

SFMH scores 99.8 percent

BERNADINE ROSLYN
MADAWASKA VALLEY

Accreditation Canada has awarded St. Francis Memorial Hospital an impressive 99.8 percent compliance rate on meeting quality standards after a rigorous evaluation process in December. As a result, our hospital has received Accreditation with Commendation and congratulations for ongoing work to improve the quality and safety of health care services.

It comes as no surprise to local residents that St. Francis Memorial scored well for patient- and family-centred care. We know the hospital and its staff are committed to provide "Excellence in Rural Healthcare", because we experience that commitment whenever we visit the hospital. But it is reassuring to know that an independent body has found a high level of compliance with standards for patient safety, infection prevention and risk management.

St. Francis Memorial scored well for patient- and family-centred care. An independent body has found a high level of compliance with standards for patient safety, infection prevention and risk management. The hospital and its staff are committed to provide "Excellence in Rural Healthcare."

Surveyor Team Leader Marianne Walker noted that SFMH has "fully embraced client- and family-centred care," and is "highly committed to making it better for patients and families." Other strengths with regards to patient- and family-centred care included an openness to integrating input received from clients and families, and a Patient and Family

Advisory Committee (PFAC) that reviews and has input into changes to improve the patient and family experience at SFMH.

Among SFMH strengths, Walker listed the "high-functioning board and leadership, caring and compassionate staff and physicians and strong physician engagement, volunteers and the PFAC." She also recognized the "strong, innovative partnerships in the Circle of Health and the move to a Rural Health Hub."

SFMH Board Chair Jasna Boyd gave credit to hospital staff, physicians and volunteers for the excellent result.

"The positive results of our accreditation are a reflection of the efforts and commitment to patient and family centred care by all our staff, physicians and volunteers. We are appreciative of all their fine work, not only at survey time, but each and every day."

Randy Penney, SFMH CEO voiced a similar sentiment.

"This process reviews all areas of the hospital from clinical to management to our Board. To achieve such a high compliance rating is a wonderful achievement. It is a credit to our staff, physicians, Board and volunteers. It is a major statement to our patients and families that this organization has tremendous compliance with National Standards in all areas of our hospital."

Those of us who rely on St. Francis Memorial Hospital have reason once again to be proud of our hospital and confident in the quality of the care it provides.

Realtor calls for continued economic development

PATRICIA SCOTT
MADAWASKA VALLEY

Perhaps you have noticed some changes in the area? New faces? There has been an influx of new people to the area who embrace much of what the Madawaska Valley and its surroundings has to offer. Some are young retirees and others are the younger generation returning home with their families. I also have successfully sold one commercial building and there are two other business sales slated to close in 2018. This number of commercial sales over a short period is an encouraging sign.

In the Madawaska Valley and two surrounding municipalities, 121 homes and cottages have sold by the end of November 2017 and the average price of homes is now over \$220,000. Prices rose about 8 percent over last year for the year ending October 31, 2017. The overall price increase from 2016 to the end of November is just over 6 percent. Our real estate market seems less volatile than the city markets. We do not spike, but rather blip up and down. We finished up 2017 with a total of 124 sales and an average sale price of \$218,580. This represents an increase of just over 5 percent over 2016 prices.

Since Tim Hortons has come to town, we will find that other businesses follow. Tim's does not make their decisions recklessly, so I feel I can honestly attribute some of the commercial changes directly to Tim Hortons. Their presence is a good sign that we are well positioned for more development.

With my office across from the Railway Station, I can see how many people are around the building. They enjoy the picnic tables, use the Wi-Fi, attend events or just plain gather to chat. It is the heart of our community and a recognizable landmark. If our goal is to encourage visitors to "stay for a lifetime," then we need recreation, good healthcare, schools, arts and culture. We need efforts from our municipal officials to continue to push for economic development or we will stagnate. In the Madawaska Valley, we need to continue to advocate for economic development and for continued efforts to promote year-round tourism in our region.



SFMH flying Accreditation Banner. PHOTO: PAPPIN COMMUNICATIONS

The Current: free and flowing

MADVALLEY MEDIA
PUBLISHERS

The Madawaska Valley Current is your online source for balanced and stimulating local coverage of community growth, current affairs and cultural matters. *The Current* is brought to you by Valley residents, Roger Paul, publisher and Danielle Paul, editor, through their company MadValley Media. However, it takes a team to create the best Current so we are grateful to our contributors and sponsors who are also committed to enhancing life in this community.

