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Residents voice concerns and suggestions at strategic planning session

DANIELLE PAUL
MADAWASKA VALLEY

On October 20, *The Current* reported that Council had hired MDB Insight for \$8900 to coordinate a session to review its strategic plan *The Path Forward* on November 21 when the consultant would spend a half day with staff and members of Council, and then facilitate a two-hour evening meeting in Barry's Bay to hear from community members. Mayor Kim Love opened the public meeting by emphasizing the importance of strategic planning. She said staff and council had reviewed the 2015–19 strategic plan *The Path Forward*, identified what has been achieved over the past five years, what remains outstanding and what needs to be prioritized. She said public input into the process is critical and thanked the approximately forty people present for their participation.

Then it was time to hear from the facilitators Paul Blais, Executive Vice-President (at left) and Evelyn Paul, Consultant, of MDB Insights, the same consultants who developed the earlier plan. In his introduction Blais reminded the audience of the vision statement and mission statement in the existing plan. He said he hoped the workshop would produce candid and honest discussion. Using the Economic Development Strategic Plan of Central Okanagan as an example, he explained that the outcome of this session would be much shorter “a two-pager, something the public can visualize quickly and see what the priorities are.”

He started the discussion by asking people to identify some positive things that occurred in Madawaska Valley over the last few years. Answers ranged from the Greening of Main Street to praise for resident Garnett Foster who picks



PHOTO: INDUSTRYWEEK.COM

up litter, compliments for helpful municipal staff and the Communities in Bloom volunteers. Even online tax billing received kudos. Then Blais directed participants' attention to the four main priorities in *The Path Forward* and the Action Plan it contains. He asked them to form groups in those four categories to work through the actions from the 2015 plan indicating which are still relevant. He invited them to also add any amendments or new priorities under the four headings:

- Open and transparent government
- Progressive and growing economy
- Healthy lifestyles
- Efficient and effective Township services

After working for about 40 minutes in their groups, Blais asked participants to report on their discussion while his colleague Evelyn Paul (inset left) recorded the comments.

HEALTHY LIFESTYLES

First up was the Healthy Lifestyles group. After discussing each action item specifically, they said they felt that a community centre is an infrastructure priority. They suggested it include a swimming pool, fitness centre with indoor walking, expanded library facilities and lots of meeting room space.

Environmental issues were raised with the suggestion that the township consider the example of North Frontenac. They suggested an over-arching plan for healthy lifestyles and beautification that encompasses accessibility and opportunities for active transport. Members of the audience referred to examples of combined library and community centres elsewhere, and the need for this municipality to be an environmental leader.

EFFICIENT AND EFFECTIVE TOWNSHIP SERVICES

Next came the six brave souls who volunteered to consider efficient and effective township services. They explained that they did not have sufficient information to comment on many of the action items. They suggested efficiencies could be achieved if municipal departments did not work in silos, requirements for environmental assessment should be applied universally and not just for developers. They also asked whether planning strategy could include heritage buildings. An audience member suggested a town plan. When the group spokesperson used stern words saying the municipal website is “not user-friendly and needs updating in the worst — *Continued on page 2*

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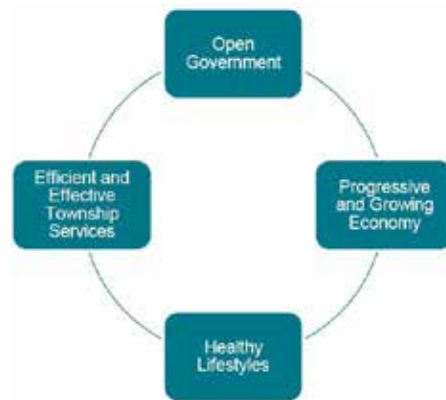
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Continued from page 2—

possible way; it is an existing problem that needs to be addressed” someone piped up “I second that.” The group’s final comments related to improving accessibility and signage at municipal buildings.

PROGRESSIVE AND GROWING ECONOMY

This group agreed that most of the action items in the 2015 plan were still relevant and they suggested some word-



Township of Madawaska Valley's Strategic Priorities

ing changes. One item they disagreed with is the need for one storefront for all economic development and business organizations, saying this is not a priority and this function should be part of the municipal office. They agreed that the Economic Development Strategy required an update and further that it “needs an annual report card to the people.” When they discussed the action item about collaboration, an audience member pointed out that while the visitor centre students worked hard the Ottawa Valley Tourism Association trained them about the whole region not specifically about Madawaska Valley, to which another person responded, “That was what was good about having a fulltime staff person running the facility.”

One resident suggested they should be told what came out of Council’s brainstorming session earlier that day and asked how they hope to accomplish economic development and how much budget they will put towards it, saying “you’ve got to have somebody to get out there and bring new people in.... It’s fine to say we’re going to do

this and do that, but who’s going to do it? As it is I think volunteers are doing much more than their share now as far as I can see. So is everybody going to be a volunteer or do we have to put our money where our mouth is and get out there and entice people to come.” Another suggestion from the group was a gap analysis of infrastructure services and businesses with a view to attracting businesses and professionals, the final list of recommendations to be completed by January 2021. Other comments were different and better promotion of the area, particularly online marketing. The group ended their report with some new economic development action items: preserve and expand the business area instead of allowing conversion of former business premises to dwellings, promote the waterfront better, and they prompted applause with the suggestion to develop a community centre with swimming pool, curling club, new library, meeting space for community groups.

