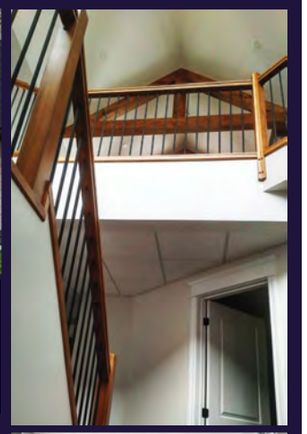
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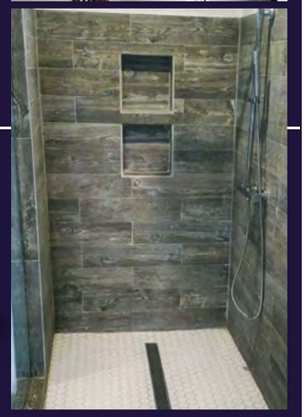
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The Madawaska
Highlander

Winter
2026
FREE Vol.25 Issue 7
Next issue April 28, 2027

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



Let's hope El Niño doesn't spoil our winter fun this year. We love our lakes and rivers in all seasons and in all forms! Pic by Lesley Cassidy



A peaceful winter scene on the Madawaska River, far from the noise and hubbub of the city. Pic by Lesley Cassidy

Welcome!

...To fine fall weather in the Highlands as we pull toques and mittens from their summer homes, and become The Mighty who Thrive in Winter, just like the fine feathered friends Tony describes in Wild Things. Embrace the Cold - Safely. Survivor Guy helps us do that. And when it's time to get cozy by the fire, consider going on Armchair Outdoor Adventures with the 8 books Lesley recommends in Happy Trails.

Or explore some of the 17 Local History Books you'll see in Cloyne Historical. History tells us how we built Canada and Bill chronicles how Scottish migration helped get it done, in Memories of Vennachar. Apparently, It Takes a Village to Build a Country.

In Rural Vignettes, Antonia brings us the Morgan Lane Chronicles - The War Years, a time of unbelievable upheaval we hope will never be repeated. Let's hope for world peace as we look forward to a new year, or at least personal peace. In Highlands Hiker, Colleen asks us what to do if we Want to Boost Immunity and Calm Nerves?... Hug a Tree! We are starting to understand the science of why it works. The tree huggers are vindicated!

Nature nurtures, and in Watershed News we learn that Canada's Climate Change Plans can be More Effective if we Work with Nature. We are delighted to share an article by Elizabeth May and Lynn Jones. We really do need to go back to some of the ways of the past to ensure a bright future.

The Future of Medicine looks bright, as Max imagines in Wellness. Are more things from Gene Roddenberry's imagination... Star Trek Tricorders and holographic doctors soon to become reality? Gene did imagine flat screens, virtual meetings, and the automatic door, so why not?

Speaking of imaginative writing, we are pleased to announce the winners in the 2026 Short Story Contest. We also have The Notary, a notable bonus story to share in this issue. Morgana and Charlotte share what's happened and happening in Griffith, Matawatchan, Denbigh, Vennachar, and Calabogie, and Ruth tells us what's happening at the Greater Madawaska Public Library and Learning Centre. There's a lot more to our libraries than books. Check it out!

Here's to a healthy, happy, hopeful holiday season and a wonderful new year. And from everyone at the Highlander, please... Enjoy!..





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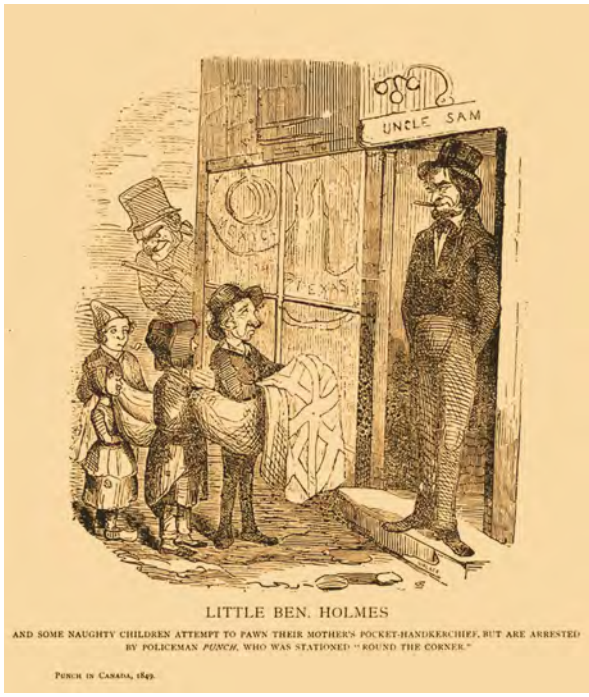
Thank you Everyone!

Charlotte Dafoe, Morgana Dillingham, Ruth Jones, Max Buxton, Tony Beck, Lesley Cassidy, Elspeth McCulloch, Elizabeth May, Lynn Jones, Bill McNaught, Antonia Chatson, David Arama, Colleen Hulett, Megan Brunton

The Montreal Annexation Manifesto was a political document dated September 14, 1849, signed in Montreal, Canada East, calling for the Province of Canada's annexation by the US. It was published by an alliance of 325 Montreal businessmen, most of whom were English-speaking Tories, and French Canadian nationalists who supported the republican system of government in the US. The manifesto was strongly opposed by members of the British American League and by leading politicians such as Robert Baldwin plus the followers of Louis-Hippolyte Lafontaine. After the signing of the Canadian–American Reciprocity Treaty in 1854, the annexation movement died out.

The Canadian – American Reciprocity Treaty of 1854 was a treaty between the UK and the US that applied to British North America, including the Province of Canada, New Brunswick, Nova Scotia, Prince Edward Island, and Newfoundland Colony. The treaty covered raw materials; in effect from 1854 to 1866, it represented a move toward free trade and was opposed by protectionist elements in the United States.

After the American Civil War ended in 1865, US protectionist elements were joined by Americans angry at tacit support by Britain for the Confederate States during the war, and that alliance was successful in terminating the treaty in 1866. **The response in much of British North America was to unite some of its colonies in 1867 into the new country of Canada. The new country expected to allow many new economic opportunities in Canada and to unify the colonies against the growing American expansionist sentiments, especially after the Alaska Purchase.**



LITTLE BEN. HOLMES AND SOME NAUGHTY CHILDREN ATTEMPT TO PAWN THEIR MOTHER'S POCKET-HANDKERCHIEF, BUT ARE ARRESTED BY POLICEMAN PUNCH, WHO WAS STATIONED "ROUND THE CORNER." Mr. Benjamin Holmes was one of the Members for Montreal in the first Parliament after the Union of Upper and Lower Canada, and was amongst the most active public men of the time. In 1849 he was an advocate of Annexation to the US. His Annexation proclivities are hit off in the cartoon, which represents him as pawning the British flag to Brother Jonathan (Uncle Sam).

Punch in Canada, October 10th, 1849

Attempts by the Liberal Party of Canada to revive free trade with an identically named treaty in 1911 led to a political victory for the protectionist Conservative Party, which warned that Canada would be annexed by the United States. Talk of reciprocity ended for decades, and **free trade did not return until the 1988 Canada–United States Free Trade Agreement.**

From Wikipedia, the free encyclopedia

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By Charlotte Dafoe



It was a picture-perfect fall day for Matawatchan Hall's Ciderfest, where the community gathered to press apples in fond memory of "Cider" Bill Graham.





Pastor Steven Green officiated the All Candidates Meeting in Griffith ahead of the 2026 municipal elections. Wendy MacFarlane will be sworn in as Ward 3 Councillor and Bill Beacham will be the Mayor.









Oktoberfest in Griffith was a sold-out success! Guests gathered to celebrate, enjoying authentic food, lively music, and unforgettable entertainment. Thank you to everyone who attended and helped make this year's event the best one yet. Prost!

The Denbigh-Griffith Lions Club is preparing for its annual Christmas basket delivery and needs your assistance to support local individuals and families who could benefit from this initiative. Please submit any recommended names by December 15th, ahead of the scheduled delivery and pick-up date of December 22nd. Please contact Jan at 613-333-1748 for more information or to bring forth a name.

Nearly 50 people gathered at **Hilltop Church on Sunday, October 25, to celebrate the congregation's 46th Anniversary Service.** The special morning welcomed back former Hilltop minister Pastor Dave Tubby and his wife, Marie, who were warmly received by friends and members of the church community.

Pastor Dave delivered an inspiring message from 1 Samuel chapter 4, speaking about how God can transform life's darkest days into moments of victory and hope. In appreciation for their visit, the congregation presented Marie with a fresh bouquet of flowers and gifted Pastor Dave a litre of locally produced maple syrup.

Adding to the celebration were special musical guests Ron Lemke of Plevna and his great-niece Brooke, who delighted attendees with a selection of bluegrass gospel music.

Hilltop Church continues to serve the community through its weekly **coffee fellowship, held every Monday and Tuesday morning from 7 to 9 am.** Community members are invited to enter through the rear door and enjoy coffee, conversation, and fellowship. All are welcome.

Township of Greater Madawaska Programming Update

We have several informative seminars coming up in partnership with Renfrew Victoria Hospital and Community Geriatric Coordinator Angie Lepine:

- Dacre – November 9: **Get the Facts on Powers of Attorney**, at 12:30 pm at the DACA Centre. Lunch will be available for $10 per person.
- Griffith – November 18: **Happiness and Well-Being**, at 12:30 p.m. at the Griffith & Matawatchan Recreation Centre. Hot lunch will be served at 12pm for $12 per person, with lunch registration handled directly through the Denbigh-Griffith Lions Club. Email: DGLIONSCLUB@HOTMAIL.COM Phone: 613-333-1984
- **A Breathwork Session** is planned for Wednesday, November 25, at 1pm at the Griffith & Matawatchan Recreation Centre. This session offers participants an opportunity to explore relaxation, stress reduction, and personal well-being. Registration still open!
- **Celebrate the Season at Our GM55+ SALC Christmas Lunch!** GM55+ SALC is excited to partner with the DACA Centre for a festive Christmas Lunch this December 4th! Join us for a delicious holiday meal, good company, and an opportunity to celebrate the season with friends and fellow community members.

Guests will be able to choose between a traditional turkey dinner with all the trimmings or a carved roast beef dinner, followed by dessert.

We look forward to bringing our members together for a wonderful afternoon of food, friendship, and holiday cheer! Further details including ticket price and registration will be shared through our usual communication channels.

Get Involved! GM55+ SALC membership is free for Township of Greater Madawaska residents aged 55 and older. Whether you are interested in fitness, social activities, educational opportunities, seminars or community outings, there are plenty of ways to get involved and stay connected.

All GM55+ SALC programs, upcoming events, bus trips, and registration information can be found online at greatermadawaska.com/salc. You can also call us at 613-752-1129 or email salc@greatermadawaska.com for more information or assistance with registration.

As we approach the holiday season, we would like to thank our members, volunteers, instructors, and community partners for their continued support throughout the year. We look forward to finishing 2026 together and wish everyone a safe, healthy, and happy holiday season!

Services Available in Our Community

The Denbigh Community Food Bank, located inside the Addington Highlands Community Centre, is open on the 2nd and 4th Tuesday of each month from 10–11am. For more information, call Gail at 613-333-2224.

Ongoing Events

- Looking for friendly conversation over coffee or tea? Join the **Denbigh Wellness Group** every Tuesday at 9am at the Denbigh Hall.
- You're invited to gather in **fellowship at St. Luke's United Church in Denbigh** every Sunday at 10am. All are welcome to attend.
- Join **Ladies' Bible Study** every Monday morning at 10am at the Vennachar Free Methodist Church. Call Pastor Laurie for more info 613-920-7642.

November Events

- **Euchre** at the Rec Centre in Griffith will be held November 3rd and 17th at 1pm.
- **Denbigh Recreation is hosting its annual Hunter's Supper** on November 6th, from 4:30-7pm at Denbigh Hall. Come out and enjoy a hearty, delicious feast featuring roast turkey with stuffing, mashed potatoes, vegetables, dinner rolls, baked beans, and a selection of assorted pies for dessert. Tickets are available at the door, with pricing set at $15 for adults, $8 for youth aged 6 to 12, and free admission for children aged 5 and under. For those who prefer to enjoy their meal at home, convenient takeout options are also available.
- Celebrate the season with the **Griffith & Matawatchan Fish & Game Club at their Annual Fall Festival** on November 7th. Join the community at the Matawatchan Hall from 7pm until midnight for an evening packed with food, a cash bar, and great company. **Dance the night away to fantastic live music by Jeff and Jamie**, and don't miss your chance to win big in their exciting **raffle draw for a Weatherby .308 rifle, scope, and accessories.** Raffle tickets are available at Rosie's in Denbigh, BMR in Griffith, the Griffith Corner Store, Pine Valley Restaurant, and Gourley's Outdoors in Renfrew. Entry to the Fall Festival is just $5 per person at the door, and everyone is welcome to attend.
- **Denbigh-Griffith Lions Club Bingo** will be held November 10th & 24th. Doors open at 6pm, game starts at 7pm.

The Greater Madawaska Public Library, in partnership with several local organizations, is proud to introduce an exciting lineup of new community programming. Kickstarting this fresh series of events is the **Ottawa Valley Community Arts "Art Helps: Watercolour Mushrooms" workshop.** Residents are invited to attend this hands-on session on November 13th, from 1-4pm, at the Griffith and Matawatchan Recreation Centre. For more information or to RSVP contact: admin@ov-caos.org or text 613-805-1117.

To ensure you never miss an update on upcoming library activities, you can **sign up for a free library card and join the official mailing list** by visiting greatermadawaska.com and go to the Library section or call 613-752-2317.

- **The Vennachar Free Methodist Church Men's Club** will begin its

Hilltop Church
Connecting with God, Connecting with Others
11am SUNDAYS
Kids Church downstairs during the sermon for children 3 - 12 years.
25197 Hwy 41, Griffith ON
(647) 454-8589
Pastor Steve Green

biweekly meetings on November 18th, at 6:30pm. All men are invited to join for fellowship and discussion. Contact Coleman Boomhour for more information at 613-770-6752.

- Head to Vennachar Free Methodist Church on November 20th at 6:30pm for a fun-filled **adult cornhole evening**.
- **The Matawatchan Hall Christmas Market & Sale** will take place on November 28th from 10am to 1pm. Community members are invited to browse local crafts, festive goods, and holiday treats while enjoying a cheerful start to the season. To rent a table, contact Nancy at 613-333-9556.
- You are cordially invited to a **Ladies High Tea at Vennachar Free Methodist Church** on November 30th at 10am. Tickets are $5 per person. Come enjoy a morning of fellowship, tea, and treats. Contact Debbie Emery 613-479-8057 for more details.

December

- **Euchre at the Griffith Recreation Centre** will continue in December with a game scheduled for December 1st at 1pm. Euchre will continue over the winter, biweekly, starting January 12th.
- **The Denbigh Griffith Lions Club Christmas Market** will be hosted at the Rec Centre in Griffith on December 5th from 10am-2pm. This holiday gathering is the perfect place to tackle your shopping list. The event will feature local vendors and traditional festive flavours, including fruit cakes and savory, comforting tourtières. Don't miss this wonderful opportunity to celebrate the magic of the season, support your community, and even catch a special appearance by Santa Claus himself!
- **Denbigh-Griffith Lions Club Christmas Monster Bingo** will be held December 8th. Doors open at 6pm, game starts at 7pm.
- **Mark your calendars for Denbigh Recreation's Annual Festival of Lights** on December 12th. This beloved community tradition is back to bring festive cheer to the neighbourhood with spectacular fireworks, delicious food, and refreshing beverages. Admission to the event is free, and exciting prizes are up for grabs for the best event floats. If you would like to participate and register a float, please call or text Kenny at 613-985-9718, or send an email to denbighrecreation@gmail.com. Come out and join your neighbors to help make this year's Festival of Lights a truly meaningful and memorable celebration!
- Planning is currently underway for the **Community Hilltop Christmas Banquet**, which will be held at Hilltop Church on December 13th.
- Join the **Vennachar Free Methodist Church for a warm and welcoming Christmas Eve Service** on December 24th at 6m.

January

The Griffith & Matawatchan Fish & Game Club AGM will be held on January 9th from 10 - noon at the Griffith Rec Centre. The Club is seeking nominations for committee members. Nominations can be sent to gmfgclub@yahoo.com.

