attacks or strokes.

To maintain good oral health, it's important to gently brush our teeth every 12 hours and clean in between the teeth after meals and snacks. Visit the dental hygienist regularly for a dental hygiene exam and cleaning. They will create a customized dental hygiene care plan with you and provide appropriate treatment to prevent gum disease or prevent it from getting worse. In addition to taking care of our teeth and gums, living a healthy lifestyle is important for both our dental and heart health. Eating a balanced diet, avoiding tobacco products, and limiting alcohol consumption can significantly reduce the risk of gum disease and heart disease.

If you have heart problems, it's important to inform your dental hygienist about them. By letting your dental hygienist know about your heart condition, they can take precautions to minimize any risks. They may consult with your cardiologist or primary care physician to make sure your dental care is tailored to your specific needs. For example, antibiotics may be prescribed before dental procedures that may cause bleeding to prevent infection of the heart valves. It's also important to communicate any medications you're taking for your heart condition.

Medications like Warfarin or Aspirin are commonly used as blood thinners to prevent blood clots. While they are beneficial for your heart health, they can increase the risk of bleeding during dental procedures, such as extractions or gum treatments. Calcium Channel



Blood circulates through your gums and "Live" teeth, so gum disease infections can get into the blood stream, potentially causing heart disease.
Pic by Jonathan Borba, Unsplash.com

Blockers, like Amlodipine or Verapamil, are used to treat high blood pressure and certain heart conditions. They work by relaxing the blood vessels, but they can also cause an overgrowth of gum tissue. This can lead to swollen gums or even gum disease if not managed properly. Beta blockers, drugs such as Propranolol or Metoprolol are often prescribed for heart conditions like high blood pressure or arrhythmias. They help to slow down the heart rate and reduce blood pressure. One of the side effects of beta blockers is a reduction in saliva production, which can cause dry mouth. Dry mouth increases the risk of tooth decay and gum problems because saliva helps to protect your teeth. ACE Inhibitors medications, such as Lisinopril or Enalapril, are commonly used to treat high blood pressure and heart failure. ACE inhibitors can sometimes cause a side effect called a dry cough. This cough can irritate the gums and lead to oral health issues if not addressed. Statins medications like Atorvastatin or Simvastatin are prescribed to

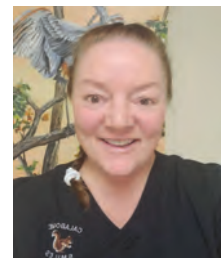
lower cholesterol levels and reduce the risk of heart disease. Statins are generally safe for dental health, but in rare cases, they can cause muscle pain or weakness, including the muscles that help you chew. Remember, it's crucial to commu-

nicate with both your primary care provider, dentist, and dental hygienist about the medications you are taking and any potential side effects. They can work together to minimize any adverse effects on your dental health and ensure you receive the best care possible.

Informing your dental hygienist about your heart condition is also helpful for managing stress and anxiety during dental visits. They can create a calm environment and take steps to reduce anxiety, which can potentially trigger cardiovascular symptoms. In case of a medical emergency during dental hygiene treatment, your dental hygienist will be prepared to handle it effectively if they know about your heart condition in advance.

In summary, sharing information about your heart condition with your dental hygienist allows them to provide personalized and safe dental care while considering your cardiovascular health. It helps them take necessary precautions, adapt treatment plans, and reduce the risk of complications during your dental visits.

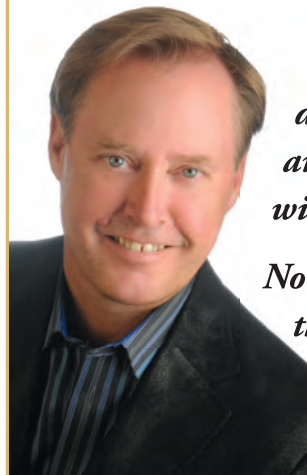
Tamatha Strachan is a registered dental hygienist with the College of Dental Hygienists of Ontario. She is the owner/operator of Calabogie Smiles Dental Hygiene Services located in the Calabogie Medical building.



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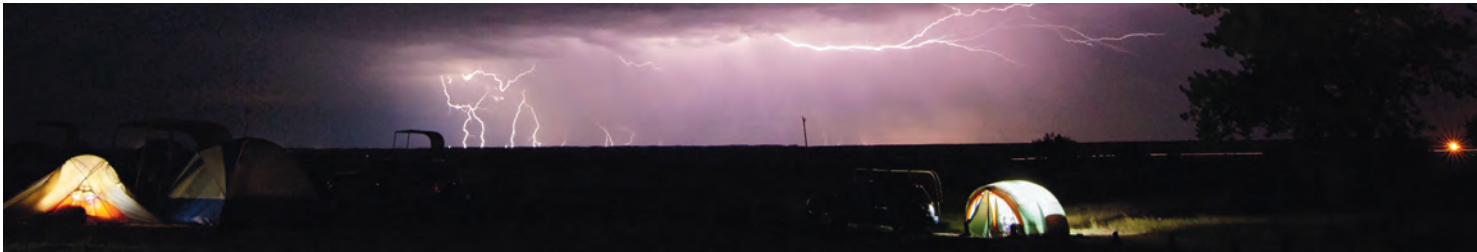
-Philippians 2:15 (NIV)

When Thunder Roars, Go Indoors!

