The Madawaska Valley CUITENT MONDAY, JUNE 25, 2018

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Planting the seed of rural family medicine

MARILYN HAINES
BARRY'S BAY

For many years now, there's been a need for more rural physicians. To help promote this type of family practice, first year medical students from both Queens University and Ottawa University participate in Community Week as part of their curriculum.

Community Week is facilitated by the Eastern Regional Medical Education Program (ERMEP) and promotes and develops Distributed Medical Education (DME) by facilitating, funding, and supporting the placement of Medical Learners in community-based medical practices and hospitals in Eastern Ontario.

Recently, five local doctors participated in the program and each took on a medical student for the week. Drs Dawes, Malinowski, Chen, Tiedje and Joo allowed the medical students to observe and be involved in their clinical practice.

The five med students, all from Queens, had one-on-one experience with the clinical day-to-day practice of seeing patients. They also got to demonstrate skills they have learned in first year.

Medical Student Sara Brade of Toronto says this about the program, "It's an opportunity to see what rural family medicine is like and hopefully recognize that a lot of these communities are under served and it sparks an interest.

A lot of us are from bigger cities and also none of us has done a full week of observing a physician yet. That alone is a good learning experience."

Medical Student Kelly Salman of Hamilton is impressed with St. Francis Memorial Hospital.

"There is a lot that I didn't expect to see in a rural area, like the dialysis unit and cardiac rehab. Things are pretty ad-









CLOCKWISE FROM TOP LEFT: Medical students at Community Week luncheon with their preceptors at the Ash Grove, Dr. Ray Dawes, Kelly Salman, Sara Brade, Trevor Robinson, Alexandra Morra, Dr. Jason Malinowski (back), David Di Fonzo, Dr. Henry Tiedje. The students at Lorraine's Pharmasave with Chris Briggs (third from left) and bug-bite cream made in-house. They had lots of fun golfing at Homestead Golf Club. "Even more than expected," said Sara. At McMaster Lake, from left: Alexandra Morra, Sara Brade, Kelly Salman, David Di Fonzo, Trevor Robinson. The students were paddling with Madawaska River Rental. PHOTOS: MELISSA BOTZ

vanced and managing to have it for the local community is pretty cool."

The students also enjoyed time within the community meeting Pharmacist Chris Briggs and visiting the Valley Manor. They went golfing, canoeing, took a historical tour of Barry's Bay and highly recommend the maple latte at Madawaska Coffee Co.

Medical Student, David Di Fonzo, of Toronto has been here previously:

"I've visited the area before to go to a cottage and I have friends up here. It's been nice to come back in a different capacity." Melissa Botz, Physician Recruitment Coordinator for the Barry's Bay and Area Physician Recruitment and Retention Committee says, "I wouldn't expect any of them to have a clear idea of where and what they want to practice just yet. But if we plant that seed, maybe we can get them back in their clerkship in third and fourth year. Then perhaps they'll look at family medicine and hopefully we can get them back again in residency. This is all about increasing our chances of recruiting them—this is where we plant the seed."

Countdown to new era at SFMH begins

SUBMITTED TO THE MADAWASKA VALLEY CURRENT

Editor's note: St. Francis Memorial Hospital (SFMH) and Renfrew Victoria Hospital (RVH), two of the six partners mentioned last month's article Six partners in Eastern Ontario joining forces to implement EHR have issued this press release to coincide with being one year from implementation. It provides additional insight into the benefits that patients and health carers will experience with Epic technology.

June 1 marked the 365-day countdown to a new electronic health record that will feature integrated and enhanced access to health information and services and result in an improved patient experience. This will be accomplished with the implementation of the Epic Health Information System.

The project involves a collaboration between partner organizations—Renfrew Victoria Hospital, St. Francis Memorial Hospital, Hawkesbury and District General Hospital, The Ottawa Hospital, The Ottawa Hospital Academic Family Health Team, and the University of Ottawa Heart Institute.

"Considering our existing links with The Ottawa Hospital and The University of Ottawa Heart Institute, one integrated electronic system for managing patient information, charting across specialties, and managing physician documentation makes sense for our patients, staff and physicians," says Randy Penney, CEO of Renfrew Victoria Hospital and St. Francis Memorial Hospital.

"While the investment is significant, the benefits for patients, as well as staff and physicians are far reaching. We are at the forefront of complete electronic charting that will provide seamless integration between the Atlas Alliance partners allowing our patient base the best of connectivity and integrated healthcare," says Lisa Wherry, Manager, Medical Imaging, Renfrew Victoria Hospital and a 'Readiness Owner' of the project.

