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Unique SFMH program helps outpatients with heart and lung issues

DANIELLE PAUL
MADAWASKA VALLEY

The Cardiopulmonary Rehabilitation Program at St. Francis Memorial Hospital (SFMH) helps people living with heart and lung conditions. This satellite program of the Ottawa Heart Institute (OHI) is delivered in Barry's Bay via telemedicine under close supervision by Anne Burns, Nadine Utronkie and Lindsey Stamplecoskie.

The team uses a live two-way video link with OHI, follows OHI protocols and meets with their supervisor regularly. SFMH administration worked closely with OHI and other sites to develop satellite rehab programs which are especially important in isolated rural areas. The SFMH Cardiac Rehab program began in 2013 and has permanent funding thanks to a successful proposal to the Champlain Local Health Integrated Network in 2014. In 2018 SFMH was the first satellite program to add the pulmonary rehab component when Utronkie (of the Lanark Renfrew Lung Health Program) joined the team.

PATIENTS IN THE CARDIOPULMONARY REHAB PROGRAM

Burns and Utronkie told The Current that if people have a history of heart disease or breathing problems, the rehab program is a local resource to help them get strong in conjunction with their medications. It is secondary prevention – an adjunct to medical care. Their catchment area is bounded by Whitney to Golden Lake and Round Lake, and south to Palmer Rapids and Quadeville. The program is covered by OHIP and all patients must be referred by a physician who certifies they are clinically strong enough for rehab.

Referral reasons vary; most patients



Shown with some of their equipment are team members (from left) Anne Burns (Cardiac Rehab Nurse), Lindsey Stamplecoskie (Physiotherapy Assistant), Nadine Utronkie (Respiratory Therapist).

come directly from OHI following a recent heart event, surgery or procedure. Family doctors refer patients with a history of heart disease when they have become de-conditioned. Patients with a history of lung disease, e.g. Chronic Obstructive Pulmonary Disease (COPD) that affects their ability to live well are referred for pulmonary rehab. Some people have both cardio and pulmonary issues. Very often they have become de-conditioned.

In general, if people with a history of heart disease find they become tired easily and can't get their breath, they should speak to their GP about a referral to the program. It is particularly

beneficial to catch COPD early, but Utronkie says that working people have difficulty getting time to attend the program and the elderly often experience transportation issues.

HOW THE REHAB PROGRAM WORKS

Each one-hour session is linked via live telemedicine with the OHI rehab program. There is an initial nurse assessment. Patients receive constant monitoring for heart rate (unique to SFMH) and oxygen saturation, and specific readings are taken at ten minutes. After a five to ten minute warm-up, they do two fifteen minute exercise sessions on machines with a rest and time for a drink of wa- — Continued on page 2

SFMH Program, continued from page 1—ter between. The cool-down period (equally important) is also monitored. Two members of the team are always present during the session to teach patients how to monitor themselves for safe exercise at home.

The ten to twelve week program offers a staggered entry so patients join as they are referred or when a space opens up. There is a maximum of eight people per session – all at different stages of rehab. The team refers patients to the Senior Fitness exercise programs at the Opeongo Senior Centre in Barry's Bay after they have completed the rehab program. (A similar program is starting soon in Palmer Rapids.)

Patients who could self-monitor were referred to the Madawaska Valley Fitness Centre at the high school before it closed. The team maintains close links with the specially trained and qualified leaders of the Senior Fitness exercise programs. A team member calls every rehab patient on a six-month follow-up to check on progress and to offer refresher courses as needed.

HOW PATIENTS ARE REFERRED

It is not only OHI or their GP who refers a patient to the cardiopulmonary rehab program. Utronkie spends two and a half days per week at the Madawaska Valley Family Health Team (MV FHT), providing respiratory therapy and education to patients. Also if she sees patients in SFMH Emergency Department who could benefit from the rehab program, she will contact their family doctor for a referral.

NO FAMILY DOCTOR?

The rehab team works closely with Ontario Telemedicine Network and with Renfrew County Community Paramedics to provide family practice-level medical care under OHIP for orphan patients with cardiopulmonary issues. Burns says that out of the 1300 "orphaned" patients on the MV FHT's consolidated waiting list, an estimated 400 to 500 have chronic conditions. So six months ago SFMH began offering a secondary prevention orphan clinic focussing only on cardiopulmonary conditions. The Cardiopulmonary Rehab team at SFMH has specialist equip-

ment and training. The nurses can listen to heart tones and breath sounds, and their telemedicine physician (who has 25 years family practice experience) on the other line can hear directly. The orphan clinic establishes a good history and sees patients regularly to monitor their bloodwork and medications. The Community Paramedics can visit patients without transportation to take blood samples so that when the patients do come to SFMH for their telemedicine consultation, the doctor has already seen their test results.