By David Arama



Most of us check the weather forecast to see if we need a coat, but if you are venturing outdoors, even if it's just to golf, you need to know what's out there. The safest place for those campers is in their vehicles or crouched down under a tarp. That tree looks like shelter, but it's a lightning target. Pic by Kate Bligh, unsplash.com



Surviving Lightning and Wild Storms

Increasingly, our region is experiencing extreme and life-threatening weather events. While I personally 100% believe that this is connected to climate change, or a climate shift, and that we humans are directly contributing to this, I want to focus on the dangers here, and what to do to avoid tragedy, rather than the cause.

Recently, 2 golfers in Ottawa were struck by lightning, and another tornado damaged 125 homes. Every year across Canada, lightning kills between 2 - 10 people, and an average of 80 are injured. Surprisingly, worldwide and Canada-wide, lightning fatalities have been declining since the mid-1990's. Leading activities include outdoor recreation,



outdoor sports, working outdoors etc. July is the most dangerous time, and males comprise over 80% of all casualties. So statistically speaking, you could make the argument that lightning danger is more likely than bear attacks, but nowhere near as deadly as ATVing/snowmobiling/boating, lyme disease, or hypothermia.




You don't have to be a meteorologist to know storm clouds. Pic by Cate Bligh, unsplash.com

Most lightning fatalities occur in open areas, or when folks take shelter under a tree.

A good example happened at Bronte Creek Provincial Park a few years back. An extreme lightning storm approached the busy park. A picnicking family rushed to get to their car as the violent storm approached. The moms



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and kids made it with all their picnic gear. The dads decided to shelter from the downpours under a large tree located in a Scenic field. Lightning hit the tree, and both were killed. Note, rain won't kill you, lightning will!

Another good example happened to me during a hike to the French River Reolet Falls a few years ago. A sudden fierce thunderstorm rolled in, and being prepared with a survival pack, we (myself, friend, two kids, and two dogs) decided to shelter in the forest under a tarp. After a scary hour, it seemed that the storm was pulling away. I decided it was time to get going. Upon crossing a small clearing, a lightning bolt struck a large pine tree maybe 3 meters from me, splitting the tree, with a fireball, and throwing me 20 feet. I was lucky, coming withing a metre of sure death and I was traumatized for weeks. As I learned, always wait some extra time e.g. 30 minutes, for the storm to pass safely!

While leading a summer camp canoe trip at McCrae Lake with 20 teenagers and 4 staff, I witnessed a large frontal system approaching with mountainous anvil-shaped thunderhead clouds. I blew the emergency air-horn, evacuated all of the ABS plastic canoes into the nearby bush and instructed everyone to get under the canoes ASAP. After a harrowing 30 minutes of vicious deafening lightning and ferocious downdraft winds, we came out to see sunny skies, and all of our tents destroyed by flying branch debris. The canoes likely saved us from serious injuries and fatalities. Have a survival plan!

During a extremely dangerous lightning storm in Algonquin Park, a bolt hit a tarp at a car-campground site. Several campers were sitting in lawn-chairs under the tarp. The ones sitting on metal chairs had severe burns. Avoid metal!

TIP: get Weather Bulletins, Watches and Warnings at several good websites free of charge, including Environment Canada, Weather Network, and AccuWeather. Take these warnings seriously. Also, cellphone alerts are good.

As an outdoor adventure leader, my training includes a degree in environmental science, and many courses in meteorology and climatology. One of my specialties is weather forecasting for

safety. All wilderness leaders need these skills, with the extreme weather we are seeing increasingly. It's also been part of my role when consulting on survival-based reality tv series, getting everyone out alive!

Here are more valuable tips:

- **30/30 Rule** = when the intervals between the flash of the lightning and the sound of the thunder is 30 seconds or less, take cover, seek shelter, go indoors. And wait until at least 30 minutes after the storm and thunder has passed to go back outside. Lightning can travel up to 30 kilometers. For every 1 second Interval between the flash and the thunder, the storm's centre is approximately 350 meters away.
- **If caught out in the open**, don't try to outrun the storm. Stay put by crouching down, making yourself as small as is possible.
- **Get off of the water** and out of metal boats, away from tall trees and their root systems. Move your camping tent away from tall trees and large tree roots, into some safe smaller brush.
- **You're safer from lightning in your car**, versus a tent or gazebo. Vehicles have tires and are somewhat grounded.
- **Ozone smell**: similar to the smell of an electronic air cleaner, is a warning that lightning will soon strike, as is the calm before the storm and the downdraft starting.
- **Cold fronts, derechos, afternoon convection, cloud types, heat and humidity**: Most severe lightning and tornadic events are due to cold fronts. When cold fronts combine with afternoon convectional heating and humidity, and great lakes offshore winds, you get the perfect conditions for extreme weather events. When you see mountain-sized cumulonimbus clouds, with flat anvil tops, there is great danger. Derechos are rare events, and extremely violent. They are caused by intense heat domes and are long-lived fronts that have microburst winds and downpours. They also can spawn tornados. They cover a vast geographical area, as we found out during the 2022 May long-weekend.

