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Spring of 2022 is finally here! And even better news, conditions continue to favor a strong Sellers' Market, some of whom are already enjoying the benefits of a robust and busy start to the spring season.



In keeping an eye on statistics, The Ottawa Real Estate Board is noting in its end of May press release, "...that residential resales continued their downward trend throughout May, making it quite clear that rising interest rates, cost of living and inflation are factors in the shift away from the blazing pace of 2021." The reality of an overheated market is that even a small shift seems drastic. The great news is that most experts are suggesting that we are not going back to pre-2020 levels for pricing and with continued low inventory, we are still in a strong Seller's Market.

I am seeing there is continued interest for specific properties, meaning a strong demand for recreational properties as evidenced by the continued robust market here in the Greater Madawaska area and Ottawa Valley. Buyers still have that strong desire to "get away" and enjoy the benefits of working from home as the transitioning from full time office workplace to home continues.

The takeaway from all the above?  
There is still no better time to sell...

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THE MADAWASKA HIGHLANDER June-July 2022 EMBRACE THE PAST ~ ENCOURAGE THE FUTURE ~ ENJOY TODAY

# The Madawaska Highlander

June-July  
**2022**

**FREE** Vol.20 Issue 2  
Next issue July 20, 2022

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

## Welcome!



Baby foxes having a grand old time as mother watches attentively from behind the wheelbarrow in Margie's garden.  
Pic by Margie McAlear

....To fun in the Sun as we approach the Summer Solstice and the return of good times. Check Bogie Beat and News & Views to find out what's been happening including a horrific derecho storm. Discover what's coming up and check the ads for more things to do. It's time to get out of the house!

With so many visitors getting out in nature these days, the Landscape of Trails is Changing, as Lesley describes in Happy Trails.

Speaking of transformed landscapes, Survivor Guy follows up last month's story about how to prepare for a disaster with a story of how people at Marble Lake Lodge recovered from one after the May 31 storm.

As you were clearing up brush were you wishing you were in better shape? In Wellness, Derek explains that it is never too late to get active. It's not just good for your body. It's good for your brain.

Did you know forests have brains? Colleen, our Highlands Hiker, explains how mushrooms are the brains of the forest, moving nutrients and moisture to the trees that need it most. I wonder what they thought of that storm. Clearing up brush can be onerous. A brush with fame, on the other hand, can be exhilarating, as we see in Rural Vignettes. Who was that strange boy?

We can all imagine what a relief it will be when people who are still waiting for power, phones, and Internet get reconnected. Now imagine how excited people were when the first telephones arrived. Read all about it in Cloyne Historical's, Our Own Telephone Girls.

Ernie ponders the Mysteries of the Deep in The View from Here. Are sea monsters real? In Wellness, Tamatha ponders another sort of mystery. Why are there so many types of toothpaste? Memories of Vennachar brings us The Covenanters, a four-part story about religious oppression in historical Scotland that affected the ancestors of many of us, and could have been the beginnings of democracy in a world ruled by monarchical dictators. Do you have a story rattling around your head? We know you do, so get working on your entry for our Short Story Contest and... Enjoy!



Flowers greeting the sun, looking forward to a wonderful summer in this little part of Heaven we call the Highlands.  
Pic by Lois Thomson

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# The Madawaska Highlander

The Madawaska Highlander  
3784 Matawatchan Rd. Griffith ON  
K0J 2R0  
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613-333-9399  
Business Manager: Mark Thomson  
Editor and Advertising: Lois Thomson  
www.madawaskahighlander.ca

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

## CONTRIBUTORS THIS ISSUE

### Thank you everyone!

We couldn't do this without our volunteer contributors and our advertisers. Thank you to the Denbigh-Griffith Lions Club and the Eganville Leader for your support.

Ernie Jukes	David Arama	Danielle Jacques	Margaret Axworthy
Skippy Hale	Lesley Cassidy	Derek Roche	Bill McNaught
Jean Chatson Parks	Colleen Hulett	Tamatha Strachan	

**Next advertising deadline: July 8 for July 20 publication**  
madawaskahighlander.ca for previous issues

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

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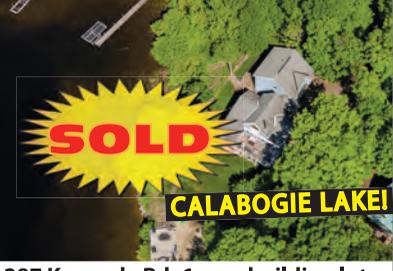
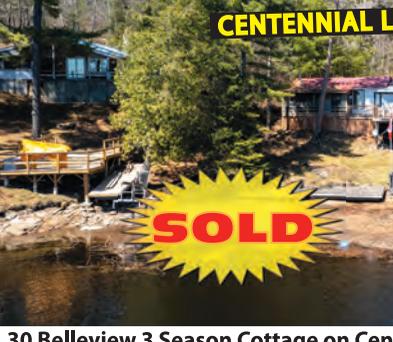
Back in 1927 there were concerns about the depletion of the BC Salmon Fisheries because of BC's policy of unrestricted fishing. The Great Slow Motion Picture theme could be used today regarding Climate Change policies.



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- Vincent Johnston, Sales Representative

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<p><b>CENTENNIAL LAKE WATERFRONT!</b></p>  <p><b>SOLD</b></p> <p>30 Belleview 3 Season Cottage on Centennial Lake \$649,900</p>	<p><b>NEW LISTING IN GRIFFITH!</b></p>  <p>7 Eastern Ave Neat and tidy bungalow \$354,900 MLS1296259</p>	<p><b>PRICE REDUCED!</b></p>  <p>22 Rosebrugh Newer bungalow in Hurds Lake Hamlet \$624,900 MLS1292770</p>	<p><b>NEW LISTING WATERFRONT!</b></p>  <p><b>SOLD</b></p>

By Danielle Jacques



The Matawatchan Hall's Annual (and Perennial) Plant Sale Market and Lunch drew a good size crowd. The season begins!

St. Andrew's United Church Ham Supper moved to the Matawatchan Hall. The church might have closed, but traditions will carry on. Now to decide on what kind of pie to eat!



There will be plenty of firewood for Al and Judy Kitching to share with their neighbour. This huge grove of trees blew down between their homes on May 21. What a storm that was!

It took crews and helpful locals a few days to clear the roads, but downed power and telephone lines, broken poles, and trees on private property took weeks and possibly months to repair. Crews from all over Ontario, other provinces, and the US are still at work to clean up.



Strawberries are in bloom and should be ready in late June at Adam's Berry Farm in Griffith. Last year a late frost wiped out the harvest. Cross your fingers.

St. Andrews parishioners have been busy clearing out contents of the church in preparation for selling it. Mailboxes from the General Store are now at the Matawatchan Hall. Some things went to the church in Denbigh and the Alter Chair is now on display at the Pioneer Museum in Cloyne. Despite this, it will be opened up one last time on Saturday June 18 at 11am for the funeral for Stewart Thomson, who was an active church member.

The May long weekend is a busy time in this community as it coincides with the opening of the fishing season, the return of seasonal residents and the influx of camping enthusiasts. This year was no different until Saturday, May 21st when a weather event called 'Derecho' hit this community. The high

winds, reported to be at least 120km/h, uprooted trees, broke tops and branches clean off, and snapped hydro poles in two. Homes and vehicles were damaged by falling trees. Hydro lines, trees and debris were strewn along our roadways, blocking access to anyone trying to enter or leave the area. *continues next page...*



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...continued from previous page

Along Centennial Lake Road area, the devastation was everywhere one looked. I hear Glenfield Road on the Matawatchan side and other areas are just as bad. Neighbours went looking for neighbours making sure everyone was accounted for and safe. The clean up started right away. I saw two men with chainsaws clearing access paths along the roadway. Another young man on an ATV was helping people to cross downed power lines to get out. Everyone pitched in trying to clear out debris and fallen trees. Sadly, during the clean up, someone sustained critical injuries and had to be evacuated by helicopter because the roads were impassable and the ambulance could not get through. One fatality was reported in Calabogie. Our thoughts and prayers are with them and their families.

**On May 22nd, the Township of Greater Madawaska declared a State of Emergency** and began the arduous task of removing trees and debris from the roadways. **The State of Emergency remains in effect until further notice.**

From May 24th until May 30th, the Griffith Recreation Hall and Calabogie Community Hall were used as reception areas. The Griffith location was manned not only by GM Fire Department, Denbigh-Griffith Lions Club, the Hilltop Tabernacle and GM Seniors Housing Corporation volunteers, but also by community members who just showed up and wanted to help. The reception areas provided WIFI Internet, water, drinkable water, coffee, charging stations and information. Although showers were available at the Calabogie location, none existed at the Griffith location and were sorely missed by many here in the community. The volunteers even made a big pot of chili for anyone looking for a hot meal.

W.O. Stinson & Son sent a truck from Pembroke to this area every day that first week so that people could get propane in their tanks if needed.

**Lights out:** Hydro One's infrastructure was devastated and will require many days or weeks to rebuild. Hydro crews from across Ontario and the U.S.A. were in the Griffith area working every day to restore power. The lights went on in most homes by May 31st but a few locations still remain without power.

**The Reiche Griffith Pit located at 5911 Matawatchan Road was declared the official site for disposing of brush and tree debris.** It was open every day until June 5th. It will now be open every Saturday from 8 am to 4 pm until further notice.

**The Renfrew County and Pembroke Hospital remind everyone mental health is important and help is available through the 24/7 Crisis Line at 1-866-996-0991.**

**Local runaways return home:** Five cows from the Kauffeldt farm escaped their enclosure when the electric fence failed and the back fence was crushed by trees. Three of the five were found wandering up Matawatchan Road and were escorted back home while the other two surfaced on the property during the evening.

**Centennial Lake Road (County Road 65) was closed** so that the clean-up could take place and hydro crews could replace hydro poles and downed power lines. The road reopened to all traffic on May 30th however **the Township stated that people should still remain vigilant and watch for hazards along the roadway.**



Hydro One trucks lined up along the Matawatchan Road near Griffith. Were we happy to see them! They fixed their lines in the area but need to come back to connect their lines to people's homes. The job still isn't complete.



If anyone said, "We'll be clearing fallen trees 'til the cows come home.", they got it wrong. The five escapees from the Kauffeldt Farm made it home after the storm, but people are still clearing trees.



The municipality is working with outside contractors to clean up debris on the side of the road. You will see clean up crews but no construction this year. Councillor Glen Macpherson confirmed that road work should continue in 2023.

This is the start of the fishing and boating season which means its also time to check boating safety equipment. Reminder that **OPP marine officers will be checking boaters** throughout the summer making sure all have the necessary safety equipment on board and in good working order.

**Toll road event: The Denbigh Griffith Lions** want to thank everyone who stopped for a brief chat and donated to a worthy cause at the two tolls they held on May 20th in Griffith and Denbigh.

July 1st - Sandy Peters becomes new President of the Lions Club and Theresa Pierce the new Secretary replacing outgoing Gail and Tony Fritsch.

Given the uncertainty of the hydro situation and the widespread damage within the community, Denbigh-Griffith Lions Club thought it best to cancel the Eddy and the Stingrays event, but are hoping to re-book them in 2023.

**The Township of Greater Madawaska confirmed that they will not be offering swim lessons again this year.** Let's hope they bring this important program back in 2023.

It is nice to see that the storm could not stop nature completely. Ad-

**ams Berry Farm's strawberry patch is in full bloom.** Pre-picking should start the 3rd week of June before opening up to the public for the 'Pick your own basket!' days.

Although all donations are very much appreciated throughout the year, the **Greater Madawaska Seniors Housing Corporation's** Board of Directors (GMSHC) want to give a special thank you to each and every one that gave donations following the storm. Each donation contributes to the wellbeing of seniors and is needed to sustain the services GMSHC provides. They are holding a **big yard sale on Saturday, July 2nd (rain date - July 3rd) from 10 am to 2 pm at the Griffith Recreation Centre/ Lions Hall on Hwy 41.** Come on over and support this very important local charity. You never know what treasures you might find!

**The Griffith and Matawatchan Fish and Game Club Kid's Fishing Derby will be held on July 9th from 9 am to 2 pm at Aird's Lake.** Although everyone can fish, entrants must be 16 years of age or younger. It's free to enter and the kids will be supplied with worms, drinks and each child will go home with a prize! Hamburgers and hotdogs will be available for purchase. The Club is always looking for new members. You can join by purchasing a membership for the cost of \$5 via interact e-transfer at fishandgameclub@gmail.com or at one of three locations in Griffith: Griffith General Store, BMR Pro and Pine Valley Restaurant.

The new owners of the Pine Valley Res-

taurant have decided **not to keep the Post Office running.** No one has received any official word, but picking up packages in Renfrew is totally unacceptable. We hope a replacement is found soon.

**The Matawatchan Hall** is back in action. The **Ham Supper on May 18** was very well attended and everyone raved about the food, especially the vast selection of desserts! Thanks to the St. Andrews UCW they were able to put it on. (Details like 50 pounds of ham is needed are important!). Now they can continue to put on "church suppers" the traditional Matawatchan way for years to come.

**The Plant Market and Lunch on May 28** was another success. All of the vendors were pleased with their sales. It's always a joyous beginning to the summer, but this year people were extra happy to be seeing one another after so many months of relative isolation.

**An Open Mic Night will be held on June 18 starting at 7 pm.** It will be a fun way of showing off the talents of so many local singers, as well as others from farther afield. The night will be held **in honour of the late John Neale** who was a member of The TallBoyz band and Madawaska Highlander contributor. John's son Chris will be joining the lineup. This is a licenced event with beer and wine available as well as food. If this event is successful stay tuned for more dates. Contact Peter Chess at matawatchancentre@gmail.com if you would like some time in the spotlight.