For patients, access to the most upto-date, integrated records will ensure coordinated care, informed decision making, and improved outcomes regardless of where the patient receives care.

Through Epic's MyChart function, patients will be able to view their lab or radiology results as well as having access to education materials so they can become active partners in managing their health.

Physicians, nurses, and other healthcare providers will be able to quickly and efficiently look up information on people's medical history, pre-existing conditions, medications, and more. This will improve clinical outcomes, minimize risk, increase efficiencies, harmonize medical best practices, and better manage population health.

The project is currently in the 'adoption' phase with the remaining steps of testing and training taking place over the next 12 months.

"The Epic Hospital Information System represents a shift in our culture that aims to keep patients at the centre of care in a digital environment. At Go-Live in June 2019, we will be able to offer our patients the highest standard of seamless care," says Tim Sonnenburg, CFO at RVH and SFMH.

Pappin Communications, (2018, May 24) One-year milestone reached to Go-Live of Epic Health Information System [Press release].



VALLEY HERITAGE

St. Joseph's grade two class 1952-53

BOB CORRIGAN
BARRY'S BAY

Here is the grade two class from St. Joseph's school in Barry's Bay in 1952–53. Please advise us of any corrections in the names that appear below.

FRONT ROW: Terry Lehovich; Sylvester Yantha; Alfie Yantha; Jerome Coulas; Michael Murray; Bronas Chapeskie; Andrew Kulas; Robert Lehovitch; Clifford Dombroskie; Neil Conway; Bronas Matuscheskie; Jerome Zelney; Donald Palubiski.

SECOND ROW: Clifford Trebinskie; Gerard Reynolds; Mackey Nicholson; Victor Stoppa; Dominic Maika; Susan Matuscheskie; Caroline Bourne; Elaine Shulist; Margaret Mintha; Kenneth Trebinskie; Basil Plebon; Keith Conway; Bronas Stamplecoski; Sylvester Cybulski.

THIRD ROW: Gail Zelney; Helen Cybulski; Christina Coulas; Victoria Hildebrandt; Angela Shushack; Kathryn Daly; Othelia Shushack; Ina Selemeyer; Doreen Golka; Caroline Zelney; Gladys Strack; Dorothy Norlock; Janet Hildebrandt; Judy Etmanskie.

Teacher: Sr. Anicetus

NOTE: If you are interested in having a picture and story featured in The Madawaska Valley Current, please submit the information to Bob Corrigan c/o The Current, Box 1097, Barry's Bay KOJ 1BO (marked heritage photo. Originals will be returned.

PORCH VIFWS

Remembering Hassie



MARK WOERMKE MADAWASKA VALLEY

If you mentioned extracurricular activities and positive high school experiences to folks in, and from, the Madawaska Valley, many—at least those who attended MVDHS from 1967 to 1981—would think of one man: Jim Haskins or "Hassie" as he was affectionately known.

NOSTALGIA AND GRATITUDE

Jim died in 2016 and, recently, Loraine Haskins entrusted me with the task of finding a home for his high school drama and musical mementoes. For a few weekends I pored over the items reverently. I looked at pictures: students who came before me, peers with whom I had so much fun in musicals and the dedicated teachers who worked so hard to give us these experiences. I sang the songs I knew, re-read some scripts, and laughed at autographs and messages my friends and I wrote for Jim in the albums. I was nostalgic, maybe sentimental, but ultimately, I was overwhelmed with gratitude for Jim and the other teachers and staff who enabled us to stage these shows and experience such wonderful camaraderie and success.

COMMITTED AND TALENTED COLLEAGUES

Iim may have been the heart and soul of the show, but he did not work alone. He needed a very committed and talented group of teachers and staff to produce these shows and he found them in Brandon Bayer, Doug De La Matter, Joanne De La Matter, Mary Jane Elmslie, Jerry Green, Loraine Haskins, Beth Hildebrandt, Kristin Marchand and Sylvia Post. These were also the folks who carried on the tradition of musicals for several years after Jim left MV.