Mary-Ellen Harris, CNE and Director of Patient Care Services at SFMH, says, "Anne, Lindsey and Nadine continue to deliver world class treatment right here at home. We continue to develop innovative ways to ensure the best quality care can reach those who need it."

Burns says anyone with questions about the program can leave a message at the rehab clinic. She works three days a week and will call them back as soon as possible to discuss whether the rehab program (or the orphan clinic) is suitable for them. 613.756.3044 Ext. 366.

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Local law firm expands

DANIELLE PAUL
BARRY'S BAY

Barry's Bay lawyers Howe & Bradley have welcomed a third lawyer, Courtney A. Burnett. She was called to the Bar of Ontario in June and began practising this summer.

Burnett was inspired to consider law as a career by a teacher she met when attending boarding school in Lake Placid, New York. She then completed a liberal arts undergraduate degree at St. Michael's College in Vermont, after which she obtained her law degree at the University of Ottawa. Her university experience taught her that "three years downtown was enough" for her. Back in the Valley, she divided her time as an articling student-at-law between Howe & Bradley in Barry's Bay and Canadian Nuclear Laboratories (CNL), the former AECL, in Chalk River.

An avid hockey player, Burnett went to high school in Lake Placid because of its strong winter sports program. These days she is less competitive, but regularly plays women's hockey on Sundays for the Beachburg League — although Howe is encouraging her to find time for Friday evening hockey in Barry's Bay, too.

She said, "I think you have to leave the Valley before you know the Valley is where you want to be." Although Burnett's immediate family is small, she has an extended family with "lots of cousins" going back seven generations in the Ottawa Valley. There is a strong family connection to the nuclear industry. Both her grandfathers worked at Chalk River Laboratories and her father worked at Bruce Power before returning to AECL. Her mother also works for CNL. Even Burnett's fiancé from Round Lake is employed as a firefighter at CNL. After their wedding in October, she will change her name to O'Connor.

The three lawyers' goal is to get Burnett up to speed with the core competencies of the practice: real estate, wills and estates, corporate law, municipal work, and some family law. She has some interest in litigation so in future may include that if it fits into the practice.

Burnett compared her experience

at Howe & Bradley with that of friends at urban firms. She said, "Mentorship to this extent just doesn't exist there. I consider myself extremely lucky." Noting that she has the advantage of the combined 65 years of legal experience available from Bob Howe and Matt Bradley, she said she is pleased to be personally trained. She said the three of them meet regularly, unlike some of her friends in large firms who have yet to meet a partner. Burnett said she feels confident because of that training and told *The Current*, "People here have had good representation with Bob for 40 years and I feel that I've got these big shoes to fill. He's worked so hard to ensure they have good, competent, professional, reliable legal representation."

Burnett said the local economy has kept Howe & Bradley very busy this summer. She said that through the Renfrew County Law Association she always knew Bob was very well respected in the Valley and that he had a fantastic practice in Barry's Bay, but she had "no clue just how busy it was and how much he had been handling on his own." She said the real estate part of the practice in particular is thriving as more people relocate here. She said businesses are expanding and people are looking at development opportunities. She acknowledged the tradition of hard work instilled in people here. Burnett admitted there are big expectations when breaking into a new, small community. She said, "Like the community I grew up in, Deep River, news travels fast — and I want it to be good news." Acknowledging that it's impossible to stay anonymous in Barry's Bay, she said, "I look forward to building a good reputation."

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PORCH VIEWS

Celebrating 50 years at Barry's Bay Dairy



MARK WOERMKE
BARRY'S BAY

Summer is almost over and I haven't spent much time on the porch watching the goings-on in the Bay. July's heat made me retreat to the shadier summer kitchen for writing and relaxation, and gardening has taken up a lot of my time.

Just the other day though, my garden labours were pleasantly interrupted by "Dairy Tony" Yantha. (That's how folks in the Bay differentiate him from the other well-known Tony Yantha, "Tony-the-barber.") Tony wanted to tell me about the 50th anniversary of his family business, the Barry's Bay Dairy, so we spent a few hours on the deck of his Trout Lake home chatting about the last half-century.