EVENTS AT A GLANCE

- Nov. 3rd - Denbigh-Griffith Lions Club Euchre
- Nov. 6th - Denbigh Recreation Hunter's Supper
- Nov. 7th - The Griffith & Matawatchan Fish & Game Club Annual Fall Festival
- Nov. 10th & 24th - Denbigh-Griffith Lions Club Bingo
- Nov. 13th - Art Helps: Watercolour Mushrooms Workshop
- Nov. 20th - Vennachar Free Methodist Church Cornhole
- Nov. 28th - The Matawatchan Hall Christmas Market & Sale
- Nov. 30th - Vennachar Free Methodist Church High Tea
- Dec. 1st - Denbigh-Griffith Lions Club Euchre
- Dec. 5th - Denbigh-Griffith Lions Club Christmas Market
- Dec. 8th - Denbigh-Griffith Lions Club Bingo
- Dec. 12th - Denbigh Recreation's Festival of Lights
- Dec. 13th – Hilltop Church Christmas Banquet
- Dec. 24th - Vennachar Free Methodist Church Christmas Eve Service
- Jan. 9th - The Griffith & Matawatchan Fish & Game Club AGM

BE SURE TO FOLLOW ON FACEBOOK

Stay connected with what's happening in our communities! Follow the Denbigh Griffith Lions Club, Denbigh Recreation, Griffith & Matawatchan Fish & Game Club, Matawatchan Hall, Villages of Griffith & Matawatchan, Greater Madawaska Seniors Housing Corporation, Township of Greater Madawaska and local businesses on Facebook for news, updates, and events.

BOGIE BEAT

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

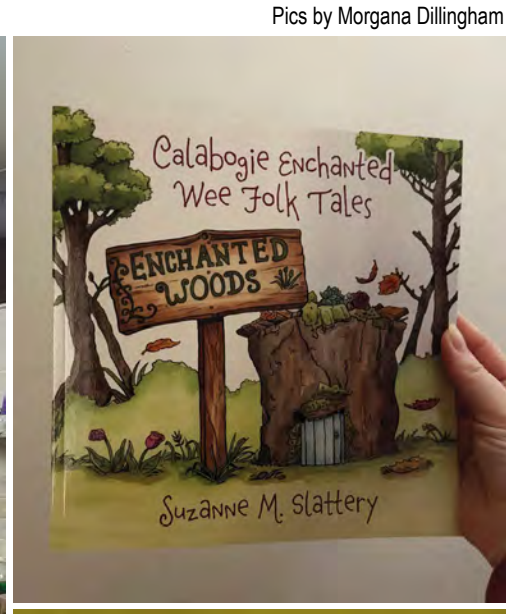
Pics by Morgana Dillingham

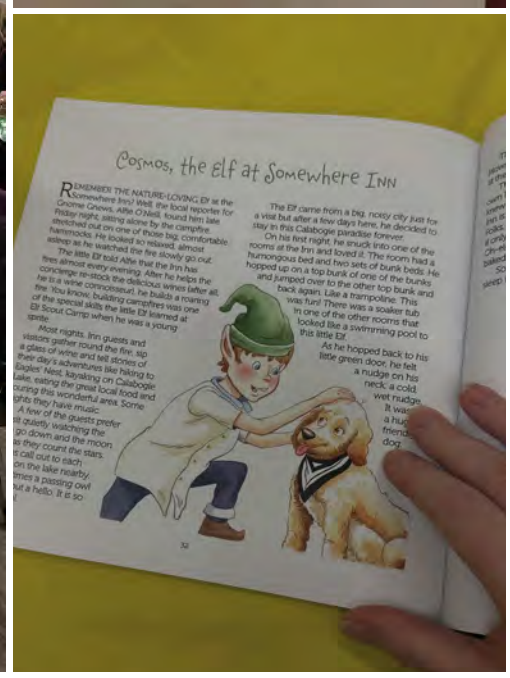


Halloween arrived early this year with a spooktacular Haunted Halloween Walk put on by the Greater Madawaska Fire Department. Even if you don't have kids, I dare you to add this to your 2027 Calabogie Bucket list so that you come get your proper fright!



The United Church always throws the most amazing community meals. Whether it's a dinner like this Roast Beef Night, a luncheon, or a breakfast you can count on a great meal with great company and community spirit.





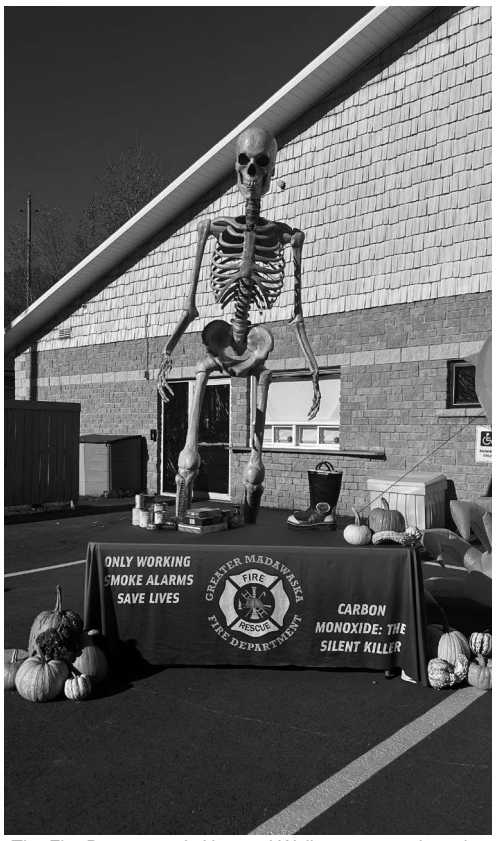
Sue Slattery's delightful new book, *Calabogie Enchanted Wee Folk Tales*, is all about things that happen in the Enchanted Woods when you aren't looking. Get your copy at Burnstown Publishing or from Sue.

This Month in the Bogie

October felt busier than ever, so I'm really looking forward to a slower November. For me, November is a month of transition, a chance to slow down before the holidays and New Year bring a whole new calendar of celebrations and activities. As we wrap up another season of The Bogie Beat, this edition is all about the people, places, and little moments that make Calabogie such a special place to call home. From looking back on some of October's happenings to celebrating the community spirit that carries us through the quieter months, there's plenty to share before we take our little winter break. So grab a cozy drink and settle in for the final Bogie Beat of 2026



The Calabogie Community Centre was packed for the All Candidates Meeting. We have two new councillors for Ward 1, Chris Adams and Chris Norton, and a new mayor, Bill Beacham. Pic by Lois Thomson.



The Fire Department's Haunted Walk was a spooktacular hit with children and adults alike. Pic by Morgana.

What's Been Happening Around Town

Calabogie Seniors take Cirque du Soleil — On Saturday, October 18th members of the GM55+ SALC joined other SALC from across the county for a day of shopping in the city and Cirque du Soleil's LUZIA at the Big Top. Everyone enjoyed the incredible performance and getting in some shopping. More adventures will be planned for 2027 with the GM55+ SALC. These events will be both county-wide and for just our Independent community. More information is always just an email or phone call away by contacting the Township of Greater Madawaska.

The Municipal Election has come to an end — After weeks of getting to know the candidates for Calabogie's Ward 1, an information/debate night hosted at the Community Centre, and what feels like hundreds of Facebook posts, we are at the end. The results for Calabogie's Ward 1 councillors were unofficially listed as Chris Norton and Chris Adams, with the mayor position being tallied for Bill Beecham. Congratulations to those who were elected, we're all looking forward to you making Greater Madawaska and the village of Calabogie a better place for residents and the people who gather here. The Township shared on social media that there was around 40% of eligible voters who voted. I noticed nearby townships had similar numbers at some point or another leading up to the results. Did you vote?

GM Fire Department Haunted Halloween Walk — Well, I was thoroughly spooked and definitely haunted from the Firefighters Haunted Walk. They had a maze-like walk through the hall then you could choose a family friendly path to the exit or lean into the haunting and feel the total fright by going the "scary way". My daughter went through 10 times; I went through 5 and I have to say that the scarers did their job getting me to jump and scream. This event isn't just for the kids! It's for the whole family as the volunteers can gauge the level of spook depending on how comfortable the brave souls who dare to take on the walk are. Even if you don't have kids, I dare you to add this to your 2027 Calabogie Bucket list so that you come get your proper fright! I won't give it all away so the lore is ready for next year, but you can really count on our Fire Department team to come together to put on a spectacular haunted walk each year. They were also able to get some donations for the Calabogie Food Bank which is always appreciated.

Roast Beef Dinner at the St. Andrew's United Church in Calabogie — This well received community meal took place on Saturday, October 24th in the Church's Hall where everyone sat at one of the three room long tables, feeling like one big family. The meal itself was great with a full salad bar to add to your plate, great portions and delicious taste. The pie table was magical, always replenished each time I looked over and vast in variety. Thank you to Nancy Baker for sharing your baking, and to all of the volunteers who worked together to run everything so smoothly! The United Church always throws the most amazing community meals whether it's a dinner like their Roast Beef night, a luncheon, or a breakfast you can count on a great meal with great company and community spirit.

Halloween in Calabogie — When I was finishing up this article we were planning our week ahead and weekend ahead, really excited for another Hallo-week in Calabogie. The traditional **Halloween Calabogie Lions Bingo** was on Wednesday, October 28th and made for a fun evening out all dressed up hoping to win the prize for best dressed! This year felt like an extra treat because a lot of the Halloween festivities took place on a weekend. The plan for many local families is to trick or treat around the village on Saturday October 31st and then attend **the Great Pumpkin Walk** on Sunday November 1st. It's such a fun tradition for the Calabogie kids to trick-or-treat around the village. We've loved going out the last few years and plan to bring a little bowl for kids we meet on the way! There was some chatter about starting up a trunk-or-treat for the people who don't get visitors for candy at their place to meet up to give out some treats to the kids. I had recommended a few spots, and it'll be interesting to see if anyone takes part and if this becomes a new tradition in Calabogie!

For the Great Pumpkin Walk, people were encouraged to bring their carved pumpkins from Halloween night for one last evening of spooky vibes before the pumpkins were donated to farms and gardeners in the community. One last chance to wear our costumes, get some treats and hot drinks. I hope the weather stays clear and we have (had) a great Halloween weekend!

Don't Miss What's Coming Up in The Bogie

The St. Andrew's United Church Bazaar and Luncheon will take place on Saturday, November 14th from 11-3pm. For more information check out the Church's Facebook page.

The next **Calabogie Lions Bingo** Night will be on Wednesday, November 18th followed by another one on Wednesday, December 16th. The Bingo Night in December will be Christmas theme so put on your ugliest Christmas sweater and get out for a fun night of Bingo in the bogie! Doors open at 6:30pm and the Bingo starts at 7:00pm. Bring cash, and the Lions Bar will be open. Contact the Calabogie Lions Club for any questions.

The Highlands Social House is hosting a Maritime Seafood Social on Saturday, November 21st from 5:30-8pm. This special event requires advance reservations by November 16th and has limited seating. Enjoy a selection of appetizers followed by a plated 5-course dinner.

The Calabogie Lions Club Santa Claus Parade will take place starting at 1pm on the first Sunday in December (December 6th). Visits with Santa will take place after the parade makes its route through the village at the Calabogie Community Hall.

Also taking place on this date is the **Calabogie Winter Market** which will be under the roof of the rink at the Community Centre (574 Mill Street). You can check out your favourite market vendors from 12-4pm which is great to add to the Santa Claus Parade activities.

Programing through the **GM 55+ SALC** continues with some informative seminars in partnership with the Renfrew Victoria Hospital and Community Geriatric Coordinator Angie Lepine. There is an upcoming seminar being hosted on December 8th at the Calabogie Community Hall, "**Anxiety" Recognizing Signs & Supports for Older Adults"** This will take place at 12:30pm and lunch is available for $10/pp. Anyone up for the drive can check out other events in Dacre and Griffith through November. Contact Cait at the GM 55+ SALC for more information on upcoming events.

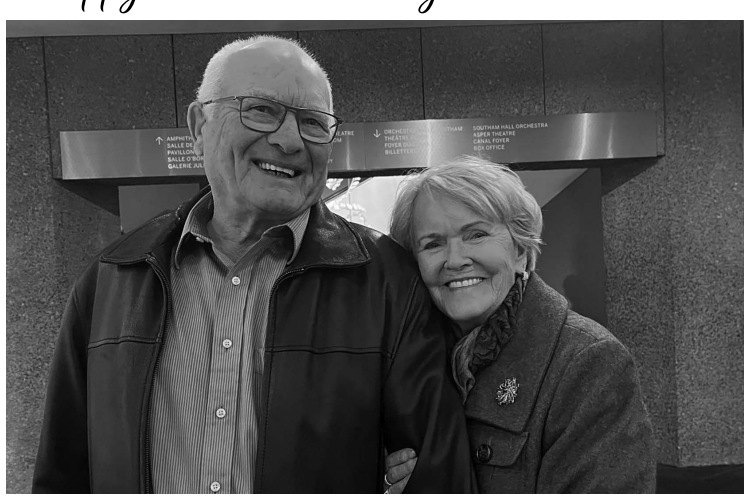
There will be more events that Calabogie dives into over the winter months so I invite you to stay up to date on the community calendars, get involved and attend or volunteer where you can, and just stay connected with your community. There are also weekly events that take place, you can find details on most of those on the Township's Community Calendar, or in the Calabogie Folks Facebook Group.

Local and Legendary Suzanne M. Slattery

I have had the pleasure of knowing Sue during my time in Calabogie. First meeting her when I was serving in restaurants around the village, she would come in for lunch with the ladies of the French Group. I would get to practice my broken French through their visit and connect with them about what's going on in Calabogie.

When I came back to Calabogie after a year abroad, I was approached by Sue with her idea for the **Calabogie Wee Folks Enchanted Community**. She had this fantastic idea of awakening the spirit of the fairies and elves and welcoming them to show themselves to Calabogie. I helped her to set up a Facebook Group and get some of the fairy doors estab-

Wishing Don and Marie Adams
a Happy 50th Anniversary on November 20th



With lots of love from Erin, Morgan and Kate

lished around the community, even decorating some myself. The doors were accompanied by these beautiful stories. The stories of their lives, their mischief and their dreams. Each tale is more creative than the last, bringing life to the enchanted woods, doors and community of Calabogie. Collections of these individual stories are available around our community and through the Facebook Group.

Soon after the doors started showing up at the local businesses, a space was designated at the Barnet Park where the Calabogie Enchanted Woods came to life. Over the years more doors have popped up, and different buildings and spaces in the woods have been created. It's a must see when visiting the park, and wonderful for all ages. The kids love getting lost in the doors and their secret messages and the adults get to awaken their inner child for a little bit in awe of the work that goes into each door and maintaining the corner of the park. When visiting the Enchanted Woods please remember to look but not take. These pieces are built and maintained by Sue and a group of lovely volunteers. It's heartbreaking to them and the children when doors are broken or accessories seem to have vanished through the night.

I had been planning this entire year to feature Sue as our last Local and Legendary highlight of 2026, and the timing worked out perfectly as the weekend I was putting the final touches on my article, she brought me something special…

In my hands I held the official **Calabogie Enchanted Wee Folk Tales, a book written by Suzanne Slattery and illustrated by K. Milne**, published by Burnstown Publishing House. The pages that fill this book are full of fictional stories that Sue has written over the years about our village and the enchanted wee folks who inhabit it. The stories are matched beautifully with whimsical illustrations of the fairies, gnomes and elves of our community. This book is available for purchase through Burnstown Publishing House or from the author directly. If you haven't had the chance to dive into these stories around the community or read the book I highly recommend it. My daughter absolutely has been loving this book added to our nighttime story routine and I bet your children, or even you will be too.

Seasonal Spotlight: A Quiet Season, A Love Letter to a Cozy Calabogie.

As we head into November and say goodbye to another busy season, things around Calabogie continue to shift. The fall colours fade, the docks are out of the water, and the lake gets quieter. Before long, we'll be trading our hiking boots for snow boots and finding all the little ways to embrace the colder months ahead.

There's something special about Calabogie in the off-season. The pace slows down a little, the familiar roads feel quieter, and we get to experience the place we call home in a different way. It's the time of year for cozy mornings, woodstoves, winter walks, and appreciating the beauty that's still right outside our doors.