HOW HASSIE CAME TO MVDHS

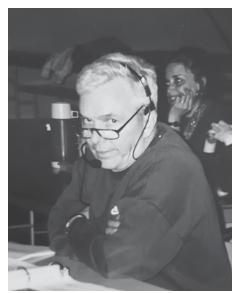
Jim was born in Winnipeg in 1934, but his parents moved the family back to

Ontario in 1939 and started a family tradition-vacationing at Sand Bay Camp on Lake Kamaniskeg each July. In 1954 Jim graduated from high school and took a position in Toronto with an advertising agency. He met Loraine that same year on a ski trip to Mt. Tremblant. After a whirlwind courtship and a wedding in June 1955, they honeymooned at Sand Bay Camp. In the Centennial year the Haskins purchased a property and built a cottage on Lake Kamaniskeg. Loraine describes what happened next.

"After driving back and forth to Toronto every weekend, we decided we should find a way to work and live here. That year MVDHS was advertising for a marketing teacher, and the rest, as they say, is history."

THE TEACHER

Jim taught a range of courses over the years, but it was his concern for students and his desire to keep them in school by making his classes interesting, challenging and fun that made him stand out. Jane Corbett recently retired to the area after working in advertising for 36 years. She remembers Jim as a fa-



Jim Haskins, Principal of MVDHS doing what he loved as producer/director of South Pacific.

vourite teacher.

"I had taken a class called Graphic Design and another called Advertising which were both taught by him. Those classes and the encouragement from Hassie led to my eventual career choice in graphic design." continued on page 4-





—continued from page 3

OUTSIDE THE CLASSROOM

Jim's extracurricular involvement was varied. He was active in Outers Club, football, yearbook, the Minstrels, Glee Club and Fall Festival of the Arts. His trademark musicals evolved out of Fall Festival plays and Hassie's musical groups.

Every spring Jim pulled students, teachers, staff and even parents into the musical project. Loraine marvelled at what her husband could accomplish.

Students who didn't know they could, were encouraged to take part in everything from acting, costuming, set building, set crew, lights and sound, pit band, ticket sales, makeup and on and on.

ESTEEM-BUILDING AT ITS BEST AND MOST PURE

Jane Corbett reflects on her experience in *Once Upon a Mattress* in 1977.

"The many hours spent rehearsing lines and songs are some of my best memories of high school. Jim made the hard work seem like play, and he always encouraged us to give it our all. And we wanted to do our best for him — because he made us feel special — and we felt that we were doing something important. That was esteem-building at its best and most pure."

Jill Billings Green was the pianist for Glee Club and a musical coach for the musicals. She also worked on set and played in pit band for several musicals. She remembers that Hassie

"brought out the best in everyone and that everyone loved working with him because he made everything so much fun. His dedication was evident, she adds, and he cared so deeply about each and every one of us. He was always interested in what we were doing."

Performer Robert Yeretch attributes the beginnings of his career to the effect Hassie's musicals had on him.

"I fell in love with Haskin's musicals long before I was ever in one. They would pack us all up at St. John Bosco and we would head off to the high school to see the magic he created with all those eager students. I couldn't wait to be in one once I got into high school and, indeed, I was in one every year I was there."

Hassie handpicked Tobin Elliott to work on lighting and sound for *Anne of Green Gables* in 1981 because he knew the young man was going through a rough time. Elliott expressed his gratitude in an online book of condolence when Jim passed away in 2016.

"I didn't want to do it ... but Hassie was insistent and I finally caved. He gave me various small jobs to do, painting sets, backstage work... anything to keep me busy... And he pulled me away from the misery. He gave me back my self-worth at a time when I had none. He was the kind word and the warm hand on my shoulder when I desperately needed one."

Gwen Schutt Coish played Marilla in *Anne of Green Gables*. Even though she never had Jim as a teacher, she believes his contribution to her education was the most pivotal.

"He helped to mould my understanding of what my gifts and talents were; how I could bring joy to others and still be true to me; how I could contribute or give back when I was unsure of what that actually meant!"

She describes Hassie as "the best teacher I never had" and if she could speak to him now would say thank you for "the gift of your time. So many of us needed those moments with you, just to get us through."

MOVING ON AND COMING HOME

Jim was a lifetime learner. Behind the scenes he completed his B.A., achieved an M. Ed. and obtained his principal's qualifications. By 1981, it was time for him to put these to work and he left MVDHS at the end of the school year to become vice principal at Mackenzie High School in Deep River. We weren't surprised to hear that in his first year there, Hassie produced a musical.

MVs musical tradition and Hassie's



Joanne De La Matter, Jim Haskins and Mary Jane Elmslie at a rehearsal of *Rock and Roll* in 1976.