As a kid, I used to love going to the "Dairy Bar" to buy candy because Tony's mother Martha was always kind to me. As a little tyke, I used to pester her when she worked in the kitchen at the Balmoral Hotel. I also have a vivid memory of having a burger, fries and a milk shake there one evening in 1972 before going to a show at the Bay Theatre. That, of course, was the old dairy with stools on which you could "sit and spin." Since the new dairy opened in 1977, I have had many breakfasts and lunches sitting in the booths with friends and family. Many of my visitors request a breakfast at the dairy to get the "authentic Barry's Bay experience."

During our chat Tony explained how in 1969, he and his brother Ed went together to purchase the business from Bill and Ella Hoffman. Tony was no stranger to the dairy because he had worked for Hoffmans for six summers. "It's crazy how vividly I remember my last summer there," he reminisced. "I got to drive the truck."

Tony's family supported him and his brothers in the early days. "Ed had his share for the down payment, but I didn't. I was married with two children, and working at Atlas Steel in Welland. I really wanted to buy the dairy, so, I



Tony Yantha and the Barry's Bay reeve Hilary Jones cutting the ribbon flanked by Tony's daughter's Tracey (left) and Tammy (right), December 20, 1977 from *The Barry's Bay Review*. CLIPPING PROVIDED BY TONY YANTHA.

visited my Aunt Sally in Toronto to ask her for a loan. When she agreed, Ed and I purchased the dairy. I paid her back with interest within four years. She still reminds me of her error for not asking for a share of the business."

Tony quit Atlas in the spring of '71 to manage the dairy, and he brought his wife Anne, daughters Tracey and Tammy, and two-week-old son Darwin, to live in an apartment over the dairy. That's also when his mother, Martha, took over the restaurant. Ed continued to work at Atlas Steel, until the late 1990s when he moved home to work at the Dairy on a part-time basis. Brother Doc (Sylvester) bought into the business and started working at the Dairy in 1973 when he left his manager's position with Food City in Toronto.

The role of family in this business cannot be underestimated. The Yantha brothers learned the importance of hard work from their parents August and Martha (Chippior) Yantha. August worked in the lumber industry for McRae's and Conway's before putting

in 30 years at Murray Brothers' Lumber. Martha went to work as a housekeeper and cook in Ottawa before working at the Balmoral Hotel in Barry's Bay. As he talked about his parents' influence, Tony pulled a scrap of paper from his file, with a quotation scrawled on it: "Yes I am a self-made man, but the blueprints come from my mother and dad."

Tony explained how family co-operation was important too: "When we bought the dairy in 1969 our goal was hard work, fun and results. My brothers and I all get along because there is no limit to the amount of good we can do when nobody cares who gets the credit." The brothers have tried to pass these values onto their own kids. Tony's children worked at the Dairy over the years. "I told Anne when they were in high school," he said, "Don't ever give them money, let them earn their own."

There have been many changes at the dairy over the years. In 1969, it consisted of a small restaurant on the street with a two-storey building containing the plant and home behind and milk



Doc, Tony and Tony's son Darwin. The Barry's Bay Dairy's grand opening on December 20, 1977, from *The Barry's Bay Review*. These news clippings hold a place of prominence on the wall in the dairy.

CLIPPING PROVIDED BY TONY YANTHA.



Holly Skuce (left) and Tony Yantha. Over the last forty years, Holly has come to play an important role in the business. PHOTO:

MARK WOERMKE

was still being delivered to homes in plastic jugs. The restaurant was very small. In 1977, the new building was built and the old one was demolished. In 1988 an ice-making facility was added. Today in addition to the restaurant, the Yanthas operate a distribution centre for milk, cream, ice-cream and ice purchased from major suppliers and delivered to businesses in the area.

Tony estimated that 15 percent of the dairy's business involves the delivery of milk and dairy products from suppliers like Natrel and Brum's; 35 percent comes from the restaurant, and 50 percent is derived from the delivery of ice and ice cream. That last, large chunk is notable insofar as it is seasonal. Tony explained the seasonal aspect of the business to me: "If it's hot and the sun is shining, the ice business really booms. We get three deliveries of ice per week in the hot weather. All the restaurants and camps want ice, not to mention all the stores that sell ice in the area. If the weather co-operates, we make our money in a 15-week period of the year.

This year, it was a cool spring, so maybe we had only 10 weeks."