We talk a lot about Calabogie as a destination, and for good reason. The lake, the trails, the fall colours, and the outdoor adventures bring so many people here throughout the year. Tourism plays an important role in our community, supporting local businesses and bringing plenty of life to the area. But underneath all of that, Calabogie is home to the people who live here year-round.

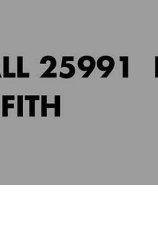
It's the residents who keep this community going through every season. The people who show up, volunteer, support local businesses, check in on their neighbours, organize community events, and lend a hand when someone needs it. It's the familiar faces you run into around town and the little connections that make a small community feel like home. And while the busy seasons bring plenty of excitement, there's something meaningful about the quieter months and the everyday life that carries on here long after the visitors head home.

So, as we settle into the cozy months ahead, consider this your reminder to enjoy a little more of your own backyard. Take a winter walk somewhere you usually visit in the summer. Catch a sunrise over the lake, explore a familiar trail after the first snowfall, pop into a local business you haven't visited in a while, try a Nutella cappuccino at Oh-El-La Cafe, attend a community event to light up your inner child, or make time for the neighbour you keep meaning to catch up with. Maybe this is the year you try snowshoeing, start a new winter tradition, or simply get outside a little more often.

You don't always have to plan a big adventure to appreciate where you live. Sometimes it's the small, ordinary moments that remind us how lucky we are to call this place home.

What The Folks Are Saying

It's lovely to see the **Remembrance Day Crochet Poppy Display Around The Village.** They are displayed along the bridge on Highway 511 right at Madawaska Street, the guard rails along Mill Street, in front of the MAD Shak and draped intentionally around the Cenotaph on Madawaska street. There are probably more locations around Calabogie, but these are the ones I noticed first. I saw a volunteer setting this up, as did others and came to the Calabogie Folks group to share how beautiful this gesture is and how hard Linda Adams and the rest of the volunteers must work year after year not only to set up the display but to crochet each poppy by hand. If you want to find out more information about this local installation and initiative or get involved next year please contact Linda Adams.



Morgana Dillingham 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.



NEWS CLIPPINGS WE HAVE GATHERED

Indigenous, local leaders optimistic about new pipeline despite "host of issues" Carney says Federal government is yet to address.

The Wiikwemkoong Unceded Territory in Ontario modernized its computer record-keeping, storing recordings of Anishinaabe speaking their native language.

Canadian North has opened a new cargo facility at the Ottawa International Airport that will speed up vital deliveries of food and medicines to Canada's North.

Ontario and Canada Investing over $203,000 to help 75 steel and manufacturing workers in Hamilton gain in-demand skills, protect local jobs in the face of U.S. tariffs.

New $100-million auto parts manufacturer opens in Ingersoll. Based in Luxembourg, the company brings in steel from its plants in Calgary and Hamilton.

ON's $24M support for new poultry research centre will provide agri-food research focused on animal welfare, reproduction, nutrition, meat quality and food safety.

$8B Ontario Competitiveness Tax Cut Will Support Investment, creating 30,000 Jobs, stand up to tariffs by building a more competitive, resilient and self-reliant economy.

Canada announced a new $2-billion rebate plan aimed at getting more "green" heat pumps installed that will save Canadians money over the long term.

Magellan Aerospace Signs Memorandum of Understanding with Saab to Explore Gripen Manufacturing Opportunities in Canada

Canadian arm of French and Swiss firms to build VIA Rail cars and locomotives in ON and QC as part of $6.7B fleet overhaul supported by $4.7B Canadian investment.

McCain Foods Announces Agreement to Acquire Falcon Agrifriz Foods' Potato Processing Business, Strengthening Its Manufacturing Network in Gujarat, India.

Toyota commits to making cars in Canada as U.S. rivals downsize and newly arrived Chinese competitors are ramping up sales.

'Very ironic': Ontario signs contract to buy electricity from U.S. during winter months.

With BC government support in place, Domtar's pulp mill in Port Mellon will reopen after a shutdown for scheduled maintenance.

US food importer filed a lawsuit against US administration over tariffs on a range of Canadian goods, claiming the President has overstepped the power of his office.

US President walks back threat to ban Bombardier sales in the US, says he didn't know Bombardier employs thousands in Kansas and other states.

US cuts tariffs on most Canadian softwood lumber. But it still means combined tariffs at the border on softwood are now roughly 35%, down from 45% faced last year.

Vancouver's record-breaking cruise ship season ends with more than $1 billion economic boost.

Canadians are still boycotting Las Vegas. The US induced slump is now a major election issue as Canada is front and centre in Nevada's midterm elections.

Air Canada cuts 5 U.S. routes for next summer, including two from Toronto, saying the changes are commercial decisions as Canadian travel to the U.S. has dropped.

Canada is adding new express entry points for permanent residency applicants in "high-wage" jobs that are 1.3 times the median wage.

Ontario made daylight saving time permanent in Kenora and the northwestern regions of Ontario that have historically been aligned with neighbouring Manitoba.

PQ government poised to end 'unnecessary' time changes in Quebec next year.

Inspired by one of Canada's iconic desserts, Chapman's pecan butter tart flavour was honoured with the Best Ice Cream award by the International Ice Cream Consortium.

Canadian Army Reorganizes with high readiness in Edmonton, Canadian defence in Montréal, Army Support and Army Doctrine and Training Centre, both in Kingston.

Ontario is expanding Ontario Corps by welcoming its latest partner Bruce Power to leverage its facilities, equipment and expertise before, during and after emergencies.

ON is expanding Ontario Corps partnering with Colliers Project Leaders to leverage its expertise in emergency and evacuation planning, and recovery management.

ON Welcomes Insurance Bureau of Canada and the Insurance Brokers Association of Ontario to Ontario Corps. to help protect communities during emergencies.

Province Welcomes Waste to Resource Ontario to Ontario Corps as we build a network of partners and volunteers to help protect communities during emergencies.

The Canadian Snowbird Association (CSA) has advised travellers to the U.S. to avoid packing Canadian alcoholic beverages and some dairy products for their trips.

Florida weighs ditching property taxes and sticking foreign owners with the bill.

Joni Mitchell became a US citizen so she can vote. "I didn't give up my Canadian citizenship, and I never will," read a post on her official Instagram account.

Luxury US based MV Odyssey ship slated for a years-long voyage around the world suspends operations amid high fuel prices, stranding passengers in Cambodia

4 arrested after $100K in unpaid Highway 407 tolls linked to fraud scheme: Peel police also recovered 10 stolen vehicles in investigation called Project Octane.

RCMP say they believe a suspicious electrocution that resulted in the death of a 51-year-old man in northern Nova Scotia happened during a copper wire theft.

More than 1.5 million Canadian Crime Stoppers tips leaked, CBC exclusive finds. 'It's very scary, to be honest,' says tipster worried info could be used for retaliation.

Toronto man deported following an Immigration and Refugee Board finding that he belonged to a criminal organization involved in evading sanctions against Iran

Carney announces trade and defence partnership with Turkey. PM visits Ankara seeking stronger ties with key NATO ally.

German Chancellor said Canada is becoming increasingly aligned with Europe and suggested that trend is likely to continue as he promoted Europe's largest economy.

Caseway, which develops AI tools for applications is turning down US defence work, focusing on Canadian defence and other work in markets such in Europe, Taiwan.

Artificial Intelligence is Now Writing Code That Humans Can't Even Understand.

Canadian news outlets, including the Ottawa Citizen, Montreal Gazette and Policy Options, removed articles written by "Daniel Robson", that were likely AI generated

The federal government has issued advance notice that it's planning to design and construct a data centre facility within the National Capital Region for its own use.

Nova Scotia to host massive data centre to power artificial intelligence. EverWind Fuels will own it, an unnamed AI company will lease it.

N.B. Power says 10 data centre projects have applications to connect to electrical system. Utility says applications don't mean projects will be realized.

Anthropic is warning that advances in small AI models could soon usher in a new era of self-replicating malware that's capable of infecting smart appliances.

Some of Canada's biggest banks plan to block AI agents like Meta's Muse assistant from directly accessing their clients' online bank accounts and other information.

Binance says $6.3B US hacked in what could be largest cryptocurrency theft ever Binance says in new statement multiple 'points of breach' discovered

The biggest-ever internet security threat has been known for 22 years. AI made it a crisis in 2 days, exploiting a critical flaw in PHP, that powers 70% of world's websites.

Self-driving taxi operator Waymo to launch a test phase in Toronto, hoping to carry its first passengers in 2028 as part of a push to breach the broader Canadian market.

Booking your Air Canada flight by phone? That'll be $30 extra — per passenger.

Kingston teen earns international science honour with universe expansion research. Liam Desré's project tackled one of the biggest mysteries in modern astrophysics.

Scientists implanted a 3D-printed, biologically living human knee replacement, that "grew back" a knee in a cadaver that had been damaged by osteoarthritis.

Hospice Renfrew aims to help people navigating some of life's most challenging moments, launching Heart at Home volunteer visiting program to reduce loneliness.

Manufacturers of in-ear headphones and earbuds with built-in hearing aid capabilities will soon be able to turn on these features in devices for sale in Ontario.

ON increasing paramedic funding in Renfrew County, hiring more nurses dedicated to offloading patients in hospital E.R.s so first responders can return to the road.

Balaclava's historic landmark water-powered sawmill on Constant Creek was demolished September 11 amid mounting safety and liability concerns.

Ontario investing $12.75M through the Anti-Hate Security and Prevention Grant program to help faith-based and cultural organizations implement safety measures.

Greater Madawaska Public Library and Learning Centre By Ruth Jones





On October 6, the Library and the Lions hosted a presentation by Rick Scholes. This, and Art Helps (see poster next page) are the beginning of a continuing outreach program to bring more library learning sessions for residents in Griffith & Matawatchan.



Learn to Play Guitar with Joe Sorenberger is sponsored by Long & McQuaid.

October 18-24 was Ontario Public Library Week. Thanks to all of you who came out to use the library.

Regular Programs this Fall

Tuesdays 1:30pm: Coffee and Games. Come for coffee, and stay to play cards, Scrabble, chess, cribbage, Mahjong, e.g.

Tuesdays 2pm-3pm: Mahjong

Tuesdays 3:45pm-4:45pm: Kids Club (pre-register with a valid library card)

Wednesdays 9:30am-11:30am: St. Joseph's Catholic School Class Visits

Wednesdays 1pm: Seniors Active Living Centre (SALC) Knit & Social (open to knitters of all levels of expertise)

Thursdays 9:30am-10:15am: Pre-school Play & Learn

Fridays 9am-1pm: Ancestry - Drop in and check out this amazing resource. Discover your roots!

Coming up

Jam night in the SJC school gymnasium, Calabogie. This will be every second Wednesday 6pm-7pm. Start date TBD (late 2026 or early 2027) All players and instruments are welcome. Please bring a music stand if you have one.

Water Testing 101 Workshop October 24

Ontario needs lake data to help protect and preserve the quality of our lakes. The library has four Water Rangers lake water testing kits to lend out (Learn more about Water Rangers on their website: waterrangers.com). Six individual testers joined us on Saturday, October 24 to learn how to use a water test kit to collect and submit data for their lakes. Conrad Gregoire and David Overholt shared their water testing knowledge and told us about their experience on White Lake. Learn more about their work on their website, here: https://www.wlpp.ca/ . If you are interested in water testing regularly for your lake and/or joining a group of individual testers in our area, please reach out to the library: 613-752-2317 | staff@gmpl.ca

Drop by on Halloween October 31

...from 10am-12pm to make a craft and pick up some spooooky books. Enjoy an extra special treat bag with your checkout! *6 years and under will require supervision for craft.

Countdown to Christmas Book Bundles

Registration opens November 3 for Countdown to Christmas book bundles. This is a family literacy program to enjoy through December and into the winter holiday break. Unwrap one book

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Who knew a knitting circle could be so much fun? Wednesdays 1pm: Seniors Active Living Centre (SALC) Knit & Social (open to knitters of all levels of expertise)

each night until Christmas Day. Book #25 is one that your family can keep. A festive craft will be included as well. Pre-registration is required. To register, please contact the library with a valid library card before November 14. We have 15 spaces available.: 613-752-2317 or gmpllc.staff@gmail.com.

If you would like to volunteer to help with the 'Countdown to Christmas' program, please contact the library. We'll have wrapping sessions on Friday mornings November 20 and 27 beginning at 9am.

November 11

The library will be CLOSED in observance of Remembrance Day.

Ottawa Valley Community Arts Open Studio November 13

1pm-4pm: Special thanks the Denbigh-Griffith Lions for hosting Ottawa Valley Community Arts Open Studio at the Griffith and Matawatchan Recreation Centre, 25991 Hwy 41, Griffith, ON. Join Algonquin artist Naomi Blondin to explore watercolour painting and learn about local mushrooms. Each participant will receive a travel sized natural materials paint pallet from Beam Paints. FREE. Ages 10+ are welcome. No experience necessary. All materials and snacks included. Call or email to register by November 9: admin@ov-caos.org 613-805-1117

Neurographic Art Workshop November 21

10am-12pm: Register with a valid library card for a Neurographic Art Workshop with Marlene Schaly at the Greater Madawaska Public Library, 12629 Lanark Road, Calabogie. FREE with a valid library card. $10 for area guests.



The Library and the Lions will be hosting the Ottawa Valley Community Arts Open Studio. FREE. Ages 10+ are welcome. No experience necessary. All materials and snacks included. Call or email to register by November 9. admin@ov-caos.org 613-805-1117

November is Baby Book Bag Month

If your family has a new infant and you are residing in the area, you are welcome to register for a baby book bag. This program is a way to celebrate our newest community members. Each bag contains baby's first library card, a book, and some baby essentials. Pickup will be at the Play & Learn on November 26, 9:30am-10:15am or any time after then. See you at the library!



These beautiful places exist in our community because conservation matters. You can help protect them, and you can enjoy them, too.

As the year comes to a close, make a gift to help protect our natural lands and sustain the conservation work that keeps them thriving.

Make your year-end gift:
Scan to donate and help protect lands and species in our community.
mmlt.ca
613-253-2722

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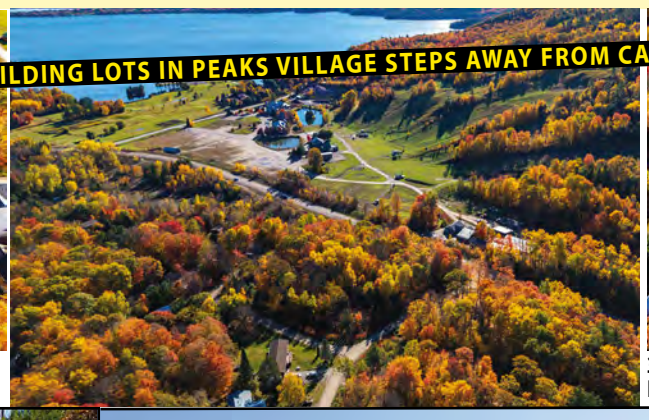


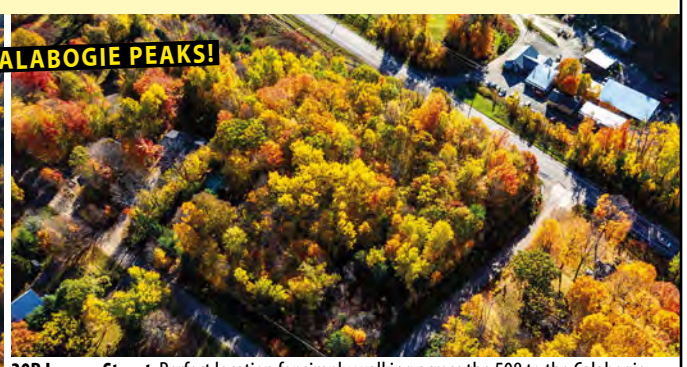
My heart is in the Highlands. It's where my family comes from and where I like to be. I promise to do my best to ensure details are looked after and everyone is satisfied with the sale. You can trust me to list your home and help you find your dream property. New listings welcome!