At this point Frances Mawson, Chair of the Madawaska Valley Public Library, spoke: “We would very much like to fit into the municipal strategic plan; in fact, we think it’s essential. A thriving library is part of the infrastructure that attracts people to the community.” She acknowledged members of council (all of whom were present) and said, “Obviously we need to do our growing with the support and approval of the community and so this is our request to the municipality: Please be aware that we wish to make substantial changes and that these would be most productive and beneficial to the community if we could do this in partnership.... So our request to the municipality is to keep your eyes and ears open to any opportunities where we can share work space with any viable organization, be it child-focused, recreationally-focused, organizationally-centred, if it involves skidoos, genealogy, housing, weaving, whatever, we would like to talk to them. The savings from roof to shared services can be immense and the benefits to the community equally impressive.”

As Blais thanked the residents for their participation, one audience member called out, “Where is Open Government?” Blais replied to general laughter as no one had volunteered for

that, "The group on Open Government were dressed like chairs. There wasn't anybody willing to step into that." Blais responded to a further question seeking results of the staff/council meeting: "one of the great things about the experience today for me was to hear from staff and council about how much has been achieved and I encourage them to communicate that as part of the release of the next Action Plan. To show what has been done since 2015 and that will help the public understand how the transition to this 2019 action plan sounds." This prompted reassurances from CAO Suzanne Klatt and Mayor

Love, who said that instead of trying to influence residents, they were seeking fresh, new views. Love pointed out that members of council did not participate or sit among the working groups this evening.

In response to comments from a representative of a lake association on the unsuitability of a "Thursday evening in November" for attracting input from seasonal residents, Blais pointed out the survey will be online on the municipal website and that hard copies will be available at the municipal office, library and elsewhere in the community for those without internet service.

Dental care for low-income seniors

DANIELLE PAUL
MADAWASKA VALLEY

The Province announced the launch of its Ontario Seniors Dental Care Program (OSDCP) on November 20, which will provide free routine dental care for eligible low-income seniors, saying, "Each year in Ontario, preventable dental issues like gum disease, infections and chronic pain lead to more than 60,000 emergency department visits by patients, of which a significant portion are seniors. Many low-income seniors face challenges accessing regular dental care because they cannot afford it, impacting their overall well-being." With an investment of approximately \$90 million annually, the government hopes to reduce the number of dental-related emergency department visits. "The government estimates that 100,000 low-income seniors will benefit annually once OSDCP is fully implemented."

Eligible seniors can apply to the program online or by picking up an application form at a local public health unit. Ontarians aged 65 and over with an income of \$19,300 or less, or couples with a combined annual income of \$32,300 or less, who do not have dental benefits, will qualify for the Ontario Seniors Dental Care Program.

HELP IS AVAILABLE FROM YOUR LOCAL HEALTH UNIT

Since the announcement on Wednesday, RCDHU has begun assisting seniors with the enrollment process and understanding the range of needs they have. The team is coordinating dental care

arrangements for clients under the new program. RCDHU advises, "As RCDHU does not currently provide dental treatment, agreements with dentists who are interested in participating in this program are being established. The goal is to establish services with providers so that care can be arranged as close as possible to where seniors live." A ministry spokesperson advises that enrolled seniors will be mailed a welcome package, OSDCP dental card and program information after approximately 7 business days after a complete, error-free application is received. Seniors can then immediately contact their local public health unit for services.

Renfrew County and District Health Unit (RCDHU) has begun assisting seniors with the enrollment process and understanding their range of needs, saying, "As RCDHU does not currently provide dental treatment ... the goal is to establish services with providers so that care can be arranged as close as possible to where seniors live."

The ministry representative advises that enrolled seniors will be mailed a welcome package, OSDCP dental card and program information approximately 7 business days after a complete, error-free application is received. Seniors can then immediately contact their local public health unit for services.

HOW TO APPLY

Apply for OSDCP online at ontario.ca/SeniorsDental or call RDCHU at 613.735.8654 and staff will assist eligible seniors to enroll.

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PORCH VIEWS

Hitting all three forbidden topics



MARK WOERMKE
BARRY'S BAY

OPINION

What's the adage? Polite people should never talk about sex, politics or religion. Well, in the Valley if we couldn't talk about who's new to Splitsville, who's running around, what's going on at the town hall, our MP's latest outburst, who's become a holy roller, or the bishop's latest letter, we would have some pretty boring conversations. Sometimes all three subject areas coalesce as they do in this column.

Don't be alarmed: my focus is not local, it's national. And, for this post-federal election Porch Views, I intend to hit all three forbidden topics.

THE QUESTION

Recently, a reporter asked Conservative leader Andrew Scheer if he thinks homosexuality is a sin. Scheer did not answer the question but repeated several times that he was personally committed to protecting the rights of all Canadians, including LGBTQ ones. Several journalists and politicians have weighed in since. Rex Murphy wrote in the *National Post* that the question was unfair and tasteless, and he wondered why Trudeau and Singh weren't asked the same question. Conservative MP Garnett Genuis stated during the taping of CTV's Question Period that the question is evidence of the Liberal and NDP parties' "anti-Catholic bigotry." Jason Kenney used THE QUESTION and Scheer's refusal to answer directly to warn us, on The West Block, that religious tests for politicians are an attack on freedom. Even before THE QUESTION was posed, Barbara Kay, in the *National Post*, accused Scheer's opponents of exploiting his links to conservative Catholicism.