He went on to explain their old-fashioned, yet successful, approach to business: "In many respects, we operate in the old-fashioned way. I don't need a computer to tell me the state of my inventory. I look in the cooler, I check the weather and I call my customers. Sometimes we just send the trucks because we know they'll need ice."

Tony made it clear that the Yanthas couldn't have made a go of it without hundreds of employees over the years, and he highlighted two: Holly Skuce and Caroline Etmanskie who have been with them a long time. Later, when I chatted with Holly who has been there the longest – forty years — she told me she thinks the greatest contribution the Dairy has made to the area has been employment: "One day I sat down to make a list of all the folks who worked here. I got four pages!"

As our lakeside meeting came to an end, I asked Tony about the future. He shrugged. He explained that running a

business like the Dairy is a seven-day-a-week proposition requiring lots of hard work: "As long as our health is there, we will continue. It's a prosperous business, you know." Then with a chuckle, he added, "The biggest challenge has been to keep everyone happy – customers, staff, family – but, I think we did okay, eh?"

The Barry's Bay Dairy is a community hub. There is a group of "regulars" who appear every morning for coffee, breakfast and to catch up on the news. It's also a popular lunch spot for residents and business owners. The dairy has also been an essential part of summer vacation for generations of cottagers and visitors who pop in for ice cream on hot days, and meals on rainy days when they leave the lake and come into town to shop and see the sights. It also attracts the after-church crowd on Sundays.

To express their gratitude to generations of loyal customers and staff over the last 50 years, the Yantha family is offering free coffee and free ice cream on Saturday September 7 and Sunday September 8 at the Barry's Bay Dairy.

Introducing new Our Lady Seat of Wisdom College president

DANIELLE PAUL
BARRY'S BAY

After a whirlwind first month here, the new President of Our Lady Seat of Wisdom College (SWC), Ryan Williams, with his wife Marianna and family, looks forward to moving into their permanent home in the Valley as soon as possible.

Williams is pleased to join SWC during a period of exciting change. Instead of a first year spent getting his bearings, he has plunged into the process of acquiring four-year degree granting accreditation through the Postsecondary Education Quality Assessment Board (PEQAB). Also this year he must ensure SWC is compliant with the long-awaited Ontario Non-Profit Corporations Act (ONCA) which is anticipated to be proclaimed in January 2020. Another urgent priority is rewarding the people at SWC. Williams says, "They give of themselves selflessly in a way that I have never experienced in a professional setting before."

As well as the immediate priorities, Williams must also nurture further growth of SWC. He acknowledges that in recent years SWC has worked primarily on acquiring degree-granting status and obtaining approval under the Ontario Student Assistance Program (OSAP). He says that it's time for a concentrated outreach campaign to increase awareness of the College. He aims to establish even more relationships with SWC, saying, "There are a lot of people who, when they learn about the school, are very eager to help this kind of faithful and true education be offered. One of the shining features of our school is we actually educate instead of training." Williams' introductory President's Message on the SWC website explains: "To be trained is to learn how to do one thing well; to be educated is to learn how to do well in all things."

A consistently high rating in the Newman Guide has raised SWC's profile and he says it is "well known in a



Williams (above) gave *The Current* an extended interview on August 12.

small community." But he says there is much more to be done – both nearby and across North America. After his investiture next month as a Knight of the Holy Sepulchre – a medieval Roman Catholic Order of chivalry that like the Knights of Malta answers only to the Holy See – he hopes to travel extensively spreading the SWC message. He said the College offers a "reasonably-priced post-secondary education that beats anything in the States." Pointing out that Texas alone has a home-schooling community of two million, Williams' plans include conference attendances to offer American Catholic families the opportunity of an international experience for their children that is still visitable by parents.

He says he would like to see "the school become an even more prominent contributor to the community. I think of places where universities have really helped communities grow: places like South Bend, Indiana and College Station, Texas. If we got that fourth cohort, I think every one of the restaurants, coffee shops and grocery stores here would benefit."

Obtaining four-year degree granting status anticipates four cohorts of forty students. This number presents another challenge since Williams admits that SWC is at capacity with 130 students. He says, "Once we get this four-year degree it will give us a compelling reason

to look at more investments for student housing." He says SWC also needs an activity building. When asked if the College will need to look outside the Valley to expand, Williams said that SWC students appreciate living in a small, rural community and there is room here for expansion. He points to the strong Catholic community, saying that Madawaska Valley is a very special location and SWC would not be the same anywhere else. Williams says there is a lot more the school and the community can do together: "People here are very generous with time, talents and money." And he notes, "Our Lady will provide."