- Vincent Johnston, Sales Representative



30A Legree St Perfect location for simply walking across the 508 to the Calabogie Peaks Ski Resort and all that it has to offer. $159,900





30B Legree Street Perfect location for simply walking across the 508 to the Calabogie Peaks Ski Resort and all that it has to offer. $149,900



255 Flat Road Bungalow set on a 2.5 acre lot with attached garage and finished basement $599,900 MLS X12886308



361 Sidney Avenue, Renfrew Family home in the heart of Renfrew close to schools and easy walking to box stores or downtown. Excellent Value X1374791



11 Hart Lane Well maintained Waterfront bungalow set on a large lot in Barryvale. Gorgeous view! MLS X13517270 $989,900



439 Mayhew, Renfrew Townhome with finished basement in the heart of Renfrew MLS X13163668 $439,900



387 Sell Road, North Algona Wilberforce 2 Storey Family Home located close to Pembroke sitting on 1 acre and offers many upgrades including a new 2 car garage. X13789078 549,900



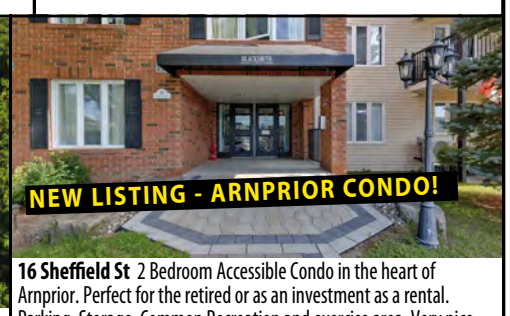
00 Centennial Lake Rd 2 acre Building lot on Anna Lake with highway and Lake frontage MLS X12427973 $324,900



636 Mill St 636 Mill St in Calabogie. Commercial Building with a vacant 3 bedroom apartment in upper level. MLS X1353940 $679,900



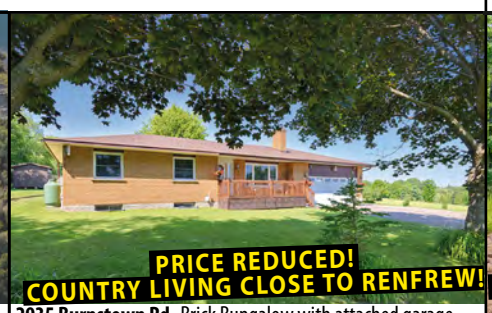
42 Crestview Scandinavian Log Home in the Peaks Village. Great for a family or investor MLS X13435954 $899,900



16 Sheffield St 2 Bedroom Accessible Condo in the heart of Arnprior. Perfect for the retired or as an investment as a rental. Parking, Storage, Common Recreation and exercise area. Very nice quiet area MLS X13703560 $314,900



0 Calabogie Rd X13805670 199,900. Generous sized building lot located close to Calabogie Village perfect for a basement walkout.



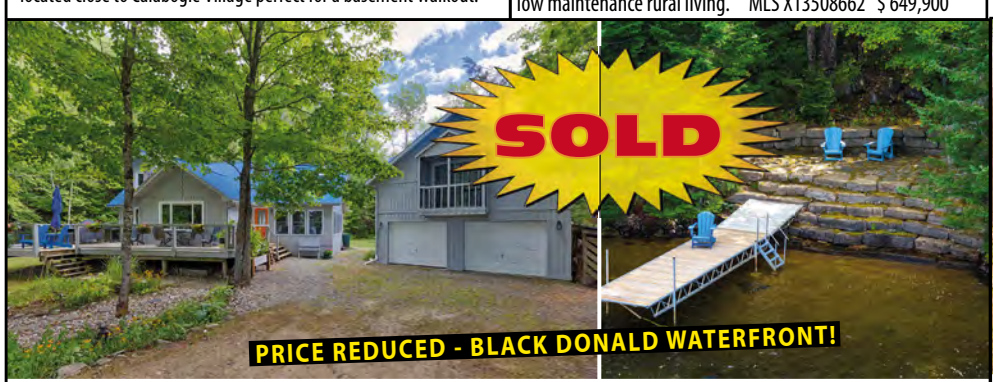
2935 Burnstown Rd Brick Bungalow with attached garage and large outbuildings. Nicely landscaped and close to Renfrew, low maintenance rural living. MLS X13508662 $ 649,900



159 Oak Hill Year Round Cottage for sale on Black Donald Lake with a bonus large barn. MLS X13433412 $669,900



53 Downing Waterfront on the Madawaska River close to Calabogie. 4 season home with detached garage. Open concept. MLS X12943728 $799,900



671 Graphite Bay Road Gorgeous Waterfront on Black Donald Lake! Beautiful Home, bonus detached Garage with Loft apartment MLS X13217538 $991,000



536 Pine Street A gorgeous lot with mature pines in the quiet and magical village of Griffith MLS X13023640 $109,900

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Future of Medicine

By Max Buxton

Technology is advancing at a breathtaking speed, and medicine is not far behind. In my last article, I reviewed some of the incredible changes that have taken place in healthcare over the last 40 years, resulting in longer, better lives for most of us. Cardiac care, cancer diagnosis and treatment, surgical techniques, immunology and vaccine options… every area of medicine has undergone revolution.

So, what lies ahead in the next 40 years? What fledgling ideas currently floating about the rat lab will be standard of care in 2066?

I expect that there will be breathtaking advances in the area of Immunology and vaccines.

The immune system is an incredibly complex interaction of cells and molecules which has evolved over millions of years to protect us from threats, both internal and external. When the first vaccine was developed, almost nothing was known about how it worked. In 1790, Edward Jenner made the astute observation that people working with cattle who contracted cowpox from them seemed to be protected from the much more serious smallpox running rampant in the community. In what would now be considered deeply unethical "research", he exposed subjects to material taken from the open sores on cattle, and bingo - they were protected from smallpox. It was the mid 20th century before anyone understood how it worked. When the mechanism was revealed, it became easy to apply the same principle to other diseases.

Just as the understanding of how our immune systems work led to the vaccines we currently have, so it will lead to the development of new preventive and therapeutic agents. A recently published late-stage clinical trial of an mRNA vaccine demonstrated that it was able to prevent the recurrence of malignant melanoma, the deadliest of skin cancers. We now have two vaccines that are effective in preventing cancer, the first being Gardasil, the HPV vaccine that prevents cervical cancer. Certainly, there are others coming down the pipe.
Within the next 40 years, we can anticipate the availability of vaccines for cancers of breast, colon, lung, pancreas and more.

As for treatment, immunology again holds immense promise. Many of the newest drugs for a variety of conditions are antibodies. The generic names are unpronounceable, but anything that ends in "mab" is a "biologic" or antibody.

Antibodies are complex proteins that our bodies make in response to exposure to bacteria, viruses, fungi, and other undesired visitors. They also play a role in inhibiting growth of our own cells that may otherwise proceed unchecked.
Now, they can be produced and tailored to specific tasks using biochemical processes.

Infliximab, also known as Remicade, can be used to treat Rheumatoid arthritis, Ankylosing spondylitis, Psoriasis and Crohn's disease. Denusomab, or Prolia is an antibody that binds to and inactivates osteoclasts, the cells that munch up bone as part of normal metabolism, but which result in osteoporosis in many people in later life. Abciximab or Rheopro inhibits the function of platelets responsible for clot formation and is used in acute coronary syndromes to restore and maintain blood flow to heart muscle. There are already dozens if not hundreds of antibody therapies being used regularly for a wide variety of conditions, and the list will keep expanding.



iPhone apps, watches, rings, etc. are already becoming a lot like the Tricorders of Star Trek fame. Will there ever be a day when we'll be getting "touchless" inoculations and operations. Why not? Beam me up Scottie!

Many cancer treatment regimens incorporate immunotherapy. Lab generated antibodies can target specific molecules on cancer cells to inactivate them or identify them for the body's own immune system to manage. CAR-T cell therapy is a novel approach wherein a patients T lymphocytes, types of "white blood cells", are extracted and genetically modified to identify and attack specific cancer cells, then returned to the patient. If immune cells can be modified to attack specific targets, no doubt they can be changed to disregard or protect others - such as transplanted organs. I anticipate that we will soon be able to abandon the immune suppressing drugs currently in use - steroids, tacrolimus, mycophenolate and others, which have significant side effects - needed to prevent rejection in recipients of transplanted kidneys, liver, heart and others.

An even better option than preventing rejection will be the production of replacement organs using the recipients own genetic blueprint. For example, a patient in need of a kidney transplant could have one grown "in vivo"- in another organism such as a pig or sheep that has been genetically reprogrammed with the patient's own DNA. The result would be not only a "human" kidney, but one tailored to the immune characteristics of the individual patient, negating the need for anti-rejection therapy.

Beyond that… we may be able to extract a patient's own "stem cells"- cells which have the potential to differentiate into any other type of cell - and grow the organ required "in vitro" (in a glass) without the use of other animals.
The wave of artificial intelligence is washing over the practice of medicine as it is everywhere else. If you have lived long enough, you have watched your doctor move from undecipherable scribbling on paper to pecking with two fingers on a keyboard, to dictation, and now…? Nothing? In many offices, the doctor's phone is recording the interaction, and an AI scribe provides a summary document at the end. It is still the doc's responsibility to review, edit and sign, but no input beyond the doctor-patient conversation is required.
The next step, which is already happening, is that the AI will make suggestions for further investigation, diagnosis and treatment.

In the world of radiology, AI will be increasingly used to scan images for abnormalities. Comparison of AI to human radiologists' interpretation in Mammography (X-ray examination of breast tissue for screening and diagnosis) currently shows similar performance, and can eventually be expected to outperform humans in all areas of diagnostic imaging. The word "imaging" itself may become obsolete, as the "images" only need to be generated for the benefit of humans who are dependent on the use of eyes. I expect that Interpretation programs will be integrated into the CT, MRI and ultrasound machines of the future, making the results instantaneous and circumventing the need for human interpretation.

Laparoscopy revolutionized surgery in the last generation, and robotics will change how we perform the excisions, grafts, bypasses and body sculpting procedures of tomorrow.

In the 1966 sci-fi movie "The fantastic Voyage" scientists were able to shrink a nuclear submarine and inject it into the circulatory system of someone who had developed a clot in his brain, to reestablish circulation. What was science fiction in 1966 was science fact by the late 1990's as radiologists developed techniques for intravascular thrombolysis or "clot busting" to treat acute stroke. The idea of sending miniature remote controlled robots into blood vessels, the abdominal cavity, the urinary system and elsewhere is not far away. "Capsular Endoscopy" in which a pill sized camera is swallowed and passes through the entire GI system from mouth to toilet bowl taking snapshots has been around for two decades. The next step will be to have It stop and take biopsies enroute.

Internal medicine comprises multiple subspecialties such as endocrinology (the study of hormones), nephrology (kidneys), cardiology (hearts), gastroenterology (the gut), and so on. Forty years from now, it will be unrecognizable to today's practitioners.
Diabetes is now treated with a variety of oral medications and insulin, the deficiency of which is the underlying problem. We have gone from giving insulin in multiple daily shots, to using long-acting insulins, to pumps which deliver a continuous infusion under the skin. The amount of insulin administered can now be determined by a "closed loop" software system which receives information in real time from a constant glucose monitor. This is as close as we get to having an artificial pancreas, but I imagine that all this complex machinery will soon be replaced by pancreatic transplants, from either "in vivo" or "in vitro" sources as described above.

Even psychiatry, which seems like the area of medicine most dependent on human interaction and therefore most resistant to technology will change. The "psychedelics" which changed the culture of the 1960's and '70's so radically that they were driven underground are now experiencing a renaissance in the medical and scientific community. Used appropriately, some of these agents, such as ketamine, have been shown to "cure" depression with a single treatment, obviating the need for long term treatments.

With all these developments defeating the disease processes that have historically killed us, what will happen to our lifespan? Will we live forever?
The average life expectancy has improved continuously over the past several decades, and we can expect to see it increase in the decades to come. Where that will end is anyone's guess.
Perhaps more important than lifespan per se is functional lifespan, or the period during which we can function independently both mentally and physically. Though Canadians life expectancy at birth is currently 82 years, HALE (Health Adjusted Life Expectancy) is considerably less at only 70. The challenge for healthcare providers and society in general will be to address that gap. It doesn't make sense for us to live long miserable compromised dependent lives, and it certainly doesn't make sense for the society upon which we depend to support us.

Just as war demands the rapid advance of technology, so other crises must result in an accelerated and collaborative human response. Covid was a prime example, and there are no doubt others on the horizon as we face down climate change, mass migration, wars and other unforeseen events. Medicine in 2066 will be the product of all those forces driving human ingenuity and empathy and will look nothing like it does today. Get ready, you might feel a little poke…



Max Buxton was a Calabogie GP for 37 years providing primary care, inpatient services, obstetrics, surgical assistance, and ER work at the Renfrew Victoria Hospital. He was the doctor on numerous mountain, arctic, cycling and ocean expeditions, including the Polar Bridge Expedition in 1988. He has a BSc in Psychology from Carleton, MD from Queens, and postgraduate training at Dalhousie and U of Ottawa. Goals include ongoing provision of emergency care, further geographic and mental explorations, and catching a halibut.

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The Mighty who Thrive in Winter

By Tony Beck



Merlin – Merlins are small, ferocious falcons. They have slowly increased as breeders throughout the region. A few also spend the winter here, especially where they can find small birds and mammals to hunt. About the size of a Blue Jay, they're much smaller than Peregrine Falcons or Gyrfalcon – two rare falcons that occasionally overwinter in local open country.



Juvenile Cooper's Hawk being mobbed by an American Crow – Cooper's Hawks are in the genus accipiters. Along with American Goshawk and Sharp-shinned Hawk, they're all similar in shape (long tail with short wings). However, the Sharp-shinned is smallest and Goshawk the biggest. This young Cooper's Hawk shows the thin streaking on its chest. They become more colourful as they age. This image also shows the size comparison to a brave American Crow engaged in mobbing behaviour.



Adult Golden Eagle – Similar to Bald Eagles, Golden's are slightly smaller and darker. Compared to Bald Eagles, they have smaller heads with a golden nape. However, they soar with a slight dihedral, more similar to Turkey Vultures. Regardless, they're challenging to separate from the more common Balds.



Adult Red-tailed Hawk – A common, and highly visible raptor, some Red-tailed Hawks spend the entire year hunting for small animals in a variety of our open or semi-open habitats. Like many avian predators, they come in a dizzying variety of plumages. Pictured here is a typical adult revealed by its rusty tail and vertical streaks across the breast.



Northern Shrike – Shrikes are considered songbirds. However, they behave like small predators. Each winter, Northern Shrikes come down from Boreal Forest habitats to hunt for small animals mainly around scrubby fields with intermittent perches. These small predatory birds typically like to hunt from the top of an exposed perch overlooking low vegetation.



Rough-legged Hawk – Similar in size and shape to Red-tails, Rough-legged Hawks nest much further north of here. However, they migrate through in spring & fall with some lingering through winter, mainly in open country. They also vary in colour, from all dark to fairly bright, and everything in-between. However, they have a diagnostic white area at the base of their tail in all plumages.



Young Bald Eagle – Once extremely rare, Bald Eagles are now a regular sight throughout the province. Less than a year old, this juvenile is generally dark with patches of white along the wing linings and tail. Large and heavy-looking, Bald Eagles soar on straight, flat wings. It takes them 4 years to achieve their distinctive white head and tail. Their plumage varies significantly between those years.

Another year has passed here in our beautiful highlands. As expected, our autumn colours started in late August with the peak arriving in mid-October. We're so fortunate to enjoy all the region has to offer as it radiates with world-class scenery, not just in fall, but throughout the entire year.

A mixed blessing depending on your winter plans, the current Super EL NINO event building in the tropical Pacific is destined to affect our winter weather. Recent weather models continue to show unusual conditions for Madawaska Highlands and Eastern Ontario. They predict above-average temperatures and less snow. However, there's risk of unpredictable system-shifts with possibilities of freezing rain and dramatic temperature fluctuations. We'll see how the season unfolds. Hopefully, we're all prepared.