The entire cast and some of the pit band for *Teahouse of the August Moon* in 1979. Grade 9 student Jill Billings Green is the middle saxophonist.

legacy lived on due to teachers, students and staff, and high school students had the benefit of participating in Hello Dolly (1982), Fiddler on the Roof (1983), West Side Story (1984), The King and I (1985), Oliver (1986), Guys and Dolls (1988) and Oklahoma (1992). MV's last musical was South Pacific in 1993 and Hassie produced and directed it. He had returned the year before to be principal of the school in the community he considered home. Loraine remembers.

"Jim loved this town, its people, his job, the students, staff, and parents. Every moment was filled with love, creativity, art, and music."

INTERESTING DETAILS

In addition to interviewing Loraine and former students, I did a little bit of research and learned some interesting details about Jim that might interest local readers. One was that he had deep Ottawa Valley roots being descended from United Empire Loyalists who settled near Merrickville. Another was that he was distantly related to the Haskin family of Madawaska and connected to the Hicks of Centreview and Purdy. The third was that he was a graduate of the prestigious Ridley College in St. Catharine's, Ontario.

At Ridley, Jim was captain of the swim team, a football player, a cadet captain, in the rifle squad and colour party, and a member of the glee club. Jim was praised in the midsummer 1954 edition of the school magazine for his contribution to the annual Cadet Dance as "the 'Foreman' of the decoration committee who joyfully worked into the small hours every morning for a week to prepare the gym for the big night."

CONSUMED IN SERVICE

Sounds very familiar. Jim had very positive extracurricular experiences in his high school experience and when he became a teacher, he tried to created similar opportunities for his students. He also took Ridley's motto-May I Be Consumed in Service—to heart and spent his career serving his students and his community. Loraine, who knows this very well, tells us that Jim never did any of this for accolades.

His rewards came when students came up to him later in life and said, "Hassie, you were the reason I stayed in school."



Gwen Schutt Coish (second from right) played Marilla Cuthbert in Anne of Green Gables.



Stage, sound and light crews for Anne of Green Gables. Tobin Elliott is in front.



Jane Corbett in Once Upon a Mattress.

MV Mayor claims she has no role in disciplining of councillors

MARK WOERMKE
MADAWASKA VALLEY

Editor's note: This opinion has been abridged for print.

Mayor Kim Love went to great lengths in her remarks at the June 4 council meeting to paint a picture of her being powerless to play any role in bringing about possible disciplinary action against misbehaving councillors.

Her comments were a response to criticism she received concerning her lack of action following the incident involving Councillor Maika on May 2, reported in *The Current* online. In doing so, she appeared to use carefully chosen words, pointing out that she herself cannot, and in fact has no power to, make findings of misconduct. This is true, but although she pointed out that members of the public can complain to the integrity commissioner, she failed to mention a very important fact.

That important fact is that she, like every other head of council or councillor in Ontario, has the power to INITIATE the investigative process that could lead to justifiable disciplinary action against a council member. In fact given the statutory requirements that municipalities have of being "Accountable and Transparent" surely she, as Head of Council, has the obligation to do so in appropriate cases.

COMPLAINTS TO INTEGRITY COMMISSIONERS IN OTHER ONTARIO MUNICIPALITIES

Last October, Mayor Maureen Cole of South Huron, Ontario, filed a complaint with her municipality's integrity commissioner against a member of her own council. It alleged conduct against a member of the public amounting to "harassment, bullying and lack of respect for the decision-making process" that is, conduct very similar to that alleged to have occurred here on May 2.

She asked the commissioner to find that in so acting, the councillor in question was in breach of his code of conduct.



A survey of media also reveals that in the past two years the Mayor of the Municipality of Bluewater, Tyler Hessel, filed a complaint with his municipality's integrity commissioner against a councillor; and Councillors Marnie Hill of Bluewater, Brian Doucett of Carleton Place, and Gael Miles of Brampton filed complaints against their councillorcolleagues or mayors.

In each of these cases, the integrity commissioners accepted jurisdiction and investigated and then made decisions, and in taking these steps the mayors and councillors were simply exercising the right as members of council given to them by S.223.4(1)(a) of the Municipal Act which says: "This section applies if the commissioner conducts an inquiry under this part: (a) In respect of a request made by council, a member of council or a member of the public about whether a member of council or of a local board has contravened the code of

Artisan Festival on July 14

DANIELLE PAUL MADAWASKA VALLEY

Community volunteers headed by Kelly Klinck, in partnership with Madawaska Valley CAO Sue Klatt, are putting in place last minute plans to hold an Artisan Festival on Saturday July 14 at the Barry's Bay Railway Station.