Williams says he has felt the influence of Our Lady throughout his life. He studied at a seminary in Rome whose chapel is dedicated to the Immaculate Conception. He and his wife, Marianna, were married in St. Peter's Basilica at the altar of the Immaculate Conception. Where he obtained his doctorate in philosophy from The Catholic University of America, Washington D.C., there is also a Shrine to the Immaculate Conception. When he was chosen to work for the seminary, he was offered living space in the Seminary of the Immaculate Conception. Their first daughter (of four) was born on September 8 – Mary's birthday. He ends by saying, "And here we are at Our Lady Seat of Wisdom, still working hard for Our Lady and blessed every moment to do so."

Councillors spar about alleged death threat

JAMES DI FIORE
MADAWASKA VALLEY

At the August 6 Council in Committee meeting, CAO Sue Klatt reported on an agenda item entitled "OPP occurrence filed." This related to an episode that occurred at the Council in Committee meeting of February 7 2019. During that meeting Councillor Ernest Peplinski was alleged to have used "unparliamentary language" which was directed at *The Current's* publisher, Roger Paul, the only person in the audience. The incident was brought to the Mayor's attention the following day by Councillor Carl Bromwich, resulting in what was described as a "training session" held in camera during the Council meeting of February 19.

Paul claims that some weeks later he was advised by Councillor Bromwich that the unparliamentary language included a threat to kill him. He also told Paul that it had been recorded on the Township's recording. Paul then wrote to Klatt who subsequently advised him that neither she nor the Mayor had been able to hear the alleged threat on the municipal recording. He was advised that if he persisted in the allegation, he should refer the matter to the OPP, which he did.

Following Klatt's report at Tuesday's meeting, Peplinski made the following comments: "I think this would be an appropriate time for Councillor Bromwich to explain exactly why you initiated this and I think everybody would like to know because, I mean, the fake news will be out there. We know that. And they're going to print what they want to print and we just have to accept that. But I think your explanation should be forthcoming."

Bromwich replied by saying, "It is forthcoming. It's in the public record and that's as far as I'm going with it."

When the exchange between Peplinski and Bromwich became more testy, Mayor Love interjected by saying "OK gentlemen" and the discussion ended soon after.

Above photo taken during the August 6 meeting: Councillors Carl Bromwich (far left) and Ernie Peplinski (far right).



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Snubbed by Denmark Trump turns to Canada to expand kingdom

ROGER PAUL

BARRY'S BAY

Editor's note: The following is satire.

Following President Donald Trump's hissy-fit after his failed attempt to purchase Greenland from Denmark, he has now trained his sights on real estate he covets that is closer to home. In so doing, it appears that he took seriously the suggestions of some commentators who, with their tongues firmly in their cheeks, ribbed him that Canada would be a more ideal target.

Trump tweeted yesterday, "I love Canada and Canadians love me and I am very popular up there. I get beautiful letters all the time from Canadians telling me what a wonderful job I am

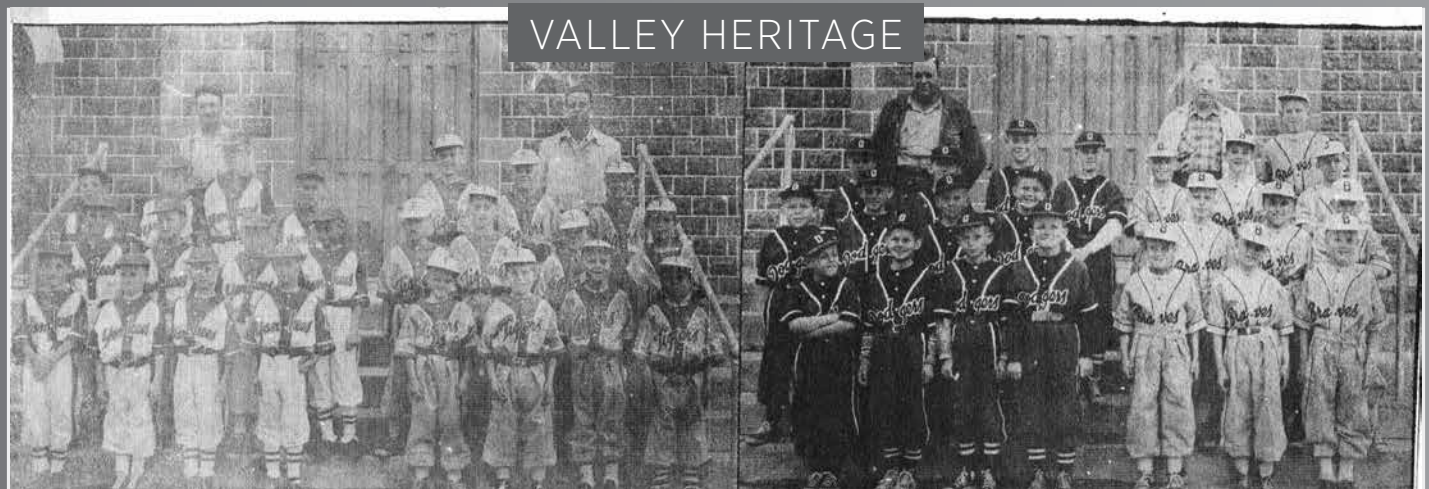
doing. Trudeau is not very popular you know. He's ruined their economy unlike me who has made the American economy the greatest in the whole history of the world."