For the past three years, the Canadian Wildlife Federation has conducted the annual Great Canadian Bioblitz! Volunteers from across the country participate in this Citizen Science project with the goal of documenting as many life forms as possible. In 2026, from Sept 18 to 27, Over 2400 observers took part, identifying 8253 species in total. I'm very proud to report that our own Nina Stavlund, from Dacre, identified 1099 of those species placing her at the very top of the long list of observers. During the event, she travelled through Renfrew and Ottawa counties, photographing every example of plant, fungi, and animal occurring in the wild. Nina exclaims that the bioblitz was a perfect way to learn about local trails and their associated wildlife. Congratulations, Nina! This phenomenal accomplishment reveals the tremendous natural diversity within our region!

Common Nighthawks rely on flying insects for nutrition. Their fall migration continued into early September. Last August, Margo Gallager reported them flying over her place near Douglas. We won't see them returning until late May. Margo also reports Sandhill Cranes nearby.

By summer's end, animal activity on our property slowed down significantly. Although we had plenty of food, most of our local nesting birds had left, or went silent by early September. Most animals were visiting less frequently, and active for shorter periods of time.

Warblers and other songbirds moved south mostly through our lowlands, typically following river corridors and other habitat edges. In contrast, our forests seemed fairly quiet with intermittent pockets of migrating songbirds. Generally, it's been a slow and relatively uneventful fall migration. I'm still waiting for data regarding this year's over-wintering finch-forecast. Will we have lots of birds moving from boreal regions into our highlands? Let's hope for more activity after this piece gets published.

We have many Blue Jays again this year. They're known to imitate raptor calls like Red-shouldered Hawk. Here in Dacre, they're imitating Broad-winged Hawk and Cooper's Hawk. Predators often terrorize the smaller birds around homes in the region. But, the purpose of "predator mimicry" in Blue Jays is likely to scare competing birds away from feeding or nesting territories. It might also serve to warn that real predators are nearby.

By the end of October, we were still experiencing some warm temperatures with a variety of small, and often colourful invertebrates. Among them include several Monarch Butterflies, Clouded Sulphurs, Western Conifer Seed Bugs, and other showy insects. It also appears the region has good numbers of cones and berries this year. Looks like we're heading into winter with ample natural food available for over-wintering species.

Winter in the Highlands sometimes seems void of life. Regardless, there's always hardy critters that thrive during our most challenging seasons. Finches, and other northern seed-eating animals easily withstand extreme conditions, provided ample food and shelter is available. Our various habitats sometimes flourish with an abundance of seed, fruit, or berry crops. Each year is a bit different, fluctuating from bumper crops to scarcity. We also have predators following these food sources. Winter can be a good time to encounter some of the most elusive of these including eagles, hawks, falcons and owls. Sadly, many avoid detection and are difficult to observe. Add cryptic plumage patterns, and you have some of our most difficult bird-identification challenges. Check out my images for more information regarding some of our avian predators that actively hunt around here in winter.

We'd love to hear about your recent wildlife observations. Have you got any interesting animals visiting your yard? We'd also love seeing your recent nature photos taken here in the Highlands. **Feel free to share your observations and photos with us by sending them to TonyFMBeck@gmail.com.** There's a chance we'll mention your sightings and possibly publish your image.

The Madawaska Highlands might be the place to be this winter. Enjoy whatever the season has to offer. Just stay safe, warm and cozy.



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

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Armchair Outdoor Adventures

By Lesley Cassidy

Pic by Lesley Cassidy



Pic by Nicole Queiroz - Unsplash.com



With temperatures still hovering above zero and the first gray skies of November hinting at the snowy winter to come, outdoor recreation and adventures shift to match the rhythm of the frosty season. Some people are waxing skis or wrapping up deer hunting; others are tuning up the snowmobiles and buying their downhill ski pass. No matter how you prefer to spend your winter, settle into the nearest comfy chair, toss a log or two on the woodstove, and immerse yourself in a good book.

Here is a selection of great reads, from fishing tales to the life of a Yellowstone alpha wolf to adventures across Canada; these books will keep you entertained until the warmer days peek out in March.

Outdoor Off-the-Beaten Path Adventures

Ontario removed most of its fire towers by 1973 and replaced them with specialized aircraft to spot fires. This book, Lookout: Love Solitude, and Searching for Wildfire in the Boreal Forest, offers a fascinating look at what it is like to spend several seasons perched in a confined space above the trees, scanning for forest fires. Alberta is one of the few provinces that still relies on the human eye for observation. It's a personal story, written with humour and grit, about one woman, Trina Moyles, and her love of the northern Canadian wilderness.

Adam Shoalts is a passionate Canadian explorer who travelled by canoe through the Hudson Bay Lowlands, an area far from urban centers, difficult to access, and full of muskegs. In "Alone Against the North", he recounts his adventures and challenges as he navigates this unexplored area. He also argues passionately that exploration is not dead despite technology, satellite imagery, and our knowledge of the planet. During his expedition, he found a massive, unknown waterfall and a landscape that had not been mapped in much detail. He's come to the Ottawa Valley for speaking tours twice in the past few years - follow Facebook for more details.

Curious about what lies beneath your feet? Diving into the planet's watery caves takes grit, curiosity, and courage. Jill Heinerth, who lives in the Ottawa Valley, has cave-dived around the world. Her book, Into the Planet: My Life as a Cave Diver, takes you from her first career in advertising to becoming one of the world's best-known and most respected cave divers, with many harrowing adventures along the way. Her vivid descriptions make you feel as if you are right there silently swimming beside her. Canada's second-largest Douglas fir tree stands at 216 feet tall. In 2011, logging surveyor Dennis Cronin wrapped this 1,000-year-old tree with a "Leave Tree" ribbon while marking an area for clear-cutting. The book, Big Lonely Doug, shares how the rest of the forest was cut down and how the tree became a symbol of the tensions between old-growth conservation, logging rights, First Nations resource rights, and eco-tourism. Harley Rustad writes about the beauty of this towering old-growth tree and the conflict it represents.

Charlotte Gill planted trees out west for 20 seasons. In her book, Eating Dirt, she weaves a story about how life is measured by how fast she can plant a tree. It offers gritty descriptions of life in a remote work camp, how seedlings grow into trees, and the endless wet feet. Earning about 25 cents per tree planted, the story explores the middle ground where



tree planters exist, caught between the logging industry, society's demand for wood products, and environmentalism. Readers can almost taste the camp food and feel the relentless rain.

In March 2012, Caroline Van Hemert and her husband launched their six-month, 4,000-mile exploration from the West Coast to the Alaskan Arctic. The pair travelled by canoe, raft, rowboat, skis and on foot depending on the conditions they met. Their story, The Sun is a Compass, blends adventure, mishaps, humour, and the beauty of one of the wildest places on earth with vivid descriptions of animal behaviour, bird migrations, grizzly encounters, and more.

Wildlife Tales

In 1995 and 1996, several Canadian wolves were introduced into Yellowstone National Park in the United States after wolves had been eradicated in 1926. This book, The Reign of Wolf 21: The Saga of Yellowstone's Legendary Druid Pack, tells a love-and-survival story about the Park's most studied and famous wolf pack. Wolf 21, the alpha male, survived for nine years. This book explores the wolves' relationships, their unique personalities and traits (they are an interesting species), the Park itself, the local community, and the effects of reintroducing wolves into the landscape. In 1991, a black bear killed a couple on Bates Island in Algonquin Park. Clare Cameron's book, The Bear, is loosely based on that tragic event. It tells the story from the viewpoint of a young girl, the couple's fictionalized daughter, as she struggles to survive, protect her younger brother, and navigate the wilderness after the attack without her parents. It's a gripping story.

Remember the saying: it's an oldie, but goodie? This book, Fishing Lessons: Insights, Fun and Philosophy from a Passionate Angler, by Paul Quinett, fits this saying perfectly. While it appears to be all about fishing, it's really about the philosophy of experiencing and enjoying life. The author, an avid fisherman and psychologist, weaves humorous short stories, essays, very funny one-liners and tales about fishing into lessons on slowing down and living life.

Mary Roach authored a humorous yet insightful book titled "Fuzz: When Nature Breaks the Law," which delves into wildlife behaviour and examines how wildlife interacts with human environments. The book highlights problem wildlife in various countries, featuring meandering moose, bears in Aspen, gulls living near the Vatican, and leopards in the Himalayas. Roach discusses how humans can become better neighbours and problem solvers, helping to reduce wildlife loss. It's a lovely and funny read about sharing space on the planet.

The Natural World and Trail Building

Not long ago, many outings involved a map, compass, and seeing signs in nature to navigate the landscape. Nowadays, many people rely on technology. The book The Lost Art of Reading Nature's Signs shares over 800 tips on how nature leaves signs for humans to read through observation and listening. Learn how to predict weather, locate water, track animals, and more. It's a must-read for outdoor lovers and fans of quippy sayings like "Beware of oak, it draws the stroke," which points out that oak trees are more frequently struck by lightning than many other tree types studied.

If you want to foster a trail culture in your community, consider reading Amy Camp's book "Deciding on Trails: 7 Practices of Healthy Trail Towns". This easy-to-read guide is full of practical tips based on how many countries and communities develop trail towns and build a space where people can embrace trails. The book is also an inspiring read that explains how trails can be evaluated on more than simply their economic impact.

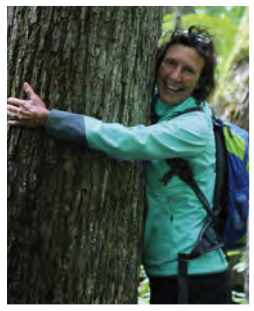
Mystery in the Bush

An enduring Canadian story that revolves around a fugitive who has never definitively been identified and who shot an RCMP officer through a door over a trapping dispute. Dick North's The Mad Trapper of Rat River: A True Story of Canada's Biggest Manhunt takes you on an incredible wintry journey and attempted escape in Canada's north during the early 1930s. This story follows the RCMP as they track and pursue the fugitive over mountains and rugged terrain, long before Gore-Tex and modern-day gear were invented. It's a hard book to put down.

Have you ever wondered what it would be like to disappear from the modern world, live in the woods, and rarely speak to people for almost three decades? This book, The Stranger in the Woods: The Extraordinary Story of the Last True Hermit, by Michael Finkel, takes you into the world of Christopher Knight, who disappeared at 20 and spent 27 years living as a hermit in the Maine woods. To survive, he committed over 1000 burglaries of nearby cottages, which ultimately led to his capture.

These books are just a glimpse of the many wonderful outdoor reads available in libraries and bookstores. Notable Canadian authors include Adam Shoalts, a well-known explorer; Roy MacGregor, who has written stories about Tom Thomson and Algonquin Park; Scott Sunderwald, Kevin Callan, Kate Harris, Jenny Tough, John Vaillant, and many more who share their knowledge, wild spirit, and misadventures with humour through their writing.

Get lost in a story this winter season and see you in the spring!



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 passtimes 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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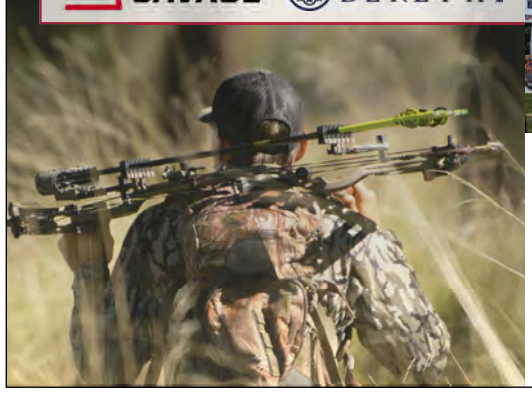
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Local History Matters!

By Elspeth McCulloch

The redesigned edition of Village on the Skoot, by Wilfred Laurier Lessard

This popular book was republished by the Cloyne and District Historical Society (CDHS) and has sold out its first two printings, setting sales records for the Society. The book is now in its 3rd printing.

"We've never seen anything like the demand for this book," said Cathy Newcombe, President of the CDHS. *"Over the years, we've had many requests for a reprint. It took the dedication of a team of people to get it done—and done well."*

Originally published as a community memoir by the Golden Circle Club in 1979, Village on the Skoot chronicles the people, places and events that shaped Flinton as well as Kaladar, Actinolite, Northbrook and Cloyne. With the humour, character and the occasional embellishment, Lessard brings the past to life. Reading it, you can almost picture him entertaining neighbours with a yarn and a fiddle around a winter fire, a century ago.

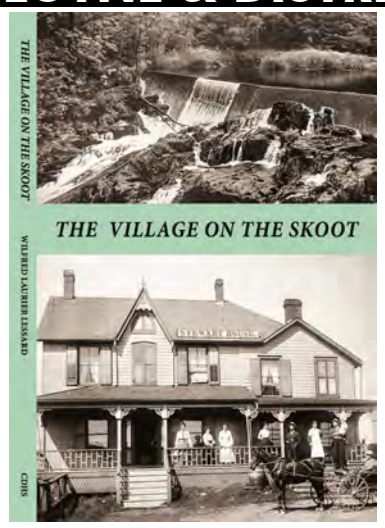
Carolyn McCulloch, who has sold CDHS books at the Lions Club Farmers Market for many years, said, *"People often asked for this book. We try to carry something for everyone, and this book tells Flinton's unique story when the old-timers could remember the stories of their own grandparents."*

The book begins with poignant vignettes from the last days when the Algonquin people used the Skootamatta River as a waterway between the Bay of Quinte and the Madawaska, through Billa Flint's founding of the village for its strategic role in late-19th-century log drives, later mining speculating and operations, through the Great Depression and two World Wars.

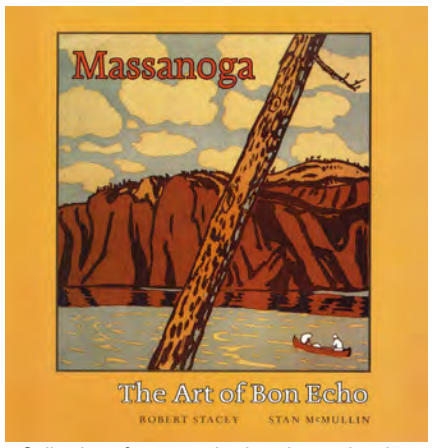
The new edition was the passion project of Cathy Hook, whose vision framed the work and whose leadership saw it through design, editing and printing.

Released to celebrate Flinton's 150th anniversary in 2026, Village on the Skoot tells a story that could belong to many rural Ontario communities—and yet could only be Flinton's. Its remarkable reception demonstrates the enduring appetite for local history and the stories that connect generations.

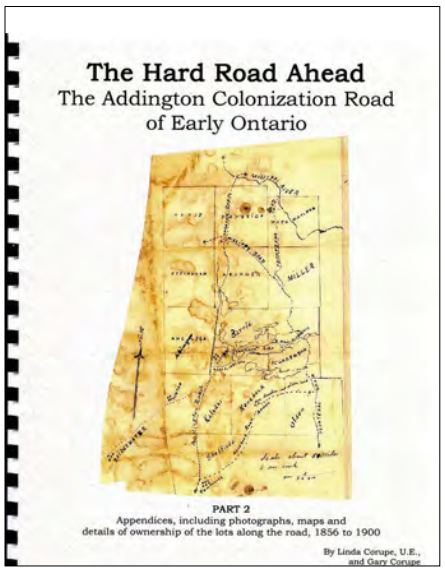
To order, go to the CDHS website: cloynepioneermuseum.ca. We will also be on site at the Winter Extravaganza at the Lions Hall in Northbrook on Saturday, November 28 from 10 am to 1 pm.



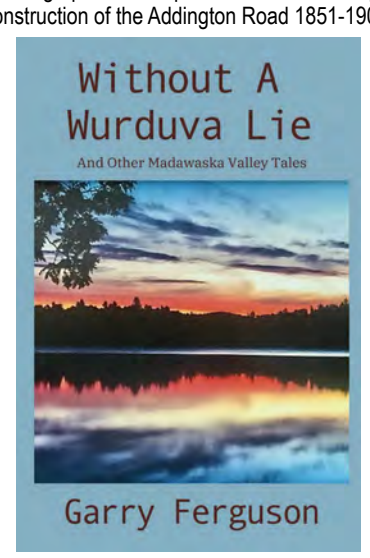
Drawing on personal recollections, community memories, historical records, and the voices of local residents, 'The Village on the Skoot' traces the history of the Skootamatta River area from its earliest settlements to the growth of Flinton and the surrounding municipalities. Readers will discover accounts of pioneer life, churches and schools, mining ventures, memorable local characters, and the everyday experiences that defined generations of families.



