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The good news continues! Overall average prices have increased considerably from 2020 but more importantly, year to date values are holding steady. Consumer confidence is still very high for investing in real estate, while conditions continue to favor Sellers. The Ottawa Real Estate Board dated August 5, 2021 reports that housing stock is increasing with inventory up 19% while experiencing a minor dip in the number of sales which is consistent to what typically happens during the summer months. There is still no better time to sell and Sellers are wise to seek the guidance of an experienced and local realtor.



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THE MADAWASKA HIGHLANDER August-September 2021 EMBRACE THE PAST ~ ENCOURAGE THE FUTURE ~ ENJOY TODAY



Aug-Sept 2021
FREE Vol.19 Issue 4
Next issue September 22, 2021

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

Welcome!



Hummingbird pausing to take in the view at Hurd's Lake
Pic by Steven MacNabb

...To the end of summer in the Highlands and the last call for The Madawaska Highlander's Short Story Contest, deadline September 10. It's time to find your muse! Will you find your vision at sacred Eagle's Nest Trail, as our new contributor Tim Yearington explains in Our Home on Native Land? Learn the Power of Thunderbird! Not all trails are sacred but they feel like it. Lesley shows us how to find our new favourite trails as A Hiking and a Paddling we Go, in Happy Trails.

There is nothing like nature to heal the soul, but sometimes those Healing Trees need healing themselves, especially after the invasion of Gypsy Moths this year, says Robbie in, you guessed it, The Healing Trees. Derek gives us natural ways to boost our own Natural Defenses against biological invaders and Survivor Guy reminds us that nothing can immunize us from the dangers of a badly planned camping trip. Watch out for Widowmakers! In Happy Hiker, Coleen urges us to watch out for The Jewel of the Forest and when we do strike Forest Gold, shhhhh! Never reveal the source of your Chanterelles! Antonia shares her frustration with the Abundance of Nature! in Rural Vignettes. Who needs an abundance of weeds?



Two mother turkeys teaching their babies how to cross the road safely, starting with a one-lane laneway in Matawatchan. Look both ways before crossing!

But summer isn't over yet, there is still time to go back in time in the Cloyne Pioneer Museum and after that, as Marcella points out, we can enjoy the Archives online all year. The end of summer means the beginning of Fall Studio Tours and Art Gallery Shows as we all enjoy Art in the Highlands amid glorious fall colours. This fall also brings the return of The Terry Fox Run for Cancer Research in person on September 19, socially distanced of course, as we no longer take for granted the value of getting together. Ol' Ernie has taken enough runs around the Sun to assure us that this too shall pass, as the Lights Come on Again all over the World in The View from Here.

Be sure to read Griffith and Matawatchan News and Bogie Beat to get up to date on important dates, goings on, and events to go to, and make sure to read the ads for more of the same, and Enjoy!...



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The Madawaska Highlander

The Madawaska Highlander
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for previous issues

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

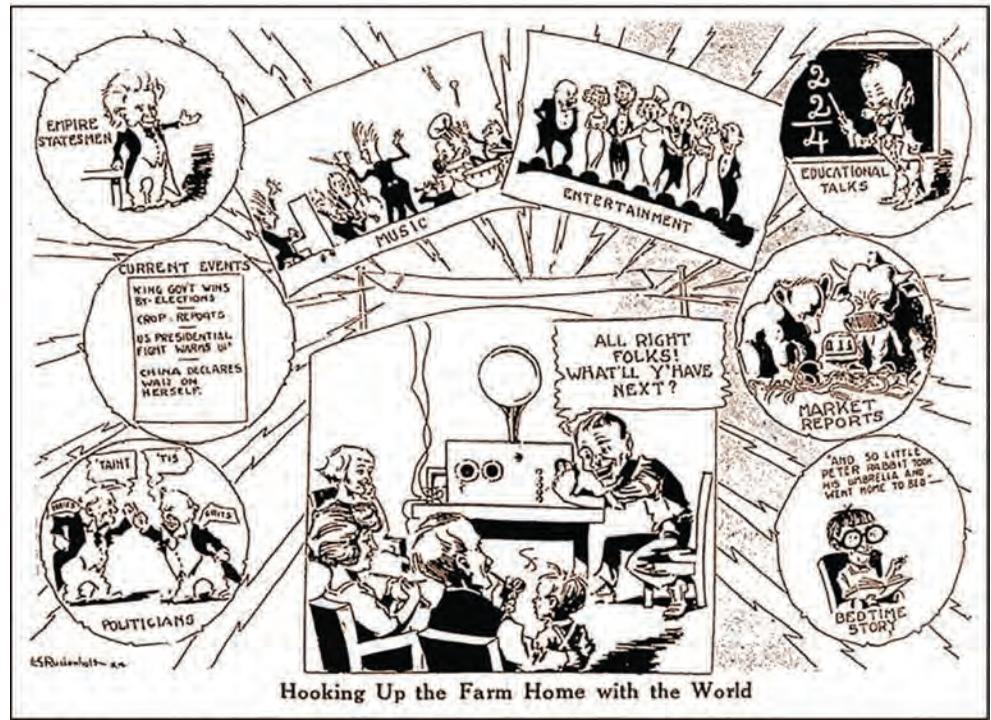
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Thank you to the Denbigh-Griffith Lions Club and the Eganville Leader for your support.

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The Grain Growers' Guide, Winnipeg, 10 September 1924

By 1922, there were 39 radio stations in Canada. Between 1922 and 1932, the number of commercial radio stations nearly doubled to 77. National programming became a possibility in the late 1920s. The Canadian National Railway (CNR) built a national network using a combination of its own stations and 'phantom' stations to provide entertainment to passengers on board its trains and commercial stations connected to provide national coverage of major events that included Canada's Diamond Jubilee. Almost 100 years later the pandemic has shown that, similar to radio, Internet connectivity is essential for all citizens in urban and remote areas, hooking up the farm homes with the world once again.

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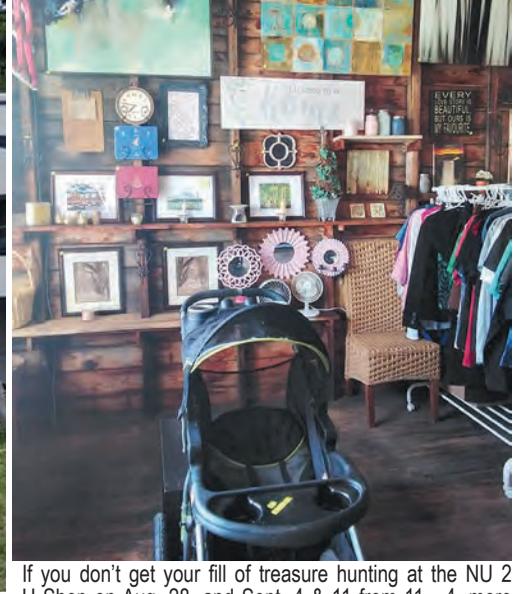
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By Anne Dougherty & John Neale



The Matawatchan Road is closed while the large culvert is being replaced by a bridge over Colton Creek. The workers had to divert the stream before digging to remove the culvert. If all goes well the bridge should be completed and the road will be open by the end of September. Traffic has been diverted down the narrow Frontenac Road in the meantime.

The Matawatchan Hall Saturday Socials continue on Saturdays at 10 until August 28. Saturday August 14 featured a book signing by Wendy MacFarlane for her book "Hope Flies!: Learning to Thrive Again When the World Feels Wonky".



It is Halloween in July every year at the Camel Chute Campground. How nice to dress up and collect all kinds of treats without having to put coats on over it all! Pic by Tracy Hunchak who never misses seeing her Camel Chute "family" during the festivities.

If you don't get your fill of treasure hunting at the NU 2 U Shop on Aug. 28, and Sept. 4 & 11 from 11 - 4, more treasures await you at Glaezer's new Vintage and Thrift Shop in Denbigh.

The weather continues to be a mixed bag of heat and humidity with the odd rainfall, often punctuated by cool nights as we move into late August. A Level 1 Fire Ban continues to be in effect with only campfires permitted.

Councillor Glen Macpherson reports that the **Matawatchan Road resurfacing** is well underway with granulars expected to be completed the week of August 16 and paving to begin shortly thereafter. The guiderails, shoulder gravel leveling, and signage will be completed after paving is done. Work is also well underway on the **Matawatchan Road culvert replacement at Colton Creek**. In the meantime, traffic continues to be detoured along Frontenac Road. Finally, the Ginza rink work was retendered since the first tender did not yield any bids. Tenders have now been received and the township still expects to have the work completed this fall or early in 2022.

Unfortunately, the **NU 2 U shop will be permanently closing in the fall**, probably in late September. However, volunteer staff will be hosting **3 huge Saturday yard sales along with BBQs** (from 11am to 1pm) on August 28, September 4 and September 11 from 10am to 4pm. Fill a Box for \$5! According to Councillor MacPherson, the municipal building currently in use by the NU 2 U shop is in need of extensive and costly repairs. The GM Township has worked with the GMSHC over the past two years to try to find a cost-effective solution that would address all concerns, but this effort was not successful. The NU 2 U shop will wrap up use of the building this fall. Following that, the municipal facilities manager will provide a recommendation to address the future of this building.

The **Matawatchan Hall** continues to host **Saturday Socials** outside under the pavilion from 10am to Noon

until **August 28**. The **final social features PIES PIES PIES** by Karen Lips of Glaezer's Store. **Aerobics classes have resumed on Tuesdays and Thursdays from 10 – noon**. There is plenty of space to keep at least 2-meters apart. The **Matawatchan Walking Club** continues to be a popular social outlet. They meet at the G-Day Board three times a week on Monday, Wednesday and Friday at 9:00 am. Walks are generally an hour long.

The Terry Fox Run returns to Griffith on Sunday September 19th. This is the 10th Terry Fox Run in Griffith and the 41st anniversary of Terry's Marathon of Hope. In 9 years, this community has raised almost \$50,000 (\$49,646.74). In the 41 years since Terry's Run Canadians have raised over \$800 Million for innovative cancer research through the Terry Fox Foundation and its research partners across Canada. For more details on the run in Griffith this year, please see

Out and About on page 4 and ad on page 7. The **Denbigh Griffith Lion's Club is having a "Drive-Thru Fish Fry" on Friday August 27** starting at 4:30 pm. Fish and Chips with all the fix-ins will cost \$15. Fish is provided by Mundell's Surf and Turf. Please pre-order by calling 613-333-1984 or 613-333-1423.

For the first time in recent memory, **Centennial Lake has seen weed mats and scum** floating down the river. Our hot June was most likely responsible for this unusual proliferation of weeds. Boats from cottages on shallow bays upstream from the Camel Shute narrows have battled the weeds to reach the deeper water and the severed remnants then float downstream. Since the lake is a reservoir, the current is not always sufficient to clear the severed weeds in a timely matter. Boat traffic continues to grow. Cottages up for sale are only on the market for a week or two and selling for

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and
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Some of the TallBoyz biggest fans enjoying an amazing concert on the water on July 31. The TallBoyz brought their portable stage to bandmate Pete (and Debbie) Licari's property and treated neighbours and passersby on the Madawaska.