MADVALLEY MEDIA

Roger practiced law in both Ontario and the U.K. before his retirement in 2010 when he and Danielle moved into the Valley house they had built. His connection to the area dates back to the early

1970s when Danielle introduced him to its many attractions, not least being the lure of a frequently used bolthole from the hectic pace of Toronto where they lived at the time. Roger is a board member of both St Francis Memorial Hospital and the Renfrew County Legal Clinic. He is also president of the Lakeshore Tennis Club.

Danielle's Valley roots go back to childhood. She grew up hearing stories of the Valley from her father, Leo Bonnah, and his uncle, Fr. Bill Dwyer, parish priest in Madawaska. After retiring in 1968, Leo served on the St. Francis Memorial Hospital board and was heavily involved in the birth of Valley Manor. Danielle is president of the Renfrew County Museums Network, a board member of her lake association (CTLG) and enjoys genealogy. After graduating from OCAD, she worked mostly in marketing. She worked as culture and tourism coordinator at the Railway Station 2013-16.

WHAT YOU CAN DO

Please provide your feedback to get *The Current* flowing effectively. We welcome contributions and story ideas from the whole community. Bookmark www.madvalleycurrent.com and follow us on social media.

Why not add your suggestions for improving life in the Valley to "The Whine Cellar." Friends and family without internet can enjoy limited distribution of a print version of *The Current* available free at local outlets monthly.

ADVERTISING

You won't see any advertising yet as we decided it would be presumptuous to solicit ads before our first issue. We hope businesses will recognize *The Current's* unique attributes and will support us by advertising in future issues. This will help us continue to make it available free.

Railway Station's benefit to area derailed

MARK WOERMKE
MADAWASKA VALLEY

FIRST IN A TWO-PART SERIES

PART 1—MV CITIZENS EXPRESS THEIR CONCERNS

RESIDENTS CONCERNED OVER LANDMARK'S DECLINE

Several Madawaska Valley residents are expressing their concerns about the decline of the Barry's Bay Railway Station. A common theme in their comments is that a negligent (if not hostile) attitude, interference and micro-management from municipal council have diminished and threatened this landmark and vibrant community hub.

In May 2016, MV Council planned a public meeting to decide the future of The Station by looking at its costs and benefits. Because of high interest (probably generated by what appeared to be a months-long vendetta against the Station by some councillors) the meeting outgrew the Council chambers and was re-scheduled for the Paul J. Yakabuski Arena where about 200 people turned up. Staff presentations and the testimony and presence of concerned locals demonstrated the significant value the Station brings to the municipality. Recreation & Community Development Coordinator Paul Nopper explained the Station's cost to the municipality in terms of cups of Tim Hortons' coffee per ratepayer. Council voted unanimously to make no change to its approach.

Since then, Station staff have resigned following allegations of harassment and stress-related reasons. Paul Nopper has been fired "without cause"; programs have been cancelled; and, due to a drastic reduction in hours, tourists have been left frustrated. Long-time volunteers are effectively barred from the Station. Citizens wonder how, in a short period of time, a vibrant institution, which was the envy of communities throughout Eastern Ontario, could effectively cease operating. They wonder what this means for economic and cultural growth in the Madawaska Valley.

FORMER MAYOR VALUES TOURISM

Former MV Mayor John Hildebrandt is attuned to the economic needs of the community and recognizes the importance of tourism.

"Without the business generated between May and October, many local businesses would have to close-up shop. The Train Station and its staff are the front line and the most effective means of promoting our township to thousands of people annually. Visitors spend their money here on a cup of coffee or meal, shopping and filling up their gas tanks. They discover a thriving business community and note it as a place to return to. Maybe they'll even buy a seasonal place. Most importantly, maybe they'll like the area so much they'll retire or set up a business here."

WILNO RESIDENT SEES CONNECTION BETWEEN CULTURE AND ECONOMY

Nancy Checko is retired from a recreation, culture and tourism-related career with Algonquin Park.

"It is so sad that the spectacular work the staff at the Station was doing has been interrupted, if not ended," she says. "For a small community, the Station was a very dynamic institution. When I compare what the Station accomplished to what we were doing in Algonquin Park, I have to say it was incredible. I just can't understand why people don't see the value of the arts and culture and their economic effect. Instead of losing staff and programs all of us in the three communities in the Madawaska Valley should be co-operating to build a strong and vital municipality."