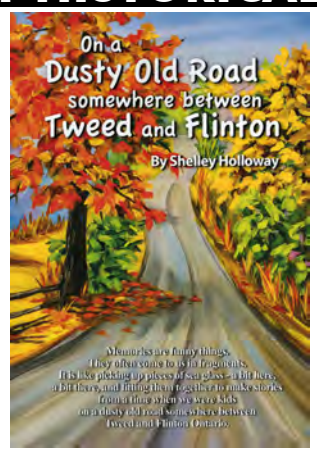
Collection of art reproductions honouring the Algonkians who created the pictographs and Group of Seven artists who came later.



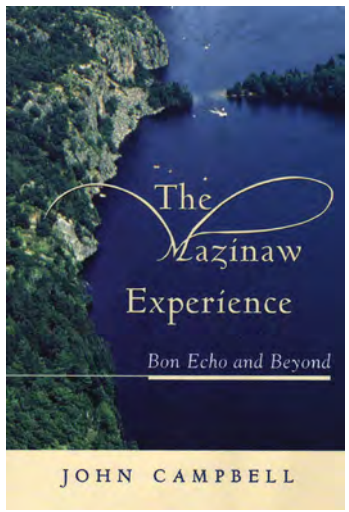
2 books with papers, letters, documents, photographs and maps related to the survey, construction of the Addington Road 1851-1900.



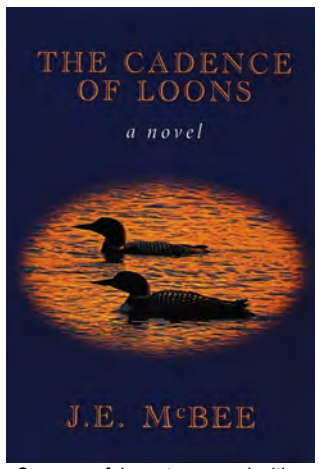
Garry Ferguson recalls the tales that his great-grandfather and grandfather spun about the logging shanties. With a delightful spin, he has collected twenty-three stories from the Madawaska Valley as it was long ago. You will be delighted.



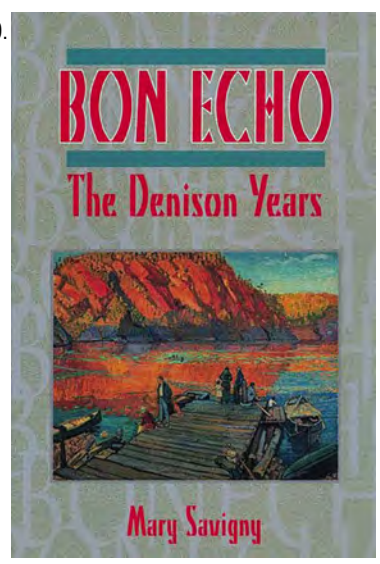
A delightful collection of true stories about Shelley Holloway's childhood visits to her grandparents' schoolhouse home along a dusty old road somewhere between Tweed and Flinton in the 1970s. It will touch the hearts of readers of all ages.



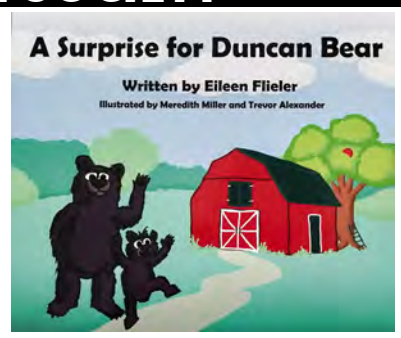
The Mazinaw Experience traces the presence of humans on the shore of the Mazinaw from its earliest beginnings to the present. Mini-profiles of personalities and stories involving roads, towns, mining, and the railway.



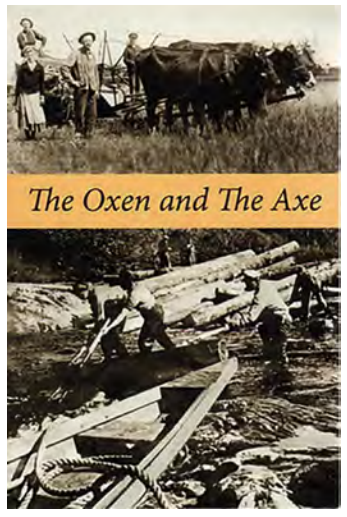
Suspenseful mystery novel with strife among Skootamata Lake cottagers, uses local landmarks and somewhat fictionalized characters.



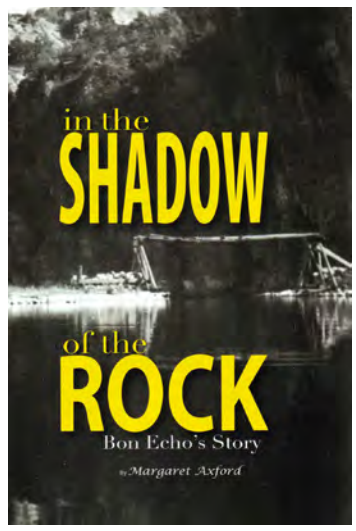
From the construction of Bon Echo Inn to the creation of Bon Echo - the 'inside' story of the era when famous artists, intellectuals and theatrical personalities visited the beautiful Lake Mazinaw area.



Young children will delight in the antics of Duncan Bear as he tries to retrieve an apple from the tree at local historian, Eileen Flieler's farmhouse. Delightfully illustrated, with signposts to our villages.



The struggle to open up and colonize that part of the Canadian Shield known as Northern Lennox & Addington and Frontenac Counties. 5th edition.



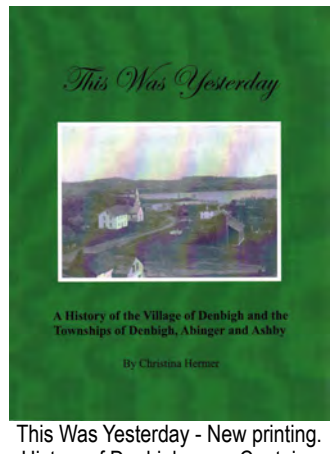
Historian Margaret Axford has discovered new information about the history of Mazinaw Rock. She traces the movement of the early Algonquians to colonization days in the area. The well- researched book contains many pictures of the early days at Bon Echo.



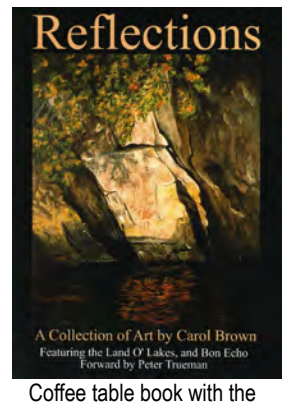
6 slim volumes of magazines primarily written by and originally published by Flora MacDonald Denison, between 1916 and 1920. Her writings expressed her devotion to the philosophies and writing of the American poet, Walt Whitman, as well as being a medium for advertising the Bon Echo Inn.



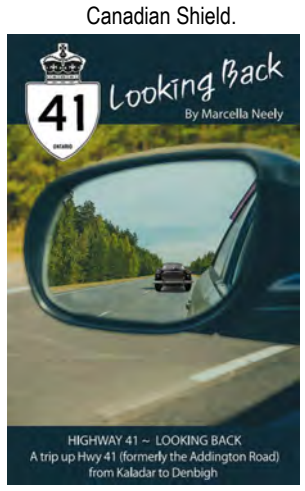
Dark, comedic novel about US teenagers who spend Labour Day 1972 at Lake Skootamatta.



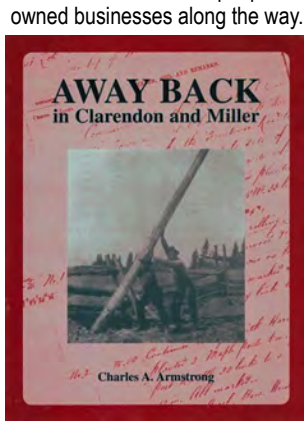
This Was Yesterday - New printing. History of Denbigh area. Contains census reports from 1861 to 1880s, and many pictures of the past.



Coffee table book with the photography and art of Carol Brown is a must for those in love with the Canadian Shield.



A journey in time from the building of Hwy 41 in 1933 to the present. Travel along with a booklet packed with photos and stories of the people who owned businesses along the way.



A detailed well-researched and colourful record of Clarendon and Miller in pre-Confederation Canada.

Canada's Climate Change Plans can be More Effective if we Work with Nature

By Green Party Leader Elizabeth May and Lynn Jones. This Opinion piece first appeared in October in The Hill Times



Mature forests and plants bring rain and maintain small water cycles. The water vapour sent skyward by forests and wetlands condenses and falls as rain, nurturing life and replenishing soil moisture and underground aquifers, write Elizabeth May and Lynn Jones.

As we face the accelerating climate crisis, the imperative to move away from fossil fuels is urgent, but so too are nature-based climate solutions. It's not 'either/or.' We need 'both/and,' and as quickly as possible.

Recent research tells us that nature offers powerful mechanisms to reverse the climate crisis. Consider that a stable climate on planet Earth is largely maintained by living beings. Healthy soils, mature forests, diverse plants, animals, fungi, and microbes all work together to move water and heat around the planet in ways that support life. To effectively mitigate the climate crisis, we need to support and facilitate this work.

There are many ways that living beings maintain a stable climate on Earth. Here are just a few examples:

Plants and trees are natural air conditioners. Using solar energy, they pull water from deep soil and release it through their leaves as water vapour, cooling the land surface in the process. On a normal sunny day, a single tree can transpire several hundred litres of water, providing cooling equivalent to two domestic air conditioners running for 24 hours. Through this process of transpiration, much incoming heat from the sun is sent back up into the atmosphere where some of it escapes to outer space. By contrast, sun falling on bare surfaces can increase the temperature at ground level by as much as 20 C compared to the temperature in a dense forest.

Mature forests and plants bring rain and maintain small water cycles. The water vapour sent skyward by forests and wetlands condenses and falls as rain, nurturing life and replenishing soil moisture and underground aquifers. Large, mature forests suck in moist air from the ocean, effectively watering the interior of continents and regulating Earth's climate. The clouds formed by transpiring trees also reflect incoming solar radiation.

Healthy soils that have not been stripped of vegetation or compacted by heavy machinery hold water in the landscape and provide it to growing plants during dry periods. In doing so, healthy soils reduce both flooding and droughts, and reduce the likelihood of forest fires.

Fungi and fungal networks act like a hidden "sponge and plumbing" system beneath the soil surface. They help soil drink in rain, and store moisture. The stored moisture can then be transpired by plants to cool the local area and contribute to clouds and precipitation locally.

Bacteria, fungal spores, pollen, and other biological debris sent skyward from forests serve as "cloud condensation nuclei." They enable clouds to form and rain to fall down and cycle around more locally. When condensation nuclei are in short supply, huge quantities of moisture accumulate in the atmosphere leading to droughts, extreme rainfall events and flooding.

Animals such as groundhogs and beavers increase water in the landscape by digging holes for water infiltration and expanding wetlands thereby contributing to water holding, local water cycles, and cooling from evapotranspiration. Other animals fertilize the soil with their dung and increase its capacity to hold water.

Unfortunately, humans have been rapidly replacing living surfaces with inert, man-made objects like concrete, asphalt, bricks, metal, and plastic, also known as "anthropogenic mass." According to a recent paper in the scientific journal Nature in 2020, anthropogenic mass outstripped the mass of all living things on Earth, and is continuing to grow rapidly. This replacement of climate-regulating lifeforms with inert, human-made objects is destabilizing our climate.

Experts say water cycles are broken, soil moisture is declining rapidly, cloud cover is shrinking, and groundwater is depleted. Burning of fossil fuels adds insult to injury by injecting large quantities of heat-trapping gases like CO2 into our atmosphere.

These are serious problems, but they can be reversed using strategies that are known and in use currently. We can take inspiration from the many people around the world (see the Global Earth Repair Hall of Fame globalearthrepairfoundation.org/global-earth-repair-hall-of-fame) who are demonstrating that water cycles can be restored, rain can be brought back to dry watersheds, the soil carbon sponge can be regenerated, groundwater can be recharged, river flows can be maintained, and mature forests can be protected and expanded.

Government funding for efforts to restore watersheds, wetlands, and the soil carbon sponge in agricultural soils and urban areas would go a long way toward helping to mitigate the climate crisis, alongside efforts to reduce the burning of fossil fuels. Fossil fuel and renewable energy subsidies in Canada amount to many billions of dollars. If even $1-billion were invested annually in restoring our climate regulating ecosystems, a significant beneficial impact could be realized.

Beyond funding support, government policies could be aligned to support the work of ecological restoration. A recent brief from the science division of the United Nations Environment Program, "Working With Plants, Soils and Water to Cool the Earth and Rehydrate Earth's Landscapes," provides valuable background, scientific references, and guidance for policy makers.

As we face the accelerating climate crisis, the imperative to move away from fossil fuels is urgent, but so too are nature-based climate solutions. It's not "either/or." We need "both/and," and as quickly as possible.

MP Elizabeth May, who represents Saanich-Gulf Islands, B.C., is the leader of the Green Party of Canada.

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



It Takes a Village to Build a Country

By Bill McNaught

The year 2025 had been an eyeopener for Canadians. That was the year that we discovered what many of us suspected—the idea that American expansion northward is not just an adolescent phase of the American Republic but appears to be a part of its DNA. The gene may be recessive, but from time to time it pushes to the forefront, surprising but not shocking Canadians. The weakness of the American reaction was more revealing.

As a result, last summer Canadians sought to define more fully the positive differences that separate us. As we gathered together, we learned that Canada and its 4 million square miles is more than an inheritance. Rather it is a solemn responsibility to preserve our uniqueness. For our nation was founded on two principles—individual responsibility to develop ourselves combined with a collective responsibility to develop our nation. It became a hunger to understand these principles and their application to our own lives.

I experienced this hunger last year at various Scottish festivals across eastern Canada. Canadians knew that the Scottish influence and values are part of our Canadian identity, certainly not all but just as certainly a significant part. Then I had an intriguing encounter with Clan Chief Sir Malcolm MacGregor and his wife Lady Fiona (Armstrong) MacGregor at the 80th Fergus Scottish Festival in August 2025.We were surrounded by nearly 30,000 attendees in a beautiful park carved out of the rich farmland, which had been transformed by Scottish pioneers and others many years ago.

I asked a fundamental question, *"Sir Malcolm, what do you believe is the difference between your clansmen who stayed in Scotland and those who transformed this wilderness into this fertile farmland?"* As Sir Malcom took a moment to consider my question, I tried to prime the pump, *"Perhaps those pioneers could see value where others did not."* But Sir Malcom rather than providing a flip answer to charm a pushy Canadian, replied *"Risk. The Scots who left assessed the risk of emigration and took the chance."*

I have pondered that answer for the past year and concluded that our pioneer ancestors applied an objective analysis to the risks before them and determined to bet on themselves. It was a challenge that they believed they had the skills to overcome.

Last year, Canadians gathered at various events such as the Scottish Festivals to rediscover the feel of our uniqueness. This year, Canadians gathered again but now to discover the dimensions of that hunger. At Antigonish, Nova Scotia, the 161st annual parade through the village transcended their Scottish heritage and enveloped the entire community. What was visible to all—participants, marchers and spectators—were the values which the Scottish clans brought by the emigrants so long ago—inclusion and community. Also visible was what the Scottish emigrants deliberately left behind—the Scottish class system. A class system is not Canadian.



I visited the Culloden Monument at Knoydart (silent K) Nova Scotia, which commemorates the beginning of the Scottish migrations to Canada. Three veterans of the Scottish battle at Culloden in April 1746, two MacDonalds and one MacPherson, landed in northern Nova Scotia in 1780 and founded the village of Antigonish. They were both old men when they arrived.



Scottish migration to Canada began as early as the 17th century, leaving a deep cultural imprint. From Nova Scotia—literally "New Scotland"—to communities in Ontario, Alberta, and British Columbia, Scots brought language, traditions, and values that continue to thrive.Those traditions continue to be celebrated at Scottish festivals throughout North America. Pictured above is a booth for my family's Clan Hay at a Highland festival.