Also on July 31, the UCW's annual Rummage and Bake Sale joined The Matawatchan Hall's annual Yard Sale and Saturday Social with lots of treasures for all. Calvyn's Pub & Eatery is now takeout only.

record prices, often over-asking.

Live Music has made a tentative return as the Tallboyz hosted their **Third Annual (free) River Concert** from 2pm to 5pm on July 31. The Tallboyz band consists of Derek Roche (drums and vocals), Peter Fischer (guitar and vocals), Peter Licari (bass guitar and vocals) and John Neale (lead guitar and vocals). At the height of the concert there were about 30 watercraft and perhaps as many as 150 in the audience, mainly in their boats. During the intermission there were guest performances

by Riley MacPherson, Pete Chess and Vernon Niego. On another music front, residents of the Black Mountain bay road on Centennial Lake hosted an Eventbrite event featuring the Pontunes with a guest appearance by Steve Marriner on August 7th from 2pm to 5pm. The tickets sold for \$32.84.

Fully vaccinated United States citizens are once again crossing the border for the first time in 18 months, re-opening their cottages and clearing out the cobwebs and mice. Local Businesses are generally doing better as restrictions

are relaxed. However, Calvyn's has been forced to focus on takeout due to a complaint relating to mask compliance. The community remains divided on our response to the pandemic. Some residents refuse to get vaccinated at all. Other residents refuse to wear masks.

Don't forget to fill in your Highway 41 Safety Survey! This is your big chance to voice your opinion about safety issues on Highway 41 through Griffith. Survey forms are available at most local businesses in Griffith and can be returned there as well. The Township had requested responses before July 31 if at all possible, but it is not too late to have your opinions represented. The survey can also be downloaded from the GreaterMadawaska.com website. We recommend that the speed be reduced to 70

kph, that passing be eliminated through Griffith on Hwy 41 and that this section be designated as a Community Safety Zone.



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

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OUT AND ABOUT

The Griffith Terry Fox Run is Back!

By Geoffrey Cudmore

We were not able to hold a run last year, community members registered and fundraised online, did their runs or walks "Their Way". Even without a formal event we raised almost \$5000. But we are back! Check in at the Lion's Hall in Griffith starting at 9 am, with the "Run" (people are invited to run, walk or cycle) starting at 10. As in previous years the run starts on Church Street across HWY 41, and proceeds out and back along Fly-

ing Club Road with marked distances of 5Km and 10Km. Participants are encouraged to register and do fundraising online, although we will be doing in person registration and collection of funds at the Hall, observing appropriate Covid protocols of masking etc. One of the new features this year is that each run site has its own QR code, that when scanned takes you directly to our run's registration and fundraising page. See the ad on page 7 for the code. More info in GM News.

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Bogie is a Happenin' Place!

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

By Skippy Hale

The Weather is unusual this Summer as it is around the world. We are seeing the results in this Century and unless we get our act together, 'it aint going to be pretty!' The Summer of 2021 is the perfect example of what is to come! "The only way to stabilize the climate again is to move off of fossil fuels", says Corinne Le Quere, contributing author of UN Intergovernmental Panel on Climate Change (IPCC). We are at Code Red!

The excess rain has affected water levels here on the Madawaska. Residents downriver from me had the levels way up their bank that washed their lawn furniture away. We have whitewater which we normally experience in the spring after a very snowy winter. For me, it's a beautiful sound, although all my shore bushes are under water and the water is high up the bark of the tall shoreline trees. I contacted OPG as well as the Senior Advisor, Power Projects of SNC Lavalin, the contract consultant for the construction of the new Generating Station. If you are interested or concerned, please check out Madawaska Water Management Plan. Table 9.7: Stewartville GS Mandatory and Conditional Level Limits and www.opg.com/river. Some of the increased water flow levels is due to the rainfall and some is due to the work on the new Generating Station. These levels are necessary for the construction of the coffer dams and should be finished by late September. I hope to have more to share next edition.

Another aspect of our water concerns the monthly testing for temperature and turbidity. I had a lovely morning on the lake in July with Sam Baird and Alanna Laplante. At three spots on the lake, Sam inserted a Secchi disc to measure how deep it got before it disappeared from view. At each spot, the air and water temperature were measured. Our lake is pretty clear at this point. Samples are sent to the Dorset Environmental Science Centre for testing. www.desc.cs/programs/lpp for more information. There are about 200,000 inland lakes in Ontario. Of these about 550 are monitored by Lake Stewards or Citizen volunteers managed by the Ontario Cottagers' Association and the Ministry of the Environment, Conservation and Parks with provincial funding. Thanks, Sam for your volunteer work!

A modern library is not just a warehouse for books. A library is a place of life-long learning. In a small community, it serves as a place for young children to get exposed to early literacy and interaction with other children. Parents who live outside the villages can mingle with other parents. The Public Health Nurse visits provide health teaching, lessons in growth and development and well-baby checks for newborns who are welcomed with the Nancy Gorra Baby Book bag as they get their first Library Card! Inter-library loan services make available books and media from other libraries and our library sends items from our collection. Workshops, speakers and forums provide other interesting presentations.

If you have been following the Council Zoom meetings this spring and summer, you will note that the Mayor and some Councilors are trying to make the GMPL a branch of Renfrew. This came up several years ago and we filled the Council Chambers with patrons young and old objecting to the suggestion. Why



Above: One of the many fire pits at The Bogie Grill 'n Chill where I was greeted by Mr. Rooster and his two wives, below.



A kind faerie left a wee house at the post office for their mail deliveries from the chipmunks. Is that a wee folk hiding behind it?



My social life during COVID has been my visits to the Post Office every few days. It was always a pleasure to have a masked distance chat with folks. Melissa Kenopic is off at present, so Anne Du-moulin is the counter person. Janet Turner is the joyful mail lady who fills the Community boxes, occasionally replaced by Doug Bevington. Harvey Mayhew is the delivery man. Left: Anne Dumoulin Right: Janet Stanley

change what has worked for 43 years? Our library was started in 1978. Four forward-thinking women met to discuss the development of a local library. The venue has changed, but not the dedication of trustees, staff, volunteers and patrons which grew in spite of opposition from some politicians. The name changed with amalgamation with Brougham and then in 2001 with the addition of Griffith and Matawatchan Townships. From the beginning of the amalgamations much effort has been made to increase ease of service to what are now Wards 2 and 3.

Drop-off boxes are available in businesses in Wards 2 and 3. Gary Guilmette, a member of the Transfer Station picks up and delivers books and media. Requests can be made by phone, email or through the patron's file. The library is not a Committee of Council, but a separate entity governed by the Library Act. **We must not allow our 43-year-old service to be removed! Tune in to Council Zoom meetings and write to let them know that you do not want them to take away this valuable service!**

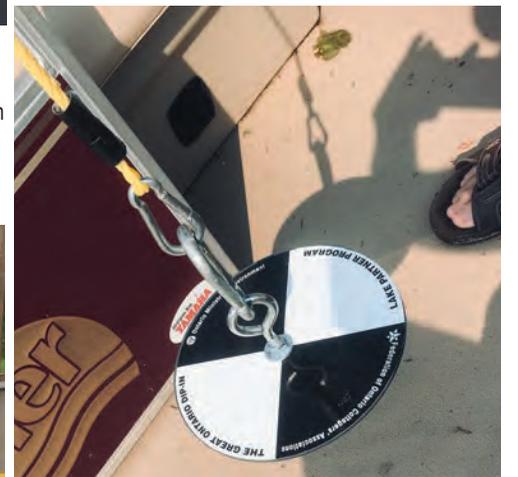
There are many new places of interest for tourists in and around the village. The motel at Jocko's is now owned by Joel and Devon Greaves and has the enchanting new name, **Somewhere Inn' Calabogie**. It has been completely transformed with large firepits with square log benches, hammocks large enough for two or a parent and toddlers to snuggle in. The Office is new and has a high end gift shop. The couple came from corpo-



Please drop in to the GMPL and welcome our new CEO/ Chief Librarian, Ruth Jones and the Library Assistants. Ruth comes to us with a wonderful background, not only in Library experience, but as a teacher and in graphic arts. I am delighted she is with us! The library is open Tuesdays 1-6; Wednesday-Saturday 9 - noon. Book Sale at St Andrew's United on Saturday August 28, 9am - 3pm. Donations of gently used books welcome for the sale.



Above: A property on Downing Lane, downstream of the dam that's under construction, has lost about 25 feet of yard at the time of writing. Water has risen 12 feet and lawn furniture and a wheelbarrow washed away. The concerned owners were having a tough time getting answers until they contacted the Highlander to help them get to the bottom of it, worried they would be flooded out again next spring after such a high water summer. Below: Secchi disc used in measurement of lake turbidity.



Next month we will visit Calabogie Camping, formerly Fawn Ridge and some others around the area.

rate life and owned rentals in Muskoka but were looking for a motel in a growing tourist area. They had spent time at Black Donald and love our area, so decided to buy Jocko's Motel when it became available. Josh was originally from Brockville and they love the outdoors. They have partnered with several local businesses such as Mad River Paddle Company and Oh-el-la.

Another motel is the **Calabogie Motor Inn** next to Urban Sports. Susan and Erik Dies have owned the Inn for 11 years. They previously owned motels in Elliot Lake, but this small inn suits their lifestyle. They have been busy, and their regulars are patrons of Calabogie Motor Sports. Out back, there is a nice picnic area with a firepit and BBQ for the use of guests.

If there's one thing that says Ottawa Valley, it's a chip truck! I visited FryDayz at Calabogie Camping for their famous Chicken Wings on Thursday Night. They were delicious and not messy! Her fries are fresh cut, not frozen. The stand is closed Monday, Tuesday. Open Wednesday, Thursday 11:30-3:00 and opened for Wing night Thursday 5:00-9:00; Friday, Saturday, 11:30-7:00; Sunday, 11:30 - 6:00; Long Weekend Monday, 11:30 - 6:00. Pay by cash only.

Travel down (up?) Lanark Road a bit past the turn off to Virgin Lake and watch for a big Yellow Food Truck on your Left. It's **The Bogie Grill 'n Chill**. It is a family-owned business run by Emily Powell and her adult children Jake and

Rachel on the property where she grew up. Try one of her famous Build your own Bogie Burgers. I have never had a better burger and it was made from scratch. They are closed Tuesday and for now, are open 11 am - 7pm. As long as the weather is good, they plan on being open through Hunting Season. Cards and Debit are accepted.

Enchantment has taken over the Bogie with Faerie and Gnome doors popping up everywhere. I took a stroll through The Enchanted Forest at Barnet Park to visit some special homes. I was escorted into a magical realm as I searched close to the ground and up higher for the dwellings of gnomes, faeries, elves and hobbits! Take the path at Barnet Park and feel the magic but be kind and gentle and do not disturb these gentle folk!

