The Madawaska Valley CUITE HELDER TO THE MADAWASKA VALLEY TO THE MADAWASKA VAL

INSIDE...

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Area seniors to get Public Health Dental Clinic

THE CURRENT MADAWASKA VALLEY

Renfrew County and District Health Unit (RCDHU) announced on January 22 in a media release that a new seniors' dental treatment clinic will be coming to Barry's Bay in the spring of 2020. Through funding by the Ontario Ministry of Health and working in partnership with Rainbow Valley Community Health Centre, the clinic will be situated at St. Francis Memorial Hospital (SFMH).

"We are excited about this new public health dental treatment clinic and having services available locally to eligible seniors who live in Barry's Bay, Killaloe and the surrounding areas," states Dr. Robert Cushman, Acting Medical Officer of Health. "We anticipate the clinic to be operational in early Spring 2020."

Through the Ontario Seniors Dental Care Program (OSDCP), RCDHU will offer routine dental care for eligible low-income seniors. Ontarians aged 65 and over; with an annual net income of \$19,300 or less, or couples with a combined annual net income of \$32,300 or less; who do not have dental benefits, will qualify for the OSDCP. The OSDCP includes a range of routine dental care such as cleanings, fillings, extractions and more.



The Ontario Seniors Dental Care Program includes a range of routine dental care.

"The establishment of the new Public Health Dental Clinic in Barry's Bay at SFMH will enhance the services offered to low income seniors at a location which serves as a healthcare hub of wraparound services for the community," states Randy Penney, Chief Executive Officer at SFMH.

Seniors can apply for the program

online at https://seniors.accerta.ca/application/en, or by picking up an application form from Renfrew County and District Health Unit or Rainbow Valley Community Health Centre.

For more information please contact RCDHU by calling 613-735-8661 or 1-800-267-1097, extension 661 or visit RCDHU's website at www.rcdhu.com.

Valley residents can exercise indoors as Walk The Halls program returns

At the January 16 Council in Committee meeting of Madawaska Valley Council, Stephanie Plebon, Recreation and Community Development Coordinator, informed Council that thanks to a partnership with Madawaska Valley Association for Community Living, a Walk The Halls program would

begin on Thursday, January 23 and continue every Tuesday and Thursday between 6 p.m. until 8 p.m. until May 28 at Madawaska Valley District High School (MVDHS). The program is free and open to all ages. Walkers must sign in and bring indoor footwear. MVDHS is accessible for all abilities.





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MV hosts Community Safety and Well-being planning launch



From left: Holly Hayes, CAO/Clerk-Treasurer South Algonquin; Suzanne Klatt, CAO/Clerk Madawaska Valley; Tammy Gorgerat, Deputy CAO/Clerk Killaloe, Hagarty, Richards; Dr. Meara Sullivan, CSWB coordinator; Susan Sheridan, CAO/Clerk-Treasurer Killaloe-Hagarty-Richards; Gwen Dombroski, Deputy Clerk Madawaska Valley; Michelle Mantifel, Clerk/Treasurer Brudenell, Lyndoch, Raglan.

DANIELLE PAUL MADAWASKA VALLEY

Two dozen representatives from community organizations and four local municipalities met on January 16 at the Madawaska Valley Township offices to launch their collaborative planning for Community Safety and Well-Being (CSWB) in the area. Dr. Meara Sullivan, consultant, is facilitating the process on behalf of the municipalities.

CSWB plans are mandated by the Ontario Police Services Act 2019 and every municipality is required to have one in place by January 1, 2021. Dr. Sullivan explained that 65 to 85 percent of 911 calls are non-criminal, social disturbance calls that place a burden on Emergency Response personnel.

Holly Hayes of South Algonquin said, "From my perspective as a CAO/ Clerk I think that this is an opportunity for people that have been invited to this group to really speak specifically to municipalities. My hope is that this plan, once we start to implement it, will speak to our strategic plans within the municipalities so that we can start to think about – I always say we often just think about roads and bridges and facilities in municipalities. I think this is our step in the door to start to think

about mental health and how it affects our communities and how what we're doing as municipalities needs to consider those things."

Dr. Sullivan said the CSWB process fits within the CSWB framework as promoting and maintaining safety and well-being. She said a CSWB plan is a long term strategy for social development that uses an integrated approach to address complex social issues and ensure awareness of services available in the community.

She pointed out that while four municipalities are collaborating in this exercise, "This is not about councils. Council is ultimately responsible but this is about getting input from the experts and it's about community consultation." The other sectors represented at the meeting included Child and Youth Services, Community and Social Services, Health, Housing and Justice. Dr. Sullivan said Education representatives will also be involved. She said the next process is a survey of the advisory committee and asked attendees to share it as widely as possible to ensure that all community organizations could have a say in the first stage of the process.

Greg Lubimiv of Phoenix Centre for Children & Families, cited examples from service organizations at provin-

New look for South Algonquin

PLACEMAKING DESIGN **KILLALOE**

Using the Main Street Revitalization funding received from the Association of Municipalities Ontario, the Township of South Algonquin is developing an updated branding style, a visitors' map as well as a plan for more consistent township signage. This branding update will serve as a foundation for future projects, such as a new township website, installation of signage and wayfinding, advertisements within and outside of the township and an open-air living gallery project.

The Township of South Algonquin is working with Placemaking Design of Killaloe to consult with the communities and create the branding and signage plan.