I visited the Culloden Monument at Knoydart (silent K) which commemorates the beginning of the Scottish migrations to Canada. Three veterans of the Scottish battle at Culloden in April 1746, two MacDonalds and one MacPherson, landed in northern Nova Scotia in 1780 and founded the village of Antigonish. That date is significant. It reveals that the Scottish defeat was not the impetus to emigrate. That had to await a change of attitude. According to the Culloden History, printed by the National Trust for Scotland, after the loss, the population of the Highlands grew *"nearly doubling between 1755 and 1811"* (p.27).

What was the change of sentiment? It was the desire of many communities to understand the opportunity of land-ownership that Canada provided and the decision of entire communities to grab that opportunity and bet on themselves. Soon the timber industry blossomed.

As Lucille Campey surprisingly discovered and details in her book "A Very Fine Class of Immigrants"—ISBN 978-1-55002-771-6) concerning the Scottish migrations to Prince Edward Island, Nova Scotia and the Miramachi region of New Brunswick:

(a) The migrants were recruited from the most successful agricultural workers in Scotland who could pay for their own passage to their new homes;

(b) Few came as individuals. Most came as families and entire communities with skilled workers needed to establish fully functioning villages;

(c) Most had additional assets to purchase land on time and were willing to harvest the trees for the timber trade to aid in the purchase the land that they cleared.

That formula continued in the Ottawa Valley and across Canada. By 1820, thousands of Scottish families paid their passage on timber ships braving the ocean perils to Quebec City in 48 days 10 hour. From there, they travelled upstream to Montreal, past the Lachine Rapids west of Montreal on the st. Lawrence River to Brockville and Prescott. They went a further 50 miles overland to Perth and Lanark.

Desperation could not motivate such a hazardous journey—only opportunity, opportunity to own the land, opportunity to become middle-class and create generational wealth, opportunity to be part of a successful community in a successful nation and to achieve all that as families.

Robert Lamond in his 1821 book, "Rise and Progress of Emigration" reports the mechanics of shipping thousands of Scots from Glasgow to Perth, Ontario. Those mechanics are intriguing from the recruiting parameters, the inspection of the ships, the necessary provisions and drinking water, the restriction that all passengers be inoculated against smallpox and the physical obstacles that had to be surmounted for the safe arrival of so many families.

But the fascinating addendum to his book contains letters from these settlers to friends and relatives back home. True there is an inventory of difficulties amid the cold winters. But what strikes a reader over 200 years later is their good spirits. They can see that they have the ability to surmount these difficulties. They can foresee a solid future for themselves, their families and descendants. They express satisfaction in what they are achieving. These are not the downtrodden or the defeated. These are opportunists who are betting on themselves.

Perhaps that was the difference for Canadians in 2026—we too can see our future. We too are certain in our ability to meet and overcome the challenges ahead. For meeting challenges together has been in part of our DNA since the Scottish veterans arrived in Knoydart.

ADDITIONAL SHORT STORY CONTEST ENTRY

This work of fiction was sent to the judges and appears in the Short Story Contest in the Madawaska Highlander's online edition, but didn't appear in the print version. We print it now for your enjoyment.

The Notary

By Megan Brunton



My life circumstances changed such that I found myself in a new city and in need of an updated will. Fortunately, the small city had a notary that took walk-ins and I figured it was the best bet. There was no one to greet me when I arrived, so I pressed the shiny service bell that pinged through the dull grey office and all the way to a back room where, upon hearing it, a doughy woman dressed in a black tank top and overly tight jeans lurched out. She sauntered towards the counter while pressing her hands into her lower back, which loosened a deep, exasperated groan. "Yeah, hi," she sighed, "A walk-in?"

"Yes," I handed an envelope of papers to her, "I'd like my will notarised."

"Mind if I sit?" She did before I could reply, "Back's killing me today." She thumbed through the pages delicately as if each were gold leaf, humming to herself. "It'll cost you $125, is that ok?" She peered up over her wire frame glasses. I nodded my response, and smiling slightly, she went back to the gold leaf. Thumb… thumb… thumb. I glanced at the wall clock behind her. Already 5 minutes had passed in this ritual of notarisation, and nothing had been accomplished.

"This office is a bit hidden in this building. I didn't expect it on the ground floor with the office number it has," I ventured the comment hoping would liven her up. I was immediately sorry I did.

The notary lit up like a flashlight in a dark room, a bit too sudden and beaming, "There was a gas leak in the old location, everyone was evacuated! But get this: there was a lawyer in the office above ours and he wouldn't leave! Nope, he stayed put the whole time, and I was outside praying and praying and praying he would," the words gushed from her mouth at fire hydrant speed, which I could barely keep up with, "I do that sometimes, you know, pray out loud, like on my balcony. Last night I was out there praying for a boyfriend, ha! I want an Italian guy, but when I tried to get on Italian Tinder, it wouldn't let me because of the app country rules. Crazy, isn't it? I should have tried harder when I was in Europe, Austria in fact, I did my Master's degree there. Austrian guys are great, but not like Italian guys! I had an Italian boyfriend on a co-ed cross-country ski team when I was in high school…"

Her whole life, from birth to the current moment, opened to me as she explained in spectacular, clashing non-sequiturs. I stood aghast and totally swamped by the tidal wave of chattering unverifiable boasts. I tried to interject at some points to steer her back to her notarising with little effect: I was trapped. She had something I wanted and she knew it. I was her hostage, her captive audience of one. I steeled myself against the inevitable Stockholm syndrome.

I was trying to keep up the conversational thread, but she was going like a jacquard loom on overdrive. "Politics, now that's something I'd never get into, no way," she declared, "Way too much public exposure, could you imagine people scrutinising your life?" I noted the delicious irony before she hammered on, "Especially municipal politics. I did a canvas once for a mayoral race, oh, that was, 8, 9 years ago? There were beautiful homes in that neighbourhood, gardens, and everything. I'm saving for a house now, but you know, the market these days! It's outrageous where I'm looking. Well, I have two neighbourhoods I'm looking at, but I'm open to anywhere, except for…" And the entire time, she continued to shuffle my will around as a friend would when playing cards over beers. Occasionally, she penned information into what I thought was a form or my bill for notarising: I couldn't be sure because then it was mixed all into the cluster of disorganized papers that was my last wishes.

I might die here without a legal will, the fearful, anxious thought arising in my mind tightened my jaw as I realised nearly twenty fruitless minutes had passed standing at the counter.

As if she felt my mounting unease, or maybe our captive-kidnapper relationship had grown psychic, she sprang up from her chair (apparently cured of her back aches) and exclaimed happily, "Well, let's go next door! We need a few witnesses before I can sign off. Do you have $20 cash?" I nodded in surprise at the minuscule verbal pause as the notary gathered the messy papers. "Good! Because they do it for cash only. Come on: it's just around the corner."

She scribbled a suspicious "back in 5 minutes" on a sticky note, marched to the office door where she stuck it, and kept on walking with me in tow. I figured we were headed for the dentist's office directly next door to ask their receptionist to be the witness, however my heart sank further when I realised my fate: a convenience store called Fast Stop. "Get your coffee and go!" read the cheeky motto underneath, but I knew this wouldn't be the case.

The duo behind the counter smiled loosely at our approach, as they clearly knew our intent. I slid the $20 bill through the slot of the transparent security screen as the notary, carrying on her rollicking, and at times self-aggrandizing conversation, breathlessly introduced them as "the Changs, Evelyn and Rob (mother and son)" and, further digressing, "They're professional opera singers from China!"

The Changs watched me sign and then began their complementary signatures. The notary's voice constantly assaulted my thoughts as I tried to concentrate on ensuring the Changs signed correctly because she seemingly wasn't paying attention, which was her job as a notary. A customer arrived at the counter asking for a scratch lotto ticket, so the Changs brushed away my will, and the man fussed over selecting a glimmering card from the protective case. He paid, and the Changs got back to work.

Suddenly, the notary pivoted back into her job and reality. Leaning against the transparent screen, she frowned, "Yeah, your signature doesn't look the same on each page. You really need to work on that. Dunno if it'll stand up to a judge."

"Oh?" I squeaked. Sweat now lined my brow; anxiety and my heavy spring coat were stifling me. The Changs were almost done, and I could sense victory, but the lotto customer returned, dashing my hopes of escape.

He proudly shoved the winning ticket under the screen, creating a bookmark for my will, and laughing, he declared, "One hundred bucks, ha! Not bad!" The Changs tended to him before returning to my will. Nearly forty-five minutes had passed in this hostage situation.

"Finished!" chimed the Matriarch Chang with a toothy smile, and she returned the will via the slot. Relief momentarily flooded over me before realising the notary still hadn't signed: the crucial last step.

Back at the office, the notary slid behind the counter and began the careful task of correcting her rotary date stamps ("Does this thing need oil or what? Ancient stamps, we need new ones! I've told my boss a million times…"). I watched her gently align the papers into a neat stack, apply her signature with laser precision and a snail's pace, and finally move to the embosser. She took time choosing one of the 100 identical red seal stickers from the roll before embossing it deeply and purposely into my will.

"That's it! You'll pay by card, I guess?" She asked, the will still before her and out of my reach. She reviewed the document again as I sifted through my wallet. "Me? I'd never use an online will creation service like you did. I don't trust 'em! The number of times I've heard about problems, sooo many."

"Well, will it be okay?" I asked weakly. The dread of having this ordeal be for nothing began to creep into my thoughts.

"Oh, I wouldn't worry too much about it!" she grinned widely, "You'll be dead anyway!"

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Morgan Lane Chronicles - The War Years

By Antonia Chatson

Morgan Lane - 1919-2019 Morgan lived all of his life on his farm on Chatson Drive in Denbigh except when he volunteered to fight in the Second World War. He was in a POW camp for two years before he finally returned home. This is part 3 of a series of stories he told to me and my daughter Irene.



Veterans Memorial Banners for Morgan Lane and John "Albert" Rodberg of the Chatson and Fritch families in Denbigh, two of the many Canadian veterans who served our country. Lest we Forget. Pic by Charlotte Dafoe.

I had brought down a book on the Titanic for Morgan to read. He started to reminisce about the transports that took the troops across the Atlantic during the war. He said that all told they must have taken over five divisions of men from Canada to Europe. A division consisted of 18,000 men so that would make 90,000 troops altogether. The transports were accompanied by destroyers around the ship looking for German U-boats. He said that there were Allied U-class submarines, but the troops never knew where they were.

There would be about 2,000 men on each ship and their quarters were well below the deck. They slept in hammocks and when the sea got rough, they swung so much they could not sleep. One night something burst, and water was taken into the ship. Every time the ship heaved one way or another the water would swish back and forth. They never said what had happened. Also on board was the equipment for each soldier as well as some tanks and other vehicles although most big equipment went on the transport carriers,

Morgan said that the soldiers were trained for two years in Canada before going overseas. When they arrived in Liverpool, they were sent immediately to Aldershot where they trained for several more months. Morgan said that Aldershot was the worst place for thieving. He had been issued a blanket which he put on his bed. The cost of it had been deducted from his pay. They were called out for parade for 15 minutes and when he returned, the blanket was gone. Other people had many things stolen including uniforms which they would cut up and make into clothes.

When they were shipping out of Southampton to go to Normandy, he said the soldiers were issued good quality underwear, wool socks and woollen uniforms which went a long way to turning away the rain as well as being warm.

He pondered on how the Allies won the war at all. They knew that the German tanks were of better quality than those used by the Allies. The steel bodies of them were twice the thickness of those of the Allies. They also had a longer firing range and they had 75mm balls that were shot from them, which would easily penetrate the steel of the Allied tanks. He thinks that the Allied balls were only 25mm. The only way they could penetrate a German tank was to get right up close to them and fire at a weak spot, but by then it was too late. The Allied commanders didn't seem to care about the loss of tanks and men who had been trained for a long time to work in them. He said he went through the war as every other soldier did, doing as little as possible. He never volunteered for anything, leaving that for the greenhorns,

Morgan was just getting wound up as he continued his reminisces about the war. He would sit on the arm of his rocker, with his elbows on the table and with lots of arm movements, he continued on. A 25 pounder would shoot up to 8 miles away. Surveyors were sent ahead to where the guns were to be placed on the gun line. There were 4 guns to a troop and a six-man crew for each gun and there were eight guns to a battery. The gun position officer got his orders from HQ. An Observation Officer moved to the infantry line and the front line to target the position that was to be fired upon. Then he contacted the Gun Position Officer by phone. His job was to correct the range of the guns on the target and suggest improvements to correct the trajectory of the shots. In each 25-pound cannon there would be 2 pounds of high explosives and 23 pounds of steel which would break into shrapnel upon impact. The shells would be loaded and guns would be positioned all to the same target so that the target would be pounded well and good.

Anti-tank guns were direct firing. They were 57 or 75 mm bore. A 17-pound shell fired from a self-propelled vehicle would pierce 4" of steel at 1,000 yards. This was mounted on a tank chassis. A 57mm or 75mm gun had to be towed with an army truck or a tractor to its desired location. It could be moved slightly by a man, and it could also be dismantled. For field artillery a 5.5 bore gun could shoot 13 miles.

The heavy artillery was always behind the lighter artillery because they had a long range. These were brought in by army tractors which were more like a tank. They were closed in at the back and mounted on rubber tires. They were called FATS, which stood for Field Artillery Tractors. A 155mm self-propelled gun would shoot 25 miles and was mounted on a chassis. They could move by themselves and did not have to be towed; hence they could be moved more quickly.

Morgan said that there would be FATS lined up from his house to Doreen's house. They had sentries on them 24 hours a day. I asked why and he replied that it was partly for training but also to deter people from the outside from coming and stealing things. He remembers one cold winter's night when it was very icy underfoot. There were two sentries on a line of FATS who had just met then parted ways. All of a sudden Morgan heard an awful crash then something sliding. The other sentry had slipped on the ice and had fallen. His gun had been propelled along the ice, accompanied by a great quantity of loud profanity.

On July 20, 1944, a group of Hitler's generals put a bomb under a table where Hitler had taken a seat. The bomb went off and caused physical damage to him, including the loss of an eye. At that time, the generals were aware that they were losing the war badly to the Allies. They thought that if they could just get rid of Hitler and appoint Rommel, he would be able to negotiate a peace deal with the Allies. The plan backfired when the bomb did not kill him.

He was like a madman after that, killing, executing and hanging hundreds of his top generals. He had it in his mind that Rommel was behind this. Rommel had been injured in North Africa and was recovering. but Hitler killed him anyway.

When, in 1941, the Germans made the first push into Russia they marched one million soldiers into an area where they froze and starved to death. However, when the Russians at Stalingrad showed little mercy on the Germans, and well... that was terrible.

Carl Madigan said that when the Germans had the upper hand, they were ruthless, but when they were not, they were the most whiney sniffly creatures.

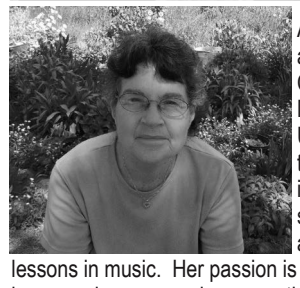
Once he had caught a German prisoner and was herding him at gunpoint and the German kept begging him not to kill him because he said he had a wife and a large family in Berlin. Finally, Carl said to him that if he didn't shut up he would have a widow with a large family in Berlin.

Not all men in the German army were fanatics. Morgan said that one of his guards at the POW camp would have been about 50. These were WWI veterans. This man understood a bit of English, and they would talk with him. He told him the German POWs were most impressed with the food that they had in their camps and would say, "Goot Goot".

The Canadian and American's rations cost twice as much as what the Germans gave their soldiers. Their rations consisted of black bread, cheese and sausage. The Russian army lived on dried fish, but the Canadian and American troops had tinned salmon, bully beef, tinned sardines, tea, coffee and chocolate. Food for Allied prisoners of war consisted of a small bowl of turnip soup at lunch and at supper. A small piece of bread with it was a rarity. Sometimes small pieces of meat could be located in the bowl of soup from animals that had been killed during skirmishes. If it were not for parcels from home or from the Red Cross many men would have died. A lot of the RC parcels did not get through. The Germans just said that trains had been blown up, despite the Geneva convention.