There was a Celebration of Alan Fougere's life at the Community Centre on Saturday, August 21. Those we have lost will be remembered as we support their families.

Answer to picture quiz in May was Ed Mayhew. Thank you to Doug Brydges, whose Dad played with the Ottawa Valley Fiddlers.



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!

When Trees Need Healing

By Robbie Hana Handerman

Small LDD moth caterpillars are big eaters. White female moths laying new egg masses!

In many areas of our bioregion, the latest winter being relatively warm, the Gypsy Moth has been able to gain a toe hold and has caused great damage this summer to many Trees.

In the moth's life cycle as a caterpillar, it climbs to the ends of branches, be they low or be they way up high, and eats leaves whole and in parts, while many pieces descend audibly to the forest floor, cottage roof and lawn. They also will climb most anything looking for food, including house walls

When satiated, each caterpillar transforms into a cocoon, from which it emerges as a moth, male (tan) or female (white). Taking wing, they flutter around for about a week and find a mate. Sometimes they seem like hordes to walk thru. Eventually the female moth lands on a branch, or tree trunk, or most any other object and begins laying a cluster, or mass, of tiny eggs, smaller than pin heads. Each cluster is about one-inch square (though more like an oval) and contains about 500 eggs. The masses are fuzzy white to start with, though taking on a yellowish cast as winter settles in.

Beginning now, and going thru April, keep an eye out for these egg masses. To reduce damage to your favourite neighbouring Trees, and orchard Trees, start scraping off these egg masses with a tool, as some folks get a rash from handling the fuzz. Collect them in a small container from which you can pour them into a campfire, or stove fire. They'll make a "snap, crackle, pop" sort of sound.

This past early Spring, I went out collecting these egg masses, as did my



Gypsy Moths (*Lymantria dispar dispar* or LDD), defoliated forests in Ontario this year, causing trees and people stress. There are times that Healing Trees need their own healing. Pics from ontario.ca/page/gypsy-moth

son, and we effectively removed them all (and there were many) from our orchard and neighbouring nearby Trees. Some Poplars had up to five egg masses, and it required a step ladder to reach them all. This procedure was quite effective as we noticed no Gypsy Moth caterpillar damage in those Trees. I've already noticed about 8 egg masses in the bottom five feet of a big Birch Tree, so the collecting will soon begin.

I realize this is "meddling with Nature", however, I do keep in mind that the first Gypsy Moth was brought over to North America in 1869 in a foolish attempt to get a silkworm industry started and immediately began destructive behaviour instead. Thankfully, they seem to cycle infestations between very destructive and less destructive. Cold winters

below -23 C can kill the egg masses, although lower clusters can survive if they are insulated by snow.

Most Trees can re-foliate after being denuded of leaves by the Moths, yet it is a drain on their reserves. I have heard Trees can survive three years of defoliation, yet it is very stressful.

Humans these days are also experiencing stresses. Some find temporary relief in sweets and odd food combinations which can lead to an upset stomach, heartburn or nausea. Our neighbouring Trees can help ease these symptoms, if asked for help.

A magical stress calmer is a walk in the forest, sitting quietly under a Tree, hugging a Tree, gazing in wonder at a Tree or Trees, and breathing deeply the fresh oxygen the Trees give off to us, while they take in the carbon dioxide we breathe out.

Also, on the physical Tree Medicine plane, the Ayurvedic medicine teachers of ancient India suggested that humans need to take in all the different "tastes" most every day. This includes sweets, yet it also includes bitters (and others). Many Tree leaves and barks contain bitters, yet the ones that are most available and very effective are the Poplars: Big Tooth and Trembling Aspen.

The leaves of the Poplars can be made into a mildly bitter tea by pouring boiling water over several leaves in a cup or a tea pot. After plucking off some leaves from a twig, one can break off the small twig itself and suck on it for as long as is comfortable. This way the bitterness of the living bark can slowly enter one's digestive system and ease the upset.

The inner bark and twigs of the Poplars can be boiled in water for about

20 minutes to make a "decoction" tea which can then be poured over leaves of your choice, like mint or anise hyssop or lemon balm, et al. This tea has been drunk to help tone up a rundown condition from old age, disease, or stress. It also can help acute rheumatism, hay fever, indigestion, diarrhea, nausea and morning sickness... and lots more.

When it comes to heartburn and acid stomach, the simplest remedy is the inner bark of the Apple Tree. This bark is excellent as it not only resolves the symptoms, it also restores strength and tone to the sphincter that separates the harsh stomach acids from the esophagus, thereby acting in a curative, as well as palliative, manner." One can nibble/suck on the Apple Tree twigs or make a tea of them. Likely it won't be a one-time quick cure. You'll have to take it several times to have a lasting effect.

For people stressed about maintaining their immune systems, it's been coming forth more and more that Pine Needle tea contains a good quantity of Shikimic Acid, the basis of Tamiflu, a standard antiviral flu remedy. Formerly, the only source of Shikimic Acid was only the Star Anise Tree fruit from China. As recently as 2010, it was confirmed in Maine that White and Red Pine and Spruce needles are a good source, and easily extracted while making tea of the needles. Of course, many other beneficial qualities are also found in the needle teas.



Robbie Anderman's book "The Healing Trees: The Edible and Herbal Qualities of Northeastern Trees" is available in many stores, through Burnstown Publishing Houseburnstownpublishing.com, His own site healingtreesbook.com, and E-book at Amazon.ca. Cover art by Kathy Haycock kmhaycock.com



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

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Impressive New Listing!

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241 Foxden St, Renfrew Open concept 2+ 1 bed townhome w finished lower. Upgrades: walk in pantry, main floor laundry, large entry closet, high end laminate floors, gas furnace, central air MLS1248861 \$399,900

Rhoddy's Point Cottage!

3 Bishop Rd Braeside Looking for a cottage at a great price? Here it is! Just steps from the community beach. 3 bedrooms, open concept living-dining area with a view of the Ottawa River. MLS1249579 \$199,900

Huge Home Price Reduced!

4551 River Rd, Horton 5 bedrms & could have more. Lower walkout good for 2 families to have separate spaces. Almost 2 1/2 secluded acres right on River Rd. Upper deck is the entire length of the house. Built 2010. MLS1242970 \$699,900

The Real Estate Market is still Hot and there are still lots of buyers! Inventory sells quickly and is still low. It's time to get YOUR home on the market and get it sold. Call and let me surprise you with what your home is worth!

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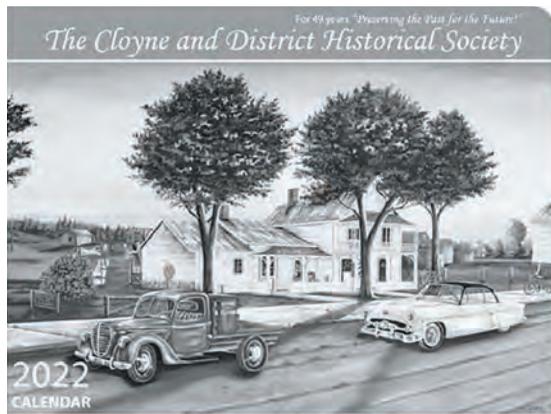
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Pioneer Museum, Book Shop, and Archives News

By Marcella Neely

Correction to our July article: Shirley is the wife of Bert Snider of Snider Sand & Gravel, not Judy as stated.



The Cloyne and District Historical Society's 2022 Calendar and other area-related historical publications are available until September 6 at the Pioneer Museum and Archives in Cloyne, open daily 10 - 4. You can also buy them at the Farmer's Market at the Lions Hall on Saturday, August 28 from 10 am until 1 pm, then at your leisure at our online bookstore at cloynepioneermuseum.ca.



Our museum and archives preserves the past, which means we also include records of significant current events including our Canada 150 celebrations, above, and photos of shuttered shops and empty streets at the beginning of the pandemic.



Scott Reid and Mike Bossio touring the museum during our Canada 150 celebration. Our collections continue to grow, both at the museum and online. Thank you for your support!

The Cloyne Pioneer Museum is open for a few more days, so there is still a chance to get in and see the newest items. The musical instruments, the owl and the roll top desk are recent but there are many items of interest that repeat visits allow you to discover. Most of our artifacts are donated by local families and their descendants. We only accept items from our catchment area and they must be cleared by the museum board. Any items accepted are understood to be returned to the donor family in the event of the museum ceasing to stay viable. If you wish to donate an artifact please contact us to start the procedure.

Along with artifacts, the museum has the perfect choice of local gifts

in the form of books of the area. We also have the **2022 Heritage calendar** for sale. These items are also available throughout the year from our website www.cloynepioneermuseum.ca. They make great Christmas, birthday gifts, or for your own reading pleasure. While you are on our site click on the **Flickr tab to enjoy an amazing Historical photo gallery**.

The catchment area for our Museum covers Denbigh, Vennacher, Cloyne, Northbrook, Kaladar, Flinton, and Harlowe. **Our Bookstore is alive with stories of their past.** There is a new printing of *"The Oxen and the Axe"*, and shortly we shall have another old favourite *"The Village on the Skoot"* for your

reading pleasure. *"Massanoga"*, a collection of the art done by the Group of Seven at Bon Echo, is again available. Watch for Larry Cotton's new release. Larry has written many books about *"Whiskey and Wilderness"* all over Ontario. In October you shall hear stories of this area's wild nineteenth century frontier life.

The *Historical Society's Calendar is back* after a COVID-hiatus. The 2022 editions theme is "Business Then and Now"

The Bookstore is located in The Cloyne Pioneer Museum and is open from 10am to 4pm every day of the week including Labour Day. You can also see our wonderful book collection at *The Farmer's Market at the Lions Hall on*

Saturday August 28 from 10am to 1pm

For interesting discussions of local history please consider attending a meeting when we are able to sit in the same room once again. Watch the local paper for times and topics. Everyone is welcome.

Membership in the Cloyne & District Historical Society is free for 2021. Go to the CDHS website:

www.cloynepioneermuseum.ca There is a membership form on the back of the most recent issue of The Pioneer Times and online. Once we have your contact information, you shall receive all our news

TERRY FOX RUN

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at Griffith Recreation Centre (Lions Hall)
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START: 10 am
Across Hwy 41 "out and back"
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Telesat and the Government of Canada Finalize \$600M Agreement to Bridge Canada's Digital Divide with Telesat's Low Earth Orbit Satellite Constellation

Ontario Partners over \$109 million in Telesat's next-generation Low Earth Orbit satellite Network to Bring Affordable High-Speed Across Province by 2024.