POLITICAL DARLINGS

It is common knowledge that Andrew Scheer is Roman Catholic, and a conservative one at that. In conservative (as opposed to nominal, middle-of-

the-road and progressive) Catholic circles, Andrew Scheer, Garnett Genuis and Jason Kenney are political darlings because they are assumed to adhere completely to the teachings of the Catholic church. I don't know if they do, but I do have a pretty good idea of what their conservative Catholic supporters believe—and expect.

The average Canadian likely doesn't know that conservative Catholics see themselves engaged in a "culture war" and that, through grassroots political activism and education in private Catholic schools, they intend to re-Christianize Canada. Whether or not Scheer, Genuis and Kenney believe this themselves, they are considered the vanguard. Barbara Kay might accuse me of being a conspiracy theorist, but I am not. I speak from experience. Until three years ago, I was one of those conservative Catholics.

I AM SUSPICIOUS

I am suspicious when Andrew Scheer says his "personal commitment to Canadians is to always fight for the rights of all Canadians including LGBTQ Canadians." I am suspicious because, sadly, like many Canadians, I don't entirely trust any politician. I am also suspicious because I know what conservative Catholics believe—religiously, morally and politically—about homosexuality and same-sex marriage.

But let's return to the question. Does Andrew Scheer think that homosexuality is a sin?

THE CATECHETICAL FORMULA

As a faithful Catholic, he should easily be able to repeat the catechetical formula: the homosexual orientation is, in itself not sinful, although it is intrinsically disordered. Homosexual acts, however, are sinful. Being homosexual is not a sin. Expressing it through erotic activity is.

If the question were posed as, "Do you think being gay is a sin," a faithful conservative Catholic might have to explain that "gay" is a term with a lot of baggage: it represents a social attitude and a political stance that promotes the legalization of homosexual acts between consenting adults, the normalization of same-sex relationships,

the acceptance of same-sex marriage, and the elimination of discrimination for LGBTQ people. If homosexual acts are sinful and being gay means engaging in, or accepting the validity of homosexual acts or marriages, then being gay might be sinful too. This reasoning could explain why Scheer cannot bring himself to walk in a Pride Parade. He has said he never will.

DEFLECT, DEFLECT, DEFLECT

Scheer and his handlers know he can never answer THE QUESTION directly. To do so would be political suicide: it would alienate the red and the pink Tories and deter Liberals from switching their votes. Instead, he must continually deflect; tell Canadians he has no intention of revisiting Canada's same-sex marriage laws; and reassure us that we just have to trust that he will guarantee the rights of LGBTQ Canadians.

ONE SHOULD NEVER CO-OPERATE WITH EVIL

Conservative Catholics believe that one should never co-operate with evil. To do so, would also be sinful. That is why a Catholic priest in South Carolina recently denied Joe Biden communion for his pro-choice stance, and that is why in 2018 the Archbishop of Ottawa said it was "logically impossible" for Justin Trudeau to consider himself Catholic and pro-choice.

The same arguments can be used with homosexuality. If homosexual acts are sinful, then accepting their normalization within marriage would be co-operation with evil, not to mention the destruction of an institution created by God (another evil).

If Andrew Scheer is as faithful a Catholic as conservative Catholics think he is, he has to believe homosexual acts are sinful. And if marriage normalizes that sin, it is fair to assume that he believes same-sex marriage is sinful too. All that considered, can he really be committed to protecting the rights of sinners? Can he even consider those rights to be legitimate?

JFK OR BELLOC?

For years conservative Catholics in the United States and Canada have been

petitioning their bishops to refuse communion to politicians who fail to publicly express or act on their Catholic beliefs on abortion or same-sex marriage. Enter the disingenuous Genuis (sorry, I couldn't resist that) who suggests it is possible to do that very thing. To believe something, but not act on it.

It is laughable that Genuis would refer to the discrimination JFK faced to get elected as America's first Catholic president. Kennedy had to assure voters he would separate his personal religious allegiance to Rome from his responsibility to the Republic and the American people. Ever since, conservative Catholics have condemned him for creating a formula which subsequent politicians have used as a "work-around" of the church's strict moral standards which have become unpalatable in the increasingly secular world. These politicians separate their personal religious beliefs from their responsibility to represent their constituents' political desires. The statement "I am personally opposed, but I will not impose my beliefs on others," may assuage the progressives and enable Catholics to get elected, but it has long angered conservative Catholics who criticized Kennedy and have criticized all subsequent Catholic politicians who are circumspect on Catholic moral issues.

Conservative Catholics favored the example of Hilaire Belloc. An Englishman of French ancestry and Catholic faith, Belloc ran for election in 1906. In a speech before a hostile crowd, he brandished his rosary and declared he was a Catholic and described his religious practices. Should the electors reject him on that account, he would be grateful to avoid the indignity of representing them. His honesty won him that election.

Belloc good; JFK bad. Until now.

A TAIL CAN NEVER BE A LEG

When I was a conservative Catholic, the gold-standard was for Catholic politicians to speak and act according to their properly formed consciences, that is formed, in accordance with Catholic teaching. That is why in the House of Commons in 2005 Andrew Scheer, explained that considering 'same-sex marriage' to be the same as 'marriage' was like calling a dog's tail a leg and subsequently voted against it. It is also why he won't apologize for making those statements.