LOCAL ARTISTS ARE SADDENED OVER LOSS OF "BEATING HEART"

Madawaska Valley artists are saddened to see the decline of programs at the gallery and museum. These included exhibitions, workshops, classes and lectures. Eva Kaczowska says the "community is much poorer" due to the interruption of staff and programming at this institution. As an artist who frequently showed her work at the South of 60 Gallery, Kaczowska was well-acquainted with the Station and its programs:



Above: The Railway Station, January 2018.
Right: Sunnier days, with people gathering at the heart of our community. PHOTO: SHARON GARDINER

"It was a beating heart. It was something that united all of the artists of the area. Its program of exhibitions inspired us to create works. There is no substitute."

Kim Hanewich, who has lived and worked in the Madawaska Valley for thirty years, spoke of South of 60 and its programs:

"I watched the quality of the gallery and its programs grow over the years. It became the envy of artists and other communities throughout the Valley. Until this year, it never faltered except for interference. I just don't understand this destruction of quality effort and years of people's endeavours."

MADAWASKA VALLEY CHILDREN LOSE OPPORTUNITIES

If art programs and camps do not continue, Madawaska Valley children will be denied opportunities that enhance their educations and enrich community life. Parent Yvette Boudreau-Smith comments that:

"The Station has been a place where children can express themselves through art. Music and the arts are vital parts of learning and development for children. Fortunately, the Railway Station has always had art programs available for children and youth. There has been a wide variety of art courses and camps available to all ages of children at very reasonable cost."

Lois Yantha, wife of former Councillor Sylvie Yantha, also recognizes the important of the arts in the development of community:

"Art provides a common ground for social interaction of all ages. By helping the arts to flourish in all its forms we can create a community where everyone feels like they belong. Sylvie and I have heard the comment that taxpayer dollars should not fund a gallery like South of 60. Nowadays that is a very naive way of thinking. Things have changed a lot, and nowadays arts and culture are important parts of economic and community development"

LONG-TIME VOLUNTEER CONTRASTS STATION AND ARENA

Bob and Cathie Corrigan have volunteered at the Station for almost thirty years. Given their commitment to this cultural landmark, it is no surprise that Corrigan's comments are pointed and reflect dissatisfaction.

"The current council is destroying Barry's Bay," he says. "A couple of councillors simply want to get



rid of South of 60 and close the Station's tourist office for most of the year. It looks like they are getting their way. All this, to save some money. Sometimes you have to spend money to make things interesting for the people who live here and for any visitors."

WHAT'S IN STORE FOR THE STATION AND THE MADAWASKA VALLEY?

More than six months have now passed and yet MV Council has not advertised for a replacement for the position of Tourism Co-ordinator/Curator of South of 60 and the Railway Museum. This apparent complacency will have negative cultural effects since there is no one to organize art shows, exhibits and programs, but readers might want to consider the potentially negative economic effects on the entire Madawaska Valley. Who will perform the many important annual tasks which support tourism and economic development?

These include, but are not limited to, writing grant applications; attending trade shows and conferences; representing the community in the Ontario Highlands Tourist Organization and the Ottawa Valley Tourist Association; liaising with the members of the Business Improvement Area; promoting the community in local newspapers, on local radio stations, websites and social media; assisting with long-standing annual events such as the Friday Farmers' Market.

Local businesses will soon feel the pinch of the cancellation of the Opeongo Heritage Cup, but what will happen this coming summer? Now is the time to be preparing for the 2018 summer tourist season and there is no staff position dedicated to this important work. Councillors and the Mayor have said they are reviewing and revising job descriptions, but it may already be too late to get things back on the rails.

In the next issue: Railway Station's benefit to area derailed, part 2—Measurable economic and social returns lost for Madawaska Valley.

Cougars return

GIL GLOFCHESKIE
MADAWASKA VALLEY

It was November 11, 2017, and a gentle snow had been falling for most of the afternoon. We were heading to town on Siberia Road when a large cat suddenly came out of the ditch. It crossed the road, unconcerned, as if it was on a mission. The cat's powerful body advanced with a smooth motion, its tail held straight back. We slowed the car, looked at each other and declared, "Cougar!"

We continued driving until we found a spot to turn around and proceeded back to the crossing site. Driving slowly, we found the tracks. I cautiously exited the car to take pictures with my phone. Three hours later returning from town we saw more cougar tracks coming back across the road. This area is a known deer crossing location and possibly the cat was hunting. What a unique experience. The cougars are back!