TIP: When the wind blows from several directions at the same time, the cold front is imminent, as is severe lightning, hail, downpours, and downdraft. Also, when there are different colours in the clouds e.g. green, orange, purple, and a puffy cloud surface, or shelf and space-ship look, take cover immediately.

Animal, Bird, and Insect behaviors can warn of hostile weather approaching. Bees and wasps go one way, into the nest. Birds and Insects become extra active, anxious. And bears hate thunderstorms. They get angry.

Barometric pressure: I carry a barometer on my Garmin GPS unit. If the pressure drops suddenly, stormy weather is approaching. My body also warns of this, since many bones start aching, and I usually get a sudden headache.

Lightning damages property. On average lightning causes between \$600 million to \$1 billion in property

Remember, be prepared, you are biodegradable.

Notes: A Free Copy of my Digital Survival Preparedness Book is made available to all readers of the Madawaska Highlander! Download it at madawaskahighlander.ca

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. marblelakelodge.com wscsurvivalschool.com

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It's OK to Seek Help

"You can't wait for inspiration. You have to go after it with a club."
- Jack London

Writing is a skill that takes practice, but what do you do if you have never written a short story before? Ask for help. Then get practicing!

If you are wondering how to start your story, try asking the Great Google. I Googled "first sentence in a novel" and immediately came up with an article written by Master Class called "6 Tips for Writing the Opening Line of Your Novel". They include, 1. State your theme, 2. Begin with a strange detail, 3. Establish your character's voice, 4. Introduce your narrative style, 5. Convey the stakes, and 6. Set the scene." Each heading is accompanied by a short paragraph to explain it all.

Another way to get help is to look for examples. Reading is the best way to learn to write. Go to the library, open books at random, and read the first line. Copy them down and analyze them. Which first lines grab you right away and make you want to find out what's going to happen next, and which first lines make your eyes glaze over?

But how do you write a great first line if you don't even know what the story is going to be about? You can do as John Irving does and start at the end. The conclusion sums everything up. Once you know how it ended, it's easier to write how we got there.

"I'll begin where I always begin, which is at the end. I've never started to write a novel or a screenplay without knowing the ending first, and I don't mean that I need only to know what happens at the end of a novel or a screenplay before I begin. I need to know the sentences themselves."
- John Irving

So, if all goes well, you have a great first sentence and a solid conclusion, but what if your characters all sound like you? I Googled "writing in different voices" and found "How to Craft a Distinct Character Voice" by P. S. Hoffman. In it he states, "Most authors combine these three techniques to find their characters' voices: Real-world experience, Inspiration from your favorite characters or archetypes, working through the process by, you know, actually writing. So, if you need to find voices, go watch some classic movies. Or head to a coffee shop and eavesdrop (without being creepy) on people in line. And yes, play with the voices. They'll come to you."

Also ask for help from people around you once your story begins to take shape. They might offer something that you hadn't thought of or question something that isn't working. It's important to know if what the reader experiences is what you intended to convey.

This column took me six days to think about and two hours to write, but I did it with a little help. Never be ashamed to ask for help, then start practicing! And enter the contest, of course.

Categories and Prizes:

Adult Fiction – one prize of \$200

Adult Non-Fiction – one prize of \$200

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

People's Choice: – one prize of \$50

2nd prize "Down Independence Boulevard and Other Stories" by Ken Puddicombe



Judges:

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

Garry Ferguson, writer, editor, Madawaska Highlander contributor
Diane Bickers, writer, and enthusiastic reader

Dr. Max Buxton, physician, writer

Entries: No charge to enter. One entry per person. Open to Highlander readers including volunteer (unpaid) Madawaska Highlander contributors. Youth entries must state the age on their entry email and must be under 15 years on September 29, 2023. Youth 15 and under are eligible to enter either as youth, stating their age, or as an adult, without stating their age, but not both.

Stories must be:

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

Sending Stories:

Enter any time before September 29, 2023.

Email your story as an attachment to info@reelimpact.tv

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

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

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Raising a Stink - New Zealand's B. F. P. Gas Tax

By Antonia Chatson

Pic by Sakra Krnavkova, Unsplash.com

Years ago, my husband was seeing the way things were going and wryly commented that soon we would have to get a permit to fart. He was way ahead of his time.