Genuis would have us believe it is now perfectly acceptable for Catholic politicians to tuck their religious and moral beliefs into a box marked "personal" when they are elected. What an interesting about-face. It is just as dishonest to think that religious believers who are committed to acting at all times according to the values and teachings of their faith tradition will abandon them upon election, as it is to assume that voters will abandon them at the ballot box.

Scheer will never get elected if he tells Canadians the truth. If, like Singh and Trudeau he marches in Pride Parades, or like Trudeau says his views have evolved and he now believes in a woman's right to have an abortion, he will lose a good part of his base. He will never do those things, so he has to give evasive answers and resort to the compartmentalization of faith and politics that conservative Catholics have long criticized.

HOLDING THEIR NOSES

Conservative Catholics have been working very hard in the last twenty years to build support, influence policy (and change hearts) by volunteering in riding associations, promoting candidates, working on campaigns, becoming party executives, serving as aids to ministers and MPs, acting as lobbyists, creating socially conservative organizations, and educating future voters at home and in private schools. I was acquainted with a number of them. They have come very close to the prize, and they realize, as Scheer said in the same scrum where he was asked THE QUESTION, this past election was just step one. Step two—the next election and the possibility of forming government—is on the horizon.

Conservative Catholics still want Catholic politicians to speak and act according to Church teaching, but they are willing to hold their noses—for now.

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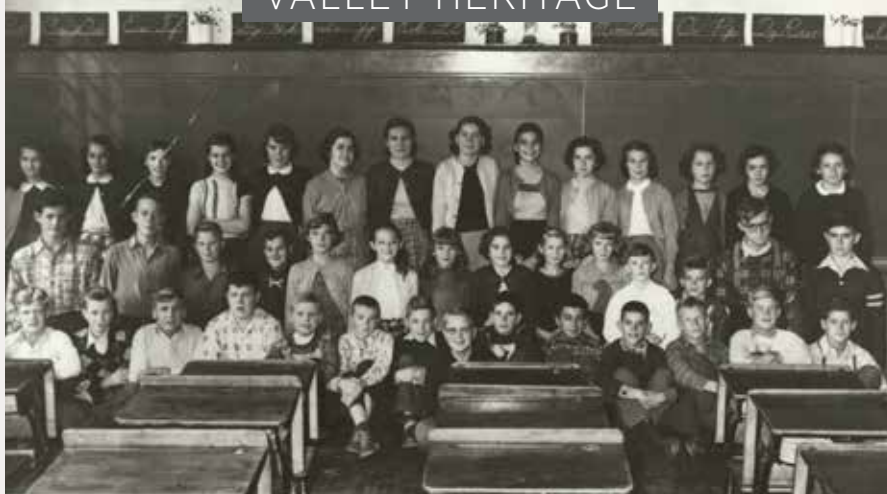


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VALLEY HERITAGE



Gr.7-8 St Joseph's Elementary School 1952-53

BOB CORRIGAN | BARRY'S BAY

This Grade 7 and 8 school picture was taken in 1952-53. If you see a mistake and you can make a correction, please let us know.

FRONT ROW: Clarence Chapeski, Percy Coulas, Lawrence Chapeski, Jerome Cybulski, Bronis Glisinski, John Landon, Ron Gutoski, Jackie Ritza, Robert O'Malley, Jimmy Yantha, Conrad Etmanski, Sylvester Bleskie, Gerald Cowan, Nelson Cybulski

SECOND ROW: Robert Cybulski, Mark Yantha, Norbert Kovalski, Anthony Coulas, Diane Shermack, Viola Serran, Celestine Mintha, Margaret Kluge, Catherine Pecarski, Rita Shulist, Greg Conway, Orville Prince, Angus Recoskie, Jackie Conway

THIRD ROW: Rose Marie Chapeskie, Marie Norlock, Tillie Shulist, Florence Bloskie, Agnes Recoskie, Catherine Conway, Irene Luckasavitch, Shirley Palubiskie, Joan Maika, Bernadette Conway, Madeline Zelney, Catherine Dombroskie, Joan Gutoskie, Georgina Fox

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, ON K0J 1B0. Originals will be returned.

LETTER TO THE EDITOR

Will new laundromat be all washed up by high water rates?

To whom it may concern:

The village of Barry's Bay has been without a laundromat for quite some time so we were quite happy to see a new one open recently on Bay Street.

We went in to have a look around and welcome the new owner to our town. She was very friendly and we were impressed with the lovely, clean surroundings, state-of-the-art washers and dryers, a couch and TV for the customers, and the fact that Robylin Bautista lives on the premises, and is there to help if there are any problems, and keep an eye on things.

There are many in the area who do not own, or cannot afford, a washer and dryer, and a laundromat is a real necessity, not to mention the many cottagers and travellers in the summer.

If Barry's Bay is to grow and thrive, we need to encourage and welcome new people and businesses to our town.

Due to the nature of their business, their water uses will be considerably high, more so than most others in town.

Would Council not consider a temporary discount, just to help them for a year or two until they are established? They have invested a considerable amount in their new endeavour. It would be such a shame to see this much-needed facility fail to thrive as has happened to so many others in the past.