Over the past few years there have been stories circulating in the community about several incidents. First, a cougar had been spotted at Tea Lake. Next, cougar tracks were spotted and people heard the calling of what they thought was a cougar. Another incident took place at the junction of Siberia and Yakabuski Roads and there was another across Greenan Lake. These incidents were not confirmed and no evidence was produced. Such are cougar sightings. They happen very quickly and leave you with a unique experience.

The cougar, puma or mountain lion is considered an endangered species in Ontario. These cats can reach up to two metres in length and weight up to 65 kg. They can travel upwards to 50 km in a day in their travels.

Historically they ranged throughout North, Central and South America. Their extinction came about mainly due to human persecution. The European settlers were afraid of the predators and basically shot as many as they could. This not only included cougars but any predator they competed with for food or safety. The original cougar population was believed to have been hunted out of existence in the late 1800s. The last cougar shot in Ontario was south of Collingwood in 1884.

In 2006 Mr. Rick Rosatte led a cougar research network in Ontario. A total of 497 pieces of evidence confirmed that cougars were present in Ontario during the period 1991 and 2010. See website listed below for additional information.

In 2010 Mr. Stuart Kenn, President of the Ontario Puma Foundation, estimated there were about 550 cougars in the province, as reported in the Owen Sound *Sun Times* in June of that year. There is a cougar corridor bordered by Ottawa, Peterborough and Owen Sound to the south, and North Bay, Sudbury and Sault Ste. Marie to the north.

Cougars are shy and normally avoid humans. If you encounter a cougar remain calm, stand up tall, raise your arms above your head. Do not crouch down or hide. Then slowly back away, immediately leave the area. If the animal is aggressive throw objects at it—never run.

If you believe a cougar is threatening your safety or that of others, call 911 or your local police. If you see a cougar in a tree, leave it alone. Again, please call your local police or 911. If you believe you have seen a cougar but it is not a threat to public safety, please report it to your local Ministry of Natural Resources office.

For more information and assistance about cougars or lynx sightings, call your local Ministry of Natural Resources Information Centre, 1-800-667-1940.



Mountain lion (Cougar), Scientific name: *Puma concolor*.
PHOTO: ONTARIO MINISTRY OF NATURAL RESOURCES AND FORESTRY



Fitness is a four-letter word

JOANNE OLSEN
MADAWASKA VALLEY

A new year! A resolve to accomplish a personal goal to improve health and well-being often comes with the New Year. Sadly, statistics show that 88 percent of people who make resolutions do not see them through. Patients tell me time and again, "I tried to exercise more," or "I tried to lose weight but I didn't see any results so I gave up." People are looking for the quick fix, but a quick fix is quickly broken. Short term tactics need to be developed in order to keep you on a course for success.

If you are serious about achieving a goal related to health and fitness, make it a S.M.A.R.T. goal—Specific, Measurable, Attainable, Realistic and Timely. Start with something you can do, because you have been doing it most of your life—walk. Hippocrates, the father of western medicine stated simply, "Walking is man's best medicine."

The health benefits of regular and consistent walking are well known: prevent or manage high blood pressure, heart disease, type 2 diabetes, osteoporosis; maintain a healthy weight; improve balance and coordination; improve sleep and mood.

Your walking goal can be **specific** to your current status and needs. If you require a walking assistive device like a cane or walker your goal can be to get up from sitting a specific number of times per day or while using your device walk a specific amount of time each day. If the weather is not permitting an outdoor walk, try putting on some music indoors and time a brisk walking on the spot or add some stairs.

You can **measure** your walking goal in time, speed, distance, number of steps and/or heart rate. Your goal is **attainable** because walking is a skill you possess and you have the necessary equipment, although footwear is a topic for another day. A goal related to walking is **realistic**. It is functional. It gets us to and from places. Walking is **timely**. You can stand up and start now.

Once you feel the satisfaction of achieving your goal of walking more or better, you can challenge yourself by increasing speed or time, adding the resistance of walking poles or changing your environment.

As with any new endeavour, be sure to check with your health practitioner regarding your goals. If all good, then stop reading this and get up and go!

The Madawaska Valley
Current

The Madawaska Valley Current provides balanced and stimulating local coverage of community growth, current affairs and cultural matters in the area. *The Current* is your year-round online community news source, with limited print distribution available monthly at selected local outlets. We want to keep *The Current* free and free-flowing. You can visit www.madvalleycurrent.com and download this month's issue to print copies for your friends and family.