Plans for the first **Canada Day Picnic in two years** are well under way for **July 2 from noon to 5 pm.** There



The Griffith Recreation Centre is owned by the township and managed by the Denbigh-Griffith Lions Club. The Lions and other volunteers did whatever they could to help out after the storm.

will be live music featuring the New Pickled Chickens and the TallBoyz, with other musicians to open and fill in the gaps. There will be a beer garden, BBQ, baked goods, petting zoo, kids games, a horseshoe tournament. They have invited the Greater Madawaska Fire Department to attend, and inside the Hall there will be "Welcome Newcomers booths and historical displays.

**Saturday Socials are back for the summer 10 am - noon most Saturdays: June 25 July 9, 16, 23, August 6, 13, 20 Sept 3, 24. That's all at the Matawatchan Hall, 1677 Frontenac Road.**



Lions were on the prowl for donations with their annual Toll Road drive on May 20, one day before the storm hit. Excellent timing!

The owners of **The Swiss Inn are working toward setting up a Ukrainian Sanctuary** at the Inn in Denbigh. They are raising funds by holding indoor and outdoor yard sales on weekends and are looking for outdoor vendors. The first 3 tables to set up are free on the weekend you participate. **To book a table call 613 333-2221. Hours are Fri noon-6, Sat & Sun 10am - 6pm and all proceeds will go to the Ukrainian Sanctuary.**

**The Denbigh Recreation Centre holds a Social every Friday morning from 8am to 9:30 am at the Heritage Park in Denbigh. Everyone is welcome!**



The house.

### Garden of Margie and Donnie McAlear

Margie and Donnie McAlear, Matawatchan, Ontario

Story and photos by Shauna Dobbie

Margie and Donnie McAlear's beautiful garden was featured in a national magazine. Anyone who visits their new "Little White Barn" farmhouse finds store gets a garden tour. They are open on occasional weekends until Donnie finishes the barn.

**A Celebration of Life for Rowena Reynolds will be held July 9th at 2 pm at the Griffith Recreation Centre/ Lions Hall.** Rowena contributed many years of volunteer service to this community. Come reminisce, share or listen to the many stories I'm sure there will be about this wonderful lady who is already dearly missed.

Our community is deeply saddened by the sudden passing of **Stewart Thomson on Friday June 10th.** Condolences go to his wife Helene, their families and friends. Visitation will be held on Friday, June 17, 2022 from 4:00 until 7:00pm. at Zohr Family Funeral Home, 85 Munroe

Avenue East, Renfrew A Funeral Service will be celebrated at St. Andrew's United Church, Matawatchan Saturday morning at 11:00am. In memory of Stewart, please consider a donation to the Canadian Cancer Society. Tributed, condolences and donations may be made online at [www.zohrfuneralhome.com](http://www.zohrfuneralhome.com)

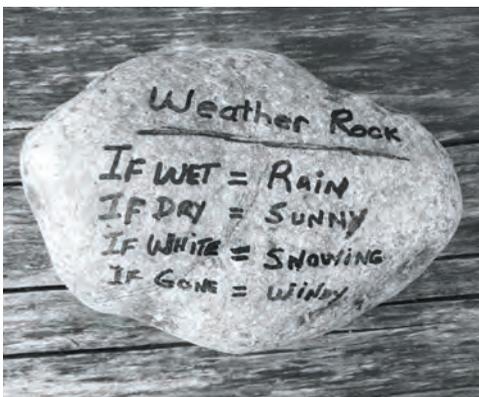
Danielle Jacques and her husband Michel retired here in 2016 after falling in love with the Centennial Lake area. Danielle is fluently bilingual, a lover of nature and has developed an expertise in genetic genealogy. She is looking forward to capturing the essence of this community by meeting and talking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

## BOGIE BEAT

### Bogie is a Happenin' Place!

By Skippy Hale

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



Unlike meteorologists, the weather rock is always right.



The wee folk have been enjoying a construction boom at Barnet park. Some are painted in blue and yellow. After I took this photo a number of them were vandalized. Immediately volunteers jumped in to fix them. Be nice.

Well, here's the weather! As usual, it has been topsy-turvy with extremes of hot, cold, wet, dry, but the big story of course was the **severe storm on May 21**, which was quick and dirty! The downburst caused much more damage in Eastern Ontario and Western Quebec than the ice storm of 1998 and the tornado of 2018, according to some Hydro sources. As I was during the Tornado of 2018, I was blissfully ignorant of the severe damage, since I only had a blip of hydro which knocked out my Internet and I remedied easily. I noticed some old, dried branches down on my property and a neighbour's tree fallen over the property line, but no damage to his property which is a lot, and it was not close to my house.

After church, some were talking about cleaning up fallen limbs, but I still was in the dark until I turned on the TV news and Facebook. Only then did I realize what a severe storm we had

experienced. All around me, the power was out, and it still is in some parts of the Township and parts of the Ottawa City and Valley as I write. Mayor Hunt convened an Emergency Council meeting on the Sunday to discuss the situation and a State of Emergency was declared. We must give a shout out to the Township crews and maintenance staff who cleared roads of downed trees. The Hydro workers have been replacing broken hydro poles and restoring power as quickly as possible. I realize that since I was one of the lucky ones, I cannot possibly relate to the difficulty of others.

What was gratifying to see were the offers on FB of showers and water to friends without power and/or generators. Freezer space was offered as well as other necessities. I was really impressed by Kate Zeyl offering their big drum (sorry correct term escapes me) in which they collect the sap, and trailer to transport water for other farmers to feed their

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livestock! We have seen this example of 'neighbours-helping-neighbours' so many times here in the Calabogie area, whether it was the tornado, the house fires and more recently the collection of needed goods for the Ukrainian family who came to settle here.

**Our Library is a hive of activity** and am thrilled to see the new and amazing ideas which blossom into new and interesting events. Ruth, the CEO Librarian and her mom, Rosemary, were at the Market on Opening Day, June 4th, for Outreach featuring a craft and story time to keep the kids busy. **Friday, June 10 is a PD Day and there will be a Book Sale fundraiser and Library Open House in the Gym at St. Jo's.**

There will be a craft station, Library challenge/activity, story time, prize draw and Sharon Nichols will be having a Book Signing of her beautiful children's book, 'Memories of Papa'. Saturday, June 11 (9-3), sign up for the TD Summer Reading Club. It will take the form of weekly book bundles and a craft (optional) to take home. There will be weekly activities for families as well. **On Saturday June 25, the '10 Strings' Cello duet will perform at Barnet Cottage** in the afternoon. The musicians are Patrick Kline and Phil Candelaria. This will be an interactive musical presentation suitable for families called 'Fret and Fretless'. There may be a picnic lunch and lawn activities beforehand. Stay tuned.

The library will also be participating in the Canada Day Pancake Breakfast fundraiser for local service providers at the Community Hall. The library will also join vendors on the Waterfront (4 until 7) for Canada Day Festivities. Let's



Adele with friend who had us all laughing



Lion Steve Seaman, bartender serving at The Music Club Cabaret.



Pine tree planted when trail in Barnet Park was blessed has brown needles. Will it be replaced?

Talk Science kits for kids from Grades 2-7 are available at the library while supplies last. These are prepared by Ottawa and Carleton University Students.

Have a few hours to spare? Ruth and staff would welcome volunteers to help with the never-ending fun tasks and activities! **Call (613) 752-2317 and volunteer.** Your time and talents will be a welcome addition to this delightful haven!

On May 19, I was gifted with two tickets to a **Music Club Cabaret at the Community Hall.** I was a wee bit nervous going to a gathering since I have stayed healthy, and facing a room full of folks not related to me was a worry. However, I was reassured when proof of vaccination was requested at the

door! I had changed purses and had to return home for it. I thanked them for the precautions being taken. Each table had a bottle of sanitizer and except for eating, most people remained masked even when singing. Although masking is voluntary, Public Health guidelines suggest wearing them when inside with large gatherings. Annette Charbonneau catered a delicious Lasagna dinner, Caesar Salad, Garlic Bread and Carrot Cake for dessert. Since no one was available for the second ticket I had 'take-away', as the say over the pond. The reason for the night was to raise funds for the Red Cross Ukraine Fund and the Lions Club Community works. There was a beautiful door prize and a raffle of lovely crafted gifts. I won a beautiful wooden box in the shape of an apple or an acorn. I collect boxes, so it was perfect for me!

The evening was a sing-along of gospel, folk, country, fifties, the Beatles and even 'Wise Men Say' by the King, which was a favourite of Rich's and mine. This was hosted by Adele Simmons supported by the St. Andrew's United Churches of Calabogie, Burnstown and White Lake. Adele led the sing-along and was accompanied on vocals and guitar by Arlene Thiessen. Among the 50 people in attendance, were 3 bass players, 11 guitarists and 10 ukuleles playing around the room. Song books were provided, and it was a great evening of fun and friendship!

**Several new businesses have opened or expanded.** On the lot of Trail's Edge is the newest Food Truck, called **Bogie Deli.** If you are a fan of Montreal Smoked Meat, then this is the spot to visit! The Smoked Meat-on-Rye rivals any in the city and his supplier is the same one used by Nate's in Ottawa. The sandwiches overflow with the tasty meat. You have your choice of mustards. The Menu includes a Mad Dog highly recommended by my grandson and burgers with a choice of toppings. I requested his special slaw flavoured with Maple Syrup. Ask about their pea-meal bacon too! Jane and Rob Weir are retired Toronto police officers. They are friendly and are open Monday to Friday 11am - 7pm; Saturday & Sunday 7:30 am - 7pm. Yay, they are open for breakfast on the weekends!

**The Mad River Paddle Company has opened a Boutique, 'The Mad Shack,'** (Sales and Rentals), but it's no shack. It's a beautiful new building in keeping with the Valley Lumber History at 1022 Madawaska Street. The fresh new wood interior is bright with sun shining

through the windows and the array of colourful clothing, sunglasses, jewelry by Joanne Levitsky and Angie Osman. For the folks who miss a bit of the Rock, Mudder's Cupboard has a taste of home! Local artisans would be welcome. Added to the paddle boards and kayaks are E bikes, accessories for paddling and so many more items to keep you fit on land and water. Pop in to see Sherry Cosman and her summer student Ruby Cosman. This business is owned by Tana Smith, Sherry Cosman, Kevin Moran and Bruce Heino.

**On Saturday, June 4, 2022, I went to the Opening Day of the Calabogie Summer Market.** I visited all of the vendors. Stacey Ross attracted a large variety of makers and sellers of all manner of products from clothing, cards, candles, produce, as well as our Library and Calabogie Feral Cat Project. Space does not permit a description of each, so I will list them and some of the pictures will highlight the choices for buyers:

My Style women's clothing; A Place of My Own Cards; The Knotty Porch knitting, wood revival, bling; Inspirationzz artisan photographer; Inspirations stainglass, glass art, mosaics, jewelry; The Kubieski Family upcycled denim coasters, dog toys, charcuterie trays; Starbright Curios handcrafted creations, felting; Berry Lane trailers & outdoor furniture, accessories and giftware; The over-caffeinated Seamstress; Designs by Barbara Tatting designs; Sandra Wales Photography, log planters/Wales Family Farm; Scrunchies By Karen; Pure Bliss Embroidery towels, tote bags, aprons; Kitchissippi outfitters t-shirts with some funds to guide dogs; Little Owl Crochet cute crocheted animals; The Silver Shingle custom creative images on metal; Debbi Does it Crafts; Kennelly Mountain Farm; Easy Peasy Lemon Squeezy Lemonade by Bridget; Jenneth and Bee apiary, Market Garden; Justin's Iron Works; The Perennial Lady; NCS Designs Resin jewelry, coasters, candle holders.

Throughout the Market, we were entertained by a very talented musician: Spencer Scharf. Busking must be a frustrating gig. Folks walk by, carrying on their business, as if the entertainer is invisible, yet their talent is a gift they are sharing. Once, I was in Westboro with my grandson and there was a busker on the street. I didn't have any cash with me and he felt badly, so he walked up to the busker and said, "I'm sorry we don't have any cash today, but if we did, we would give you some." The man said, "Would you give me a smile, then?" My wee guy

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Pottery on display at the Berry Lane Trailers table at the Calabogie Farmer's Market.



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Rick Horne Artisan Photographer. Canvas prints and black walnut jewellery.



Mad River Paddle Company's new "Mad Shack" for sales and rentals.



Rick Horne, Artisan Photographer, displaying his lovely scenes printed on canvas and black walnut jewellery.



Sue Gomley rescuing stray cats to control populations.



Ure Bliss Embroidery- kitchen towels, aprons, tote bags & fleece blankets.

and I smiled and walked on.

About 20 years ago, a petite lady, dressed in a black winter jacket and the biggest fluffy ear muffs I ever saw walked into the former library. **Carolyn Jakes was a woman who was an inspiration to me and so many others.** She was a Community Builder who saw no problem too big to handle and she did it with class and patience. Her enthusiasm was infectious for any project she tackled. Without harping or cajoling, you just wanted to join her, and it was always for the good of Calabogie! Her friend and colleague on CABA, Debra Giffen, wrote, "What a very sad loss to all of us who knew Carolyn. I had the pleasure of sharing many various Committee seats and years of enthusiastic planning for developing a strong, united business community within Greater Madawaska and Burnstown. Carolyn always had time and energy to visit each and every business, sharing not only her knowledge and enthusiasm over a "cup of tea", but her sincere interest in growing our local business community. Our Business Association enjoyed over 100 members and Carolyn took a personal interest in each and every one; all the while pursuing her first passion of creating amazing

works of art in various mediums, learning and teaching Tai Chi, kick starting our Economic Development Committee and the list goes on and on. With greatest admiration and missing you greatly." Another friend texted, "Tiny, feisty, elegant, sophisticated, dressed to the nines...had an appetite like a trucker. In book club, everyone seemed to meander over the selected book of the month. Not Carolyn, she was a speed reader and often did the required reading the day before our dinner meetings." This same friend told the story of Carolyn's arrival in Calabogie. There was a terrible snowstorm and she ended up in a ditch, cold, alone and hungry! Along came a Calabogie Knight in Shining Armour in his trusty plow truck. Lee Munford dug her out, drove her home, plowed her driveway and helped unpack her car! I suspect that they are talking about those days now on the other side! (Of course, we newbies all have stories of being dug out of the ditch at one time or another by a friendly Bogieite with a plow!!)