Recently a friend of ours brought to our attention a new bill that was passed in New Zealand. When I heard the skeletal details of it, I did NOT know whether to laugh or cry. Our friend is not a prankster, so I knew it had to be true. I looked it up on the computer and found that indeed it was. The bill was passed in New Zealand because carbon dioxide and nitrous oxide and methane produced by farm animals were responsible for half of New Zealand's gross emissions.

It struck me immediately they were trying to kill a mouse with an atomic bomb. The gist of it is that they are going to tax farmers for every burp, fart, pee, or poop that their animals produce so they can meet climate change goals to reduce carbon dioxide from the atmosphere.

If up until now, emissions from farm animals had not been monitored, how had they arrived at any statistics? Do tractors and farm machinery not produce harmful emissions? Maybe not in the methane department, but still emissions? The long-term purpose seems to me to shut down farming entirely, as I'm sure the cows won't change their ways on account of a tax.

A few questions came to mind about how they would monitor the quantity and quality of emissions, and how they will collect the information. Would there be secretions qualifications necessary for the owner to prepare to collect this data? If official tally sheet forms are not available at the start of this regime, how do owners know exactly what information is expected and how to record it? Would a tally sheet be available online? Do times of excretions and exhalations and quality and quantity need to be recorded? Does this require a 24-hour supervisory log, or would a 12-hour detail be averaged on the graveyard shift based on a mean average of daily production? When would information be expected for input to the government? Would HST (or the New Zealand equivalent of it be applicable) and would one be able to reclaim it?

Would results be submitted quarterly, semi-annually, or annually? Would there be a discount for quantity or a bonus for quality? If so, who decides? Who would be the ombudsman? Would it be possible to subtract if an error was made in calculation i.e., two pees for a poop?

I am still concerned about what qualifications a farmer or re-



order of this information, if not the same, would have. Would courses be offered at certain colleges, universities or online for the operation to take place? If so, how long would the course be if a farmer were not qualified to record such data? Would they be exempt from tax or would some other government officials be appointed to take the information from their farm? I know that any government is very concerned about people being suitably qualified for doing their work.

The levies from the revenues would be given back into the agricultural sector through techniques and incentive payment to farmers. How nice, after taxing the farmers for by-products of farm animals then they give it back to them as an incentive. My guess would be that the incentive for farmers would be far less than what was paid out in burp, fart, pee, and poop taxes, as governments never lose.

In the meantime, I made my way out to one of our hay fields where a neighbour was pasturing his cattle. I found myself gagging and gasping for air from all the gasses that these few cows produced. How did my husband and I and family ever manage to farm for 22 years, without being asphyxiated? Never mind that, how did the early settlers ever survive decades of fumes from their beasts?

And what about the wild animals and the fish in lakes and rivers and ocean? And do not forget the birds of the air who love to decorate your vehicle with white poppies. Are more civil servants needed to get even a mean average of the wildlife's excretions? Sounds to me like another make work project so that the government can claim a lower unemployment rate. It is all in the optics on paper - or should I say "smellics" on paper, as it certainly doesn't pass the smell test.

By the way, you might want to have a pen and notepad handy when you go to the bathroom, because you know what's coming next?



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.



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You Could Get There from Here on the New K&P Railroad By Bill McNaught

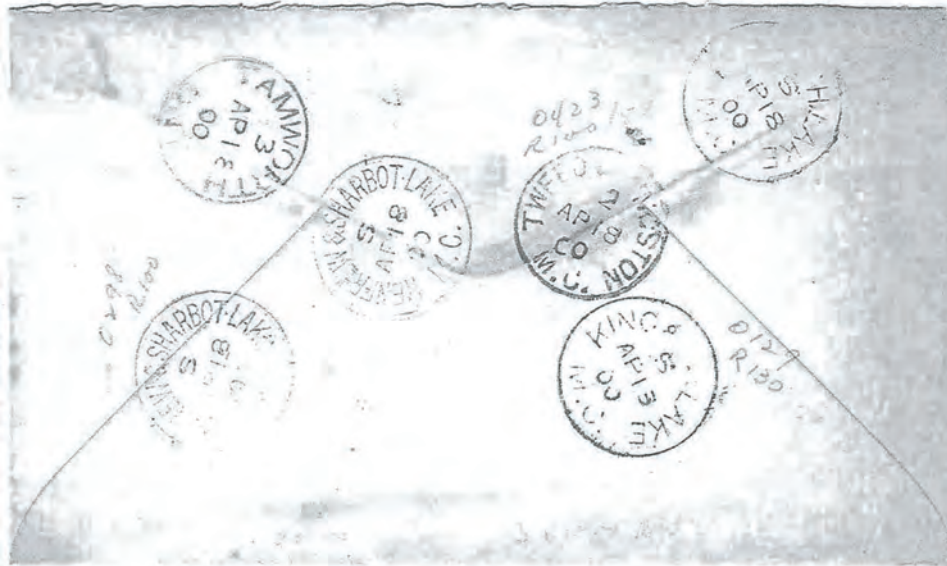
In his "Memoirs", my father recounted his boyhood excitement of the first train he ever saw almost 100 years ago. Nothing on the farm could prepare him for how that heavy, puffing, black beast would change his world. Until then, men and horses were the fastest and strongest creatures in his experience. This huge machine with its great wheels and pistons was like a time-traveller capable of propelling people, ore, household goods, and mail great distances in a single day. You could get there from here on the New Kingston & Pembroke Railroad.