Prospects for the 34th annual event looked dim this year until members of the Valley arts community received an email and application form from Klinck on June 14, saying,

"It brings me great pleasure to confirm that the 34th annual Madawaska Valley Artisan Festival will take place at the Railway Station in Barry's Bay on Saturday, July 14th, 2018. I have volunteered to assist the new CAO of the Madawaska Valley with this project and apologize for the short notice and the rapid deadlines."

Doug De La Matter, Chair of the Madawaska Valley Culture & Heritage Society, which had originally offered to run the event this summer as part of its management of the Railway Station, told The Current,

"MVCHS is thrilled to learn that the Artisan Festival will be taking place in the Railway Station Park this summer. We had hoped to restore the Station to its former role as a community hub, serving residents as well as visitors in many ways.

Our Artisans are an important part of that community and it is good to know that people are working hard behind the scenes to make sure that the results of their talents are shared in such a high-visibility setting. We commend Kelly Klinck and Sue Klatt for what will be many hours of behind-the-scenes work involved in making this event a success for everyone involved."

Vendor applications are due June 29. Community volunteers should contact Klinck and Klatt at kelly@kellyhelp.ca and cao@madawaskavalley.ca

conduct applicable to the member;" [emphasis mine]

Judging by her comments at the June 4 meeting, Love is either unfamiliar with this section or prefers to act as if it does not exist.

NO COMPLAINT, NO CONSEQUENCES

By claiming impotency in contrast to Mayor Cole, Love exposes herself to even greater criticism. This is because, irrespective of how egregious the conduct of a member of her Council might be, no disciplinary consequences can flow if no complaint is ever made to the Integrity Commissioner. The Municipal Act clearly states that disciplinary steps can only be taken if the Integrity Commissioner upholds a complaint. Therefore, without a complaint there can obviously be no consequences.

The Legislature of Ontario enacted the power for members of council, in addition to members of the public, to complain about their colleagues on council for a very good reason. It recognized that information about bad behaviour on the part of councillors might be known only to their fellow members and never enter the public domain. In such circumstances, in the public interest, the Municipal Act imposes a "whistle-blowing" requirement on them.

A PATTERN OF QUESTIONABLE **BEHAVIOUR**

Prior to this most recent episode, there have been other examples of Love's reluctance to react to arguably improper behaviour on the part of councillors. This history could be interpreted in a few ways. It is possible, but unlikely, that the Mayor condones the bad behaviour of councillors. Possibly she downplays it in the hopes that MV taxpayers will not notice. Perhaps she hopes to salvage the "best council ever" narrative that she and her supporters created in 2014.

All these interpretations are inexcusable and they suggest very weak leadership.

In her inaugural address on December 1, 2014, Love set a standard for the council, "... there are four guiding principles we will strive to uphold as we move forward. We will be respectful, inclusive, open and trustworthy."

"As a council we intend to respect

each other, our staff, and the public. We will review By-Law 2011-02 which establishes a Code of Conduct for members of Council, and consider the inclusion of an integrity commissioner to investigate complaints. Updating the Code of Conduct will provide council with a common integrity base that will serve to enhance public trust."

Given what she said then, what is her explanation for not following the path taken by other mayors and councillors in the province? Surely the public interest demands that elected officials must be given the unequivocal message that codes of conduct must be obeyed, not circumvented. The Mayor's policy of inaction, unfortunately, reduces the deterrent to further episodes of inappropriate behaviour. After all, as head of council, and notional CEO of the township, a mayor has the overriding responsibility to follow the Municipal Act so as to ensure compliance with obligations of transparency, integrity and accountability.



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LETTERS TO THE EDITOR

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If you are responding to an online article in *The Current*, please note that you can comment in the "Reply" box following the article. We monitor all comments to ensure these guidelines are followed.

Please note that due to volume, we cannot respond to individual letters. Keep your letter short. While longer letters are sometimes published, we prefer letters of under 200 words—even a sentence or two. Keep it civil, even if you are writing to disagree with someone. We cannot run every letter we receive and will edit for length, clarity and style. We look forward to hearing your voice.

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Former councillors tell all

DANIELLE PAUL MADAWASKA VALLEY

Representing your neighbours as a municipal official is a big responsibility so it's useful to check out former councillors' personal experience when you consider running for office. *The Current* spoke with past members of municipal councils, both in Madawaska Valley and elsewhere in Renfrew County, to get a flavour of what it's really like.