Speaking to reporters at a press conference in the Rose Garden later that day, Trump gave more details of his plan. When pressed on whether his target was the whole of Canada, he replied by saying, "Uh, no. I only want the province of Toronto." He explained his reason was because it is so American-like. He justified this, saying, "It has American sports teams like the Rappers and the Bluebirds. I really like that big tower and I have huge plans for that."

A reporter reminded him that he had only visited Canada once during his

presidency and that was for a G7 conference at which he arrived late and left early badmouthing Prime Minister Trudeau on his way out the door. "Fake news," was his response. "If the deal goes through I can see I'm going to have to do something about the Canadian media as well." He was asked as well if he also had his eye on the adjacent city of Mississauga where Toronto's international airport is located. Looking puzzled, Trump turned to an aide who whispered in his ear. Trump then replied, "Anything I can't pronounce is off the table."

Trump concluded by saying, "I have been buying and selling real estate all my life and this is no different. I might throw in Puerto Rico in part exchange and that will be a sweetheart of a deal."



Little League Baseball, 1960

BOB CORRIGAN | **BARRY'S BAY**

I remember when Little League Baseball was introduced to Barry's Bay in 1960. I was a young teenager at the time so didn't qualify, but I thought it was a great idea. Complete uniforms were provided for all the young kids to introduce them to organized baseball. I don't think any girls participated. I think that everything might have been provided through St. Hedwig's Church, and specifically Monsignor Ambrose Maika.

Fr. Maika also coached a group of us who were older than those in the Little League. I still remember him

hitting out ground balls to the infield. He would call out to us to get in front of those fast-moving balls and tell us, "Don't be afraid, the worst thing that could happen is that you would get your teeth knocked out!"

I hope that an older person can inform us about that program — who provided all the uniforms, baseballs and bats? Who are the coaches in the picture? How long did the league last?

NOTE: If you are interested in having a picture and story featured in The Madawaska Valley Current, please submit the information to Bob Corrigan at The Current, PO Box 1097, Barry's Bay K0J 1B0. Originals will be returned.

Teens show compassion for the aged

DANIELLE PAUL
MADAWASKA VALLEY

For the fourth time Madawaska Valley Hospice Palliative Care ran its program Compassionate Teens: Aging and Dementia Awareness on July 31. The half-day workshop teaches students about aging and dementia, communication skills, and meaningful activities to interact with people with dementia. The program can lead to weekly supervised volunteer opportunities towards their high school diploma or for their resume. MV Hospice Clinical Director, Karen Wagner, who ran the program said that eight students from the two workshops offered last summer volunteered 60 hours during July and August 2018.

The three students attending this summer's course began their afternoon with a discussion led by Wagner about their assumptions and prejudices when it comes to elders. All three still have grandparents living so they were not unaccustomed to some of the issues faced by today's seniors.

To help the young people understand some of the "functional" losses that seniors may experience, the course challenged them to complete different tasks based around the senses including hearing, touch, vision and mobility.

Workshop participants all attend Madawaska Valley District High School. Hadley Trebinskie and Maddy Gienow are Grade 9 students while Emily Borutski is in Grade 11. Emily said she

is considering a health care career and when she saw the course on Facebook she thought it would be a good benefit. Maddy said she signed up to learn about the aging process and how to communicate and get along better with the elderly. Hadley said she heard about the course from Maddy's mother, Erin Gienow, who works at the hospital. She wanted to acquire the skills to talk with seniors.