My father wrote, "Dad drove us to town (Renfrew) where we boarded the small train—an engine, a coal tender, a combined luggage and mail car and a couple of passenger coaches. At the station, the train had been backed on a siding beside the building so that the engine was up front. We were scared stiff of the big, black engine and kept our distance. When the conductor yelled, 'All aboard!' with his pocket watch in his hand, the bell started to ring, a short blast of the whistle sounded and the engine puffed away, making the four large drive wheels rotate. We were on our way. When the fireman threw on more coal, sooty smoke came into the coach through the windows and the door, which didn't close too tightly. This often made passengers sick and with the rather rough ride as we bounced up and down or sideways, many threw up.

Mother had a remedy though. Under our sweaters, close to our bare chests, she would pin a layer or two of brown wrapping paper. It seemed to do the trick. After an hour or two, with a few stops along the way and many, many long



The K & P Railway provided a fundamental change to the isolated settlements of Denbigh, Vennachar, Griffith, and Matawatchan. This registered letter was mailed at Vennachar on April 17 and arrived the next day in Tamworth.



whistle blasts at the numerous road crossings, we reached Oconto (south of Sharbot Lake) for a delightful visit with Mother's

sister Aunt Lillie and Uncle Arnold and our cousins, Doris, John, Clifford and Mary McGinnis."



The K & P also brought people into our remote communities - like recruiters for the WWI war effort.

My father's brother, my Uncle Bob McNaught died five years ago, a few weeks short of his one hundredth birthday. He had an eclectic library with many obscure books known only to people of the Madawaska Highlands. Among the books found there was a copy of Carol Bennett's "In Search of the K & P" ISBN 0-919137-04-0, published in 1981. It is a compilation of the 90-year existence of the Kingston and Pembroke Railroad (the K & P, also known as the Kick and Push because of its route through train-defying curves, banks, inclines, and declines), Ontario's own Petticoat Junction, replete with a cast of characters who conceived, built, and maintained this railroad through the hard granite of the Canadian Shield north of Kingston.

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K & P Railway engine preserved in front of the Kingston station and Kingston City Hall. You can imagine how something that big and powerful would impress and scare young farm boys. Pic by Steven Manders

Merchants whose businesses operated out of the port of Kingston wanted to increase export traffic across Lake Ontario to the burgeoning American markets via Oswego, New York. It was near the American railroad lines to the growing cities of Philadelphia, Baltimore, and New York. The market for Canadian timber and lumber had shifted from Britain to the United States.

In 1871, a delegation of Kingston merchants traveled to Pembroke, north-west of Ottawa, the final stop of the proposed 140-mile railroad. There they pitched their plan to the lumber barons along the Ottawa River. It was simple economics—their railroad would provide a short cut to Albany and American markets. It would shave 200 miles from the traditional route, floating the logs and lumber down the Ottawa River where they were loaded onto the New York Central Railroad wending its way through upstate New York to the hub at Saranac Lake. Out loud, they stated that the savings from the short cut would increase profits for the lumber men; silently they nodded to themselves, it would also increase profits for the Port of Kingston and their businesses.

Carol's book is nostalgic, but it captures the spirit of the times, the spirit of risk-taking. Confederation had finally been accomplished in 1867 but 4 eastern provinces were not enough. The Macdonald government persuaded British Columbia to join the new country in 1871 by promising a continent-wide railroad. There was a political hiccup when the Macdonald government had to resign in 1873. Many projects were put on hold during a 5-year recession, but the dream remained alive. The alternate proposal from the succeeding McKenzie Government to build a wagon trail to the Pacific Ocean could not replace the dream. When Prime Minister Macdonald returned to government after the election of 1878, the determination for the continental railroad revived, despite the long journey through the wilderness and mountains. At the same time, the K & P Railroad also revived.

The K & P was completed in 1884 a few short months before the last spike was driven for the Canadian Pacific Railroad at Craigellachie. Ironically, the K & P crossed the Verona farm of Eli P. Ball, a cousin of Fred and John Ball who settled in Vennachar shortly afterwards.

The K & P transformed the hinterland, providing work to local farmers for several generations, and a faster route to market for all kinds of goods. Men worked in the lumber camps, later in local sawmills and mines which sprang up along the route, and finally paper mills after a new German process permitted cheaper conversion of wood fibre into wood pulp. Cheese factories started. Sharbot Lake had a large cheese factory. The train could deliver cheese to the growing cities of Ottawa and Montreal. The train brought food and hay north to the lumber camps and later consumer goods. For almost 80 years the K & P provided a steel backbone for commerce and communication in the hinterland.