Ontario Connects, will connect every home, community and area in the province to high-speed internet by the end of 2025 with a new \$4-billion broadband investment

New federal measures getting wireless providers to lower cost of popular plans by 25%. Among the goals to have prices decrease even more is to increase competition

Cogeco awarded funding from Ontario to provide fibre-to-the-home Highspeed or upgrade to 2-way coax in parts of Greater Madawaska, McNab/Braeside by 2024

Canada raised \$8.9B in a licence auction for a key band of 5G wireless spectrum

Belgian scientists help develop new method to predict 'hidden' solar storms to give humans time to prepare for a geomagnetic storms that can disable satellites.

The Nisga'a Nation, Canadian natural gas producers and Texas-based Western LNG to build a \$10B natural gas pipeline from the northeast corner of BC to the coast.

Lumber demand plummets as do-it-yourself boom ends with a whimper while consumers reallocate their budgets.

NASA's Curiosity rover detects methane gas on Mars, a sign of life on Mars! This gas is often produced by microorganisms and could mean there is liquid water nearby.

Sponge-like fossils discovered in Northwest Territories may be evidence of oldest animal on Earth, predating known animal evolution on Earth by 350 million years

14,000 scientists warn of "untold suffering" if we fail to act on climate change

Canada invests \$5M to build all-Canadian Project Arrow zero-emissions concept car

Hydro dams are often blamed for the demise of eels in the Ottawa River, The Ottawa Riverkeeper wants an eel ladder included in dam reconstruction plans

After-hours partying, garbage in Stanley Park contributing to coyote attacks, "It's highly unusual, this is behaviour we have not seen from coyotes around the world,"

'Extraordinarily rare': N.S. woman, 21, taken to hospital after apparent shark attack. As oceans warm, sharks move north

Tiny, dense forests are springing up around Europe - aimed at restoring biodiversity and fighting climate change - in traffic circles, between buildings

Emergency relief announced for Northwestern Ontario farmers to deal with feed shortages, source water and install fencing in new grazing areas.

Ontario announced over \$867,000 so the Ontario Tender Fruit Growers can buy 7,000 new branded display bins to help showcase Ontario fruit in grocery stores.

Ontario Minister's Zoning Orders (MZOs) Support Manufacturing in McNab/Braeside to make modular agricultural buildings, create up to 600 new jobs.

Laval Quebec investigates after men wearing camouflage caught draining wetland oasis in developed area. Men spotted men fleeing with pipes, hoses and a pump.

Elon Musk's SpaceX lands NASA launch contract for mission to Jupiter's moon

Ottawa police move from education to enforcement as e-scooter popularity soars

Driver was 'holding' cellphone in his lap even though hands were free, B.C.'s top court rules in distraction case. Officer had seen him looking down at the phone.

Toronto testing speed bumps to slow down left-turning drivers at busy intersections and plans to install 389 5-second advanced walk signals by end of 2021

Vaughan couple fined \$615 for feeding squirrels in their backyard. There's nowhere in Ontario where it's acceptable to feed wildlife.

"This is an unvaccinated house." Ontario landlord gives eviction notice over tenants' vaccinated guests. (Toronto Star exclusive)

Central Hastings OPP say a man was lucky to suffer only minor injuries after a 100 foot fall while climbing at the off limits Marmora Mines recently.

Airline backs crew who duct taped unruly passenger who was groping, hitting them. There has been a surge in unruly and even violent passengers across the US

Bars now have signs in women's washrooms with instructions on how to use an order of a fake drink "Angle Shot" to notify staff to see that you get home safely.

Desperate employers dangle signing bonuses to lure in wage workers. Speculation that retirements and a slow return to immigration are affecting the labour market

Survey: 59% of Canadian businesses can't find qualified employees and 1/3 say prospective hires lack dependability, flexibility and a willingness to learn.

Dealerships scramble to find new vehicles as inventory crisis deepens, causing price increases in used vehicles. Semiconductor shortage could continue through 2022.

Anaplasmosis, a Black Tick born illness is on the rise in the Kingston area. Causes fever, chills, headache, nausea, vomiting, muscle aches, blood and organ damage.

An Ontario woman is warning dog owners of the dangers of blue-green algae after her puppy ingested the toxic bacteria and died within hours.

Ottawa woman going on 100K inline skating fundraiser in support of Pembroke counseling centre and make the link between mental health, exercise and nutrition.

Liver transplant recipient Jillian Best swims from Niagara-on-the-Lake to Marilyn Bell Park in Toronto for organ transplant program at London Health Sciences Centre

Toronto's Dalano Banton becomes 1st Canadian to be drafted by Raptors.

Consumers are being warned not to eat various Nature's Touch Frozen Food frozen mangoes due to possible Hepatitis A contamination.

Ontario commits \$324M, will ramp up surgical capacity to deal with waitlists

Vaccinations double in Quebec after province announces vaccine passport plan

'Failed miserably!' China 'ran rings around' US military in simulated 'Taiwan war drill'. The drill took place last October and revolved around a battle for Taiwan.

Canada officially marks first nationwide Emancipation Day on Aug 1 marking the end of slavery in the British Empire in 1834. It has been celebrated in parts of Canada

Canadian doctor among 'role models' celebrated in new Barbie line celebrating her success as a Black female Canadian physician, spoken word poet and advocate.

American couple who retired in Nova Scotia leave \$4.8M to local hospital

380,000 dehumidifiers recalled in Canada because overheating risk and catching fire. They were made by New Widetech, but were sold under various brand names.

Cormick Canada is recalling Frank's RedHot brand Buffalo Ranch Seasoning due to possible Salmonella contamination. Products should be thrown out or returned

Neutrogena Beach Defense, Ultra Sheer spray-on sunscreens recalled after 'elevated' levels of benzene. Questions about the recall call 1-800-458-1673.

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LAST CALL FOR ENTRIES

Categories:

Adult Fiction – one prize of \$200

Adult Non-Fiction – one prize of \$200

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

People’s Choice – 1st prize \$50

2nd prize “Unfathomable and Other Poems” by Ken Puddicombe

Enter up to midnight September 10, 2021. Maximum 1200 words not including title. No charge to enter. One entry per person. Stories must be primarily in English, but short foreign phrases are allowed if they support the story. Stories must be original and must not have been published in any format on any media up to and including Nov. 24, 2021 when winners will be announced. Do not put your name on your story or include any identifying information in the story itself. Story should only include the category, title, and word count. Open to the

general public including volunteer (unpaid) Madawaska Highlander contributors. Youth entries must state the age they will be on the contest deadline date of September 10, 2021 in their entry email and must be 15 years or younger at the time. 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. If the Madawaska Highlander can no longer publish a print edition for any reason the contest will be cancelled.

Sending Stories:
Email your story as an attachment to info@reelimpact.tv. Include your name, address, email address, phone number, story title, and category in the body of the email. Do not put your name on your story or include any identifying information in the story itself.

Judging:
A panel of volunteer judges, not connected to the current Madawaska Highlander, will score the entries based on a weighted scoring system. Judges will not see authors’ names. An average of judges’ scores will become the entry’s final score. Top-scoring finalist stories will be printed in full, in random order and without author’s names, in the October-November special edition of the Oct. 20 Madawaska Highlander. Number of stories printed depends on space available in the 20-page Madawaska Highlander. The Madawaska Highlander reserves

the right to add images or illustrations to published entries to add interest. Entrants are encouraged to supply relevant original photos (not sourced from the Internet) to supplement their stories. The judges will not see the photos when scoring. People’s Choice winners will be selected by the general public by emailing their choice of one story to info@reelimpact.tv. People can vote for only one story, regardless of category and must include a name and address for their vote as well as one sentence about why they like the story. Story writers and people who know who wrote any story are not to vote. Online voting will begin on Oct. 20 and continue until Nov. 12, 2021 at midnight. Winner names and story titles for each category will be printed in the winter edition of the Madawaska Highlander that comes out on Nov. 24. Prizes will be emailed or mailed after Nov. 25.

Good luck and good writing!

ART IN THE HIGHLANDS



2 images from madawaskastudiotour.com



2 (cropped) images supplied by North Frontenac Studio Tour



Jewellery and sculpted clay relief from Bittersweet Gallery Burnstown

A Madawaska Valley Studio Tour is in the works for October 1 - 3 from 10 am to 5 pm daily. Visit artists in their studios, view and purchase unique art and fine craft and watch demonstrations. Pick up a map at madawaskastudiotour.com/maps

The North Frontenac Studio Tour weekend is September 25 - 27 when the fall leaves are expected to be in full colour. Pick up a map and discover the artists at northfrontenacbackroadsstudiotour.com See ad on page 12.

Bittersweet Gallery presents the 49th Annual Show of Burnstown’s clay-relief sculptor Richard Gill until August 29. “The Coast of Cornwall” (UK) in sculpted clay relief with guests: David Ivens and Jack Stekelenburg. See ad on back page.

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- Vincent Johnston, Sales Representative

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<p>NEW LISTING WATERFRONT!</p> <p>257 Bonner Road Black Donald Waterfront Gorgeous Year Round Home. Over 500ft frontage on Black Donald Lake MLS1256489 \$1,100,000</p>	<p>NEW LISTING WATERFRONT!</p> <p>1141 Centennial Lake Rd .72 acre waterfront lot on Black Donald Lake Waterfront. Perfect to use as a water access lot \$199,900 MLS 1256445</p>	<p>THINKING OF SELLING? WE HAVE BUYERS! Take advantage of the HOT MARKET Call me now 613-433-2254</p>	
<p>25 ACRES VACANT LAND!</p> <p>00 Murphy Rd. 25 acre vacant land with over 2000ft frontage on K&P trail and over 1000ft of frontage on Murphy Rd \$198,000 MLS125554</p>	<p>ROUND LAKE WATERFRONT!</p> <p>2422 Round Lake Road Waterfront Includes Cottage, Travel Trailer, Hydro, Well and Septic \$349,900 MLS1232603</p>	<p>NEW LISTING WATER ACCESS!</p> <p>000 Centennial Lake Rd 2.73 acre building lot that sits up high. An unopened road allowance gives you water access. \$199,900 MLS1210177</p>	<p>CALABOGIE COMMERCIAL!</p> <p>5057 Calabogie Rd. Over 5 acres of pristine commercial land with a Highway Commercial Zoning \$599,900 MLS1257456</p>
		<p>10 ACRE HOBBY FARM!</p> <p>461 Miltonn Stewart 10 acre hobby farm currently used for horses</p>	

A Hiking and a Paddling we will Go!

By Lesley Cassidy

We've all heard of Eagle's Nest. It's a much loved and, at times, crowded Ottawa Valley trail. Did you know numerous other trail options exist to discover spectacular lookouts, lakes, birds and wildlife? Or bring your canoe, kayak or paddleboard and try a few waterway trails. The Ottawa Valley offers plenty of hiking and paddling options... you just have to know where they are. Lace-up your boots or launch your paddleboard and explore many of these great alternatives this summer.