Shelley Monaghan wrote, "Carolyn left an impression on me unlike very few people ever have. We met 17 years ago when I first moved to Calabogie. I asked if there was a book club

here and she said, "no, but let's create one." That was Carolyn, she made things happen! She was always contributing to the community. Carolyn was incredibly successful at obtaining grants for our community. She was always teaching and learning. I was at her wedding in Mexico on January 25, 2020 and she held a single gardenia, which was her favourite flower. Her kindness, generosity and wisdom will never leave me. I miss her terribly."

Carolyn took an inactive business association of about seven members and built it up to over 100. As soon as there was a hint of a new business, she went knocking on their door, pen and application form in hand and left with the signed papers! She was kind and generous and took many folks under her wings. She and her husband, Harold, retired to Mexico and he died shortly afterward. Love found Carolyn again and she married a wonderful Mexican man called Jesus. Though their life together was cut short by her illness and death, her wedding picture captured the glow of happiness. I miss her too and we are all blessed to have had Carolyn share our lives!

After several successful years with Carolyn, Debra Giffen, Cath Reynolds and others working hard, CABA faded, but like the Phoenix rising from the ashes, there is a new business association in Calabogie, **The Calabogie Business Collective with an aim to enliven the 'Downvillage'.** This is a clever play-on-words. Bigger places have a downtown, but we have a village! With so many new companies coming to invest here, they wish to build the 'Downvillage'.

The Executive Committee is: President, Megan James of Somewhere Inn Calabogie; Vice-president, Sherry Cosman of Mad River Paddle Company; Secretary, Tracey Fredericks of Calabogie Brewery and at present, the role of Treasurer is vacant. Mark McDonald of Trail's Edge and Lori Pitcher of Mudder's Cupboard are Board Members. Meetings are the first Monday of the month in person at a different business location each time, in order to get to know each others' operations. July and August will be in hiatus since it is the busy season for all. It's wonderful to see the enthusiasm for a renewed association! When they work together, all win and our community will benefit!

**This is your paper, so let me know of events and I will publish them.**



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

## EDITORIAL

Democracy is fragile. It's a complex system that requires strong institutions and legal checks on those in power. It requires a strong free press and a well informed electorate. A free press is an essential element of a healthy democracy. The very existence of a sizeable number of citizens who cannot agree on facts is an enormous threat. Very few nations have mastered democracy fully and sustaining it is a never-ending effort. Most of all it requires active interest and participation by the people. It can only work if people vote.

In 2005, for the first time in history, more than half the world's people lived under democratic systems, but since then many leaders used their elected powers to dismantle their democracies and the institutions that support it, making themselves elected dictators. The number of electoral democracies currently stands at its lowest point since 1995. Freedom from tyranny is not to be taken for granted.

Democracy was threatened in

the US as the former leader worked to undermine the judicial system, world diplomacy, State authority, faith in the electoral process, and faith in a free and professionally trained media. Although the government institutions remain strong due to the work of their respective leaders, it is possible that US democracy could fail if complicit leaders are elected. The effect of some of it has seen an overflow into Canada in the form of media distrust and lack of faith in the election process.

In a report published by The Brookings Institution and the States United Democracy Center, they stated that, "Based on six high-quality surveys about 1 in 5 Americans have views that make them at least open to, if not outright supportive of, authoritarianism." They go on to say, "Polarization has led to legislative gridlock, which has generated rising support for unfettered executive action to carry out the people's will." One fifth are willing to live under a dictator - providing it's the one they choose.

The record low turnout for the Ontario Provincial election in June is disturbing. One party was able to get a majority based on votes from 18% of Ontario's eligible voters. This is why there is no political will to get rid of our first past the post system. It works for the winner. The aftermath from the storm might have been a factor, but this record low beats a previous record low.

Democracy relies on the assumption that citizens can recognize the best candidate, or best policy. In order for voters to do that they need to fully immerse themselves in the election process and the policies being set out. That's a lot of work for people who have enough trouble getting through their day. The party system makes it easier for them. They don't have to listen to each local candidate to make a decision. They can check party platforms online, watch televised debates, and go from there. What they shouldn't do is vote for a party because they always vote for the same party. You can see by the differences be-

tween Federal and Provincial parties of similar names that parties change over time, and they might not be a good reflection of your values anymore.

A majority allows one party to rule without opposition. Whipped party votes hand over everyone's vote to their party leader. Should one person have that much power based on the endorsement of a small percentage of the population? Does the party really feel they have the backing of the people? The will of the people becomes the will of one person and that can be dangerous. I am referring to the system, not the integrity of any of our elected officials. It just shows how fragile democracy is.

Surveys predicted the provincial election would result in a majority government, which might have turned away votes against. What's the point? But leaders pay attention to the popular vote. If you don't vote, you skew statistics in favour of the party you would have voted against, giving more power to them. Vote for democracy's sake or accept the consequences.

## Our own Telephone Girls

From the CDHS Spring 2009 Newsletter.  
Submitted by Margaret Axworthy



Early Telephone Office Building. This telephone office building was situated approximately where the current Liquor Store is located in Northbrook. There was a cot there for the midnight shift.



Telephone Switchboard with Ellery Thompson. Ellery Thompson operated the Kaladar & Northern Telephone System located in Northbrook. When telephones went to dial-up in the mid-1960s this switchboard was no longer needed for the telephone service to operate. Ellery (man in center with striped tie) donated this switchboard to the Sunshine School - a school for developmentally challenged children located between Napanee and Odessa. A member of the school board (man with glasses) was present for this photo. The switchboard was to be used as a learning tool for the children. After the switchboard was of no longer use it was to be returned to Ellery and donated to the Pioneer Museum where it now resides. Party lines were the norm. The more people on a single line, the more hum was generated in the call. Every 20 subscribers would have a 'jackknife switch' which would enable a caller to reach further afield. Part of the Ellery Thompson Collection.



Were there "telephone girls" employed locally? Indeed there were! What follows is a summary of the history of telephone service from Kaladar to Denbigh, taken from a presentation which Ellery Thompson made to the Historical Society in September of 2007. The quotations are Ellery's own words.

Jack Flake, who also built the Denbigh service, began telephone service in the Northbrook area in 1910, with a line that stretched north from Kaladar.

At some point between 1910 and 1954, when Ellery Thompson purchased the business, the service had passed to a man named J.J. Vogan who lived in Northbrook, approximately where the liquor store is now. In an aside, Ellery recounted that Mr. Vogan kept chickens, white leghorns, and sold eggs. When he went out of the chicken business, he converted the henhouse into three apartments, known locally of course as "the Leghorn Apartments". Mr. Vogan also

had a feed mill on his property, which eventually became the telephone office. In these years, the service ran during "working hours", Monday to Saturday, with no unimportant calls allowed after about 6 in the evening. Sunday calling was restricted to between 2 and 4 in the afternoon.

An interesting footnote in the complex history of Bon Echo was that between 1926 and 1929 there was a Bon Echo Long Distance Telephone Company, consisting of one phone, presumably to make arrangements for visitors' holidays at Bon Echo Inn. The months of November to April must have been slow ones for the Bon Echo Telephone Company!

In 1954, the end of the Northbrook line was the Mazinaw Boys Camp on Lake Mazinaw, with no service north of that until Denbigh. There were, however, lines that went into Loon Lake, as Skootamatta Lake was known then, and to Harlowe with some 20 customers, and to Flinton with 24. Those must have been very busy lines, as people attempted to operate businesses as well as households on just one line.

When Ellery took over the business under the name Kaladar Northern in 1954, the service became 24 hour, 7 days a week, with the switchboard being in the bedroom. "At the time I think there were about five or six lines and you'd put these extension bells which were little wooden boxes with bells on them - and you'd take a hack saw and cut notches in them to give each bell a different tone. So after we had split up two or three lines in Northbrook, we didn't have enough bells to go around, at least for tones to go around, so I put a button on the little flapper dome and as soon as that rang, we turned around real fast to see which button was swinging, then you knew that was line 2 or line 4, so that was the way it was done at night." Talk about a 24 hour job!

In that same year, the line was extended from Northbrook to Denbigh, including service to Sawyer-Stoll Lumber Company, which had started in 1939. For every call that was made

at Sawyer-Stoll, to the planing mill at Kaladar, for example, there was a ten cent ticket made out which Lands and Forests at that time collected on. But prior to that too, there were tickets made out for every call and time. It was very important that whoever was on the switchboard log the call accurately. "If you weren't very prompt on your timing, that was lost revenue and when a girl - it was all girls on the switchboard - wasn't alert to that she probably got let go, because they weren't keeping track of the tickets very well."

In 1954, the Northbrook service had 125 customers. "As time went on, we knew everyone by name. You knew how many acres they owned and everything else about them. When you pick up the phone book now, it's hard to find some of the original names."

Long distance lines in those days consisted of one line to Belleville and one line to Tweed. Prior to that everything went through Tweed: for a call to Florida or Vancouver, for example, the customer would ring Tweed, where they in turn plugged into Belleville. After that, the call would be routed through many centres and many switches before arriving at its destination.

Dial service was brought in in 1968. In 1921, Jack Flake built the Denbigh service, from Lavant which had a major stop on the K and P Line, to Denbigh, taking in Matawatchan and Griffith. Around Denbigh, some of the older people might remember that telephone wires were literally on fence posts. There might be bad joins in them, but a person still could talk. After Hydro came in, there was a lot of noise on the lines, so the telephone lines had to be upgraded.

There was an operator at Denbigh; at one time it was Mrs. Burgess. "A call to Matawatchan meant that she would ring Mrs. Gregg at Vennachar, who had one of those old phones, with two sets of bells and a double throw jackknife switch. She would answer, ask who you wanted to talk to, because there were no numbers, then she would close the switch one way

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Myer's Cave Fire Tower was located on Tower Road just east of Myer's Cave on North Frontenac Road 506. Jim Perry and Oscar Lemke manned this tower over the years. If the fire watch was slow, Jim would call friends and visit so the batteries in the phone would run down quickly. The phone batteries had to be changed at this tower on a regular basis.

and then ring Mrs. McLaren in Matawatchan and then close the switch. When Mrs. McLaren answered, you gave her the name of the person you wanted to talk to and she went through the same procedure. So you went through three of these jackknife switches." More telephone girls!

Mr. Flake sold that service to Lands and Forests in 1929, mainly for their forest protection program. There was a line from Denbigh to a tower at Myers Cave. There was a line into the bush at the foot of Eagle Hill. Over the years, there were a number of "tower guys". Myers Cave had a Lands and Forests cabin, where workers stayed over night, climbing the tower for the day. Their job was to watch for smoke, which would have been pretty boring most of the time. According to Ellery, they spent the day watching and listening in on conversations and making their own calls. As a result, they would wear out the batteries in the phones pretty quickly. "Three batteries went in those old wall phones. So I can remember having to go to Myers Cave and climb the tower with the batteries and put them in the phone there quite often."

Lands and Forests sold the Plevna service in 1929 to Burdon Morrow in Sharbot Lake, who owned it for a while and then sold it to Garnet Sproule of Ompah, the Reeve of that area for a long time; then it went to Bob Sproule and then Ellery bought it in 1962. There was a line to Dacre because the Lands and Forests had an office there, as well as one in Plevna. Every time there was a wind storm, just any kind of a wind, a trip to Dacre to maintain that line was necessary.

On the social aspect of the telephone business, Ellery had this to say:

"Every house had identifiable house noises to it. Mrs. Parks had asthma. When she was on the line, you could hear her wheezing; she brought her chickens in the house in the spring too. Mrs. Ireland had one of those big old tick-tock clocks right by her phone and nobody hid the fact. You could hear the old clock ticking away and

you knew Mrs. Ireland was on.

Then there was Beatrice McPherson who lived in Matawatchan; she never missed a call and if you phoned anyone on that line, you'd just ring once and she'd come right on and say, "If you're calling Maggie, they went to Renfrew today and they won't be home before six." So her presence served a good purpose! Another advantage became apparent if there was a fire. The fire ring was five longs, and if you rang five longs, you'd have two thirds of the subscribers asking "Where's the fire?!" The minute they found out, they were headed out to help. Today, you would have to stand outside your house and holler "Help", for a long time, hoping that some of your neighbours were home. It was an interesting business."

Bill payments went from once a year to every three months, not a happy change for most people. When long distance became more popular, billing had to be done monthly, another change that was met with resistance! Most bills were paid in the fall, after the turkeys and cows had been sold.

As a matter of interest, in 1954 there were 628 independent telephone companies in Ontario; now [2007] there are about 6. Sharbot Lake is still independent, as are Westport and Lansdowne.

In January, 1970, Ellery sold the business to Bell. Technology was changing, and he was ready to retire, letting someone else deal with the next phase of telephone service to the area. Gone now are the telephone girls and almost every other aspect of the initial business. Perhaps sometime in the next 50 years, we will all have cell phone service along Highway 41!

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### The Telephone Girl

The telephone girl sits in her chair  
And listens to voices from everywhere.  
She knows all the gossip, she hears all the news,  
She knows who is happy, and who has the blues;  
She knows all our sorrows, she hears all our joys,  
She knows every time we are out with the boys.

She knows all our troubles, she knows all our strife,  
She knows every man who is mean to his wife,  
She hears the excuses each fellow employs;  
She knows every girl who is chasing the boys.

She knows every woman who has a dark past,  
She knows every man who is inclined to be fast;  
In fact, there's a secret 'neath each saucy curl  
Of that quiet, demure-looking Telephone Girl.

It would turn all our friends into bitterest foes;  
She'd start a small wind that would soon be a gale  
And engulf us in trouble and land us in jail.