It wasn't just the land north of Kingston that benefitted. The tri-county region of Denbigh, Griffith, Matawatchan and Vennachar also depended on the railroad. These areas had been isolated by geography. The Addington Colonial Road was hacked through the Shield in the 1860's, following an Algonquin trail. It went from Tamworth and crossed the Madawaska River north of Denbigh.

Land was free but it had to be cleared. Road Agent Ebenezer Perry recorded in his annual reports that pioneers, including the Greggs, the Hughes, the Bebees, the Jacksons and the Balls, developed subsistence farms of 100 acres (which he valued at \$1000 with another \$600 in farm animals) supporting large families. But it was isolation. The Addington Road went west of Denbigh in order to avoid a geographic obstacle, Eagle Hill. As local historian, Christina Hermer, describes in her insightful book "This was Yesterday" ISBN 0-9684957-0-2, Eagle Hill made any communication south of the tri-county area difficult. It wasn't until Highway 41 was put through in the 1930's (Chapter 14) that travel south was feasible. The routing for Highway 41 detoured east of Eagle Hill and Denbigh. Prior to that, Ms. Hermer writes (p. 57), mail was collected and delivered to Cloyne, a distance of 27 miles, by foot.

The main routing for mail in and out of the tri-county region was by horse-drawn stage to Lavant on the K & P Railroad. The stage ran east from Denbigh through Plevna three times each week and returned from Lavant on alternate days. The stage brought merchandise to the local general stores, which also served as post offices.

The K & P trains had mail cars and connected with the CPR train at Renfrew, which went to Ottawa and Montreal, and with the CPR train to Toronto at Sharbot Lake. The stamps on the envelope on the previous page demonstrate how mail from the tri-county region was handled by the K & P.

Tamworth, approximately 45 miles south of Vennachar on Highway 41, was the location of the Tax Collector for Lennox and Addington County. As the post marks reveal, this letter contained cash—there were no banks for cheques. It was registered at the General Store in Vennachar, owned by Mrs. Connor, on April 17, 1900. It was transported to Lavant Station on the K & P line and postmarked (on the back) April 18 there, and postmarked on the southbound train. At Sharbot Lake the envelope was postmarked a fourth time as the two postmen changed trains. At Kingston, another postman stamped the letter for a fifth time. The letter was then transferred to the Bay of Quinte Railroad and postmarked for the sixth time on the train to Tweed later that day. One stop on that route was Tamworth. It was postmarked (seventh) on April 18 and collected by Mr. Aylesworth one day after it was mailed at Vennachar.

The K & P relieved some of the isolation in the tri-county region. People could return to visit their families on the farms for summers and Christmas. My father, Herbert L. McNaught, in his book, "Vennachar Summers" ISBN 978-0-9958067-2-6 recalls the 60 mile trip he, his brothers and parents made in late December 1924 by horse and cutter from White Lake to celebrate Christmas with Grandma Ball and Uncle Herb at the Ball farm in Vennachar. To their delight, Aunt Minnie was there. She had boarded the K & P train from her home in Kingston, debarking at Lavant Station and travelling by stage to Simon Ball's General Store.

The railroad also permitted many young people to leave for good. In 1902, Aunt Minnie Ball, accompanied a visitor to Iowa where she lived for 3 years completing her high school education. In 1907, Aunt Minnie moved to Kingston to attend the Business School. She became the Assistant City Clerk and later the City Clerk for Kingston. She often visited the farm but determined never to live there again. Other young people left for the Canadian West, Assiniboia (Manitoba) and later Saskatchewan and Alberta. The farmland was better; machinery could be used on larger farms. The K & P connected with the CPR heading west at Renfrew.

But the railroad also brought tragedy. In the fall of 1915, recruiters for the Canadian Army scoured the hinterland, promising adventures in Europe during the First World War. Among the young volunteers were John Ball, his first cousin, Charles Gregg and their second cousin Liford Wilson. They went to Plevna and became part of the Plevna Brigade. Colonel Low sent them south on the K & P to Kingston in February 1916 to sign their attestation papers. Only Liford returned when the war ended in 1918. John and Charles lie buried in the soil of northern France.

Lavant like all the stations of the K & P had a telegraph. The telegrams informing the families of the deaths of their sons were transcribed at Lavant and sent by stage to the General Store in Vennachar. The first telegram arrived on

a Saturday in May 1917. May 5, 1917 was the twenty-first birthday of my grandmother. She walked up to the store to get baking goods for her birthday cake and received the horrible news of the death of her brother. The second telegram reporting Charley's death came shortly afterwards. These deaths destroyed the community.