Morgan mentioned that during the war, the Japanese were involved for three years manufacturing a destroyer. During that time, their prisoners were locked in a compound and never let out. The Japanese put guns on the compound, making it a target, which was considered illegal. The destroyer could throw a 2,000 pound shell up to 30 miles. But in the Battle of the Pacific, they never got to the battle in time to use it. Morgan mentioned that Howard's (a friend of Morgan's) was so dead against the Japanese for how they treated their prisoners in their concentration camps that he would never allow anything made in Japan to enter his house





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.

Embrace the Cold - Safely

By David Arama

Fall is a fun time in the great outdoors, when many enthusiasts head out on hunting, fishing, and ATVing trips.

A recent fishing-canoeing mishap resulting in a fatality 20 meters from the cottage shoreline illustrates how quickly cold water and no lifejacket can kill! The group of 4 were fishing near a cottage, when they tipped their canoe. The O.P.P. reported that none were wearing flotation devices in the frigid water. Only three made it to shore. It was a very preventable disaster.

The movie and book "Into Thin Air" is an Everest disaster that's a classic tale of how even experts can perish if they ignore storm warnings.

Pic by Tanya Prodaan - Unsplash.com



Cold Weather Safety Measures

- always wear flotation devices since water temps of 5 degrees Celsius or lower can kill you in less than 5 minutes due to gasp reflex and hypothermia, regardless of swimming ability.
- stay close to shore
- carry emergency signaling devices like a fox-40 whistle and airhorn, and communications devices like satellite locator or cellphone in a waterproof sealine bag.
- prepare a hypothermia pack with wool blankets, extra wool clothing, hat, and sweater, portable camp stove/mess kit, and high-energy snacks.

Clothing & Footwear

It's important to choose clothing and footwear that keep the elements out. The basic components should include:

- base layer, comprised of merino wool or fleece long johns that are snug fitting
- insulative layer, using woolens, alpaca, polar fleece, and synthetic materials e.g. Thinsulate, Polarguard
- outer shell, waterproof/windproof jacket and pants, made of Gore-Tex or similar breathable products

Keys to staying warm and dry include a wool hat, socks, and other woolens, that dry quickly and keep you warm even when wet.

Warm outdoor footwear should have Thinsulate or wool liners and fill composite. Add a closed cell foam liner to prevent heat loss, and double up wool or alpaca socks.

Tip: Thrift shops and army surplus stores often have outdoor clothing!

Survival Gear

In addition to layered clothing and warm footwear, I would add the following:

-instant heat packs eg hand and foot warmers
-solar and space blankets
-30 degrees Celsius sleeping bag, Ensolite foam underpad and sitting pad
-wool blanket
-small butane camp stove and metal pot for heating water
-telescopic straw for breathing warmth from a fire to draw heat into your core.
-10 x 12ft tarp, preferably silicone coated for having campfire underneath
-fire-starting equipment e.g. Strikeforce matches, butane lighter, ferro-magnesium sparker rod, fuel cubes
- granola bars, trail mix, lard and butter

Acclimatization:

It typically takes 3 or 4 days for a human to become physically and mentally acclimatized to cold fall weather, adjusting from warm summer temps. Understand that the first 24 hours are the worst adapting period.

Tips: before your hunting and fishing trips, get outside to adjust your body eg hiking. Hydrate frequently, there's a tendency to feel you need less water in colder temps.

Weather Alerts

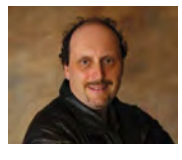
I use AccuWeather, Weather Network, and Environment Canada apps to check forecasts, and pay particular attention to weather statements and warnings.

While the fall brings cool conditions, there are no bugs or overheating to worry about!

Enjoy the fresh fall and winter air!

We are offering a Free Digital Disaster Survival Book, $20 Value, to Madawaska Highlander readers. Download at madawaskahighlander.ca





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

2026 SHORT STORY CONTEST - WINNERS



The stories and authors in random order:

FICTION
Tattoo by Don Kafrissen
The Chair by Don Peltzer
Local Paper Sends Bad Guys to Prison by Dan Tiokwanoron Gaspé
I Remember Them All by Doug Jordan
The Stone Giant by Sandra Stephenson
The Notary by Megan Brunton

NON-FICTION
Farm Life: Where the Animals Run the Show by Cindy Melcher
For the Love of Cats by Cindy Bennett
Grandma's House by Tori Hudson
BBFFs - Birds and Best Friends Forever by Juliane Martin

YOUTH
The Mysterious Door by Benjamin Hudson

Non-Fiction Prize of $200
Cindy Bennett
For the Love of Cats

Non-fiction 2nd Prize, of "On a Dusty Old Road" by Shelley Holloway
Tori Hudson, *Grandma's House*

Fiction Prize of $200
Don Kafrissen
Tattoo

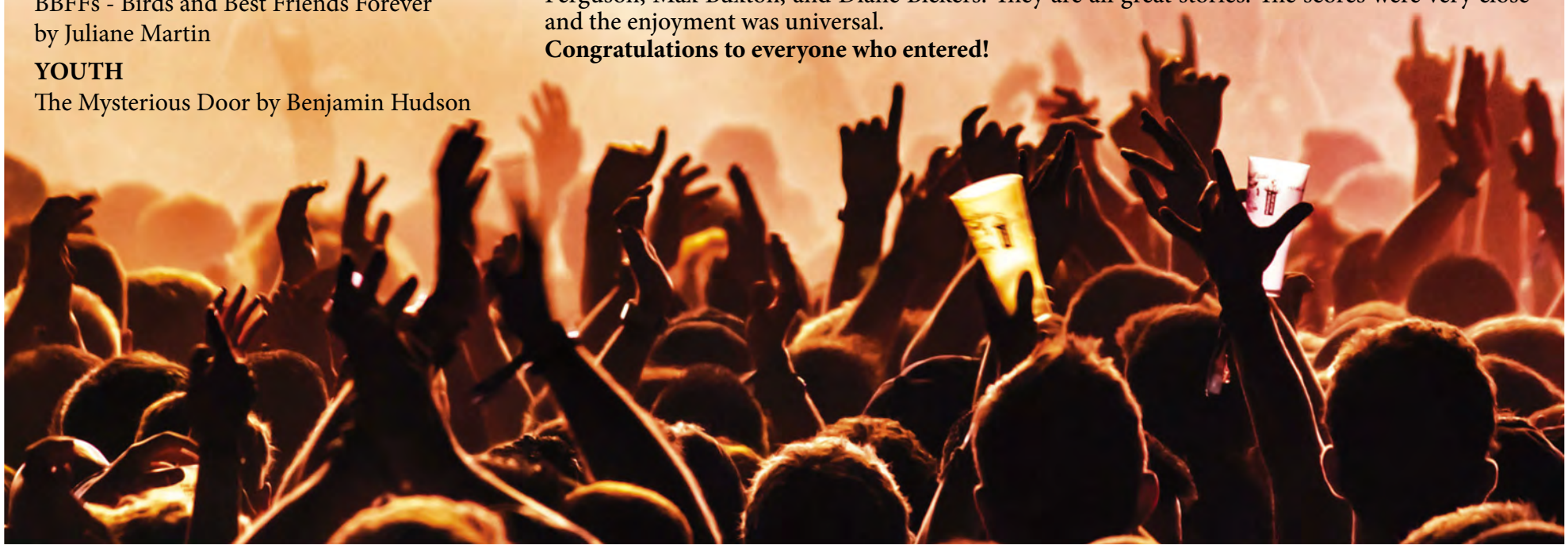
Fiction 2nd Prize of "The First Crow" by Garry Ferguson
Doug Jordan, *I Remember Them All*

Youth Prize of $50
Benjamin Hudson
The Mysterious Door

People's Choice Prize of $50
Doug Jordan
I Remember Them All

Thank you to everyone who took the time to tell your stories, to the people who read them and voted in the People's Choice Awards, and to our judges: Michael Joll, Ken Puddicombe, Garry Ferguson, Max Buxton, and Diane Bickers. They are all great stories. The scores were very close and the enjoyment was universal.

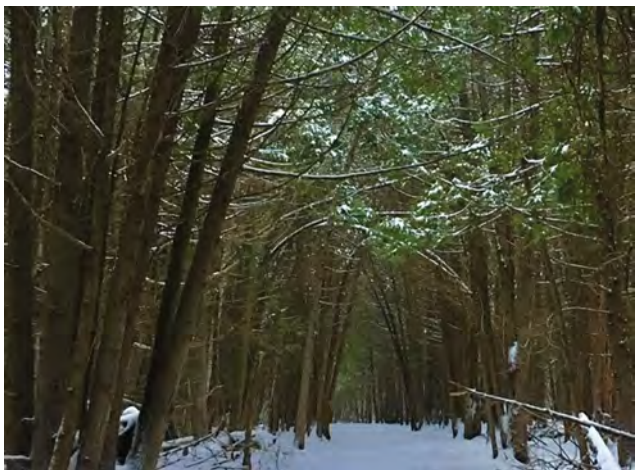
Congratulations to everyone who entered!



Want to Boost Immunity and Calm Nerves?...Hug a Tree

By Colleen Hulett

Pics by Colleen Hulett



Conifers like cedar, spruce and pine, are notable for their productivity in phytoncides. A hectare of a pine and spruce grove produce tens of kilograms of volatile substances per day. Wetter and warmer climates produce more phytoncides.





Scientific studies show 'grounding' and 'hugging' trees is very beneficial for alleviating PTSD symptoms of soldiers.

November is a good time to build our immunity to indoor pollution and communal airborne viruses, and tree hugging is a natural way to do that. I suggest we get outside into a forest before the snow arrives to practice silvotherapy (from the Latin root *silva*, meaning forest or wood). Silvotherapy is a more tactile way of forest bathing with its particular trees and their healthful airborne phytoncides which we breathe. Phytoncides are biosynthesized by plants as a defense mechanism against pathogenic microorganisms like fungi and bacteria. They work the same way in the human body.

According to Professor Willard of Wild Rose Herbal college, forest bathing, whether classical or silvotherapy, *'is a mindful and sensory practice which helps deepen our connection to the rhythms of nature and nurtures our well-being. It reduces stress, improves mood and lowers blood pressure.'*

Silvotherapy is definitely more direct than classical forest bathing and usually includes touching a tree, hugging a tree, resting a hand on bark or simply standing in close physical presence with the trees. This difference matters and as a consequence, silvotherapy is more intimate while forest bathing is wide ranging. Hugging a tree creates a sense of contentment that is both grounding and meaningful. Touch is the most immediate way we experience the world and when we touch a tree we are taking in many other things like its texture, temperature, stillness, weight and presence.

Forest bathing is a slow immersion into the forest while strolling slowly and allowing all five senses to be slowly activated at the same time whilst inhaling plant phytoncides. The point is to shut down the stressful and analytical left side of the brain so we can fully tune into the creative calm and emotive right side gaining healthier physical and mental states. Silvotherapy sessions are a shorter distance and practiced more frequently than forest bathing. Two times a week is most beneficial for practicing silvotherapy. Silvotherapy is more focussed on sensations to touch and actual physical contact with trees than in forest bathing. It's basically the science of tree hugging while breathing in the tree phytoncides. Hugging a tree is a simple and fast way to feel good for free. I live for freedom.

All tree species have beneficial contributions in silvotherapy, however my focus in this article is on coniferous trees and the bark of dormant trees as our meteorological winter begins on December 1st and our deciduous trees are almost fully defoliated and dormant.

I recently finished a course on silvotherapy and this is what I learned. I learned you stroke a tree's trunk with the palms of your hands to find the one which resonates with you. Or smell which tree resonates with you. Or even just pick the nicest one you see. A sick tree may absorb the hugger's energy so try to avoid damaged trees. Once one has the right tree, they connect with it and try to remain open to any messages that may pop into mind (write it down later) and then embrace or hug the tree. There are three ways one can embrace a tree. With the Embrace method, one is standing beside a chosen tree with their arms around it and a cheek resting on it, too. With the Total Embrace method, one sits at the foot of a chosen tree and embraces it with both arms and legs around it with a cheek resting on it. With the High Embrace method, if agile, one can climb and settle on a branch and embrace as much as possible the trunk or branch to experience total communion with the tree.

The practice of silvotherapy is not a hike. It's an inner journey where participants spend most of their time standing or sitting next to a particular tree, leaning against the trunk or laying on a mat or rock on the snow.

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Cherry tree phytoncides have antimicrobial, insecticidal, and antifungal properties. Among these phytoncides is hydrocyanic acid and its effects are extremely powerful. The simplest microorganisms (virus bacteria and fungi) die within five minutes of contact and dust mites within 15 minutes.



Phytoncides emitted by birch tree parts dilate bronchial tubes and can stimulate the respiratory system.



Silvotherapy differs from classic forest bathing. It is a highly tactile experience with trees. Even leaning on a tree has unique benefits for our mental health.



Forest bathers eventually learn to turn off their busy left side of the brain will strolling that instill a calmness and contentment inside that is so lovely that even wildlife will not run away. You are not felt to be a threat to them. Using the right side of the brain brings wonder and creativity to the host.

Movement is meditative and it is encouraged to spend an hour in the same spot if you bring a yoga mat to place over the snow. Wear comfortable clothing and footwear suited to the temperature and weather conditions. Carry a first aid kit, notebook and pen.

After many sessions one tries to receive a message in your mind while touching the chosen tree. Messages in the form of sentences, an image, a word, an idea or feeling. Write it down. This can be unsettling, profound and possibly a life alternating experience that may stay with you. You do not have to reveal it to anyone.

While forest bathing and tree hugging we inhale phytoncides (antimicrobial wood essential oils) which are emitted by plants. They purify the air and influence nearby living things and impact many bodily functions. Breathing phytoncides induce human natural killer cell activity. Breathing in phytoncides also lowers sympathetic nerve activity and has been shown to directly ease symptoms of depression and anxiety. Phytoncides increase brain oxygenation which in turn increases energy and alertness.

Natural killer (NK) cells are a specialized type of white blood cells that act as the immune system's first line of defence against viruses, infected cells and tumours. NK cells constantly patrol the surfaces of normal cells and decide whether to kill or leave a cell alone. The more the merrier.

Boosting benefits last 3-5 days after each session. A forest walk versus an urban walk showed 12% lower stress hormone levels, decreased blood pressure and heart rate and boosted immune function. Other studies show forest bathing improves attention and reduces ADHD symptoms in children and is associated with increased creativity, problem-solving ability and improvement of mood. When testing forest walks and people with depression, the U of Michigan concluded that interacting with nature may be useful clinically as a supplement to existing treatments for major depression. Forest therapy has also shown the potential to help in recovery from trauma and PTSD. Silvotherapy can help prevent the onset of many other illnesses and is quickly effective if practiced twice a week.

Did you know that essential oils are extracted from the very plant parts that produce phytoncides and contain the same components? These oils can be diffused in the home to recreate the outdoors inside especially in our unforgiving winter storms and cold snaps. Add some plants to the room and sit with them for an hour to breathe in the phytoncides. Temporary indoor forest bathing can never replace bathing in the forest, however it is helpful when you can't get out due to weather challenges.

Classical forest bathing and silvotherapy, can be therapeutic, countering some of the negative effects of our technology driven, climate-controlled, fast paced, and stressed daily lives. There is a growing body of scientific literature on the diverse health benefits of silvotherapy, including improving health and well-being at physiological, emotional, cognitive, social and spiritual levels.

Areas with local trails should ask their councillors to designate some trails for slow forest bathers and their practitioners. Use the forest bathing trails for corporate events and team building exercises for stressful workplaces like hospitals. Don't you think so?

Keep calm and hug a tree everyone.

Sources:
Thesaurus.com
psychiatry.org/news-room/apa-blogs/forest-bathing-benefits-mental-physical/
Almaoasis.naturalistico.com /Sylvotherapy Practitioner Certification course
Wildrosecollege.com/blog/winter-forest-bathing-a-guide-to-connection YouTube.com Use Forest Bathing For Immune Boosting @Drberg pubmed.ncbi.nlm.nih.gov/16873099 Phytoncides (wood essential oils) induce human natural killer cell activity. They also partially but significantly restore process via helpers to NKcells



Colleen Hulett, B.A Geography Carleton University. Red Seal Horticulture Apprentice, Algonquin College, a landscape Technician and Nature Guide. Courses completed in the Art and Science of Herbology with Rosemary Gladstone and many drawing and photography classes at Algonquin College since the 1980's. Please contact Colleen with any questions at: gatineau.calabogiehiker@gmail.com

















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