She could let go a story, which gaining in force,  
Would cause half our wives to sue for divorce;  
She would get all our churches mixed up in fights,  
And turn all our days into sorrowing nights.

In fact, she could keep all the world in a whirl;  
When you think what you owe to the ... Telephone Girl!

- by Ano Nymous

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# It's Never too Late or too Early to Exercise

By Derek Roche

The average amount of “screen time” and just plain sitting around has increased considerably over the past few years. What most people don't realize is that, “Sitting has been branded the “new smoking” for its public health risks, especially for people who spend a lot of time watching screens.” Over the past 15 years or so, sitting has been linked with cancer, heart disease, diabetes and even depression.

I can almost hear the groans of readers just from the title, but once you realize the amazing benefits of moving your body I am hoping that you will be inspired to get up and get onto the road to fitness and good mental and physical health.



People who are aging and/or overweight, tend to think it's too late to participate in exercise groups. They picture the gym class they were pushed to attend in school and images of being the last in the class pop up. Professional trainers want to help you, not discourage you, and will tailor the program for you. One thing is for sure, you will benefit by moving, no matter if you have arthritis or other issues, and you will feel better in the end.

## The Many Benefits of Exercising Daily

### 1. Improve Your Mood

Exercising will help you to feel better by increasing levels of endorphins, chemicals that make you feel happy and relaxed. These are key benefits for everyone, but especially anyone who has depression, anxiety, or other mental health issues. Exercise also helps relieve tension and stiffness, which is common after sitting for long periods of time.

### 2. Increase Your Energy

It may seem counter-intuitive, but exercising on a regular basis will help you feel more energetic and alert. If you don't have time to go to the local aerobics class or take a brisk walk around the neighborhood, you can do simple exercises at home such as yoga, pushups and sit-ups.

These types of exercises can increase your energy levels by increasing blood flow to the brain and muscles.

### 3. Slows Down Aging

Exercise keeps you looking younger and feeling younger. It can help stave off osteoporosis, high blood pressure, and heart disease. One critically important reason to exercise is that it can reduce the risk of certain diseases such as diabetes and cancer. Physical activity is specifically considered a promising preventive measure against breast cancer—not only because it helps with weight control but because exercise tends to lower circulating estrogen levels. Five hours a week of vigorous aerobic exercise may lower estrogen and progesterone exposure by about 20 percent, and moderately intense activity may offer as much benefit as vig-

orous exercise; walking an hour a day or more appears to be associated with significantly lower breast cancer risk. Furthermore, exercise may also help prevent and treat high blood pressure, and improve our quality of sleep.

### 5. Exercise Is Good For Your Skin.

Moving our bodies vigorously can improve circulation, which in turn helps your body produce collagen and elastin, proteins that keep your skin looking firm and young

### 6. Boosts Your Immune System

In addition to helping us enjoy a healthier body weight, exercise may also boost our immune system. Studies have found that if we let kids run around for just six minutes, the levels of immune cells circulating in their blood may increase by nearly 50 percent. At the other end of the life cycle, regular exercise may also help prevent age-related immune decline. One study found that while elderly, sedentary women have a 50 percent chance of getting an upper-respiratory illness during the fall season, those randomized to begin a half-hour-a-day walking program dropped their risk down to 20 percent. Why not start up a walking group in your area, or join one of the groups already in progress?

### 7. Improve Brain Function

Exercise can slow cognitive decline. Researchers took a group of people with mild cognitive impairment (for example, those starting to forget things or regularly repeating themselves) and had them engage in aerobic exercise for 45 to 60 minutes a day, 4 days a week, for 6 months. The control group simply stretched for

the same time periods. Researchers found that in the control group, cognitive function appeared to continue to decline. But the exercising group not only didn't get worse, they seemed to get better, answering more test questions correctly after six months, indicating their memory had improved. Indeed, aerobic exercise may actually reverse age-related shrinkage in the memory centers of the brain and help improve cerebral blood flow, improve memory performance, and help preserve brain tissue.

## The Bottom Line

The benefits of exercising daily are numerous. As we have seen, a daily exercise routine can boost your energy levels, improve your mood and memory, help you fall asleep easier, keep you more focused, benefit your heart health, and much more. If the Canadian population collectively exercised enough to shave just 1 percent off the national body mass index (BMI), 200,000 cases of diabetes, 300,000 cases of heart disease and up to 30,000 cases of cancer may be prevented.

What is especially great is that you don't have to put aside too much time to reap these benefits—most are achieved with just 30 minutes of moderate exercise every day. Personally, for optimal results, I recommend 90 minutes of moderate to intense activity, such as brisk walking or 40 minutes of vigorous activity (such as aerobics, jogging, cycling or active sports) each day.

If we can all stick to this routine and make exercise a part of our daily lives, we'll all be better for it. Finally, by taking responsibility for our own health, we will not only reap the benefits for ourselves and our families, but we will automatically lessen the strain on our overworked health care workers and our increasingly expensive health care system.

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



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## With So Many Options Available, How Do I Choose the Best Toothpaste?

By Tamatha Strachan

Walk into nearly any drugstore or supermarket and you'll find at least half an aisle is lined with different types of toothpastes. While it's nice to have options, sorting through them can be overwhelming. I often find myself helping strangers in the dental aisle that are staring blankly at the numerous choices.

The essential ingredient in most toothpaste is fluoride, a naturally occurring mineral that has been used to prevent cavities for the last 50 years. But what about all the inactive ingredients? Let's look at some of the things to consider before you buy.

Do your gums bleed? This is the number one sign of gum disease. Toothpastes containing antiseptic substances and antibacterial ingredients like stannous fluoride, chlorhexidine, zinc citrate, and hydrogen peroxide are great for fighting gum disease. These components help to destroy harmful bacteria, clean out the affected areas and relieve symptoms. Parodontax and Periogen toothpastes are worth researching. For a fluoride-free option look at Hello Goodbye Plaque.

Do you suspect that you have bad breath? Extracts like aloe vera, lavender, wintergreen, and peppermint are therapeutic. Aside from their natural breath-freshening properties, healing blends of botanicals like these can help soothe inflammation, reduce pain, and hydrate your gums. Zinc citrate can help freshen breath by reducing the impact of odorous compounds produced in our mouth by bacteria. Look into Twice Oral Wellness, Therabreath or for a fluoride-free option, Burt's Bees toothpaste.

Do you suffer from sensitive teeth? There are a few different ingredients that are used in sensitive teeth toothpastes such as potassium nitrate, nano-hydroxyapatite, arginine and strontium chloride. With regular use, these ingredients will help the nerves in your teeth build up a resistance to triggers like cold, heat, and sugar. The toothpaste needs to be used daily for a few weeks to be effective. Look into Sensodyne Pronamel, Colgate Sensitive Pro-Relief, Prevident Sensitive, or for a fluoride-free option try Tom's of Maine Rapid Relief Sensitive toothpaste.

Would you like a whiter, brighter smile? If you are looking to remove stains

The next time you need to buy toothpaste bring this article along with you. So that's why there are so many choices!



A little dab will do you when it comes to toothpaste. This is enough toothpaste to be effective.



from your teeth, it's recommended to get a toothpaste containing abrasive agents such as calcium carbonate, magnesium carbonate, and hydrated aluminum oxides. Look for Crest 3D White Brilliance toothpaste. However, there is a concern with whitening toothpastes being very abrasive. For a gentler alternative, try Arm & Hammer Advance White. For a fluoride-free option, look at Dr. Bronner's All-One toothpaste. An easy way to find out how abrasive your toothpaste can be is by rubbing a small amount on the shiny side of aluminum foil. After rinsing the toothpaste off, have a look for scratches. You can then do a search online to review the Relative Dentin Abrasivity (RDA) chart, which shows you the abrasive potential of a toothpaste as tested under laboratory conditions, which tend to be more extreme than typical everyday brushing.

Have you noticed that your mouth is dry? Toothpastes for dry mouth contain ingredients that help cultivate a healthy level of saliva and are notably absent of ingredients known to exacerbate dryness like sodium lauryl sulfate. Key ingredients to look for are betaine, sorbitol and xylitol. Try Biotene or for a fluoride-free option, Xyli-White.

With all these great options, I want to point out that there are a few ingredients to avoid when looking for toothpaste. Polyethylene Glycol (PEG) is a thickening agent and has been linked to endocrine disruption. Parabens are

chemicals that can act like estrogen in the body, as well as potentially causing cancer. Carrageenan is used to thicken toothpaste and can cause inflammation of the gastrointestinal region, possibly resulting in ulcers or even colon cancer. Triclosan has been linked to hormonal imbalance stemming from thyroid production as well as a resistance to antibiotics. If you are looking for a natural toothpaste without all the scary ingredients, check out Green Beaver Natural toothpaste. As an added bonus, it is made in Hawkesbury, Ontario.

Since there are so many different types of toothpaste available, it's no

wonder many find it difficult to choose the right one. Hopefully I've helped demystify your options, but if you're having trouble deciding on the best toothpaste for your needs, reach out – we'd love to help!

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



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## The Changing Landscape of Trail Use

By Lesley Cassidy

ATV sales? Up over 30% in Canada. Bicycles? Almost impossible to purchase in 2021. Spring of 2020 sent everyone scurrying indoors following pandemic health measures and choosing recreation options close to home. The great outdoors became a low-risk space to exercise compared to the gym, allowed physical distance to connect with family and friends, and offered a chance to explore local trails.

A global survey of ten countries by the World Trails Network in early 2021 found that several trails in North America experienced a 200-500% increase in users. Locally, trail networks in Renfrew, Lanark and Lennox and Addington Counties offer thousands of kilometres of options which meant the Valley became a magnet for pandemic outdoor recreation visitors. From record-setting numbers of vehicles parked along Highway 508 at the Manitou Trail Network in Calabogie to difficulties accessing weekend Crown land campsites in North Frontenac Parklands, township and county officials had to react and manage the sudden influx. As an example, the Township of Greater Madawaska installed a large parking lot to handle the day-trippers at Eagle's Nest. While international flights didn't touch down at the Ottawa airport for almost 600 days, the number of people discovering the trails in the Valley confirmed that staying local had become the new global.

Fast forward to spring 2022. With most pandemic restrictions lifted, travel's back on the menu. This begs the question for trail users, clubs, and mu-



Many sections of trails are on private properties and are maintained by volunteers. If you use a trail, treat it and property owners with respect. Before you dig into the mud for some messy fun, consider those who follow behind you. You don't have the right to destroy. pics by Joshua Hanson (left) and Elievan Junior unsplash.com.

It might be tempting to move off a busy trail. Don't intrude. Don't destroy. pic by Kitera Dent unsplash.com

nicipal land managers - will trail use go back to the way they were pre-pandemic?

The short answer – probably not. However, it's still an unfolding situation. A Leger survey, commissioned by the Trans Canada Trail in August 2021, found that "COVID-19 has changed the way Canadians use trails, with 40% of Canadians increasing their trail usage since 2020, and survey results indicate that trails will maintain their place in Canadians' routine post-pandemic. The majority of Canadians (72%) say they will continue to use trails post-pandemic." (Trans Canada Trail Website). Countless numbers of people are exploring trails across Canada.

Jason Davis, the Forestry and GIS Manager for the County of Renfrew shared that "Trail use will remain high here in the Valley". He highlighted that the county directs its trail funds to maintenance of the backbone network (Algonquin/Ottawa Valley Rail Trail, K&P)

and moving forward with completing the last 100 kilometres of the Algonquin Trail toward Mattawa. A 2021 survey of over 500 trail users in Renfrew County found over 87.6% use the Ottawa Valley Rail Trail (Algonquin Trail), and 25.6% of respondents visit for an overnight trip. Trail tourism, during the pandemic was alive and well in the county.

Teresa Hebb, Past-President of the Renfrew County ATV Club, shared "we have seen an increase in membership through 2020 and 2021. We know that the Canadian Off-Highway Vehicles Association has seen increases in sales of ATVs and ORVs. ...The demographics continue to shift to see more families, larger machines, youth and retired couples using the trails." And it's not just the motorized crowd that saw increases; hundreds of cars lined Highway 508 most weekends near the Manitou Trailhead, where hikers discovered the Eagle's Nest and climbers explored the wall of grey rock, a kilometre in length under-

neath the lookout. Bill Barrett, Chair of the Alpine Club of Canada (Ottawa section), commented that interest in climbing has surged, and with a ten-minute walk from the Highway to such a gem, it's a popular spot.

All this busyness on Ottawa Valley trails is a mixed blessing. The cafés, restaurants and accommodations benefit tremendously. Being outdoors improves our mental health – which helps many people deal with the lockdowns and restrictions. New visitors brought families and friends - potentially building the next generation of trail users and people who care for these networks. However, trash, overuse, and erosion from hundreds of hikers each weekend or ATV'ers zipping through muddy water pools, conflicts among different users, pets and horses leaving droppings, and parking became flashpoints for explorers and locals alike. These continue to be challenges that are not disappearing despite the decrease in pandemic measures.

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ready for this increase if even half of the additional trail users become new permanent users? Davis highlighted that the county has a Trail Strategy updated a few years ago that speaks to the value of trails to the County. "Trails are now viewed as providing not only leisure and health benefits but also social, economic and environmental benefits for individuals and the community. The provision of a trail is a start. Linking trail networks together and developing connections will maximize the benefits that trails provide. Connecting the trail systems together will provide greater options, longer routes, different destinations (i.e., shopping, work, recreation), and overall will encourage the use of the trails." (Renfrew County Trail Strategy) Davis said that maintenance is critical to prevent erosion and protect the county's investment. They dedicate \$1,000 per kilometre for trail maintenance, including dust suppression, resurfacing,



brushing,  
and installing  
culverts. They have

successfully applied for and received grant money and have one staff member dedicated to trails, though more human resources to support this work would be invaluable. While it's not a formal group, Davis indicated that several representatives from local ATV clubs, the Ottawa Valley Cycling and Active Transportation Alliance, and snowmobile clubs connect every few months to discuss trail issues and funding options.