Love a lookout? Drive to the Golden Lake area where the Deacon Escarpment is situated. It's a lumpy region perched on the north side of Golden Lake. This piece of paradise houses private cabins and a camping area, but the owners have also developed 30 kilometres of hiking trails. Passes priced at \$12.00 a day are available for everyone. Colour-coded paths meander up and through mixed forests with views of Rattray's Lake and wind along several ridges. View the map available on their website and at the parking lot. Check this one out! It's a hidden gem.

Petawawa Terrace Provincial Park is identified as a non-operating park; what it lacks in facilities, it makes up for in tranquil greenspace. With 215 hectares of woodlands, provincially rare plants, and a 30-metre sand terrace, it's a great location to roam and get away from the crowds with twelve kilometres of paths. The network supports four-season activities - hiking, snowshoeing, cross country skiing and cycling. Use caution as the tracks may be wet in low-lying ar-



Managed by the County of Renfrew, these trails off of Government Road near Forrester Falls are wonderful to hike or bike. The Beachburg Off-Road Cycling Association has linked several trails to the Renfrew County paths as well. Hike or pedal - your choice!

areas but spend time soaking up the views. Try observing birds, frogs or the occasional deer. Park off of Laurentian Drive in Petawawa, wander along and read the interpretive panels positioned along several trails. A few routes, overgrown from lack of use, require navigational attention. And see if you can locate the old fish hatchery!

Prefer an option within a half-hour drive from Ottawa? Hike the Macnamara Trail in Arnprior. Two loops totalling six kilometres in length are marked with blue and white signs, with several spurs serving up additional views of the marsh and Goodwin's Bay on the Ottawa River. Boardwalks, observation decks and signs with numbers, nineteen in total, offer history and information; download the trail guide from the website before you go and match the number to the explanation in the guide. Spot Lady Slippers, wild ginger and different species of warblers. This guide focuses on the area's history, sharing information about the unique plants, flowers and

wildlife. Wood benches call for a rest below the towering tree canopy to soak in the views and solitude. Named after a local naturalist, birder and photographer, the trail honours Charles Macnamara's devotion to understanding and documenting the natural world over 100 years ago.

Welcome to whitewater country! Beachburg and Forrester Falls, situated close to the Ottawa River, provides many different trail experiences for hikers and cyclists. Park in the lot off of 631 Government Road to access several easier paths (check out "the Original Blue") with four-kilometre and two-kilometre loops. The gentle terrain meanders through mixed forests and pine plantations. Prefer a little more heart-pumping action? Check out the trailhead behind the Whitewater Brewing Company Riverside location. These paths form part of the National Whitewater Park, a conservation and recreation effort that focuses on access for paddlers, hikers and cyclists to private land beside the River. A \$15.00



Beachburg Off-Road Cycling Association sign at the Government Road trail head.



Government Road Trail meanders through mixed forests, lovely for a hike or cycling on a hot day.

fee is charged to access the Park's routes. Don't miss this exciting option!

Need a canoe for your whitewater adventure? Right beside the Griffith Bridge sits the Greater Madawaska Canoe Rentals. For fifteen years, they have offered canoe rentals and shuttles to your launch location. Conveniently located at the primary take out, their yard provides a safe and secure site for your vehicle, giving you peace of mind knowing that your car is waiting for you at the end. And parking is free. They stock Esquif, Evergreen and Trailhead canoes and all the gear you need including paddles, helmets, life jackets, rain barrels and throw ropes. Are you an early bird? Customers are welcome to rough camp the night before in their spacious yard if they want to enjoy a full day. Call Don Adams at 613-333-2240 info@gmcanoes.com.

Hills more your thing? Named after a local lumber merchant and politician, the Thomas P. Murray network consists of six trails totalling seventeen kilometres, covering an area known

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HAPPY TRAILS



To chart your own waterway adventure - check out the Lennox and Addington boat launch map naturallyla.ca/explore/on-the-water/boating or the Renfrew County Access Points Map to plan a water-based adventure. ottawavalley.travel/userfiles/file/maps/RecreationalWaterAccessPoints

Putting into the Madawaska River upstream of rapids heading toward Griffith - pic from Greater Madawaska Canoe Rentals & Shuttle Service Facebook page

as the Radcliffe hills. The main route – the Gun Trail – leads to Tom’s Lookout, where you can soak in the expansive view of Gun Lake, Halfway Lake and the surrounding area from two comfortable Muskoka Chairs. Park along the road at 374 Long Lake Rd, Barry’s Bay. A small black (#62) sign on a tree indicates the start of the Gun Mountain Trail. Three other hiking options: Drohan’s, McGillivray and Crooked Slide, have separate starting points. Challenge yourself to hike McGillivray’s Trail, the most rugged of all the possibilities in this network.

Prefer a long trek? Upper Mazinaw Lake, known as the home to Bon Echo Provincial Park, offers a beautiful little known trail that bumps along the ridges and forests on the east side of this long and windy water body. Check out the Trident Trail Loop in the Addington Highlands. Close to Highway 41, off of Mazinaw Lake Road, this 15-kilometre loop shares the complete wilderness experience - marshes, mosquitoes and rugged terrain. Park at the orange fence

and start at Brown Trail which leads to the Trident Loop. Pack snacks, plenty of water and enjoy the hike! Use caution as this trail is not well marked or well-travelled – navigation may be required at times.

Paddling more your thing? With over 900 lakes and creeks, and waterways in the Ottawa Valley, it’s overwhelming and hard to figure out where to start. Check out one of the newest protected stretches of waterway in Renfrew County. The Snake River Marsh Conservation Reserve is a “213-hectare deciduous swamp and marsh complex, situated approximately 20 kilometres southeast of Pembroke, directly east of Muskrat Lake.” (Ministry of Natural Resources and Forestry website) It’s part of a provincially significant wetland in the province. Surrounded by agricultural lands, this narrow River offers a delightful paddle with many opportunities to bird watch, observe cattails, sedges and tall grasses, or catch glimpses of beaver, muskrat and fox. Launch your canoe or kayak at the

Snake River Bridge on Highway 17 and paddle southwest to the reserve, or for a longer paddle, start your boat ride on Muskrat Lake. Muskrat Lake runs 14 kilometres in length, paddle up the Muskrat River (north end of the Lake) towards Mud Lake, where you may notice sandhill cranes, herons and many different species of birds.

One of the legendary rivers that define the Ottawa Valley must be the Mighty Madawaska. Flatwater or white water? This River puts forward both types of calm and bubbly fun. If you prefer a flat-water adventure with a few ripples, paddle from Griffith through Mountain Chute, Barrett Chute, Calabogie and Burnstown or all the way to Arnprior. Portage around the dams (portages are maintained and signed) or pick a boat launch or beach along the River and start paddling. Islands, crown land, and towns along the way share refuelling options or locations to park a second vehicle so that you don’t have to strain your shoulders paddling back upstream. Whitewater?

The upper Madawaska and middle Madawaska twists and turns with Class 1 to unrunnable swift and dangerous water; this area is not for beginners. Experienced paddlers camp overnight in the provincial parks or on crown land, where you may spot the occasional moose passing by.

A list of paddling routes cannot be complete without a paddle along the Ottawa River; its logging history is integral to how the Ottawa Valley came to be. One of the only undeveloped areas in the Valley along the River is part of the Westmeath Provincial Park (non-operating). This Park protects almost two miles of dunes and an active sand spit that grows and expands as the current carries the suspended sand along. Grasses, cattails, wild rice and extensive wetlands breathe life into this section of the River. It hums with migratory birds at certain times of the year and beckons as a tranquil area to paddle and discover nature at its best. Begin from the Westmeath municipal dock and paddle upriver to this wild oasis (approximately one kilometre).



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

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Eagle's Nest and the Power of Thunderbird

By Tim Yearington
Grey Thunderbird Man

Just west of Calabogie, Eagle's Nest Sacred Site is the crest of a rugged rock ridge on the Canadian Shield. Mother Earth once shifted here along a fault line creating a dramatic cliff with a spectacular view. But why is this lookout site called Eagle's Nest? Why is this site seen to be sacred?

To the original Anishinaabeg (Algonquin) of this entire region the bird we call Eagle represented nobility, strength, leadership and foresight and it still does. So, when we visit the place where Eagle nests and calls home, we are still being inspired by everything Eagle represents.

It is here Eagle offers its nest to those who still come today to see; to understand, to know, to seek their truth or gain spiritual guidance. It is a place that inspires my vision and shares great power and wisdom; a place that shares the good medicines of Mother Earth and Father Sky, a place where Raven, Hawk, Vulture and majestic Eagle all soar upon the winds of the four sacred directions.

Eagle soars high in the sky and sees things clearly in the four sacred directions of east, south, west and north. Eagle is a bird of great vision and wisdom and sometimes, when Eagle flies highest, he transforms into the spirit of his eldest brother – Thunderbird.

When Thunderbird flaps his massive wings, he creates loud thunder. When he blinks his eyes, he creates bright lightning. Because Thunderbird flies even higher in the sky than Eagle, Thunderbird therefore is understood to be the bird



When you go to Eagle's Nest Sacred Site just west of Calabogie, take a moment to read the sign I painted years ago. Read the story and appreciate that you are a guest at this sacred site. Anyone can learn to see if they open their mind and heart to the messenger.

who flies closest to The Great Spirit; the Creator of all that exists. While Eagle is seen as the messenger of the Great Spirit, Thunderbird is seen as being the powerful spiritual helper of The Great Spirit.

Eagle's Nest Sacred Site is an awesome place to visit because of its incredible panorama. It's a place to see a great view, but because of the site's spiritual connections to Eagle and Thunderbird, it is a place one goes to see. It is an old sacred site because to the Anishinaabeg/Algonquin people who know it is a traditional "place of visions" – a spiritual "vision quest" site.

A vision quest is a traditional ceremony a person goes upon when seeking spiritual guidance or answers from the realm of the manitous – the

spirits. Receiving a vision is to gain spiritual guidance or insight – direct source – about that person's life purpose or goals. Eagle's Nest Sacred Site is a place where my Anishinaabeg/Algonquin ancestors went to receive their visions to help them in a good way upon the path of life.

Some traditional vision quest sites require an unobstructed view looking West. West is a direction of particular importance because, in our Four Directions teachings, West is the spiritual realm. West is the direction of the Great Mystery – the dark of the unknown – where our human fears reside. Therefore, it is where our most profound visions come from, carried to us by the great spiritual helper of Thunderbird. The West is where thunderstorms come from – full of thunder and lightning – which are medicinal manifestations of Thunderbird and its spiritual abilities to help us as humans.

The high, westward lookout of Eagles Nest Sacred Site enables us to sit in the nest of an Eagle. Here, like Eagle, we can "see things far away". The nature of the site still gives us a chance to see; to receive guidance in the form of a vision from the spiritual helper of Thunderbird. Over the years I have visited Eagles Nest Sacred Site many times when I needed spiritual help and I myself have received much guidance there from the manitou of Thunderbird. This powerful "Thunderbird medicine" truly helped me become who I am today. Eagles Nest Sacred Site is now a place that gives everyone an opportunity to sit peacefully and embrace the good medicine that exists within all things in all directions. Its natural, picturesque beauty combined with its human spiritual purpose is why Eagles Nest Sacred Site needs to be respected and protected now and into the future. We all must show our respect.