Sincerely,

Catherine Corrigan along with members of her walking group: Jane Beahen, Sarah Coombs, Maria Danielski, Margaret Gray, Miriam Hedderson, Fran Madigan, Margaret Ogilvie, Mary Peterson, Teresa Reszka, Julie Zurakowski.

Editor's Note: Madawaska Valley Council rejected the laundromat owner's request for a reduction in water rates on November 5, 2019. The writers, however, have requested that The Current nonetheless publish their views.

DAVIS MOTORS

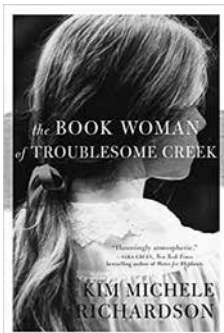
A love of the Valley and fifteen years' experience with used cars prompted Kim and Glen Davis to open Davis Motors on Hwy. 60 in Barry's Bay. Glen and Kim invite you to walk around the cars on the lot and kick the tires. 416-732-1091.



Novels to buy the book lover on your Christmas list

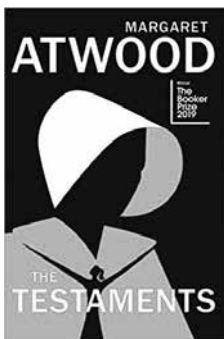
DOREEN YAKABUSKI
CORNWALL

Except for those who are super-organized and have already finished Christmas shopping, it's time to start thinking about gifts for the special people in your life. For readers on your Christmas list, books are the perfect present. If you have a fiction lover to buy for, you might consider gifting one of these six novels, all published this past year. (And why not treat yourself to a good book too?)



The Book Woman of Troublesome Creek by Kim Michele Robinson

This is the perfect book for readers who enjoy historical fiction based on extensive research. It's a story about the blue-skinned people of Kentucky, the Kentucky Pack Horse Library Project, and life in Depression-era Appalachia. It has suspense, romance, and humour. Some parts are heart-warming and others are heart-breaking. And what reader doesn't enjoy a book about books and reading?



The Testaments by Margaret Atwood

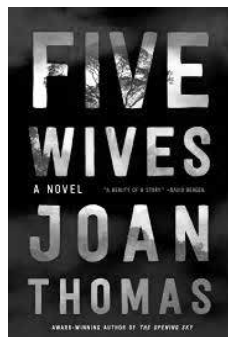
Winner of the prestigious Booker Prize for Fiction, the book is set 15 years after *The Handmaid's Tale*. Aunt Lydia secretly writes her memoirs explaining how she became a founder of the

Gilead regime. The perspective of two other women is also given, that of Agnes who has grown up in Gilead and is being groomed to marry a Commander and that of Daisy, a 16-year-old living in Canada with very protective parents. This novel will be enjoyed by those who liked *The Handmaid's Tale* or its television adaptation.



Bina: A Novel in Warnings by Anakana Schofield

For those who enjoy a challenging read, this experimental novel is perfect. On discarded pieces of paper, a 74-year-old woman writes her story to warn people not to repeat her mistakes. In her ramblings, she touches on topics such as ageism and the treatment of women. Despite the book's unconventional style, serious subject, and often melancholic tone, there are wonderful touches of humour. And Bina's voice is unforgettable.



Five Wives by Joan Thomas

This year's winner of the Governor General's Award for Fiction is based on actual events: the 1950s mission of Christian evangelists to convert the Waorani, an isolated Indigenous people in Ecuadorian Amazonia. Focusing on women connected to the mission, the book examines the impact of missionary zeal

on the Waorani and their culture and provokes readers to reflect on the treatment of Canada's Indigenous people.



Olive, Again by Elizabeth Strout

Choose this sequel for fans of the Pulitzer Prize-winning *Olive Kitteridge*, which inspired an Emmy-winning mini-series. *Olive* is an opinionated and brutally honest woman struggling with the realities of aging and loneliness. In 13 interwoven stories, readers are given a portrait of a complicated, flawed, and often contradictory individual in whom they cannot but recognize some aspects of themselves. This book is an absolute gem.



The Innocents by Michael Crummey

This novel was a deserving finalist for Canada's top three literary awards. In an isolated bay in northern Newfoundland, 9-year-old Ada and her 11-year-old brother Evered are orphaned and left entirely alone. With virtually no contact with or knowledge of the world outside their cove, they face food shortages, cold winters, illness, and accidents. This survival tale is both heart-breaking and thought-provoking.

Complete reviews of all these books can be found at <https://schatjesshelves.blogspot.com>.

Celebrating Nurse Practitioners Week

ROGER PAUL
MADAWASKA VALLEY

WHAT HEALTH CARE IS A NURSE PRACTITIONER ALLOWED TO PROVIDE?

NPs are graduate-prepared Registered Nurses, regulated since 1998 in the Extended Class by the College of Nurses of Ontario (CNO). They must meet rigorous requirements and standards to enter and maintain ongoing registration in Ontario. In Ontario, NPs are authorized to:

- Complete a comprehensive health history and assessment
- Formulate and communicate a diagnosis, taking a differential diagnosis into consideration
- Prescribe all medications including controlled drugs and substances
- Dispense, sell, and compound medications
- Set and cast fractures and dislocated joints
- Order and interpret all laboratory tests
- Admit, treat and discharge patients from hospitals
- Order some diagnostic imaging tests

Both Polatynski and Weersink cover all these areas. Polatynski works part-time with MV FHT and Weersink is employed full-time. To become an NP in Ontario the RN must be a graduate of a four-year Baccalaureate degree in Nursing and must have at least two years of full-time clinical practice experience. This is followed by successful completion of a Master's program which is a two year (seven courses) program. It includes courses in advanced health assessment, advanced pathophysiology, therapeutics, and roles and responsibilities, as well as 728 clinical practice hours in the primary health care NP program and 800 clinical hours in the Paediatric or Adult NP program.