Local recreation enthusiasts play an essential role in supporting trail management. Barrett of the Alpine Club feels strongly that trail users are the ones who will lead the change to address overcrowding, litter, and environmental degradation. He shared that "people like to be part of a cause". Other recreation communities have adopted different models; some involve the local government, others do not, but almost all include volunteers. He remarked that trail users will have to look at those models and see

what works for the region and their activity. Many initiatives to clean up trash and complete trail work start with trail users, enthusiastic about protecting the natural resource, who become advocates and volunteer. For example, Ottawa Crag Care Community is a group of individuals, all climbers, who clean up the rock-climbing area at Eagle's Nest and other locations, fundraise to post much-needed signage and install ropes to help prevent erosion and improve access. Education is also an essential piece of their work for new climbers and to ensure access isn't jeopardized. Unfortunately, the ropes they installed were cut one night.

Different activities and organizations have adopted different models. ATV and snowmobile clubs have highly organized structures; others coalesce into a more loosely based community of people – regardless, both clubs and individuals enjoy the outdoors, passionate about the activity they love. The Past President of the Renfrew County ATV Club, which relies on volunteers for positions from trail maintenance to educational ambassadors, shared that "The pandemic has impacted our ability to sustain the trails, and of course impacted the trail tourism of hosting large events to attract riders to our communities". She highlighted some of the challenges, including more riders on the trail equals more risk for trail deterioration, riders being eager to get out meant the organization had to deal with some trespassing issues and trail damage from out of season riders' reduced volunteer numbers. One of the key motivators for volunteering, Hebb shared, is "getting involved and being part of a community. Moving to a virtual world had its unique

challenges. It meant our board and committees saw the impact of not knowing each other, having virtual-only meetings, and having to learn new technology. This certainly slowed momentum, and we did see a higher turnover of volunteers in key areas." Whether hiking or ATViing or climbing, the pandemic had far-reaching impacts that are not quickly fading away.

We do need to protect what makes the Ottawa Valley special. Over the past number of years, the area has moved from a predominantly logging economy to an outdoor recreation and tourism economy. This means that the future is based on people visiting this area. However, the model that each recreation activity or trail network adopts will have to balance the trail users' needs, the local people, the business community, and the natural resources that offer such excellent recreation opportunities. More people and more access mean more balance. Maybe the word "balance" is the future mantra of Ottawa Valley trails. Enjoy your spring!



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

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## Mysteries of the Deep

By Ernie Jukes - Artist, Writer, Rover

Is it a giant eel, or a huge water snake, or a very large freshwater seal, or perhaps even some sort of water dragon from our distant past? Many mysteries of the deep continue to mystify the best of our mariners. One question that keeps popping up is, IS THERE REALLY A LOCH NESS MONSTER? And what about all those other sightings of weird water monsters reported around this planet by reasonably intelligent people of their day? Well slip into my canoe and we will go have a look.

As many of my readers know, Audrey and I have RV'd Europe and visited Loch Ness in Scotland. Like thousands of others who have waited for days by the old castle on this ancient freshwater lake, we watched and waited. After hours of scanning, suddenly we might say, YES! Audrey thought she could make out a rippling wave offshore and then a head protruded at the front of this streaking roll of water, as seen through her lightweight but powerful Bushnell binoculars. Was this the ancient sea serpent that has survived time to live in a cave on this old deep lake bottom and pop up to the surface to feed occasionally? Later Audrey said "Well, maybe?"

These unsure happenings have occurred around the globe for hundreds and hundreds of years. Sailors, and fishermen have reported seeing giant "sea beasts" sinking vessels of all sizes and even eating crewmen that fell overboard. Explorer's sagas suggested many strange sightings, and these continue right into modern times. The marine folks of Loch Foyle in Northern Ireland can show a photograph of a giant serpent surfacing between two ships. Apparently a similar, long dark, probably prehistoric water monster, has been seen on Lake Baikal in Russia.



While I was painting this scene on a beautiful day at Loch Ness, Audrey was scanning the waters. Was that serpentine creature who created a large wake Nessie? Did Audrey really get a rare glimpse of The Loch Ness Monster? Maybe.

These very unusual aquatic reptiles continue to be seen. Some reports include the waterways of North America. It is even suggested they may stalk fishermen. Others are believed to be man-made hoaxes. Real factual evidence is thin in both considerations. For example, could the 50-foot long Monosaurus that controlled warm prehistoric waters still exist today? Not too likely.

If you have watched the recent and excellent TV Ontario Documentary "Tripping the Niagara" you will see the Whirlpool that had reportedly harboured such a water monster. However, the only real evidence was in fact some giant Channel Catfish and a huge Sturgeon. There have been many strange tales that predate those of French fur traders and Black Robe Jesuits while exploring Lake Huron, Georgian Bay, and Lac Superior areas. Indigenous people told them stories of monsters coming out of rivers to eat their people. You might recall my earlier Highlander article talked about LaSalle's ship "Le Griffon" going down in a storm near Long Point in Lac Erie. This ship which they built

above Niagara Falls at Chippewa had a carved bowsprit, or figurehead of a Water Serpent! Even then, these strange tales garnered some respect.

Many readers will recall "Ogo-pogo", heard and seen on 80-mile-long Okanagan Lake in B.C. The swishing noise and photos gave marine biologists enough evidence to confirm there was a 120 foot long "snake like" fish that confirmed the ancient native reports. They have explored underwater caves and found evidence of footprints in the shoals suggesting the area was originally part of a giant Jurassic Sea. They also have proven evidence of huge eels in many waterways across Canada.

Closer to home, Walt Taylor, a cousin of mine from Belleville, dropped in to Matawatchan on his way to bringing his country band "The Rhythm Ranch Riders" to play in Renfrew and Golden Lake. This fellow ardent fisherman told me of strange sightings of super large fish in the Napanee River. Walt had also heard of a watery beast in our Madawaska. Could they have been the marauding muskies sighted by other fishermen?

He eventually caught an "Ontario record Sturgeon" near the Duck Islands in Eastern Lake Ontario. But was that his answer to other Bay of Quinte spottings? By the way, his visit with his band was prior to the building of our local hall, or electricity in our valley. But we had a real hoe-down right here in our side yard. "Allemande left", the fiddlers called. The large crowd happily danced to 4 am with the help of a full moon and lanterns hanging in the hemlocks.

We have also heard of unusual water serpents reported by early Madawaska Rivermen. Old loggers such as Joe McLaren and John Kelly mentioned big eels, giant swimming birds, and large water phantoms that continued to mystify spectators on our rivers, especially near rapids as they drove our logs downstream. Even a quiet fellow artist, Tom Thomson, reported a "peculiar critter" he saw from his canoe in Algonquin Park. You may recall he died in a mysterious manner on Canoe Lake.

There was a time this old rover travelled to the "Burpees" up in Hudson Bay. My float plane trip to the Belcher Islands was taken from the giant hydro development "Great Whale River" in Northern Quebec. The purpose of this journey was to write an article on "Fishing Arctic Char in the Tundra" for Field and Stream magazine and illustrating it with some of my own watercolours of Inuit outdoorsmen.

It was Charlie Tukuluk who not only took me out on the gigantic Bay for some top trout fishing but also introduced me to "Sealing" an old and necessary harvest by his people. Charlie also told me of a very large serpent-like fish that exploded from the sea to look down on him in his frail Kayak before smashing back down into the depths. Evidently his father and other relatives had also witnessed similar

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71% of the Earth's surface is water, which is also miles deep for most of it, and humans have only explored a fraction of that. New fossils of giant sea creatures are being dug up all the time. Who knows when those creatures died out... or if they did die out.  
Painting by Georgi Markov



Why are sea creatures like Nessie (above) and Ogoopogo (below) so camera shy, blurry, and far away all the time?



eruptions while out on this gigantic bay. If these were in warmer southern waters one may possibly think of them to be giant dolphins. Yes, we did get out on those famous islands to catch Char with every cast. And you may recall that is where I found a fossil of "palm fronds."

There is still some confusion over a Floridian sea monster reported very recently by saltwater fishermen. At first thought to possibly be an extra-long shark, then a long thin gator that came out of the local swamp. Finally, through further sightings and

photos they revealed a huge 15-foot boa constrictor or python. A dangerous critter that can eat its way along keys and streams, navigating pipes to travel from pond to pond, penetrating the State to live a long life in this "full of life" southland.

The earth's oldest and largest sea giant was a reptile with an eight-foot skull! Back even before dinosaurs dominated the land these extraordinarily huge marine reptiles called "Ichthyosaurs" ruled the oceans. They are known as the planet's first giants and could grow to more than

50 feet long. The first skeletons were found in Southern England and Germany over 250 years ago. However, in 2011 scientists have made new finds in the mountains of North America. These creatures had a long, dolphin-like snout and big conical teeth. Apparently, they lived some 246 million years ago making it one of the oldest and largest creatures ever found. Our whales may have also evolved from common ancestors that walked on land until their fate was changed due to that devastating asteroid from space.

Another recent find in Southern England recently was a really big 32-foot-long "sea dragon" fossil that was discovered in a drained Leicestershire reservoir. It had a 6-foot skull that weighed around one ton. It swam our seas 180 million years ago while Dinosaurs walked our land. The continued discoveries of Ichthyosaurs will have much to say in the hunt for answers to our mysteries that have plagued our waters and mystified sportsmen.

And what was it that created a wave of water that suddenly smashed off the surface to tree top level in Morrow Lake about 50 years ago? A

sudden gush and just as quickly it was gone. Fortunately our canoe was at a safe distance, and at the time we put it to bed as a water spout. Your guess is as good as mine.

But say now, listen here, perhaps you too can share a fishy experience with us. If you know of a peculiar story to tell in this regard, please drop into my painting studio at old Camp J on Frontenac Road and let us hear about it. We recognise all the safety factors of this pandemic. However, your input is always welcome. Stay safe.

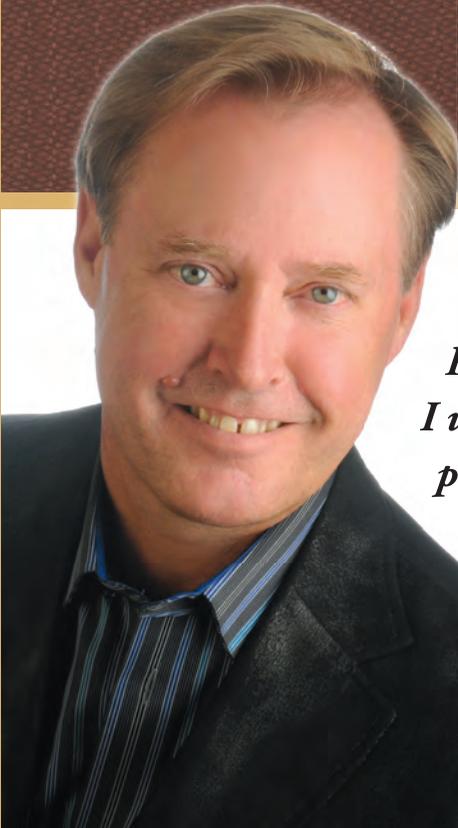
Old Ern



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

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## The Covenanters, Parts 1 and 2 of 4

By Bill McNaught

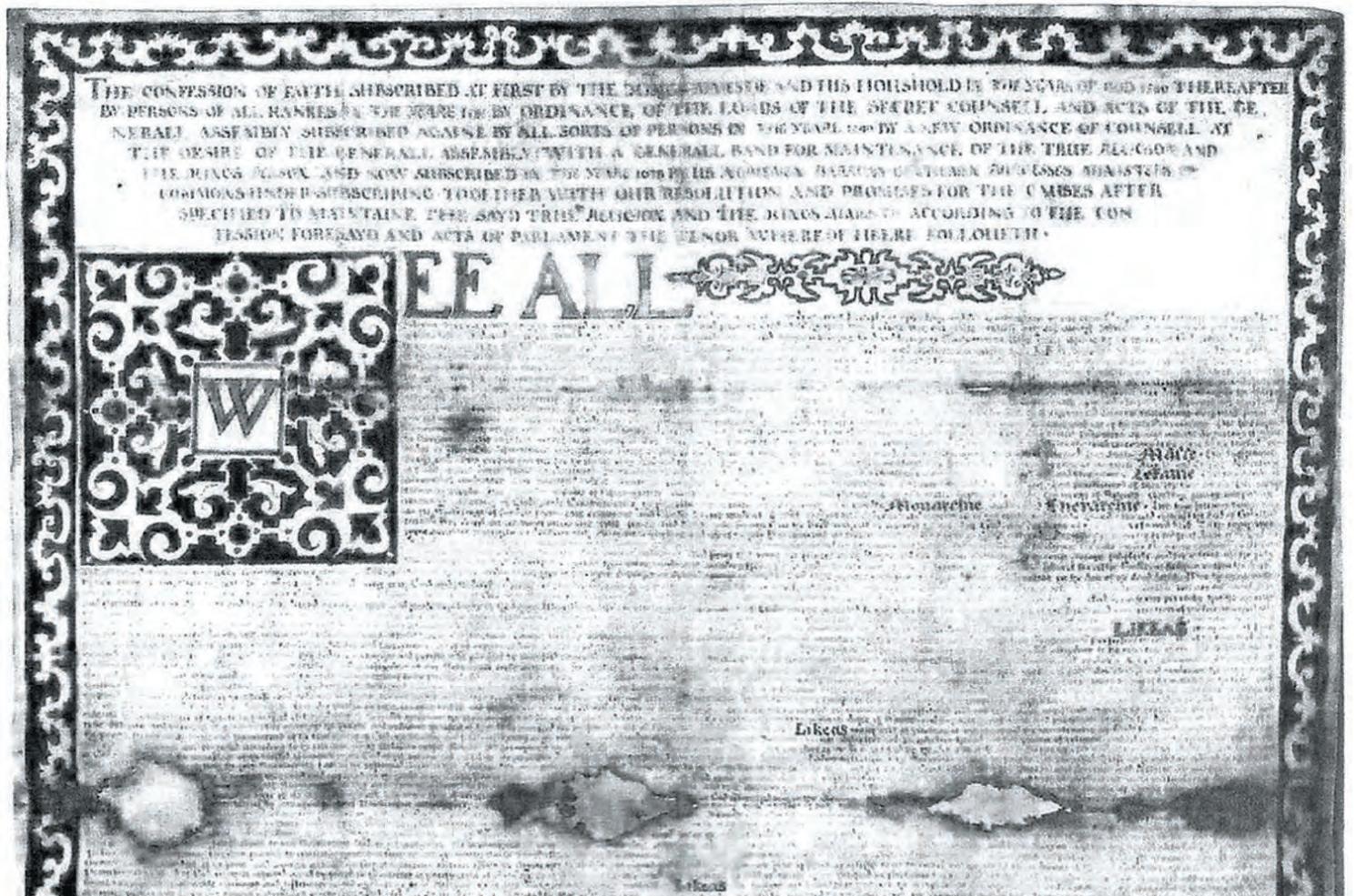
### Part I — The Covenant

One of the few opportunities arising from the pandemic is that it provides time to explore family mysteries, which have remained relatively unexamined previously. In my situation, it has been the background which propelled my grandfather, Tom McNaught, to pursue his calling as a Presbyterian Minister here in Canada, despite his natural talent for figures and bookkeeping. The conclusion I have found is that the Covenanter experience that he had as a child of six in 1892 was the impetus for his decision. In June 1892, he attended with his grandmother, Elizabeth McRobert, the Memorial Service for the 5 young Covenanters who were murdered at Kirkconnel Moor in southwestern Scotland in February 1685. It was there that he learned that one of those martyrs was Andrew McRobert, his ancestor. This understanding had a profound and lasting effect on him. My story about his experience, entitled “A Covenanter in Canada”, was published in the October 2021 Special Edition of the Madawaska Highlander as part of the short story contest.