Eagle's Nest continues to be a vision quest site and people from all walks of life can feel it. Proof of this is revealed by the number of people – particularly youth – who now intentionally journey there from cities to visit and experience this spectacular site today. Regardless of the increased awareness created from social media, people are drawn to go there. True, they go to see and enjoy the "nice view". But they can also sense the "good



It is here Eagle offers its nest to those who come to see, to understand, to know, to seek their truth or gain spiritual guidance.

"Visitor to Eagle's Nest" by Tim Yearington

medicine" of the site – the same natural power my ancestors recognized there, thousands of years ago.

It is truly fantastic that local people and area visitors now have the opportunity to visit this spectacular place that still exists in a natural, serene condition. As a Métis man with Algonquin roots, the medicine of this site inspired and motivated me long ago. I felt it would be wise and important to share our Algonquin worldview with others. Back in 2004 I received support from the community to create and install a commemorative sign for Eagle's Nest Sacred Site with the aim to share our Algonquin perspective about Eagle and Thunderbird. This sign was entirely hand painted and can still be seen as one ascends the steep, rocky trail from the old logging road up to the crest of the nest that faces west.

My intended message remains the same today. I wish to offer all visitors to this lookout a better understanding and appreciation of Eagle's Nest Sacred Site. It is my sincere hope this traditional Algonquin knowledge will provide us all with the opportunity to cherish the natural spirit of a beautiful and peaceful place. Eagle's Nest is still a place of peace, serenity and vision. It is a place that deserves honour and respect. We all walk the path of life. On our journey we're just guests upon Mother Earth. We are all visitors.



Tim Yearington, Grey Thunderbird Man, is a Métis-Algonquin traditional knowledge keeper, elder, teacher, guide and spiritual helper. As a writer he is the author of two books that share traditional Métis-Algonquin worldview. He is working on his third book about sacred sites his ancestors revered on the Mattawa River. Tim and his ancestors are from Kitchizibi (Great River) Algonquin Territory known today as the Ottawa River Valley. Email: timyearington@gmail.com Website: www.timyearington.com Mobile: 613-328-4815

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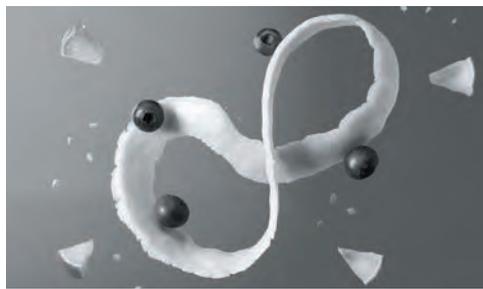
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Boosting Your Body's Natural Defenses - Part I

By Derek Roche



Pic by JJ Jordan unsplash.com

After a year and a half of pandemic, many of you may wonder if we can do more to help your body fight off illnesses. While bolstering your immunity is easier said than done, several dietary and lifestyle changes may strengthen your body's natural defenses and help you fight harmful pathogens, or disease-causing organisms. In this article I will be sharing a variety of healthy tips from the past as reminders of how to stay healthy during these trying times.

1. Get enough sleep

Sleep and immunity are closely tied. In fact, inadequate or poor quality sleep is linked to a higher susceptibility to sickness. In a study of 164 healthy adults, those who slept fewer than 6 hours each night were more likely to catch a cold than those who slept 6 hours or more each night. Getting adequate rest may strengthen your natural immunity. Also, you may sleep more when sick to allow your immune system to better fight the illness.

Adults should aim to get 7 or more hours of sleep each night, while teens need 8–10 hours and younger children and infants up to 14 hours. If you're

having trouble sleeping, try limiting screen time for an hour before bed, as the blue light emitted from your phone, TV, and computer may disrupt your circadian rhythm, or your body's natural wake-sleep cycle.

Other tips include sleeping in a completely dark room or using a sleep mask, going to bed at the same time every night, and exercising regularly.

2. Eat more whole plant foods

Whole plant foods like fruits, vegetables, nuts, seeds, and legumes are rich in nutrients and antioxidants that may give you an upper hand against harmful pathogens. The antioxidants in these foods help decrease inflammation by combatting unstable compounds called free radicals, which can cause inflammation when they build up in your body in high levels. Chronic inflammation is linked to numerous health conditions, including heart disease, Alzheimer's, and certain cancers.

Meanwhile, the fibre in plant foods feeds your gut micro-biome, or the community of healthy bacteria in your gut. A robust gut micro-biome can improve your immunity and help keep harmful pathogens from entering your body via your digestive tract.

Furthermore, fruits and vegetables are rich in nutrients like vitamin C, so regular consumption of vitamin C-rich foods may reduce the duration of the common cold.

3. Eat more healthy fats

Healthy fats, like those found in olive oil and salmon, may boost your body's immune response to pathogens by decreasing inflammation. Although low-level

inflammation is a normal response to stress or injury, chronic inflammation can suppress your immune system.

Olive oil, which is highly anti-inflammatory, is linked to a decreased risk of chronic diseases like heart disease and type-2 diabetes. Plus, its anti-inflammatory properties may help your body fight off harmful disease-causing bacteria and viruses.

Omega-3 fatty acids, such as those in salmon and chia seeds, fight inflammation as well.

4. Eat more fermented foods or take a probiotic supplements

Research suggests that a flourishing network of gut bacteria can help your immune cells differentiate between normal, healthy cells and harmful invader organisms.

In a 3-month study in 126 children, those who drank just 2.4 ounces (70 mL) of fermented milk daily had about 20% fewer childhood infectious diseases, compared with a control group. If you don't regularly eat fermented foods, probiotic supplements are another option.

In a 28-day study in 152 people infected with rhinovirus, those who supplemented with probiotic *Bifidobacterium animalis* had a stronger immune response and lower levels of the virus in their nasal mucus than a control group. Fermented foods are rich in beneficial bacteria called probiotics, which populate your digestive tract. These foods include yogurt, sauerkraut, kimchi, kefir, and natto.

5. Limit added sugars

Emerging research suggests that added sugars and refined carbs may contribute disproportionately to overweight and

obesity. Obesity may likewise increase your risk of getting sick. According to an observational study in around 1,000 people, people with obesity who were administered the flu vaccine were twice as likely to still get the flu than individuals without obesity who received the vaccine.

Curbing your sugar intake can decrease inflammation and aid weight loss, thus reducing your risk of chronic health conditions like type 2 diabetes and heart disease. Given that obesity, type 2 diabetes, and heart disease can all weaken your immune system, limiting added sugars is an important part of an immune-boosting diet.

You should strive to limit your sugar intake to less than 5% of your daily calories. This equals about 2 tablespoons (25 grams) of sugar for someone on a 2,000-calorie diet.

It is more important now than it has ever been before to maintain a strong defence against pathogens, not only Covid 19 and it's increasingly virulent variants such as the Delta variant now sweeping North America into a 4th wave, but any new viruses that may come along. Stay strong, stay healthy.

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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When the Lights go on Again

By Ernie Jukes - Artist, Writer, Rover

Hey, well say now... to all my friends ...and the open minded skeptics out there.... let's jes hold up here for a wee bit. Many out there are saying "it's a sick sad world". They are simply fed up with this continuing Covid pandemic, wave after wave, getting us "no wheres." We can all share that aspect no matter where we reside, in town or backcountry. Others and their pals, however could venture "no real regrets, we'll get through it" and many days we can agree to that as well. No one outlook or group has the answer, but certainly the major-



ity feel considerably much better after their vaccination. I know I did! We all

*When the lights go on again all over the world
And the boys are home again all over the world
And rain or snow is all that may fall from the skies above
A kiss won't mean "goodbye" but "Hello to love"*

*When the lights go on again all over the world
And the ships will sail again all over the world
Then we'll have time for things like wedding rings and free hearts
will sing*

*When the lights go on again all over the world
When the lights go on again all over the world
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recognize the loss of a friend or loved one is tough to accept. We also recognize that this old globe has been combatting even worse epidemics and without opportunity of vaccination for centuries. Since recorded history and Tudor times, millions have died of many unknown conditions and diseases. Back when a lifetime of 30 years was apparently "doing quite well". As we moved into the 20th Century our medical scientists have brought the Black Plague and the Influenza to its knees. In spite of these Coronavirus serums not being our

very own they appear to be doing the job as "our flu shot" has done so well in modern times.

In spite of not encouraging get togethers. Such as "Men's Breakfast" or Camp J art lessons or horseshoes or Hall activities at this time. Most will agree that if we must meet then we must wear a mask, keep our distance and wash up carefully. Simple, but vital rules to keep a deadly monster in check and grind it down to defeat. Yes, you are important, for it will take all of us working together to accom-

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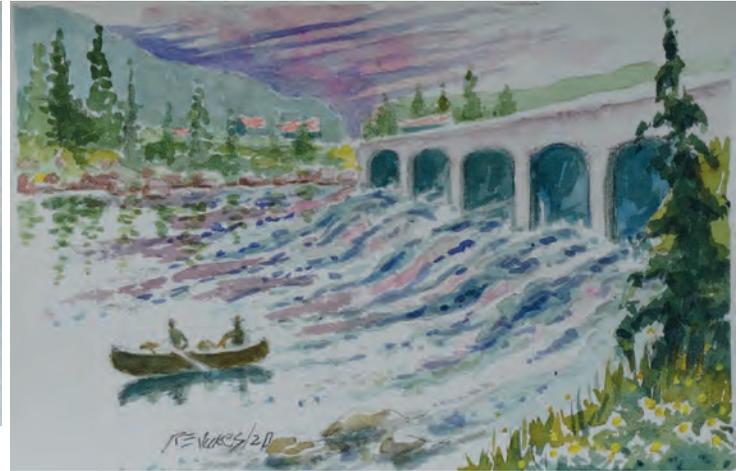
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THE VIEW FROM HERE



When you have taken enough trips on this Earth and had as many trips around the sun as I have, you learn a few things. Most of all I have learned that we will get through this one as we did during previous pandemics, depressions, inflation, invasions, and world wars. It has always been, and I dare say always will be, that only by working and playing together will we achieve victory. Hang in there. Hold onto what and who you love and be the person who makes you happy. We'll be together "when the lights go on again all over the world".

Haying, Logging with Keith, and Sunset at Griffith Bridge by R.E.Jukes (moi)

plish victory. Yep! I have lived long enough to see it happen before.