Polatynski obtained her degree at York University and her Masters at Athabasca. She has connections with the Valley and has been coming to a cottage here since she was 14 years old. With over 35 years of nursing ex-



Shown above with a celebration cake are Liz Polatynski (left) and Cailin Weersink. Photo submitted. During Nurse Practitioners Week in Ontario in early November, the Madawaska Valley Family Health Team (MV FHT) used the occasion to introduce two new members of their team, both registered Nurse Practitioners (NP). They explained their role: "Nurse Practitioners at MV FHT are independent clinical practitioners who provide primary care to the community. We work collaboratively with our physician colleagues to increase access to primary care for the communities we serve."

perience including critical care and management, she has been an NP since 2007. She worked at the Centre for Addiction and Mental Health as a hospitalist serving vulnerable populations with serious and complex mental health issues and addiction issues. Her primary interest in community work is serving vulnerable populations including the frail elderly.

Weersink has spent the past ten years in Kingston. She was a Queens University undergrad, then obtained her Masters at the University of Toronto before returning to Queens for her NP qualification. This is her first NP position since qualifying. Prior to completing the nurse practitioner program, Cailin worked as a registered nurse at a family birthing centre in Toronto, the emergency department of a small community hospital and doing rural home

visiting for public health. Her interests include women's health, early childhood development, chronic disease management and improving quality of life through health promotion and health education.

HOW DO NPS IMPACT HEALTH CARE IN THE VALLEY?

Dr. Jason Malinowski, General Practitioner at St. Francis Health Centre and Chief of Staff at St. Francis Memorial Hospital, said he was pleased with patient acceptance of the NP role. He said, "Because of the number of physician retirements, primary care is very strained in Madawaska Valley—in common with other rural communities. This results in GPs' workload becoming stressed, but having more Nurse Practitioners providing primary care is a great help."

Four hints for a healthy lifestyle

Improve your well-being with the latest health and fitness news

CHELSEA CLARKE
WILNO

SWEET SWAP

Swapping just one can of pop (artificially sweetened or not) per day with a non-sweetened beverage such as water, coffee, or tea, could lower your risk of developing diabetes by 10 percent. *Source: Diabetes Care*

DOG OWNERSHIP LINKED TO A LONGER LIFE

Seeing your four-legged friend at the end of a long workday brings a smile to your face, but research published in *Circulation: Cardiovascular Quality and Outcomes* found that dog ownership might also lead to a longer life. In this study, dog owners enjoyed better longevity than those who didn't own dogs, likely due to the increase in physical activity and decrease in depression and loneliness that comes with sharing your home with Fido.

INCREASE YOUR BALANCE WITH THREE EXERCISES

Better stability is an important way to ensure fewer falls as you age. Here are some simple exercises you can start today—and you don't even need a gym! The following exercises can all be done while holding the back of a chair for support.

1. **Single-leg Stand:** Lift the right foot and hold for 10 seconds, then place back on the ground. Repeat 10 times. Switch to lift the left foot, repeating 10 times.

2. **Sumo Squat with Lift:** Stand with feet wider than hip-distance apart, toes turned out to 45 degrees. Bend slightly through the knees, then as you straighten, lift the right leg out to the side before placing it back on the ground. Repeat the squat, lifting the left leg this time. Repeat for a total of 12 lifts.

3. **Toe Taps:** Stand with feet parallel and bend your knees slightly. Using your right foot to begin, tap your toe on the floor in front of you, then to the side, then to the back, then place it back beside the other foot. Repeat 10 times, then use the left foot.

Consult your healthcare practitioner

before starting a new exercise program.

AMAZING OATS

Your morning oatmeal has loads of benefits aside from being a deliciously warming breakfast. Oats contain fiber,

which is linked to healthier cholesterol levels and a reduced risk of diabetes and heart disease, phytochemicals that reduce inflammation, and are an excellent source of vitamins B and E, as well as the mineral magnesium.

FOLLOW US ON FACEBOOK

MADAWASKA VALLEY PUBLIC LIBRARY

MOONLIGHT MADNESS AT THE LIBRARY
December 6 • 5-8 pm
Get your presents wrapped, visit Santa and purchase Andrea's yummy donuts.

SATURDAY PROGRAMS FOR CHILDREN
Ages 3-7 » 10-10:30 am
Ages 8+ » 11 pm-12 noon
Contact the library for more information.

Christmas Holiday Hours

CLOSED ON:
December 24, 25, 26 + 31
January 1, 2020

19474 Opeongo Line, Barry's Bay
mvpl.programs@gmail.com • 613-756-2000

BARRY'S BAY Legion

BINGO
Thursday December 5, 19
(Christmas Special)
Doors open 6 pm. Games 7 pm.