Still the K & P persevered although the times were changing. When Uncle Bob attended the Theological College at Queen's in 1938-39, he often spent his Sundays preaching in the United Churches along Highway 41. He would take the K & P north to Sharbot Lake each Sunday morning and catch the CPR train to Toronto. He would leave his old junker car, a 1928 Ford Touring Model—he had the uncanny talent to always find cars on their last legs—at the CPR station in Kaladar all week. Then he would drive to Cloyne, Flinton and Northbrook returning to Kaladar Station Sunday evening. There he parked his car for the week, having drained the water from the radiator to prevent freezing. The stationmaster would leave the station key with Uncle Bob so he could sleep inside beside the pot-bellied stove to keep warm until the eastbound CPR train from Toronto took him back to Sharbot Lake early Monday morning. From there he boarded the K & P train for Kingston and was in the Queen's lecture hall that morning.

Uncle Bob recalled an adventure one Sunday evening when the water drained from the radiator along Highway 7. He stopped the car beside a laneway to a farmhouse. Although it was dusk he walked up the laneway with his water jug, found the well for the farm, broke the ice and returned to the over-heated radiator. In this way, he was able to drive back to Kaladar Station and park his vehicle. In late summer of 1939 Uncle Bob experienced "bad timing". As he was returning to Highway 41 from Flinton, the steering on his car ceased to work. He was able to drive the car onto the highway. He went to the back and lifted the rear end of the car so that it faced south. He carefully drove the car in a straight line, making adjustments manually until he returned to Kaladar Station. The next weekend he sold the car "as is" to a local farmer for \$50.00. Shortly thereafter, the war broke out. The farmer was able to sell the car for scrap for \$250. Uncle Bob could never pass the road to Flinton without recalling his "bad timing".

After the war, times changed. The forest industry along the Ottawa River waned and the mines petered out. The farms which fed a family of ten were too small and too rocky for mechanization. Uncle Herb related that he could only cultivate 200 of his 1000 acres and then only with difficulty. As the business model for the K & P disappeared, the railroad disappeared and the last passenger train shut down in 1960.



The last photo of Uncle Bob, the "bad timing" kid with *The Oxen and The Axe*, by the Cloyne Pioneer Club.

Slime Moulds - Amazing Creatures with Unfortunate Names By Colleen Hulett



A coral-coloured plasmodium

Coral Slime (*Ceratiomyxa fruticulosa*)

Dog Vomit (How did you guess?)

Red Raspberry slime mould (*Tubifera ferruginosa*)Wolf's Milk (*Lycogala epidendrum*) commonly to our area... First, it's pink with pink slime inside but as it gets older it turns grey and so does the slime.

There are many cool facts about slime moulds. They have no brains but an uncanny ability to communicate to each other, learn, and go through mazes. They move without legs. They transform into different forms at different stages in their lifecycle. They are harmless but their pores can cause sneezing to allergy sufferers. There are over 900 species. They prefer to feast on bacteria. They have odd shapes, colours and names like dog vomit, bird poop or demon droppings. In European folklore slime moulds were the work of witches, trolls, and demons. They produce seed-like spores that form into individual amoeboids. They exist on every continent and almost everywhere they have been looked for in cold, hot, dry and wet habitats. Slime moulds survive in geysers, swamps, hydrothermal vents, and the bottom of the ocean!

Scientists consider them smart

even though they have no brain as they have shown to have intelligence under microscopic observation. When solving mazes, it can remember the best route and learn patterns. In one experiment where it was regularly blasted with cold air it remembered the timing of blasts and learned to retract before the cold came to it. It passes its lessons of wisdom down to generations and they have been passing information to each other for an almost unfathomable amount of time.

Tiny slime moulds have been around long before the earth has had plants and animals and are up to 2 billion years old. There are several groups of slime moulds but for the purpose of this article I will discuss acellular myxomycetes slime moulds (also named plasmodial slime moulds) which are a group that at a certain stage becomes visible to the human eye. Myxomycetes slime moulds are not a mould (fungus) or

even part of the funga kingdom as once believed by scientists. In fact, they don't fit within our taxonomic ranking system at all.

Regretably, they were forcibly lumped into the Protocista kingdom: a catch-all kingdom of unrelated eukaryotic species called Protists. Flora, fauna and funga are eukaryotic species too but they are not Protists.

To describe them in the simplest words, they are single-celled amoeba-like individual creatures that spend much of their life in a microscopic form unseen by the human eye. They become visible when they merge together into one multi-nuclei slime blob called a plasmodium. Once merged they can be mistaken as a fungus as they too play a role in recycling and decomposing bacterial matter on logs and leaves and live in similar habitats. In turn, slime moulds are consumed by nematodes, beetles,

and some other larger lifeforms.

The name 'slime mould' refers to just one phase of the lifecycle of some of the organisms in this group when they take the form of a gelatinous plasmodium. When food conditions become unfavourable for them to continue in the slime stage they form sporangia, which are essentially clusters of spores borne on the tips of slender stalks. These spores are spread by wind or animals and may germinate in new habitats to form new individual amoebae-like creatures. When they have lots of access to food, singular slime moulds belong to the Amoebozoa group and generally live as separate single-celled amoeboids; however, when food is scarce many individuals may group together and start moving in a masse like one supercell full of multiple nuclei.