For those that have seen my artwork or read my articles for long, you will appreciate that my imagination will carry me anywhere. However, it had to jibe with my credit card-right? And that's why being a Rover and sharing our travels has been high on my list of subjects with you. Of course, that too at least from an international standpoint is temporarily off our planning list, as well as yours. It won't however stop me from writing about them. I have also just commenced a twenty-part water colour series that I will be happy to show you at our first opportunity. Some are valley landscapes, even valley folks that I have known over my 80years of living

at Matawatchan. Some folks include Lynn McLaren, plus his grandfather Joe, Keith MacPherson, Alan Thompson, The Kelly boys, Carl and Clifford Ferguson, Balford McCoy, Harvey Malcolm, Matt McLeod, Bill Parkes and the huge list goes on.

My foreign students, I am happy to report, reach out to me via email. I am sure that most students and those of all ages, that want to investigate new interests, will be reading more and utilizing the internet during these "hard times". This has helped millions that otherwise may have "had it up to about here". And got them through to another stage, which will also fly by.....before the lights go on again.....all over the world!

A special note to the passing this past year of wonderful singer Vera Lynn who's honoured song inspired the British and our commonwealth during the bombings of London in WW2. We heard it daily on radio for about 6 years. Perhaps will offer some encouragement again?



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.

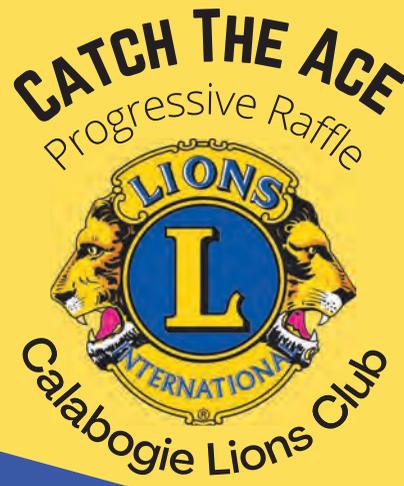


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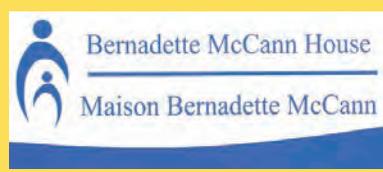
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Advanced Camping Safely - Part 1

By David Arama

When most folks go camping, they think of scenic views and campsites, versus overall safety. Based on one's experience, do you settle on a car camping site, or try an interior park or crown land site? Would you only camp in the summertime, or try the cooler fall scenic colors, and some winter snow conditions? Are you looking for a dark sky experience, or maybe do some birding, view some historical sites, etc.?

My 40 years of leading outdoor pursuits programs and camps have taught me the importance of doing some important things right. Mistakes can be dangerous.

Trees can kill you.

Watch for widowmakers or fool killers, which are detached or broken limbs or tree tops that haven't fallen all the way to the ground... yet. Keep away from the tallest trees that can get hit by lightning. Stay away from beaver lodges and poplar trees that beavers like to chew down at night.

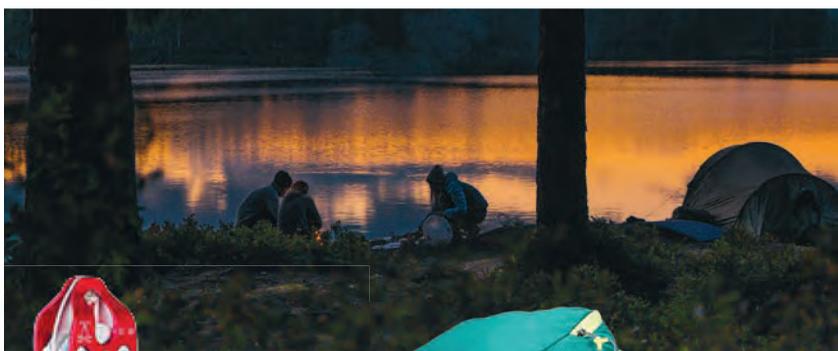
Storms can kill you.

Avoid islands and peninsulas that tend to bear the brunt of windstorms and thunderstorms. Watch out for areas that are prone to flooding, such as overused campsites, or too close to streams and rivers and floodplains. On one of my earliest camping trips up near James Bay, I learned first-hand that the tide comes in sometimes at night, so avoid setting up camp too close to the water! Islands are bad places for lightning storms, and I know firsthand of a canoe group, where a live tree fell on a tent and almost killed a camper.

Bears can kill you.

More likely, bears will steal the food you brought them. Don't tempt them. Bear-proof barrels and containers offer added protection in the backcountry. When car camping, we simply put all food and mess kits into the car trunk. Never, never, never leave food, snacks, or extra clothing in or near a tent. That includes clothing used when gutting fish, and toothpaste, candy, chewing gum, and sweet-smelling sunscreen.

Pulley systems available at most camping retailers make it easy to hang heavy food packs up a tree. You can rope over a single branch if you can locate a sturdy deciduous tree branch at least 5 meters off of the ground and minimum 2 meters from the tree trunk and branch.



This looks like an idyllic scene as the sun goes down, but is the cooking area too close to the tent? Will cooking smells attract wildlife to the feast? Is the tent too close to the water if the waves come up? Did they manage to hoist their food supply high in the trees with a pulley, like this to keep it out of bear reach?



- Look up before you settle on a camping spot. A widowmaker could be ready to complete its fall on your tent.
- Your high school backpack will do if you don't have far to go but choosing one that suits your purpose can make all the difference for a pleasant experience.
- Filter your water instead of carrying it.



Bear cubs, racoons, and squirrels are very good at jumping and climbing! Toss a throw-bag rope (with a small stone in the bag for weight) over the branch and tie the food pack or barrel to it and pull the pack up. If the perfect tree isn't available use branches from two adjacent trees to pull up heavy loads between them.

Tip: Never use evergreen or soft-wood tree branches and use a location at least 100 meters from your campsite. On one canoe trip, some campers hid all of their food provisions under a tarped canoe. A bear destroyed the canoe to get at the food. On another trip, campers left a canoe under the tree holding the food packs. The branch broke and the heavy food pack landed squarely on the canoe.

Your back can "kill you"...

Get the right pack, balance your load, and pack lightly to save your back. Choosing the ideal backpack is a course on its own. I prefer an internal framed pack, and larger is good, since you can always shrink it down. Good brands like Lowe Alpine, Eureka, North Face, and Marmot, typically include removal frames that can be fitted and conformed to your size and back, and have waterproof rain covers. I like a pack that has lower compartments that can be opened, so you don't have to stuff everything from the top.

When packing, never pack food items or stove fuel above clothing and

sleeping bag. You have big problems if they leak. I like to pack heavier stuff close to my back, then higher up in the pack, balanced from side to side.

Tips: Pack emergency items like first aid, firestarting, and tarp, so it's easy to get them in a pinch. Communications equipment should be on your person.

For backcountry Camping, most parks have banned bottles and glass. I vacuum seal or use zip lock bags. It's best to dehydrate all foods, and go with easily rehydrated and high carb dry foods like pasta, rice, TVP, tofu, soup mixes, dry breads (rye crisp), flour, beans and lentils, granola bars and trail mixes, or buy ready to use Harvest Meal Packs and MRE (Meals Ready to Eat).

Tip: Water is very heavy, remove it from foods. Dry foods don't require heavy ice packs. When car camping with a cooler for your food, consider pre-freezing meats and liquids to keep

contents cold longer than with simple ice packs. Pour off liquids a bit at a time as they thaw out.

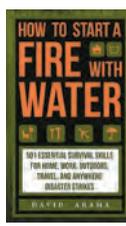
Contaminated water can kill you.

Or it can make you sick. As stated earlier, water is heavy, so save your back and plan to purify the water that's all around you. We utilize a combination of boiling water, chlorine and iodine tablets, Lifestraws and bottles, plus pump and gravity filters. Carbon filters clog up faster than ceramic filters. The Sawyer filter system is around \$35 and claims to filter up to 100,000 gallons. All filters clog up if you don't pre-filter.

Now that we know where to camp and how to pack and store food safely, next month we will go over how to set up a campsite and campfires and cook your food once you have located the spot you would like.

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. marblakelodge.com wscsurvivalschool.com

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Nature's Abundance!

By Antonia Chatson

Well, we managed it again for the sixth year running. We won first prize for the most dandelions per square foot in the lawn in all of Denbigh, Griffith, Matawatchan and environs. Thank you so much for all the phone calls, cards and emails that you sent to us. We appreciate your condolences and sympathy. It's a lonely place when you're at the top with the only thing you have to look forward to is yet another prize next year for this dubious honour. Where are all the folks who like to pick them for their health? They can have them all!

It's not as if I even had to try to win the contest, but I do have a few schemes up my sleeve to counteract this depressing news. Early in the spring, I set myself a daily goal of beheading 50 dandelions per day. And last year with all the rain that we had I instituted another regimen with regards to grass and clover. I decided that rather than cursing and swearing at all the clumps of clover and grass that I came across in the flower beds, I would dig it up, put it in a pail and scatter it on the lawn where there were some bare patches. I can't confess to seeing a vast amount of difference, even though my theory of choking out the dandies with clover sounded good on paper. I thought I had it made when we had the dry spell in the spring. I was even thinking of installing a fan down close to the surface of the grass to blow away the dandelion seeds to some far-reaching areas in the farm where I would not be offended by their cheery and taunting faces. And then the rains came, flooding away my deepest hopes.

A friend was over the other day digging up some perennials he wanted. I was complaining to him about "guess what"! He smiled at my passion, turned around and smote a large dandelion flower in the head with the side of his shovel. Without looking at his handiwork, he turned to me with a broad grin, as if to say how easy it was to conquer the obnoxious beasts. Not sure, but I think he was suffering from a Little Jack Horner syndrome. I was not amused as I pointed a bony finger to the scene behind him which sported the dandelion head, bobbing cheerily in the breeze. This time, he turned the shovel around and took another swipe at it with the sharp edge. Same response. My friend was up to the challenge, but this time took a swipe at the entire plant. Now there was not just the dandy head, but the entire plant was dancing. This was going nowhere fast. A



You don't like weeds?! I love EVERYTHING in your garden... dandelions, clover, lettuce, tomatoes, carrots, nasturtiums, daisies, pansies, those purple flowers... OK, not so much thistle or quack grass. You can keep them.

few more swipes and my friend gave up. After our lawn is mowed, it takes a mere 22 hours, 35 minutes and 56 seconds for the dandies to reappear, rubbernecking their seeds to the wind. After my friend was gone, I retreated to the same plant with the express purpose of discovering how best to pull up a dandelion plant. The ground was saturated so it shouldn't take much. Ha, ha. As I pulled hard the top snapped off just above the crown, which would ensure further growth. Marking the place with a broken off rake tooth, I moved onto the next giant. This time as I pulled, I twisted, and abracadabra, out popped the entire plant with minimal effort. Spurred onwards by my success, I worked my way through half the garden, and sported a five-gallon pail of limp corpses for my efforts. This method of twisting the plant as you pull is also very effective with plantain, which also loves to break off at ground level.