Our sources are both residents of Madawaska Valley. Linda Neuman ran two campaigns and served as a member of council 2010–2014. Mark Willmer campaigned in MV in 2014, after having served as a councillor for the Town of Arnprior for 21 years. Willmer also worked as a municipal employee in a different municipality when he was on the Arnprior council.

WHY RUN FOR OFFICE?

Deciding to run is a personal choice. Neuman says, "I used to say, Why did they do this? Why wouldn't they do that? Someone said to me, Run for Council and find out why. So I did. And I did find out."

WHAT'S IT LIKE TO CAMPAIGN?

Willmer, who started his career as a municipal employee at the Arnprior Recreation Department, contrasts running for office in Arnprior with his 2014 campaign here in MV. "It was very different running here than in Arnprior where I knew everyone. It's much more isolated in many areas. Arnprior's a lot easier to do a campaign in. Here you're driving all over the place. But I enjoyed running and it was certainly a challenge."

Neuman puts a personal spin on it. "I hated to campaign... So before I started I said a little prayer, 'Okay Lord, I'm going to do the best job I possibly can with campaigning because you know how I feel about doing this, but it'll be what it'll be. If I get in, fine, I was meant to get in and if I don't, that's okay too."

DO YOU NEED TRAINING TO BE A COUNCILLOR?

There's lots of help available for prospective candidates and newly-elected

municipal officials. Neuman says she attended every session she could, both for new councillors and for the areas she chaired (finance and human resources). Willmer recommends that councillors take advantage of the opportunities presented by Municipal Affairs. He says, "As soon as you're elected your first time, you'll get mail from them congratulating you and telling you where the new councillor training sessions are. There's always training and upgrading there."

Although both recommend the training and say how much they gained from it, neither could confirm that all their colleagues on council attended the courses.

WHAT WILL THE NEIGHBOURS SAY?

Neuman chuckles, "The worst thing is, I found out about people. Some you thought are really nice people and then when you're on council they treat you differently. That first time we went to the new councillor workshop, the first thing they told us was certain people in the community and some of your friends are going to look at you differently. Don't feel bad about it. It always happens.

"And I thought, Oh, you're crazy. But it did.

"I remember campaigning when this gentleman came up to me and said, 'If I vote for you what are you going to do for me?' And I said, 'I'm going to do the best job that I possibly can for the Township of Madawaska Valley. But for you personally I can't promise you anything because I'm only one vote and one person and I wouldn't make a promise I can't keep.'"

Willmer says, "I remember somebody saying to me once, Wow, [it is] going to be great to have you as a neighbour. And I said, you know it's probably not; it's probably the opposite—because I will declare conflicts. I will not vote on something which I may normally if I didn't live on the street. I may agree with you that it needs paving, but because I live on the street I'm not going to be voting."

He continues, "Even when they are bidding on the paving, because you live on that road you should be declaring a conflict of interest when they are discussing that road potentially as one that should be paved.

"It's in the act. You're always taught, if anything, to err on the side of caution. So there were a number of times that, just because I knew somebody or knew something about it, I would declare a conflict."

WHAT'S IT REALLY LIKE ON COUNCIL?

The Municipal Act requires the mayor to lead the council and the CAO to lead the municipal staff. Willmer has been on both sides, simultaneously, and says, "The CAO heads the administration. Council and the mayor are there to govern. So it is two groups that need to work together.

"You're always going to have different opinions on council, which you should. And they may not always be the best at working together. However, with strong leadership generally you should be able to hold it together. You may have a totally different opinion but at the end of the day we are all discussing things positively together and trying to come to solutions."

Neuman says, "You find out very quickly you are just one vote. It is very important to always be prepared. Reading your agenda, finding out background material, speaking with staff are all part of preparing yourself to make an informed decision. You have to be able to support your decision in order for people to understand why you vote the way you do. Being a councillor is a commitment to your municipality, a commitment for four years, 24/7."

HOW ABOUT DEALING WITH MUNICIPAL STAFF?

Willmer experienced it from both sides. He reported to Nepean council as a staff member in that municipality (in a different region) while he was a councillor in Arnprior with staff reporting back to council. He says, "You quickly learn as a councillor that you need to rely [on] and trust your staff. Your staff are the ones you've hired, presumably with more money than you're pay-

ing your council members, to be the subject experts. The councillor is not. A councillor is somebody who has a political interest and probably is interested in their community, but has just a general knowledge."