LEGION CLUB ROOM
Open Monday to Saturday from 2 to 6 pm and Friday to 8 pm.
Hours may be extended during scheduled events. Open Sundays for major sporting/world events.

GENERAL MEETING
Wednesday December 18,
6:30 pm followed by Christmas Pot Luck. Bring your favourite dish.

FOLLOW US ON FACEBOOK

Are you struggling in your marriage? **Are you experiencing symptoms that are preventing you from enjoying life?** **Do you feel as though others are not listening, supporting or understanding you?**

If you answered yes to any of these questions, I can help!

BRENDA STRACK
CERTIFIED COUNSELLOR
Now accepting clients.

Madawaska Valley Counselling Services
mvcounselling.com
613-633-7674 • mvcounserv11@outlook.com

In November and December, 2019, a 50% discount will be applied to initial consults.

Helping you move forward in the right direction

Never, ever, look a puppy in the eye

FRANCES MAWSON
MADAWASKA VALLEY

I was pleased to see recently in *The Current* that dog ownership increases longevity (Hints for a Healthy Lifestyle, Chelsea Clarke, see p.9). However, I do think the article overlooked a few minor points, one of which was “If you own a dog are you sure you want to live longer?” I would proffer a diffident word of caution to people longing for doggy company.

Have you seen people walking their lovely, obedient pooches around town, the docile canine sitting quietly while its human owner talks to a friend and little children pat Rover? Have you longed for the pleasure of walking with your unleashed companion on paths through the bush? Are you someone who has looked with pleasure at drivers while their furry, wise companions sit beside them in the car? Did you ever fantasize about cuddling on the sofa in front of the wood stove with your loyal pet?

Eschew these fantasies; bury these longings! Take a trip to Machu Picchu and immerse yourself in Inca lore; discover the wonders of tectonic plates and find evidence of their movement in your own backyard; take up juggling, stamp collecting, hang gliding but never, ever look a puppy in the eye.

Puppy eyes, like all young mammal eyes, are designed to make you get lost in your imagination. You imagine



Doggy kisses for the author. PHOTO: FRANCES MAWSON

cuddles, you imagine reciprocated love, life-long friendship. In the only-open-when-it's-too-late inner sanctum of your brain you shut all thoughts of fencing, vet bills, four pairs of ruined favourite shoes, sacks of food, six chewed-to-extinction chairs, joyfully ignored obedience classes, bouncing endless enthusiasm and nighttime barking. As with all babies, the purchase price is just a teeny-weeny drop in a surging ocean.

Animosh and I, she's a St. Pyrenees, are one year into this amazing experiment and so far we've both survived and she's prospered, if weight is anything to go by. She was just over 10 lbs when she got here — over 110 now. She's not a big dog but everyone else's dog has grown smaller. Her woof is commensurate with her size and, at 2:00 a.m. on a quiet night, quite enough to lift you horizontally off your mattress and give your heart a stress test which bypasses that tiresome 15 minutes of treadmill.

And did I mention enthusiasm? Joy unconfined, often expressed very early in the morning on your bed? Delight in seeing you and every other mortal, sufficient to knock you flat? Overwhelming happiness to meet another dog — hap-

piness that can drag you across a busy street? A love of horses, bicyclists, cats, cars, people, that converts, in the blink of an eye, to total action? A sense of fun that can only be satisfied by two hours of ball throwing? Or a love of the outdoors that thinks -15 with wind chill is a glorious day and why aren't you out here with me having fun? So, just turn away from that silky head with appealing eyes and sober up!

And if you're still not convinced make yourself a cup of tea, sit down on the sofa, put your feet up and watch your favourite program on TV. Relax. And then imagine not being able to do that for at least two years because another being will be trying to drink your tea and slopping it on the coffee table (the rug you'll have taken out long ago), it'll be sitting on your knee blocking the screen while staring into your face and bringing paralysis to your legs in between spinning round and woofing at any strange noise on the television. And then it will want to go out and for you to come too as it's only spent 93.6 percent of that day outside.

And in that moment you will remember: “The best dog is a cat” ... but it will be too late.



At the Madawaska Valley Horticultural Society's Christmas Pot Luck dinner meeting, Ritsuko Honda showed how to create seasonal designs based on three vital principles. The arrangement must be sustainable, long-lasting and cheap. She offered tips for long-lasting types of foliage in the Valley. PHOTO: NOLA LEROUX

In Memory mural unveiled at SFMH

DANIELLE PAUL
BARRY'S BAY

A new In Memory Mural crafted by Wilno resident Donnie Burchat was unveiled at St. Francis Memorial Hospital (SFMH) on October 29. The piece is installed opposite the Landscape of Life, also made by Burchat, on the main floor of SFMH. Burchat unveiled the mural with the help of Toni Lavigne-Conway, Executive Director of the St. Francis Valley Healthcare Foundation (SFVHF), and Greg McLeod, Chief Operating Officer of SFMH. The previous memorial made by Burchat, Landscape of Life, has been full for some time and SFVHF has received many requests about a new one.

Burchat's new In Memory Mural depicts a typical Valley landscape complete with ducks in flight, leaves on a tree, and even a partridge on a stone fence. Lavigne-Conway says the most significant part of the mural will be the names that represent family members, loved ones and friends—names that will soon be engraved on the individual elements of the design in a lasting and meaningful way to remember and honour them. She explained that SFVHF is very grateful for In Memory donations because they help enhance local healthcare by providing essential equipment. She said the mural will assist with capital needs at SFMH, expected to be around \$230,000 this year. Lavigne-Conway thanked those who attended the unveiling, which included some donors of In Memory contributions to SFVHF.