But dandelions aren't my only nemesis. Three years ago, when we had a bad drought, I watered the gardens for two hours every day and had the hydro bills to prove it. So last year when we had an early rain and lots of it all summer long, I breathed a sigh of relief. The vegetables produced well and the perennials abounded. But the weeks of early drought this year forced me to rethink all the abundance of rain last year. The weeds in our large perennial bed were abundant and invasive. As the term "gentle" rains seem to have eluded the dictionary, the heavy rains that occurred last year had pounded

the earth to a consistency of cement. This made it nearly impossible to pull out the weeds. My daughter would loosen the earth with a shovel, then I would come along afterwards and do what I refer to as "spaghetti duty". In layman's terms, that means yanking out the long white roots of quack grass that had killed six large clumps of New England asters and had permeated every other clump of flowers. I do my statutory two hours of weeding every morning which yields four large buckets full of foliage. At a rough estimate, my daughter must have taken about three and a half tons of weeds and strewn them on stone fences, where I pray they suffer a long, slow, debilitating and painful death - but I doubt it. And I think I have lost about four inches of topsoil all 'round. When the monsoon season

eventually arrived this spring, the rains made it easier to pull up the weeds, but the downside was that there were more of them. And why is it that weeds grow so prolifically in and around the garden whereas in the fields, their size is diminutive? I have some goldenrod that is five feet tall, ragweed and pigweed that tops out at three feet and on the side of one garden there is Bromegrass that is eight feet in height. When my daughter dug up a large clump of some unknown grass recently, she found a dandelion plant whose leaves were two feet in length. There are a variety of other weeds that I do not recognize. I do have names for them, but they are not of a botanical nature. When I look at all the dandelions and goldenrod, I see "red". Did I mention that yellow is not my favorite colour? Oops, I had better qualify that as there are sunflowers and goldfinches.

Currently, I am dealing with last year's weeds. I am trying to pull up all the grasses before they seed down, but it is a thankless task, one at which I am losing. I am expecting that at my current rate of regress, I should be able to address this year's weeds by October. For several nights now, I have been experiencing severe pain in my left shoulder. I realized it must be due to all the yanking on weeds. Then I remembered a condition that is referred to as "shattered shoulder syndrome" common in horticultural circles! That must be what it is.

This must all be a result of climate change. Never mind the decades of climate change, we have climate change on a daily basis, and a lot that has not been predicted. It is certainly leading us down the garden path. By the way - what is a path?



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

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



Get Antonia Chatson's book "Rural Vignettes" on Amazon, Glaeser's Store in Denbigh & Denbigh Public Library

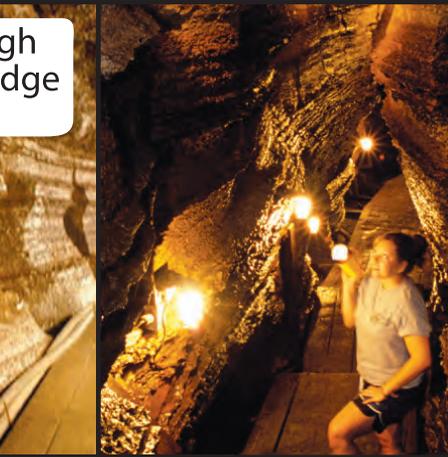


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This column is for educational purposes. Never eat anything unless you are 100% sure. Beginners should forage with an experienced guide.

The Jewel of the Forest

By Colleen Hulett

What if I told you there is a mushroom out there with two nicknames, 'forest gold' and "jewel of the forest'. Intriguing, no? Aptly called 'forest gold' because they are a multi-hundred-million-dollar industry according to Forbes Wild Food. 2,000,000 kgs of the Golden Chanterelle (*Cantharellus cibarius*) are shipped annually in barrels of brine to Germany where it is highly prized. Mushroom hunters need forests. You see, these jewels of the forest are mycorrhizal meaning they share a symbiotic relationship with plants or trees like oaks and some conifers, for example. Chanterelles cannot be cultivated and will remain wild. In order to thrive in the wild our prized Chanterelle needs old growth forests. When disturbed they take 60-80 years to recover. In fact, it is recommended one tip toe around chanterelles while foraging them. One shouldn't wear deep treaded hiking boots or runners. No heavy footwear, no steel toed boots. When it comes down to it the best footwear to protect this jewel of the forest is authentic First Nations moccasins. If you tread lightly while picking Chanterelles, it will ensure one has a bigger crop the following year. If you trample around your chanterelles you are guaranteed a smaller crop or none the next year. Be careful, eh.

There are 40 species of the Chanterelle family found in North America. Many Chanterelles, like the Black Chanterelle for example, are some of the best known and prized culinary mushrooms in the world. None are poisonous and only one, the Scaly Vase Chanterelle, is known to cause stomach upset. I have



Golden Chanterelles (*Cantharellus cibarius*) 'Forest Gold' or 'Jewel of the Forest'



Fresh Golden Chanterelles



Chanterelles have no gills but instead have wrinkles and folds with cross veins. Their most distinguishing feature

foraged only two of the 40 species of Chanterelles: the golden coloured Common Chanterelle {*Cantharellus cibarius*} and the Black Chanterelle {*Craterellus cornucopioides*}. The Black Chanterelle is also well known as the Black Trumpet or the Horn of Plenty. In this article I will only be familiarizing you with the Common Chanterelle.

Chanterelles are easy to identify due to their unique characteristics. In fact, Chanterelles are considered a good mushroom for the new hunter to start with – if you check the gills! They are funnel shaped with a groovy wavy edge around the cap. Most of them smell

fruity. They range in colour from white to yellow to orange to cinnamon to blue to black.

At close inspection of their gills, you will notice they aren't gills! They are more like wrinkles and folds splitting into two with tiny cross veins. Very cool to observe and a unique identifying feature of Chanterelles. There are some really fancy wrinkle designs out there to discover on each Chanterelle you forage. That's right, you have to inspect every Chanterelle's fertile surface (underside of cap) you plan to eat for the telltale wrinkles and cross veins.

Chanterelles are easy to identify

but have been associated with poisonings due to the fact that the person didn't make sure their mushroom on hand had no gills. These unfortunate people picked the toxic Jack-O-Lanterns (*Omphalotus illudens*) thinking they were Chanterelles.

Jack-O-Lanterns do not smell of apricots or fruit and have true gills that do not split. Jack-O-Lanterns mushrooms have no cross veins either. They grow in large clusters at the base of trees or out of wood. Chanterelles grow singly out of humus soil and are scattered around in leaf litter. Sometimes two or

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Dehydrated Golden Chanterelles keep well. Pan fry then freeze some and use as for fresh later.



Black Chanterelles (*Craterellus cornucopioides*)
Synonyms: Black Trumpet, Horn of Plenty

three Chanterelles can grow close together but not large clumps like the Jack-O-Lantern. When you cut the stem of a Chanterelle the flesh is white and the Jack-O-Lanterns inside flesh is orange. A lot of differences for sure but great caution should be used every time you forage any mushroom. If you don't know what they are don't pick them.

Apparently the best tasting Chanterelles are from Saskatchewan's old growth forested areas. They are full of flavour and a beautiful orange colour. They are small due to the dryer climate out west, which concentrates its flavour, garnering high demand around

the world. I must admit our drought this summer in the highlands has brought out some very tasty and strong-smelling Chanterelles too. It has been a good season for me so far.

Hunting Chanterelles is easy. They have a mycorrhizal relationship with oak trees so in the

Ontario Highlands or the Gatin-eau Hills, hike to the southwest side of the hill, look for an old growth canopied Oak forest mixed with Beech and Maple trees. The ground should be spongy and littered with oak leaves. You may just get lucky and strike gold.

Chanterelles taste mild, nutty

and have a slight apricot taste. They taste best sautéed in butter or used in cream sauces, with chicken or egg dishes and provide you with vitamins B, E, D, and K, protein, and trace elements selenium, potassium, and iron.

With a Mushroom knife cut the chanterelle's stem above ground to retrieve an un-nibbled and healthy-looking mushroom; brush off any soil and leaf litter; Check and double check for the splitting wrinkles, cross veins and funnel shape before putting it in a mesh produce bag to transport home. At home, rinse the chanterelles with cold water and remove any residual dirt and pat dry with a paper towel.

Chop your chanterelles to the size you prefer and split your 'jewels of the forest' into 2 piles. Dehydrate one pile for later winter use in cream sauces, soups and stews. Crumble some from the other pile directly into the sauce, soup or stew and cook until tender. Stir fry the remainder of the fresh chanterelles in a dry frying pan on medium high until all of the water has evaporated and the mushrooms start to brown. Add a dab of butter and stir fry for one more minute. Remove from the frying pan and place on a paper towel lined plate. Add some of your cooked chanterelles to chicken and egg dishes and seal the unused cooked mushrooms in freezer bags. Set in the freezer for later use in dishes requiring fresh Chanterelles.

I almost forgot to mention that when you find chanterelles in the woods never yell to your partner 'I found some Chanterelles'. You must speak in code and practice that code before you go into the

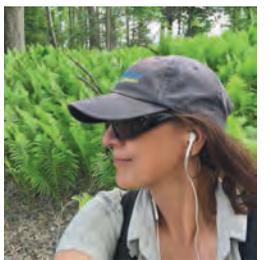
forest. Turn off location services on your phone. When you take photos, they're attached to GPS coordinates that could reveal your find to commercial hunters or neighbours who might clean you out before you get there next year. Be warned, as Chanterelles are one of the top five choice mushrooms around the Northern Hemisphere. Europe is having trouble keeping up with demand and has to import theirs. Let's not get into that situation and support our local forest initiatives.

P.S. Always remember that a mushroom is like an apple on a tree and picking them is not harmful. Trampling the surface soil where the mycelium live is harmful.

Happy foraging!

Colleen has a B.A. in Geography from Carleton University, with a concentration in Cartography and Satellite Imagery. She has completed many courses in photography and drawing at Algonquin College and studied the Art and Science of Herbology with Herbalist Rosemary Gladstar. Please contact Colleen for questions or to book a guided herb walk or hike. Photographers, Artists, and those seeking to de-stress are welcome, too.

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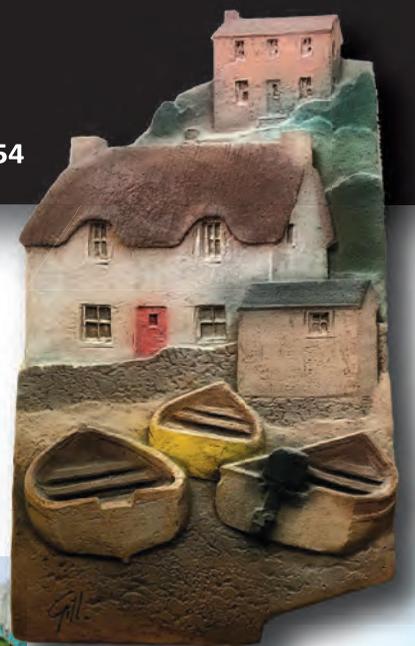
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