I have reviewed the Covenant myth and reality and discovered that this resistance movement had profound impacts well beyond its religious nature that forms modern thinking. The facts seem cold and perhaps minor—just another clash of religions, in this case, the repeated attempts by English kings (of Scottish heritage), Charles I and Charles II, to unilaterally impose a foreign religion (the Church of England) on the Scottish people in three succeeding waves starting with minor punishments, escalating to outright terrorism of non-political men and women for their religious beliefs. This attempt to coerce people to change their beliefs forced martyrdom on several generations of Scottish men and women over a 50-year span causing 18,000 deaths.

Charles I tried to force the alignment of the Church of Scotland with the Church of England on the principle that as King of both of England and Scotland, he was also the Leader of both Churches. Charles was the Leader of the English Church by a law passed by Henry VIII. The law did not apply to the Church of Scotland. To accomplish this “alignment” he created the New Book of Common Prayer for the Scottish Church in 1637 and ordered congregations to adhere to it. As history often reveals, imposition from an outside force brings about a negative reaction. In this case, the Scottish congregations refused to follow the imposed changes.

But the Scottish congregations went further. They created the National Covenant, committing, in writing, to protect the Church of Scotland from outside interference. To confirm their undertaking, members of the Church of Scotland, men and perhaps some women, signed the Covenant document, sometimes in their own blood. Thus, they became known as The Covenanters. There are more than 1000 copies of the Covenant document which have survived.



One of the 1,000 or so copies of the 1637 Covenant still in existence. At a time when Kings, Pharaohs, and Sultans ruled the Old World, and Kings were fighting to gain dominion over the New World, a covenant that began with the words “WEE ALL” was more than a resistance movement. Signed by men and women, it was democratic.

The Kings of England, Charles I and later his son, Charles II, tried to quash the resistance, first by imposing fines and penalties on the Covenanters, later by beheading the leaders and cutting off their right arms, the arms which had signed the Covenant. Finally, when the leaders could not be found, Charles II instituted a terrorism campaign. The Test Act was designed and anyone who failed to answer that the King was the Leader of the Church was killed. Members of the Scottish Church were educated and understood the Bible and theological questions quite clearly. For one of them to reply that the King not Jesus Christ was the Leader of the Scottish Church was sacrilegious, tantamount to denying Christ, much in the same way that Peter denied Christ as described in the Gospel of St. Luke Chapter 22, verses 54-62. For people who owned very little except their copy of the King James Bible, this story of betrayal was a very shocking Biblical story. It was a tone-deaf response for an administration to demand that people betray Christ by denying Him leadership of His Church, something that they would rather die than do. And die they did—by hanging and drowning, as at Wigtown and by summary execution at Kirkconnel Moor in 1685.

To get an objective understanding, I consulted the most recent “definitive” History of Scotland by Neil Oliver (ISBN: 978 0 297 85663 4). His conclusion of the Covenanter resistance, which lasted 50 years from 1637 through 1688, is perplexing and ambiguous:

“The truth is that we have stolen from them (the Covenanters) ideas like equality, freedom of speech and conscience and disposed of everything else they stood for. The Covenanters knew very little of mercy. They knew nothing of moderation...” (p.240)

Just another religious faction? But an objective observer can reasonably draw different conclusions. Equality, freedom of speech and conscience, are these not the building blocks of modern democracy? Mercy and moderation are essential for democracy but not more than individual (inalienable) rights of individuals.

For that was the astonishing conclusion that Oliver discovered when he examined the Covenant Document. Looking back from a 375-year advantage, Oliver discovered it was “a document of most profound importance, symbolizing the moment when Scots were encouraged to regard their homeland not as a kingdom, but as a nation state. Within that state men and women were citizens rather than subjects and they had rights—human rights—to follow their own religious beliefs, regardless of what the king might tell them...”

What Oliver documents are new ideas, modern ideas of citizens who have the freedom to think for themselves and to live lives as they choose. That is the essential principle of democracy. It is one half of modern thinking for individual rights are twinned with individual responsibility. Would the Covenant, which begins with the words, “Wee All...” be more understood as the necessary idea for modern democracy if it had begun with the words “We, the People”?

Surprisingly, Oliver overlooks the other evolutionary thought contained in the Covenant document—that both men and women have individual rights. Both men and women signed the document asserting their individual rights; both men and women were martyred. It may be the first recognition of equality between men and women in history.

### Part II — The Test Act to determine Treason

In his book, “A History of Scotland”. Author Neil Oliver discovered that the resistance movement by the Scottish Covenanters, which lasted more than 50 years and ended the lives of 18,000 Church of Scotland members, was a “profound” event in human history. Beyond the religious significance of the resistance were the new ideas that people are citizens, not subjects, citizens with individual “human rights”. These rights were proclaimed when Scotsmen and Scotswomen signed the Covenant to defend the Church of Scotland from outside interference and to defend their own rights as individuals.

The interference began in 1637 when Charles I developed a new Prayer Book for the Church of Scotland, which was based on the king being the leader of the Church. That was something that Church of Scotland members could not accept, for it harkened back to the betrayal of Christ by His disciple Peter, as described in the Gospel of Luke, Chapter 22, the most shocking event in the Bible. Most members of the Church of Scotland were literate and had their own Bibles, which they read constantly. They were all aware of the betrayal.

Charles the First administered Scotland through the Privy Council. The Council put forth harassment measures to ensure adherence to the Church of England’s take-over of the Church of Scotland. The ministers were dismissed, and in their place, Church of England bishops were assigned. When the members decided not to attend Church, fines were imposed on members, called a “cess”, a euphemistic word which still raises ire among Scots everywhere.

The members then attended outdoor services away from their churches. These services were called “conventi-



Approximately 18,000 people died over a 50-year time span after refusing to accept a foreign king as the head of the Scottish Church, and continued to hold their own communion "underground".

The Covenanters' Communion painting by George Harvey 1806–1876 National Galleries of Scotland, Scottish National Gallery.

cles". After the execution of Charles I in 1649, his son, Charles II, tried to seek revenge on his father's enemies, including the Scottish resistance to the changes to their Church. Despite his efforts, the resistance moved underground, and members still attended outdoor conventicles. The Privy Council tried unsuccessfully to capture the leaders. The Privy Council resolved to terrorize ordinary members who were caught attending a conventicle.

In order to circumvent English law, which was based on "habeas corpus" requirements—in fact a new Habeas Corpus Act was enacted in 1679—requiring an administration to produce evidence of a crime and prove the criminal act before a court called the Assizes, a jury of peers, the Privy Council declared that anyone who denied that the king was the leader of the Church was guilty of treason. Treason was the exception contained in the Habeas Corpus Act. It was the loophole which negated the habeas corpus requirements. Treason was used for many executions and many deportations to the Colonies. But it was cumbersome.

To expedite matters, the Test Act was passed in 1681. Anyone could be asked by the soldiers of the administration to declare who was the leader of the Church. Scots who declared that Christ was the leader of the Church, could be summarily executed. There were many instances when individuals were shot for failing the Test Act as was done at Kirkconnel Moor in February 1685 when 5 young men were caught in the woods at night and shot without any trial. The purpose was to terrorize the ordinary members since the measures to capture the leaders of the resistance often ended in failure. But the Test Act and the atrocities committed under its provisions only increased the resistance.

In 1679, the Covenanters pushed back more directly. The Church of England Archbishop of St. Andrews, James Sharp, was riding in his carriage when nine Covenanters stopped him and murdered him. Archbishop Sharp was considered a Scottish traitor for he had originally been a supporter of the Covenant. Scottish sensibilities are unusual—there is a code even for atrocity.

There have been numerous gruesome deaths and executions throughout Scottish history—we remember the torture and death of William Wallace by Edward I. But in this case, Archbishop Sharp was executed in front of his young daughter.

The response by the shocked administration also escalated. Hangings increased and when 1400 Covenanters were captured at Bothwell Bridge later that year (1679), they were banished to the Colonies. Nevertheless, the resistance continued as did the outdoor services.

History records that heavy-handed persecution creates a reaction. The Test Act was used to terrorize. Examples had to be made giving rise to the Killing Times. The next escalation was the decision to execute women Covenanters. Several were hung for treason in 1681 including Isabel Alison and Marion Harvie for not declaring Charles II to be head of the Church.

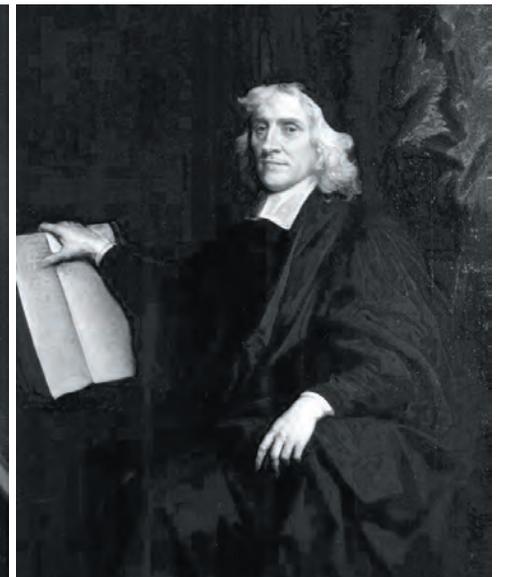
The most egregious atrocity occurred in Wigtown on May 11, 1685. Two women, Margaret Maclaughlan, aged 63, and Margaret Wilson, aged 18, failed the Test Act. To make an example, both were tied to stakes in the harbor while the tide was out and allowed to drown when the tide returned. The Wigtown Monument identifies the reason for their martyrdom: "they refused to forsake the principles of the Scottish Reformation and to take the government oath, abjuring the right of the people to resist the tyranny of their Rulers."

Memories are long in Scotland. Even though the Covenanter repression occurred over 300 years ago, the memory remains. When our McNaught Family "invaded Scotland" in the year 2000 our tour guide, Gibby McLardy, took us past St. Giles Cathedral in Edinburgh. Despite widespread admiration and respect for Queen Elizabeth II throughout Scotland, Gibby gave voice to the historical viewpoint. In his soft Scottish brogue, reminiscent of my grandfather, he said, "Maybe down there" and he jerked his head in the southerly direction, twice, "the Queen is the head of the Church but here in St. Giles, she is just another parishioner." That says it all.

To be continued...



Most of us have lived all of our lives in a democracy, so it's hard for us to imagine how one person can have the power to kill so many people. We just have to look at Russia to see what one man can do. We also see how fragile democracy can be when we study history and consider how close the US came to falling in a coup. (Above) King Charles I, after the original by van Dyck. (Bottom left) King Charles II (Bottom right) Archbishop Sharp by Sir Peter Lely. They not only wanted the power of the gods, but to gather church collections as their own.





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**What am I Trying to Say?**

*“Get it down. Take Chances. It may be bad, but it’s the only way you can do anything really good.”* - William Faulkner, “The Sound and the Fury.”

*“Your intuition knows what to write, so get out of the way.”* - Ray Bradbury, “Fahrenheit 451.”

*“Write drunk, edit sober.”* - Ernest Hemingway, “For Whom the Bell Tolls.”

I like these quotes because they refer to two different processes, writing, and editing. It is important to write down what you are trying to say without editing or judging every word as you type.

Write without judgement. Get out of the way of your own story. Let it flow, then go back later to see what you can improve upon. You will never be stuck for words that way.

I have interviewed many people who are unaccustomed to being in front of a camera. Some take to it easily, while others are so intimidated by the camera that they blank out. They search for the “right” words to say and the right “way” of saying them. When this happens, I will pretend the camera is off and ask the person, “What are you trying to say?” They invariably relax instantly and respond with a cohesive statement that begins with, “What I’m trying to say is...”

Talking to a blank page can be as intimidating as talking to a camera. If you find yourself with fingers poised lightly over the keyboard, a story stuck in your head, and a blank page staring you down, try unstopping your words by typ-

ing, “What I’m trying to say is...” It truly is easy to finish that sentence, which will get other words flowing onto the page.