McLeod also expressed his gratitude to donors and said, "I am most impressed by how much it means to the families. We hear comments of people stopping by to read them. When it's particularly notable is in the summer when you have people who don't necessarily live here. They are reading the names and there's a lot of familiar names on there." He explained that the government doesn't pay for any equipment at hospitals, just operating costs. "But every new piece of medical equipment is covered by the community itself.... The capital needs that SFVHF truly sup-



Donny Burchat with his mural at St. Francis Memorial Hospital.

ports is the medical equipment to support our clinicians in providing care." He gave as an example that SFMH is replacing seven new patient beds at a cost of \$5,000 to \$7,000 each and McLeod agreed with Lavigne-Conway that patients and their families greatly appreciate the In Memory donations.

Burchat (above with the mural) explained his creation and described the types of wood used. "First of all I'm grateful to the Foundation for the opportunity. I really enjoyed doing this. This is my fifth one. The rocks are white ash with a grey stain. That's a new one, just to add some new colour. The partridge was Will's idea, head of maintenance, and that's brown ash. Butternut for the leaves. Birch for the background. Oak for the frames, and the birds are walnut as well." Generally, he chooses the wood for its colour, but this time he said, "For the partridge in this case, the grain looked like feathers. If you look it's going along with the bird."

Lavigne-Conway said, "I feel we should give this beautiful lone partridge a name." Burchat immediately

responded, "Willie." Lavigne-Conway laughed and explained they had consulted Will Borutski, SFMH Maintenance, and when he saw Burchat's drawing, he told them, "You can't have a stone fence without a partridge. Donnie picked up on that and away he went with it."

This is the fifth such memorial project Burchat has worked on: two for SFMH, one at Hospice Renfrew and then two in Barrie at the head office of Community Living. Their CEO at the time had previously worked at Madawaska Valley Community Living and seen Burchat's Landscape of Life at SFMH so she contacted him for a similar donor mural in Barrie. He usually has complete design control and says, "By the size of it, I have an idea of how many leaves will be on there. They throw some ideas at me but you want to make sure that each component is big enough for a plaque. You could do a lot of things, but if you can't get the brass plaque on it's not much good." Burchat designs a template for each element in a mural.

Eat Your Art Out a sensational experience

DANIELLE PAUL
KILLALOE

Eat Your Art Out, billed as a fashion show exploring the transition from fall to winter, was a sensory feast held in Killaloe on November 9.

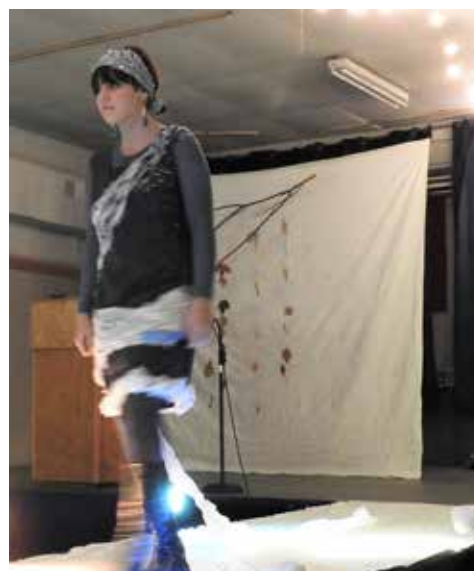
The event was the fourth annual fundraiser for Killaloe-based Ottawa Valley Creative Arts Organization (OV-CAOS). It featured food, drink, costume, music, poetry and decorations created by local artists/foodies/musicians/poets — all themed to explore the transition from fall to winter. Six courses were served

at tables around a fashion runway installed at the Killaloe Lions Hall, with non-alcoholic drinks and optional alcohol pairings for each course, while six models each displayed a transition-themed costume accompanied by poetry and music. The evening's themes were colour to monochrome, external to internal, warm to cold, water to ice, light to dark and loud to quiet.

Roberta Della Picca, who also modelled the External to internal costume, opened the evening with a traditional Anishnaabe welcome. OV-CAOS Artistic Co-director Anya Gansterer co-ordinated the event and fellow OV-CAOS

Artistic Co-director Andy Trull contributed original poetry between courses. The cast of contributors came from all corners of the Valley's exuberant artistic community who enthusiastically designed and served food, drink, costume, music, poetry, set design and more.

Eat Your Art Out was sponsored by The Sands on Golden Lake, the Town of Renfrew and Kristen Callahan. A number of local artists and artisans contributed goods for a Silent Auction organized by OV-CAOS Co-chair Doug De La Matter. 2020 art calendars are available for purchase at Grandma's Pantry and CRC in Killaloe.



Clockwise from top left: Colour to monochrome food by Nicole Zummach and Michael Howe of Valley Burrito. Musician John David Williams and creator/model Amber Flosktra Radema celebrate Warm to cold. Water to ice dress designed by Tanya Lyons, modelled by Abigail Clapper. Light to dark costume by Shanti Nordholt-McPhee, model Sigrid Geddes. Audience transfixed by Loud to quiet sequence featuring drumming and a capella singers. Some of the models on stage at the end.