They are often found on grass or humus-rich soil and on damp rot-

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A plasmodium searching for food



Slime moulds come together on this stump to form a mass supercell called a plasmodium.



Tricia decipiens plasmodium and sporangia.



A white mass of individual slime moulds.



Very large mass of slime moulds



Sporangium is one stage of a slime mould's life.



1/4" Sporangia of Stemonitis spp. send puffs of "smoke" spores

ting logs in shady forest settings. In the plasmodial stage they can be as large as several square metres and weigh up to 20 kilograms.

Many are intensely coloured orange, pink, purple, red, coral, white or clear and some take on the colour of the food they consume. When it encounters something it would like to eat, a slime mould pulsates more quickly, sending signals to others to join it. When it encounters something it doesn't like to eat, it pulsates more slowly, but can choose to eat it if it means survival.

Humans have been here on Earth for only half a million years, slime moulds came hundreds of million years before us... and are unchanged in appearance. They have the capacity for cryptobiosis: the process of exchanging all their body's water into sugars and allowing them to enter a kind of stasis at any lifecycle (amoeba, plasmodium, or

spore stage) from several weeks to millennia... whenever their environment or climate doesn't suit them. This ability to become dormant until conditions become favourable is one of the reasons they have lived so long and through major extinction events on Earth. In the lab they can be cut into two and will fuse back together in two minutes or each piece can live separate lives, learn new things, and return later to fuse together and teach what it has learned to the others in the mass. A single cell can divide into countless spores, creating countless cycles and can choose to reproduce sexually or asexually or not at all, challenging every traditional concept of species.

In the 1958 science fiction movie, The Blob, with a budget of \$115,000 and leading actor Steve McQueen, a red amoeboid blob creature emerges from a crashed meteorite and spreads over an entire high rise building causing havoc.

Then in real life in 1973, a spectacular fruiting of *Fuligo septica*, the Dog vomit slime mould, spread in a Dallas neighbourhood over many lawns and sparked a panic. The dog vomit slime was hosed apart by firemen and the pieces began to continue to move around and grow larger. Residents believed an indestructible alien species had invaded earth somewhat mirroring the Steve McQueen movie. Scientists arrived assuring residents that it was just a harmless stage in the slime mould's lifecycle. The news made the New York Times headlines. Now it has made it to the Madawaska Highlander!

Please share your new knowledge with others and hunt and explore slime mould creatures living in your area on your next hike. I would love to see your pictures! Look for tiny colourful things and be sure to bring a macro lens if you have one.

Sources:

- Ecosystem Engineers by Toby Kiers (co-founder of the Society for the Protection of underground networks and prof at Vrije U Amsterdam)
- Slime Molds of Mount Rainier National Park www.nps.gov
- What Slime Knows: There Is No Hierarchy In The Web Of Life by Lacy M. Johnson Orionmagazine.org

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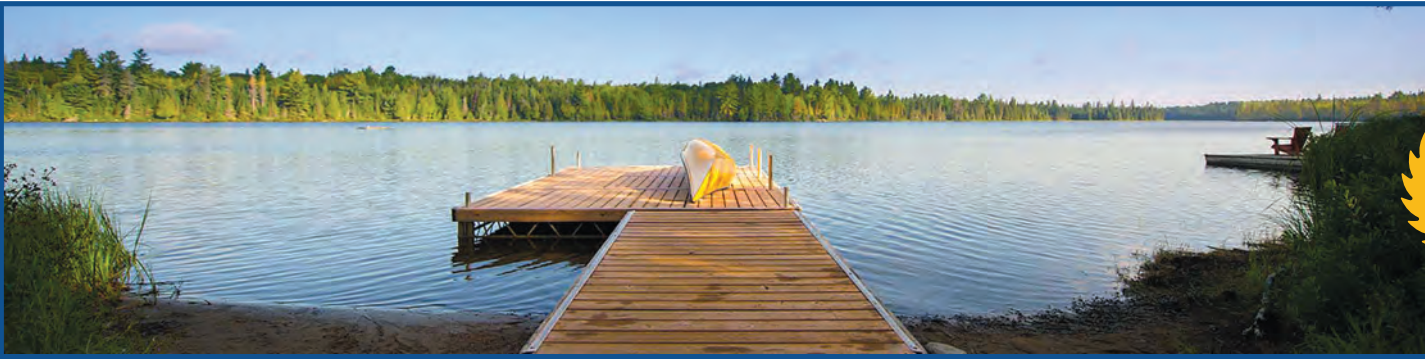
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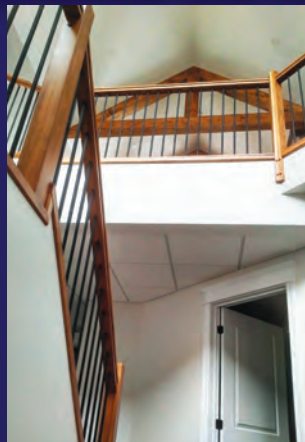
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