A technique I use when I am writing is to leave blank spaces or \_\_\_\_\_ long lines as placeholders for the words I can’t quite grab ahold of while I am getting my thoughts on paper. If you stop to find that perfect word, you risk forgetting what you were trying to say in the first place. There you are with a beautiful sentence that leads... where?

*“When your story is ready for rewrite, cut it to the bone. Get rid of every ounce of excess fat. This is going to hurt; revising a story down to the bare essentials is always a little like murdering children, but it must be done.”* - Stephen King, “The Green Mile.”

This tip is perhaps the hardest for a writer to follow. Never sacrifice a story for the sake of a beautiful phrase or paragraph. When you perfect the opening paragraph before you finish the story, it is very hard to pull it apart, move that part of the story to the end, or change it in any way, so don’t fall in love with your own words. Be a ruthless editor who doesn’t care about the author’s feelings.

*“Writing is easy. All you have to do is cross out the wrong words.”* - Mark Twain, “The Adventures of Tom Sawyer.”

What I am trying to say is, get writing, enjoy the process, and submit your story. We all look forward to hearing what you have to say.

**Categories and Prizes:**

Adult Fiction – one prize of \$200

Adult Non-Fiction – one prize of \$200

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

People’s Choice: “Gabrielle” A novel by Michael Joll

**Judges:**

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

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

**Stories must be:**

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

**Sending Stories:**

Enter any time before September 22, 2022.  
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 Include your name, address, email address, phone number, story title, category, and age if under 15, in the body of the email

Go to [www.madawaskahighlander](http://www.madawaskahighlander) for complete rules and to enter  
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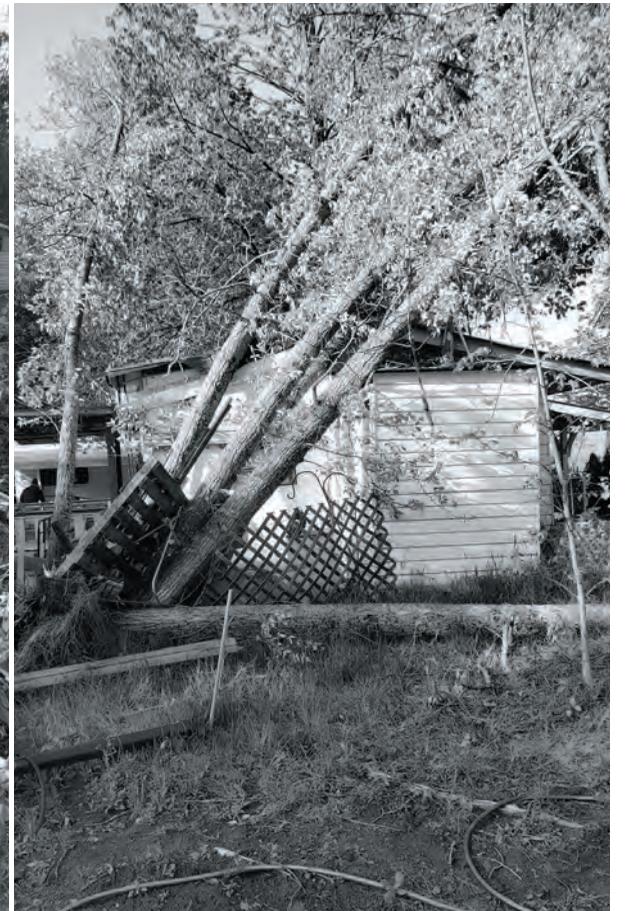
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## Were you Prepared for the Great Storm on May 21?

By David Arama



This mess could have been lethal, as it was elsewhere. There is always an element of luck - a foot or two this way or that can make a difference. Remove dangerous trees, be prepared for the aftermath and cleanup, work together, and hope for the best.

### The Storm

The timing of our last article on survival preparedness was unbelievable. Little did many of us know that the most destructive storm system to ever devastate vast regions of Ontario and Quebec, was imminent. It's interesting to note, that it's one thing to talk about being prepared for devastating disasters, it's quite another to be right in the middle of ground zero. On Saturday May 21st, I was going through my daily routines at Marble Lake Lodge, and also teaching a basic flatwater canoeing course to a group of students. It was a stifling humid day, and my instinct combined with Environment Canada issuing a special weather statement, alerted me of the impending potential for a mesoscale cold front series of thunderstorms. In fact, I highlighted those risks while teaching some basic risk management to the canoeing students. I also delayed the launch of the canoeing portion of the weekend, and kept the group on land, close to the lodge.

After taking a lunch break inside the lodge building, I notice that the merchant services (debit, visa/mastercard) were down. After calling in, I was told that there was a province-wide failure. Then, we noticed that the hydro was flicking off and on several times. I went down to the shoreline to teach some canoeing safety and portage methods, and then witnessed the sky turning black, with a few colours, and swirling. Immediately, we dragged all of the boats onto the docks, and evacuated everyone to the main lodge. Now the power was out completely. As a freight train sound approached, I saw some kids fishing on the docks. After a few frantic screams, they all got into the safety of the lodge building. Then all hell broke loose. Trees and hydro poles splitting in half, taking down hydro lines, road signs flattened, roads quickly becoming inaccessible, and shear panic. In less than 30 minutes, it was all over.

### The Aftermath

We then checked the cabins and trailer campground to make sure that everyone was okay. There were no injuries or deaths. But a lot of customers and staff were in a state of shock. Including myself.

### The Cleanup

I have always taught people to get proactive and busy, when faced with a Survival situation. Within minutes, we organized people with chainsaws to clean up vital roads and driveways in the campground and lodge parking lot. Others worked to upright downed signs and chairs/picnic tables. We provided emergency bottled water and bagged ice for fridges. Next was hooking up the Bluetti 700 Watts power inverter to the internet router and Xplornet. Then it was hooking up gas generators to get the well running for supplying water to the campground (toilets, showers), and for one camper who required a CPAP Machine running. Plus, a rotary landline telephone from the 1980's that works without hydro. And plenty of headlamps, flashlights, and Goalzero lanterns.

I also hooked up some Goalzero Yeti 1250 and 1500 powerpacks for cell phones and television inside my house, to watch the NHL Playoffs.

Then more cleanups, called tree removal services and electrical contractor to replace downed hydro pole and connections to cabins, and called insurance adjuster to make a claim.

We cooked meals on a propane BBQ and on propane stoves in the lodge and made coffee on the BBQ burner. Then began the wait for Hydro-One to reconnect us. For us it turned out to be three days, but we didn't know how long we would be without hydro power.

We were very lucky, and very prepared. We had previously installed mostly steel roofs at the lodge. And we

did preventative tree removals over the past few years, removing dead widow-makers that were diseased with Elm Disease and Ash Borer etc. We had tons of backup power equipment, woodstoves and pellet stoves, and chainsaws. Plus, tons of food, and a running well.

Some nearby parks and cottages didn't fare so well. They had extensive property damage, and in some cases, serious injuries. Some folks have been told that it might take until July to get hydro back on. There was mass panic at stores

as people were snapping up all available gas generators. All in all, it was likely the costliest and most destructive storm in Ontario history. Quebec also took a beating. Experts called the storm a rare Derecho, a Cold front Mesoscale Cluster of fast-moving thunder cells, some spawning EF-1 and EF-2 Tornadoes. Get used to it folks, climate change is real, and natural disasters are becoming stronger and more frequent. Don't get rid of that generator now that the storm is over.

### Tips:

- *It's great to have an electrical inlet connected directly to the electrical panel. Then, you can hookup a generator directly, to keep vitals going, such as your gas furnace, fridge/freezer. Or invest in a Generlink system that hooks up to the meter outside.*
- *Keep fresh fuel ready, fuel stabilizer, and generator oil.*
- *Have an old-fashioned rotary landline phone ready*
- *Have a bucket toilet, or portable RV chemical toilet available for power outages*
- *Go solar if possible. Solar DC fridges use a fraction of power compared to standard AC fridge.*
- *Check your insurance policy carefully, and what's covered, don't assume the commissioned insurance agent has checked the details.*
- *Have a disaster war chest of cash and lines of credit*
- *And check with Environment Canada and weather warnings and statements!*

**Remember, be prepared, you are biodegradable.**

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



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

## Fur Elise - My Brush with Fame

By Jean Chatson Parks, a relative of Antonia Chatson

My piano lesson was over. I paid my teacher Miss Jones \$1.50 for my lesson, picked up my piano books, said goodbye and left her house. I walked down Phillip Street thinking about Fur Elise, a piece of music by Beethoven that I had been working on. I thought that I had played it well at my lesson. I needed to correct my fingering on a passage and it would be as smooth as silk. I turned the corner onto the main street and started for home still lost in the music of Fur Elise.

It was a beautiful Fall night that only Muskoka could deliver. The tourists had left and the sleepy little town once more belonged to us. The beauty of the warm night was everywhere. The clean Muskoka air had a hint of burning leaves wafting through it. The streetlights were on, along with the bright store windows, a golden amber glow lit up the main street. It was supper time and the streets were empty. No cars, no people, no noise, no movement anywhere. How still it was.

I had one more block to go before I would turn onto the street



where I live when I noticed a young man emerge from a restaurant across the street from me. We glanced at each other just to acknowledge that there was another human being on the street that night. He passed by me, I stopped and watched him as he walked away. He was dressed in a

black suit, black top coat, and he wore black shiny patent leather shoes. The shoes told me who he was! No one in our town wore black patent leather shoes. Not even the Undertaker!

There was to be a concert tonight in the opera house given by a professional concert pianist. His name was Glenn Gould. The newspapers and posters had told of his concert, but I could not afford the price of a ticket. I had to scrape up change

to pay for my piano lesson.

The newspaper said that he was a child prodigy (could play the piano at three years of age), had graduated from the Conservatory of Music at age twelve. He was considered to be a genius. Tonight's concert in the opera house was one of his first concerts in his professional life.

He is stopping now to look into the windows of the Soskins store. The window display at Soskins is always a feast for the eyes. Beautiful wool sweaters, fox fur hats, leather gloves and boots. The display always seems to say "Welcome to the Canadian North Country."

How young he looks. Why, he has to be about my age. I wonder if he played Fur Elise? Of course, he did. All students play Fur Elise. Only he probably played it at age five.

I wonder what grand music he will be playing tonight. Is he thinking about that music right now?

So, this is what a genius looks like! Quite ordinary, I thought.

I watch him as he leaves the store window, walks past the library and turns into the opera house.

Supper is waiting for me, So I cross the street at the Bank corner and hurry home, pondering my moment in time with Glen Gould, while Fur Elise played on in my head.

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Antonia studied at The Royal Conservatory of Music and at York University. She taught in all levels in the public school system as well as giving private

lessons in music. Her passion is the land. She loved her experiences growing up on the farm in Shelburne and twenty-two years of farming in Denbigh with her husband, Francis. She plays the piano at the services at the Vennachar Free Methodist Church, and lives on the homestead with her daughter Irene.



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Lengthy construction project on Parliament Hill causes Canada Day Main Stage and other activities to move to LeBreton Flats Park, west of Parliament Hill.

“Parliamentary Square” to be built across from the Hill, encompassing 11 buildings for an estimated \$430M, will include 150 offices, Indigenous Peoples’ Space.

PM signs historic land claim settlement with Siksika First Nation \$1.3B payment helps ‘to right a wrong from the past,’ says Trudeau

Tla’amin Nation in BC has stated to Paper Excellence that it has never conceded title to Lot 450 and the Catalyst Paper Tis’kwat mill site, and is seeking redress.

B.C. Kitsoo Xai’xais and Nuxalk First Nations First to possess same authority as park rangers for first time ever to enforce conservation of their territories.

Canada announces bill to cap sales, transfers and imports of all handguns. In 2020, the government banned more than 1,500 types of military-style assault weapons.

Hundreds attend anti-Islamophobia march in London, Ont., in memory of Afzaal family. Prime Minister Justin Trudeau talked to youth organizers

Class action suit after BC cancelled grizzly bear hunt without reason. Each hunt was worth US\$12,500, or more if the customer was successful in killing a grizzly bear.

BC will pay for 75% of an EV charging station installation in your home or apartment building

Canada and California to partner on climate action and nature protection

Toronto hospital introduces innovative system to heat and cool its buildings using wastewater.

Small-scale possession of illicit drugs will be decriminalized in B.C. next year: Adults will be able to possess small amounts of opioids, cocaine, methamphetamine, MDMA

Ukraine Eurovision winners, Kalush Orchestra, to tour EU to raise money for army.

Russia announced it was withdrawing from the Council of Europe – only to be officially expelled the next day over “a special military operation” in Ukraine.

B.C. commission probing money laundering and surging home prices. Chinese businessman accused of bribery helped froth Canada’s housing market – legally?

Rising interest rates are helping to cool off the GTA’s housing market. Montreal home prices down by 6% since May.

Vancouver unveils a work-live home for 30 artists \$14.3M development charges rents based on artists’ incomes, which lag behind Vancouver’s high cost of living.

Wholesale lumber prices plunged 40%, but it could take 4 to 6 weeks to see retail decline.

Vancouver’s Aquabus ferries are known for their distinct sound. But one of them is noticeably quieter these days — and that’s because it’s gone electric.

Twitter shareholders sue Elon Musk, say he ‘deflated’ stock price to either walk away or buy at a lower value.

Canadian government slams Tim Hortons for using its app to spy on customers. It checked when users were visiting other coffee shops, working, and at home.

Tory peer Lord Rose criticizes ‘backwards’ proposal to return to imperial measures in England post-Brexit, as business department launches 12-week consultation.

Sexual misconduct report finds Canadian military culture ‘deficient’. Should be investigated by civilian authorities reports a former Supreme Court justice.

Apr. 26 to May 26 Japan, US, and Canada were watching for fuel transfers on ships at sea that could be helping N. Korea evade UN sanctions over nuclear missile tests

Chinese jets were repeatedly “buzzing” a Canadian intelligence plane that is part of a UN mission over international waters, frequently flying as close as 20 to 100 feet.