Neuman agrees. "Staff are your best resource. I was an elementary school teacher and finances were not my strong suit. I had a very good teacher on staff who would take the time to explain in great detail so I would understand, sometimes more than once. Staff know the history of the municipality and what policies and bylaws are in place."

WHAT ABOUT THE TIME COMMITMENT — DON'T MEETINGS LAST FOREVER?

Willmer answers, "When the frustration is the length of the meetings, you need to follow the Municipal Act and the regulations. We used to always have a cut-off. Then at 10 o'clock if it's still going, the meeting will be adjourned and it will have to continue another day."

WANT TO KNOW MORE?

Ask your municipal clerk for details about what you need to run for office. Stephen Seller, and Eric Thibaudeau, Municipal Advisors, for the Ministry of Municipal Affairs, will present a free information session for candidates and third party advisors on Thursday, July 5, 2018 at 6:30 p.m. at the Paul J. Yakabuski Community Centre. Municipal Affairs has published guides for candidates, voters and third party advertisers, available online at http://www.mah.gov.on.ca/Page219.aspx

LETTERS TO THE EDITOR

To nature lovers

During an unexpected power outage in May, I went for a walk before daylight ended. At one of my usual stops I enjoyed specks of sunshine like sparkling diamonds dancing on the lake. Except for the natural sounds of insects, chipmunks, small song birds, ducks taking to flight and the call of loons, I was refreshed by the gift of the pervasive 'silence' of nature.

All people are nature-lovers who appreciate nature, but not all nature-loving people respect Nature. People lacking respect for nature are those who enjoy its beauty for themselves, but who lessen its beauty by acting irresponsibly before others can enjoy the sights, sounds and activities of Nature. How do I know this? As I started to walk back home I saw the irresponsible actions of those nature-lovers who left behind empty beer cans, wrappings and garbage that spoiled the beautiful surroundings. In Algonquin Park, outfitter personnel advise their customers to remove all garbage from their campsites. Park staff also expect this protocol to be followed. It is an easy and efficient protocol to follow because as supplies are consumed, the campers' packs become lighter.

It doesn't matter by what means of transportation a person has arrived to enjoy the beauty of nature—truck, ATV, canoe, hot-air balloon, wheelchair, one's two feet—the "garbage protocol" should be followed by all everywhere.

True as that is, we still wonder, *why don't litterbugs take away their lighter garbage to be disposed of appropriately?* Sadly there is no reasonable answer (laziness is just another form of irresponsibility).

Littering exists globally. It hurts to know that; however, there is no reason to think that we cannot and/or should not try to eradicate the problem. It especially hurts to know that littering happens in our own Madawaska Valley area.

Water quality and shoreline wildlife concerns are definitely part of the overall consideration of pollution and littering. Awareness of such environmental concerns is the genesis of becoming more involved with problem-solving. A membership to a local lake, river, watershed or wildlife association near your property can help to provide a greater environmental awareness. If you don't have such an association near you, try meeting with others living in the same area who have similar environmental concerns. Your group may then consider forming a new association. As in any other similar awareness process, it's all about taking one step at a time.

Enjoy this summer of 2018 and all future summers. *Anne Bonnah, Barry's Bay.*



The Grow-A-Row program helps the Madawaska Valley Food Bank. Please drop off vegetable transplants and harvest at 188 Paugh Lake Road, Barry's Bay, on the second and fourth Mondays in any month during the summer or fall. Call Terry Newcombe, 613-756-3344, with questions. Photo: TERRY NEWCOMBE.







Death Café visits the Valley



Facilitator Dawn Cruchet (left) at the Death Café on May 30.

DANIELLE PAUL MADAWASKA VALLEY

Death Café came to the Valley on May 30 as facilitators Dawn Cruchet, Grief Educator and Counsellor, and Karen Wagner, Clinical Director of Madawaska Valley Hospice Palliative Care, welcomed 17 participants to the Ash Grove Inn to discuss death and dying. Cruchet introduced the evening with the Death Café tagline: "The more we talk about death and dying, the more we learn about life and living."

She gave the background of the worldwide movement, saying Death Cafés have spread quickly across Europe, North America and Australasia. There have been more than 6,400 Death Cafés in 56 countries since September 2011. The Death Café model was developed by UK residents Jon Underwood and Sue Barsky Reid based on the ideas of Bernard Crettaz. Its objective is "to increase awareness of death with a view to helping people make the most of their (finite) lives."