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PORCH VIEWS

Three generations at the junction



MARK WOERMKE
MADAWASKA VALLEY

Giddy! I am very excited to contribute to *The Madawaska Valley Current*—a creative community-building endeavour. This is the first time I have been a columnist in a publication. I am grateful for the opportunity since I can consolidate two of my passions: the Madawaska Valley and writing.

I am here because of the Barry's Bay Railway Station. I am writing for *The Current* because my interest in the Station (and a few letters of mine that were published) connected me with other like-minded folks. More importantly, I am here because my parents met at the Barry's Bay Station when they were both working there during World War II. Without the Station I would not be in this world, and you would not be reading this column.

Immediately after they married in 1951, my parents moved to Lake Traverse in Algonquin Park where my father was the CNR station master. I came along almost fourteen years later and spent my earliest years there with visits to my grandparents in Barry's Bay. With the exception of summer holidays, I spent most of my latter childhood and all of my adolescence in the Bay. I attended Barry's Bay schools: St. Joseph's (St. Mary's—the red school), St. John Bosco and Madawaska Valley District High School.

In 1987 I graduated from the University of Western Ontario in London with a bachelor's degree in Philosophy and returned to the Bay for a year. Following that, I obtained my Bachelor of Education from Nipissing University in North Bay. My first teaching job was a stint at Bosco teaching Junior and Senior Kindergarten. Since September '89 I have taught in Ottawa. Initially, I taught the primary grades, then the junior and intermediate grades, but I have been teaching high school English and philosophy for the last twenty-two years.

I have always kept in touch with my Madawaska Valley roots and currently make Barry's Bay my permanent home. Retirement from education is on the horizon, and my intention is to return full-time and make a positive contribution to this amazing community which formed me and gave me my start. You have no idea how often the particular brand of Madawaska humour and wisdom (could we say the school of hard knocks?) have helped me in my job. There is nothing like a sharp, honest, Valley-style quip to re-direct a wayward adolescent (or colleague).

Some readers may remember that in 1987–88 I worked as a reporter for *Barry's Bay This Week* when Phil and Helen Conway were the owners. In addition to writing news reports and features, I had opportunities to edit articles, work on layout, and deliver newspapers to outlets in the Killaloe-Whitney-Bancroft triangle. Sometimes my father stuffed fliers in the back of my Chev S-10 as we raced along the route. On other occasions I travelled with Phil who would buy scratch tickets at every shop, grocery store and gas station we visited. Since then I have written feature articles, usually on historical topics, for the former *This Week* and *The Eganville Leader* and various pieces for my local union newsletter.

In 2007 I self-published a historical/genealogical work on the Kitts family and in 2010 I edited and published my mother's memoir of life in Algonquin Park. Recently, I started a blog—*The Prussian Hills Blog*—where I hope to publish some musings but most importantly post information on local history—especially the history and genealogy of Germans in Renfrew County. If you are descended from Renfrew County Germans and you would like

to share stories or ask questions, please contact me or visit my blog: prussianhillsblog.wordpress.com.

Thank you to the publishers of the *Madawaska Valley Current* for allowing me to call this column "Porch Views." I chose this title because my porch is at a very busy intersection in Barry's Bay. From porch rockers three generations of my family have observed the junction of Bay Street, Kitts Street and Highway 62 and commented on who or what was passing:

There he goes again to "Little Mexico."

Doesn't she ever stay at home?

Betcha that one's off to the bootleggers.

She's late for Mass... again.

Oh, oh—there's the hearse coming from the hospital.

Those high schoolers are going to freeze their arses off in this cold.

Looks like there's a big meeting at the Town Hall.

I think they've been to "the Quebec-Side."

My porch vantage-point is a metaphor for my interest in, and unique perspective on, the "goings-on" in the Madawaska Valley. This column will highlight the richness of life in our Valley. Like past commentary on my porch, it will at times be humorous and uncomfortably honest, but it will always be interesting and entertaining. By profiling local events, personalities and politics, exploring issues, highlighting culture, the arts and history, I hope to encourage all residents (permanent and seasonal), visitors and friends to appreciate what we have and what we can build here if we have vision and a spirit of co-operation.