Vision: Each student had to wear different strength eye glasses. Despite impaired vision, they had to thread a needle, read the dosage instructions on a pill bottle, and work together to find a business phone number in the local telephone directory.

Mobility: The students were given a selection of dried beans and seeds to stuff inside socks; they were then encouraged to try to walk on these. They wrapped tension bandages around their knees and then were told to try to put on a sock without sitting down.

Touch: The students had the opportunity to learn how it feels to have a condition like arthritic hands. They had to bandage their finger joints, put on gloves and then try to zip up a jacket, button a shirt and tie shoelaces. They also tried to use a cell phone, open a pill bottle and take out a particular pill.

Hearing: Ear plugs were handed out to the students. Then they had to whisper to each other and write down what they heard. They also had to make a cell phone call to request telephone repair assistance.

Wagner said they have been successful in gaining student volunteers who are eligible to begin volunteering immediately after the workshop. Wagner pointed out that no matter what medical career path students might eventually follow, they are more than likely going to deal with seniors.



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Karen Wagner explains the vision challenge to Hadley Trebinskie, Maddy Gienow and Emily Borutski.



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BARRY'S BAY Legion

Bingo Thurs Sept 5, 12, 19, at 7 pm	Pancake Breakfast Sun Sept 15, 8 am-1 pm
Cribbage Sun Sept 1, 15, 29, at 1 pm	LA Friday Night Dinner Friday Sept 20
Euchre Mondays, 7 pm	Club Room Mon-Sat, 2-6 pm. Open to all, Legion membership not required.
Bid Euchre Thurs Sept 3 and 24, at 7 pm	
Six-hand Euchre Friday Sept 27 at 7 pm	

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MADAWASKA KANU CENTRE

Library Trivia Night a success

THE CURRENT
MADAWASKA VALLEY

The annual Trivia Night fundraiser for Madawaska Valley Public Library was held at the Barry's Bay Legion on August 14. Library CEO Karen Filipkowski said the event is an important fundraiser because donations and sponsorship mean there are few expenses and the entry fees go directly into the library's coffers.

In true community spirit, most of the competitors are there for an evening of fun. But after the first question, it becomes clear they are also motivated by the possibility of bragging rights if they bag the trophy. As usual, the 2019 trivia teams were creative with their names. Two examples were rival municipalities of Brudenell, Lyndoch, Raglan and Madawaska Valley who called themselves Middle of the Pack and Not So Great Expectations.

This year's trophy was won by Food for Thought. They told *The Current* that their best round was the Crossword Round. Their competitors who placed in the Top Three were the Barry's Bay Outfitters and the Bay Street Connections.

Trivia buffs felt there were plenty of tricky questions this year, among them the requirement to know the total career points scored by the hockey-playing Gretzky brothers, Wayne and Brent. See below for Brent's score!

As always, there were many volunteers who made the event happen – from Library Board members collecting answer sheets to a table full of hard-working scorers. Long-standing MC Brian Tyrrell was on hand to act as emcee again this year. The library thanked the Barry's Bay Legion for hosting Trivia Night, and in particular Mike Poliquin, Dave Eagles and Shawn Eagles. Tyrrell read out a list of this year's sponsors: The Royal Canadian Legion – Barry's Bay Branch 406, Lorraine's Pharmasave, Wilno Tavern, Barry's Bay Outfitters, The Madawaska Valley Current, MAD Outdoors and the Madawaska Valley District Horticultural Society.

The library wants trivia buffs to provide some feedback on the Trivia Night by completing and returning a brief survey to the library. Everyone is welcome to complete the survey – not just the 2019 competitors.

during his career.
ANSWER: Brent Gretzky scored 4 points



Food for Thought Team members: (back row) Terry Newcombe and David Thompson; (front from left) Patricia McLee, Paul Thompson, Andrea Stelmach, Christine Thompson.

Community replaces parkette pergola



Boniface Pecarski (left), Derek Yuill, Jacob Yandernoll (absent Kory Pecarski); seated: Debbie Marshall, Victoria Verch.

THE CURRENT BARRY'S BAY

Barely a year since Barry's Bay lost the pergola over its main street pocket park, the community has collaborated to erect a replacement. Thanks to the combined efforts of some dedicated individuals, the Barry's Bay Business Improvement Area (BIA), Communities in Bloom – Madawaska Valley (CiB), and Barry's Bay Home Hardware Building Centre, shoppers now have a seating area to relax along the Opeongo Line.