China accuses Canada of ‘provocative acts’ after military jet criticism

Moratorium on collection by national aviation museum during museum rebuild has prompted a U.S. organization to make a bid for RCAF’s last available Buffalo aircraft.

Xinjiang China uses 20% of the world’s cotton. It’s rife with forced labour for Muslim Uyghurs. US Forced Labor Prevention Act will penalize importers and seize goods.

Ontario spending billions to expand nursing home chains with some of the worst

COVID-19 death rates locking decades worth into an antiquated model

A BC man who became partially paralyzed after getting his first dose of Astra Zenaca is one of the first in Canada to be compensated for vaccine injury.

Human trials of inhaled vaccine at McMaster University show hope that it will last longer, be more effective, and stand up well to future variants of the COVID-19 virus.

A USF study shows retail and service workers have higher COVID-19 death rates.

Tesla Shanghai workers can leave the factory for first time in weeks after lock-down.

A global shortage of contrast dye has forced some Ontario hospitals to limit or postpone certain diagnostic imaging scans.

Treatment with the immunotherapy dostarlimab showed promising results in a small trial of rectal cancer patients. Too early to call it a cure, but tumors vanished.

Strained food banks low on food and money after storm. Many food banks left with rotting food after lights went out. Food trucks doubled their charity meal making.

2/3 of Canadians say rising grocery prices are having a direct impact on their finance-related stress; 56% say gas prices, followed closely by goods and services.

U.S. wheat crop hit by dry winter then soggy spring, adding to global tightness. UN warned the impact of the war on grains, oils, fuel and fertilizer could cause famine.

Transgender, nonbinary teens at higher risk of suicide compared with peers: study

McGill Study: Blocking inflammation after back injury might make pain chronic. Inflammation helps healing. Heat, physiotherapy, stretching, massage are better.

Mars Wrigley Canada announced a voluntary recall of specific varieties of Skittles Gummies, Starburst Gummies and Life Savers Gummies due to the potential presence of a very thin metal strand embedded in the gummies or loose in the bag

Mercedes-Benz issues global recall of one million older cars (2004 – 2015). German carmaker says move due to a potential problem with the braking system

It’s Official: The Northern Lights Really Do ‘Speak’ Say Scientists. They weren’t imagining it, the Aurora can come with a whistle or whizz, a crackle or hiss.

The federal government reintroduced legislation to create a monthly benefit payment for working-age Canadians with disabilities to create financial security.

Elon Musk demands all employees must work at the office. Managers put in at least 40 hours in person.

Some restaurants are abandoning tipping in favour of paying staff higher wages

Le Cordon Bleu is seeing a spike in applications from mid-career workers after chefs who were sidelined during the pandemic left the industry for other jobs.

Ontario employers of 25 or more must have a policy on disconnecting outside business hours. The “right to disconnect” was part of the Working for Workers Act.

A University of Manitoba-led study found that living close to a trail used for walking, running and cycling leads to an 8% reduction in the risk factors for heart disease.

Dog feces and urine are being deposited in nature reserves in such quantities that it is likely to be damaging wildlife, over-fertilization that would be illegal on farmland.

Street gangs from the GTA are branching out, chasing hefty drug profits in rural, northern and First Nations communities across the province.

Youth increasingly using “buy now pay later” to finance nearly any kind of online purchase, without credit history as “Apple Pay Later” set to launch in the US.

UN: Iran removing 27 surveillance cameras at nuclear sites after months of stalled talks meant to restore the Islamic Republic’s 2015 nuclear deal with world powers.

Driverless taxis are now on California streets.

NASA Turns to Private Sector for New Spacesuits for Exploring the Moon’s Surface

Is There Oxygen On Venus? NASA’s DAVINCI Mission is tentatively scheduled to launch June 2029 and enter the Venusian atmosphere in June 2031.

NASA launches UFO study despite ‘reputational risk’. Announcement comes as the study of unidentified flying objects gains more mainstream attention.

Astronomers discover mysterious repeating Radio Bursts waves from far away galaxy

# HIGHLANDS HIKER

## Mushrooms - The Brains of the Forest

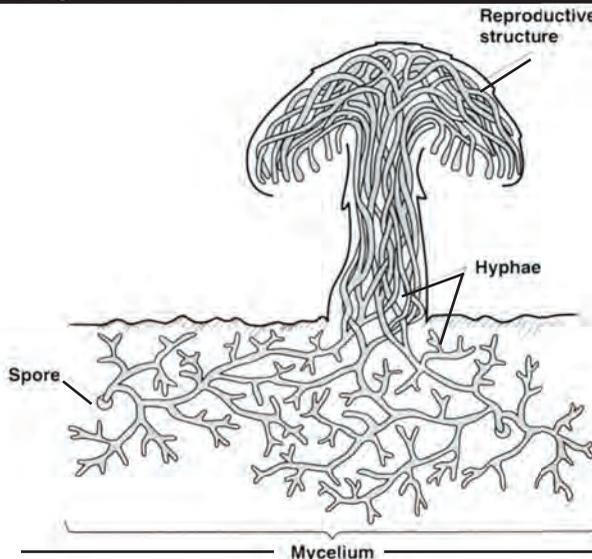
By Colleen Hulett



Even these Brain Mushrooms don't look very smart, but it turns out they are!

When you hike onto a dark and damp trail, a trail covered with a thick canopy of trees blocking most of the sun so that only thin beams of sunlight can make it through, you suddenly feel calm. Calmness is the automatic physical response an old growth forest gifts us. Your eyes relax. It's quiet although you can hear the Pilated Woodpecker's ancient call in the distance. You begin to take deeper breaths and longer exhales. Your lungs fill with clean oxygen. Then you smell it. You smell what? Mushrooms. You look down and there right at your feet is a mushroom begging you with its scent to notice it. Do you think the mushroom is ugly? Do you think it's beautiful? Seriously, when it comes to mushrooms the eye IS in the beholder. I promise you, the day you come across a velvety and vibrant orange Chicken of the Woods Mushroom and its shockingly larger than your head, you may easily get hooked on the fungi kingdom. It happened to me. It happened right here in the Madawaska Highlands.

As established in my last article, we know the highlands host a plentiful mix of deciduous and coniferous trees. Well guess what? Fungi's primary food source is feeding on dead trees. Different mushrooms like different trees. This fact undoubtedly means the highlands house a super large collection and variety of fungi. This is good news. The more mushrooms the merrier. If we have a good variety of mushrooms in the highlands it means we live within a very healthy ecosystem. American mycologist Paul Stamets, states fungi have an important role and that role is to regulate the earth's ecosystems. What? Mushrooms? Yes indeed. In his book *Mycelium Running: How Mushrooms Can Help Save the World*, Stamets explains that mycelia form a thick networking web under the forest, like the internet highway, and it 'unfolds into complex food webs, crumbling rocks as they grow, creating dynamic soils that support diverse populations of organisms'. Their power to breakdown and chew everything stems from how oxalic acid is



The mushroom you see above ground is only one part of the fungi. Beneath the surface, mycelia form a thick networking web. That's where the real brains are.



To many, Chicken of the Forest actually tastes a bit like chicken.



Juniper Rust on the left and Turkey Tail on the right. Common names are very descriptive.



formed in the carbon-rich mycelia. The implications of how mushroom mycelia can turn anything thought to be impossible to get rid of, like the toxic PCB's for example, into a non-toxic form of food for its environment, has far reaching implications. You really need to go on YouTube and watch a Ted Talks video featuring Stamets lecturing about 6 major

uses of mushrooms. One of the major uses is very encouraging for pollution control on Earth. Consequently, from years of studying the fungi kingdom in the forests of Washington state, forward-thinking Stamets has created many patents focused on the powers of fungi. Lucky guy.

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Tinder Birch Polypore is very papery and makes good tinder, or kindling.



Witches Cauldron, of course.



Jelly Ear seems to be a fitting name for this one.



The King Bolete, also called Porcini, is indeed the king of edible mushrooms. The classic shape.



Artists Conk toughens as it ages making a good surface for artist to carve

I first learned about the importance of mushrooms over 15 years ago. I attended a lecture at a health show in Toronto hosted by Herbalist Terry Willard. He was into the business of marketing mushroom supplements and appeared to be a certifiable mushroom freak. (Sorry Terry, you were ahead of your time and I didn't understand your genius yet) Terry started with explaining how fungi shares a common ancestor with animals and consequently are more related to animals than to plants. It's fitting we call their group the fungi kingdom. Terry proceeded to talk about the intelligence of mushroom mycelia. And what he told us in that lecture created a paradigm shift in me concerning the environment. If what Terry said was true, scientists didn't understand very much about mushrooms or the inner workings of the natural environment. So, Terry proceeded to tell us about the intelligence of mycelium. If you don't know, Mycelia is plural for mycelium which is the vegetative part of a mushroom that travels underground creating a vast network of fine feathery white threads under the forest floor. Next time you are on a hike in the highlands flip over a rotting log so you can see the whitish mycelia for yourself. The above ground mushroom is simply the fruit of the fungus.

Terry had slides and scientific facts before us. He talked about a fantastic scientific experiment done with mycelia in a petri dish. The experiment consisted of two identical mazes in two different petri dishes. Dead wood was put at the end of the maze. He wanted to see how the mycelium would travel to find its food. In the first petri dish, the mycelium found its food no problem in good time. He noted that it wasn't fooled by the maze and didn't even venture into the wrong pathways presented to it. Then he put the mycelium in the other identical maze and he shockingly didn't have time to hit the stop watch. The mycelium was on the wood instantaneously. Wow, the scientist couldn't believe it. Did that fungus memorize the route? Did it have intelligence? We all sat very quietly in the audience. Terry went on to mention how the knowledge concerning mushrooms was advanced in the far east. Slide after slide he showed us beautiful watercolors of emperors holding Reishi mushrooms in their hands. He said the Reishi mushroom

was only consumed by world leaders at the time of the paintings and was kept from the citizens. He said the Emperors took Reishi they believed it rewired their neurological pathways and purified their thoughts so they could converse with gods of ancient wisdom. Terry was bottling it up and selling it medicinally for concentration and focus. He said it was great for students or anyone with concentration or memory issues. He said the Dali Llama ingests Reishi every day to gain 'universal wisdom'. Wow. (Today, you can readily buy it in any health food store)

In year 2000, just after we discovered how wrong we were about the expected 'millennium' computer technology crash (at midnight December 31, 1999 remember? How unintelligent of us, eh?), scientist Toshuyiki Nakagaki published the controversial article that basically said because the mycelia in the petri dish experiment chose the shortest route and refused to venture down the wrong pathway it showed it had a 'form of cellular intelligence'. That didn't go over very well in 2000 but today in 2017, Stamets asserts that mycelium have been proven to be "aware, react to change, and collectively have the long-term health of a host environment in mind. The mycelium stays in constant molecular communication with its environment, devising diverse enzymatic and chemical responses to complex challenges." For example, during challenges like experiencing a drought, the 'internet highway-like' mycelia send everything they are connected to, information on how the ecosystem they host should behave to save itself from a shortage of water. The ecosystem responds accordingly to the information. It couldn't survive without the informative mycelia.

The environments of a specific mycelium can be vast. In fact, while studying the extent of a fungus in Oregon, it was found to be almost as large as the whole state. It covered thousands of acres in a logging area. It was huge. I think of the common saying, 'when a tree falls in the forest does it make a sound? Yes, said the fungi kingdom. Ha-ha. As much as they do know, Mycologist's will tell you they still have a lot to figure out. To date there are of tons fungi yet to be identified. Identification is a complex task so always consult and expert. If you go foraging for mushrooms it will be wise to stick to

easily identifiable fungi. What we do know is the fungi found in old growth forests are the wisest and hold important and indispensable information for the Earth's ecosystems. Stamets is worried at the rate of deforestation on our planet and believes governments should quickly protect our forests as a matter of 'national defense'. This is serious stuff here.

As I sit here trying to finish this article and pique your interest in that lowly mushroom before you and begging you with its scent to acknowledge its fundamental importance to our survival. I'm reminded of another thing that Terry Willard said so many years ago at the health show. He said when you look at a cross section of the soil with the fruiting mushroom body on the surface and its rooting web-like mycelium below the surface it uncannily looks like an upside-down tree! Cool. Archeologists around the world have uncovered innumerable artifacts with mushrooms, that were revered by shamans and leaders alike. I ponder the thought that maybe there is some reality to the mythical

tree of life that has eluded us through the centuries. It is a long shot but just maybe it's not an above ground tree but the upside-down 'tree' of the fungi kingdom.

#### Sources and Videos to View:

Mycelium Running: How Mushrooms Can Help Save the World by Paul Stamets, 2005.

Ted Talks Paul Stamets: 6 ways mushrooms can save the world 17:44 minutes and well worth the watch

National Audubon Society: Field Guide to North American Mushrooms Gary H. Lincoff 1995

Mushrooms of Northwest North America by Helen M. E. Schalkwijk-Barendsen 1991

Colleen has a B.A. in Geography from Carleton University, with a concentration in Cartography and Satellite Imagery. She has completed many courses in photography and drawing at Algonquin College and studied the Art and Science of Herbology with Herbalist Rosemary Gladstar.



Please contact Colleen for questions or to book a guided herb walk or hike. Photographers, Artists, and those seeking to de-stress are welcome, too. Hulett. Colleen@gmail.com www.calabogiehiker.com Twitter: Highlands Hiker @calabogiehiker

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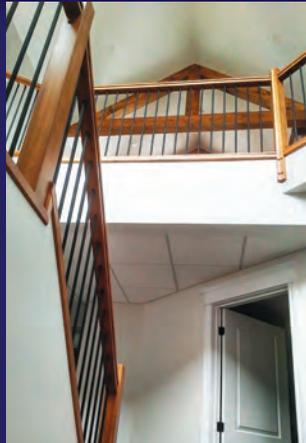
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