Next issue's topic: Who is a local? Diversity or division in the Madawaska Valley

Thou shall not dump

MARILYN HAINES
MADAWASKA VALLEY

Canada is the top producer of garbage per person in the world, according to recent news. How can that be? We share environmental ideas on a global level (e.g. the historic Paris climate agreement, United Nations Framework Convention on Climate Change). From the outside it looks like we're stepping up our game to develop environmental solutions for tackling climate change. But on an individual level, our efforts are the worst.

We're not practising what we preach. We think we're doing all right and our conscience is clear. But we tell our kids to reduce, reuse and recycle when, as adults, we just want to keep consuming. So much so, our Canadian debt per capita is at its highest ever. We now owe \$1.70 for every \$1.00 earned.

Though it's impossible to be footprint-free, it is easy to see we can do better. In this time of heightened consumerism we have a responsibility to always think, feel and act from the source. For everything we do, we should consider its beginning, middle and ending. A good ambition for 2018 could be zero garbage, zero landfill. Thou shall not dump.

Resolve to go into the new year and stop purchasing so much junk. Advertising is powerful. Consumerism is intoxicating. We need retail therapy for our planetary therapy.

Know your municipality's recycling rules and reuse items that can't be recycled. We have to get serious about diverting our garbage from landfills. It's going to take everybody's efforts. We can all resolve to be better world stewards of the environment. Let's show the world how fortunate we are to live in this beautiful part of the world.

Castaway culture... on my desert island



DESERT ISLAND PICKS
KAREN FILIPKOWSKI

If you were cast away on a desert island, what books or music would you want with you? This month Karen Filipkowski, CEO Madawaska Valley Public Library, reveals her desert island picks.

My idea of a perfect getaway is a cabin in the woods, a stack of books, and a supply of good dark roasted coffee (although coffee could also be substituted or interchanged with a bold red). With that in mind, when asked what literature or music I would take to a desert island I referred to my stack of books in the cabin.

First from the stack would be *The Divine Ryans* by Wayne Johnston, who is perhaps more notable for his books *A Colony of Unrequited Dreams* and *The Navigator of New York*. *The Divine Ryans* is set in St. John's Newfoundland and told through the eyes of a young boy, Draper Doyle. After the death of his father, Draper, his mother and sister live with their father's eccentric family in the family owned funeral home. The story of a child's loss and struggle is woven with strong characters, some of whom inject needed humour into a sad situation. Draper develops a bond with his reclusive Uncle Reg who lives in the attic of the family abode and who provides much of the humour for the story. Leftover sweets from "viewings" were referred to by Uncle Reg as "the spooky cookies".

A truly fun quirky book, *Come, Thou Tortoise* by Jessica Grant is an entertaining read. *Come Thou Tortoise* is the story of Audrey (Oddly) Flowers who is flying back to Newfoundland because her father

is in a coma after being hit by a Christmas tree hanging off the back of a passing truck. Parts of the book are narrated by her tortoise, Winnifred, whom she has left in Portland with friends. If I had known the book would be partly narrated by a tortoise I'm not sure I would have picked it up to read, but it and the wordplays (Audrey refers to her father's coma as a comma) provide a delightful read.

Filling in some long hours on the island will require some page turners. As mystery or suspense is my preferred genre of page turners I would have to choose between authors Jo Nesbo, Noah Hawley, or another Canadian author Giles Blunt. Nesbo's books, although they are page turners, has characters who become increasingly dark and terrifying, so I'll put Nesbo aside in favour of taking Hawley and Blunt. Hawley's *Before the Fall* has a contemporary storyline driven by well-developed characters. Giles Blunt's John Cardinal series is set in a fictional northern Ontario town reminiscent of North Bay. There are six books in the Cardinal series. If Island rules prohibit taking one author and six books I would opt for the first book in the series, *Forty Words for Sorrow* published in 2000 and hope that there might be fellow islanders with the other titles.

Finally, there's Mark Crick's *Kafka's Soup; A Complete History of World Literature in 14 Recipes*. Crick presents fourteen recipes in the voices of famous writers. If you're a fan of Raymond Chandler, for example, and you like to cook, you'll love Crick's recipe for Lamb With Dill Sauce ("I needed a table at Maxim's, a hundred bucks, and a gorgeous blonde. What I had was a leg of lamb and no clues"). Crick captures the tone of a range of writers including Jane Austen (who can stretch out the description of Taragon Eggs more than Austen's voice), Virginia Wolf, and Irvine Welsh. A caution that Welsh's *Rich Chocolate Cake* contains predictably colourful language.

And with this I am set for my Island stay!