BIA Chairman Derek Yuill explained that replacing the pergola between Talk O' The Town and V&S Stedman's stores became a regular topic in many BIA meetings. BIA board member Debbie Marshall tackled the leg work and Barry's Bay Home Hardware graciously donated the pergola with the understanding that the BIA would build it. The project came to a standstill when contractors arranged for the task fell through. Yuill said,

"Knowing that this is a beautiful space in the centre of town that many people use whether to read, reflect or just rest, three employees from Yuill's Valu-mart stepped up and agreed to volunteer their skills and time to build the pergola which is now already being enjoyed by many people. On behalf of the BIA, CiB and all that now enjoy it, thank-you."

He said the three employees, Boniface Pecarski, Jacob Yandernoll and Kory Pecarski, offered to help the BIA with the project because of their com-

munity spirit. Long-time Valu-mart employee Boniface Pecarski told *The Current* that the hardest part of building the structure was getting started. He spent an evening studying the instructions at home. Yandernoll, who completed a woodworking course at Conestoga College and has worked part-time for Valu-mart for six years, said they began work on-site but moved everything to the store premises when it became apparent they would not finish in one day. With the corners assembled, they moved the structure back to the parkette location. They were determined to finish despite 30 degree temperatures on the final day. In total they estimated the job took the three men about 20 hours.

Marshall said Home Hardware has been very supportive. Not only have they donated the space and the previous pergola, their Garden Centre consults with CiB to ensure they stock the appropriately colour-themed flowers each year; e.g. they provided special tulip bulbs for Canada 150. Marshall said that CiB has nominated Home Hardware as the national CiB Retailer of the year because of their generosity and support.

On behalf of Mark Zurakowski and Kevin Bray of Home Hardware, MAD Outdoors co-manager Victoria Verch said the pergola kit was valued at \$2,000 + HST. She said the shade and additional seating area gave focus to the downtown and was often used as a meeting place.

Taste of the Valley

DANIELLE PAUL
BARRY'S BAY

Barry's Bay hosted the annual Taste of the Valley on August 16 at the Railway Station. Visitors enjoyed the chance to see, taste and buy fresh produce and locally-made products. Everyone was entertained by live performances during the day. Dexter and Serena Sernoskie fiddled and danced in the late morning, and the MTees played after lunch.

Vendors were pleased with the event organization provided by County of Renfrew and said that the day progressed smoothly. Railway Station Park was filled to capacity with 56 booths, including the 28 Barry's Bay Farmers Market vendors who occupied their usual Friday locations.

The crowd of visitors was a happy mix of tourists just passing by and residents, both seasonal and year round, who always try to attend the annual event. In the throng was Councillor David Shulist clutching a locally-produced herbal insect repellent. He told *The Current* he was looking forward to trying it out in the bush or on a fishing trip. He said Taste of the Valley is a significant event because it gives local producers an opportunity to show off their talents and ingenuity.



Grant McKey (left) and Tom Killsom of the MTees



Talli Chaimovitz of Bee Kind Organics

Fun at Art Attack summer camp

DANIELLE PAUL
MADAWASKA VALLEY

Nineteen youngsters aged 5 to 11 enjoyed a week of creative activities at the Art Attack summer camp in Barry's Bay. Facilitated by Chelsea Clarke and Makaila Ronholm of Madawaska Valley Dance, they spent five full days playing at the arts at the Paul J. Yakabuski Community Centre.

The group learned new skills, made crafts, props and cos-

tumes. They wrote, rehearsed and performed a play based on the story *David's Father* by Robert Munsch.

Clarke said that Madawaska Valley Dance had only run March Break camps before. This was their first summer camp and she was pleased when the township approached them to do it.

MV Township provided the space for the program and Clarke told *The Current* it was a successful collaboration. The smiles on the kids' faces are ample proof.



Clockwise from top left: Making slime: Fiona Hewis, Kylie McGrath, August Vokun, Sonya Lange; Ready for more slime time: Aceson O'Brien, Alex Bonnah, Sonya Lange, Fiona Hewis, August Vokun, Kylie McGrath; The kids take a bow after performing for their parents; Will Bonnah demonstrates a puppet. Addy Ronholm-Hoftzyer, Evie Bonnah create loot bags; Lex Halliday and Ella McGrath make birdseed cakes.