A Death Café is a group directed discussion of death with no agenda, objectives or themes. It is a discussion group rather than a grief support or counselling session. Cruchet explained that she had suggested the idea to Wagner because she believes as a "death-denying society" we tend to avoid direct discussions about death and often fail to plan appropriately. The participants introduced themselves. Some memorable comments during the introduction:

- The dying are the dignified. We're the ones that have the problem.
- Everyone should write their own obituary—we know how we want to be remembered.
- How do we answer when someone asks us, "Am I dying?"
- Some people turn up at hospice with no preparation at all: no power of attorney and no will.

Participants then broke into small discussion groups. Because each group was composed of different individuals with their own unique experiences, the conversation varied widely. The Ash Grove Inn provided the room free of charge and in keeping with the café theme, their staff took orders for dessert and coffee. I was soon privileged to share in a moving, personal discussion.

The group I joined discussed the importance of not relieving a dying person of all responsibilities, but instead giving the person some choices to make or jobs to do in order to help maintain control and feel independent. People who know they face death are given the opportunity to prepare.

Participants talked about specific techniques to help cope with fears. The discussion moved on to how we now live in "mean" times when people do not relate to each other as individuals on a personal level; for example, texting instead of speaking.

The evening ended with positive feedback from the participants. Cruchet says they plan to host another Death Café in the fall.

Castaway Culture



ON MY DESERT SHARON TAYLER

When I was first asked to write about what items of culture I would need on a desert island—items that would sustain me—I thought I would have a hard time picking out those items. Then I realized that culture for me is what evokes memories of past events.

My first introduction to culture that provided me with a profound moment came when I was a small child. My dad, Fred Schweig, was close to the people who ran Madonna House in Combermere. It was the early 1960s and many of the young people who lived there were involved in social change. One evening my Dad, Mom and I went to hear some music there. Father Mike sang Blowin' in the Wind, by Bob Dylan. I can still remember the glow from the setting sun in the window behind him and the profound words he sang, How many times can a man turn his head, And pretend that he just doesn't see?

To my young mind those words must have come from God because they were being sung by a religious figure. Culture and art can deeply impact us on so many levels. Therefore on this island I would want my old iPod Shuffle to listen to the music.

Another cultural moment happened in 1967. I became aware of my Cana-

to be. Being Canadian meant the building of a railroad to bring all the vast colonies together. Gordon Lightfoot wrote the Canadian Railroad Trilogy, "When the green dark forest was too silent to be real..." How Canada came together was summed up in one song.

To remind me of home, I would need that song on my iPod.

From a truly selfish point of view, I would need another item—one of the paintings by my aunt, Esther Schweig, to remind me of home. For those of you who do not know my aunt, Esther was born in Combermere into a large family called Yantha. As a small child I remember her painting. Apparently, A.Y. Jackson and other painters from the Group of Seven used to come to my grandfather's farm to paint. I cannot say I remember the faces, but I do remember men in big coats with rubber boots and easels climbing the hills around the barns. They inspired her to take up painting and although some might have laughed and said it was a waste of her time, I think painting made her happy.

Those who enjoy culture, music, art, poetry and novels need these past times to sustain them. Culture itself must be sustained by each of us keeping an open mind and allowing ourselves to participate.

About the author: Sharon Taylor grew up in the Valley. For over 30 years she and her husband, Eric, have owned and operated Barry's Bay Outfitters in the Madawaska Valley.





in the Madawaska Valley and area

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Most listings are free.









Madawaska Valley Dance recital

The recital for Madawaska Valley Dance took place at the close of the class season at the Combermere Recreation Centre on June 4, 2018. Students performed selections from *The Firebird*.

Madawaska Valley Dance was started in September of 2017 and director Chelsea Clarke says that this year there were a

total of 40 students in all the age categories.

When the coming season starts in September, there will be a travelling dance program in Maynooth and an expanded schedule to include adult dance and fitness classes.

Registration will begin over the summer months and information can be found at madawaskavalleydance.com.



1) Madawaska Valley Dance students after performance. 2) Mary and Nichola VanderHeyden move with grace and poise. 3) MV Dance Director, Chelsea Clarke, with Jacinta McDonald at the end of the recital. 4) Mila McLean strikes a pose. 5) Ella with her proud parents, Maura and Matt Baklinski. 6) Genevieve, Madeleine and Annika Nicholson — sisters and ballerinas. Photos: TIMOTHY BAKLINSKI OF TWO TREES PHOTOGRAPHY