A critical component of this project is to gather direct input from residents. How do you view the communities and how do you wish it to be presented to the general public?

HAVE YOUR SAY

If you are a resident of the Township of South Algonquin, you should have received a paper copy of the survey in your mail box in early January. Please fill it out and return it to the township

office. Alternatively, you can pick up a paper copy at the township office; visit South Algonquin's facebook page to fill out the survey; visit www.southalgonquin.ca to fill out the survey.

BRANDING AND RURAL COMMUNITIES

A brand is your promise to a customer, or in this case, to residents and visitors. It tells them what they can expect when they visit and it differentiates your offering from other areas. It's important for places, no matter their size or composition, to clearly differentiate themselves and to convey why they are relevant and valued options. It's also the intention to provide a sense of inclusion within the township, ensuring that no matter which facility, boat launch or park you visit, there is visual continuity and inclusion.

A successful regional, national or local brand reflects the culture and vibe of the area. Typically cultural references can be found throughout the brand's visual design (logo and colors) and offerings.

The final branding and signage plan will be present at the end of March 2020. For more information, contact Holly Hayes, CAO/Clerk Treasurer, Township of South Algonquin, 613-637-2650 ext. 202.

MV hosts Community Safety and Wellbeing planning launch, continued—

cial, county and regional levels and said, "There are other things happening that this needs to be aligned to.... Whatever is happening for municipalities can't be in isolation to what is happening outside." He said, for example, Madawaska Valley is a high risk area for pediatric and mental health services because it does not enjoy the same level of service as other parts of region so this effort would be helpful. Dr. Sullivan emphasized that input from all these organizations is very important: "We don't want to diminish that; that is something we want to take advantage of and highlight throughout the planning."

She explained the phases of the CSWB planning process which are generally to identify priorities, determine

outcomes, select strategies, and implement and review the plan. Dr. Sullivan said that after the advisory committee reviewed its Terms of Reference at the January 16 meeting, the service providers should return the survey by February 13 identifying vulnerable groups and risk factors. After analysing the data, she will call another meeting prior to community consultations.

Dr. Sullivan asked if all present were happy to take on the challenge. In response, Lynn Smith of Child Poverty Action Network (CPAN) said, "I always think everything is a bit too much, but you have to look at the fact that when you're doing things like this that ... you are being proactive about saving things from getting worse in the future."

Note: The Current's publisher, Roger Paul, is a member of the advisory group in his capacity as a Director of Renfrew County Legal Clinic.







Friday February 28 • 7 pm

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PORCH VIEWS

The "auf Wiedersehen" piece



MARK WOERMKE
BARRY'S BAY

Perhaps you have noticed that views from my porch are not appearing as regularly in the online and print versions of *The Madawaska Valley Current* these days. The publishers tell me that a number of readers have been inquiring, and I am well aware of folks' proclivity to, in the absence of an explanation, speculate and draw erroneous conclusions. So, it is best to get information from the horse's mouth (or the "horse's arse" if you haven't been a fan of my writing).

This is my last Porch Views column.

WHAT IT'S NOT

It's not the weather, although it is far too cold and icy to sit on the porch these days and I am spending most of my weekends shovelling snow rather than writing. It's not connected to my recent collision with a deer, but the prevalence of these creatures along the highway at dawn and dusk has necessitated a change in vehicle and travel patterns. I have not been threatened with assault or legal action. I have not been diagnosed with an illness. And, I have not had a falling-out with Roger and Danielle Paul.

WHAT IT IS

For three years, I have been considering when to start the next phase of my life and how to spend it. My age and service years added up to the magic number two Novembers ago, so, if I want, I can pull the chute anytime. Meanwhile, I watch retired family members, friends and former colleagues, and sample activities in which I might want to engage when retired.

My observations have revealed a wide range of retirement behaviours: travelling, returning to rural roots, working part-time, taking on new jobs, volunteering, and pursuing hobbies or interests. I have also explored a number of potential retirement pursuits including writing Porch Views. All of these experiences have been enjoyable and I have







TOP: An old sign from the Petawawa Research Forest. Several German families farmed that land in the late 19th and early 20th centuries. BOTTOM LEFT: St. John's United Church in Golden Lake was one of the first Evangelical Association churches established among German settlers in Renfrew County. BOTTOM RIGHT: Mark met Peter Hessel in July 2019. Hessel is the author of Destination Ottawa Valley (1984) a history of German immigration to the Ottawa Valley. PHOTOS MARK WOERMKE

learned a lot from them. Most importantly, I have realized that I am the sole author of the next phase, and I have discerned what is really important to me. So, until I retire, I will be using my free time to research the history of Germans in Renfrew County, and, once I do retire, that will become my major project.

THANKS TO THE CURRENT

Thanks to Roger and Danielle Paul for taking me on as a columnist in their endeavour. Writing Porch Views was a positive experience. I enjoyed writing about people, events, history and even municipal politics. Porch Views helped me develop my writing skills, and it helped me zero in on the kind of research and writing to which I want to dedicate myself.

I support the Pauls' goal of providing an alternative source for news and opinions on community growth, community affairs, arts and culture. In particular, I encourage them and their contributors to continue demanding accountability and transparency from all levels of government on behalf of the citizens of the Madawaska Valley. Like other readers, I am looking forward to The Current's incisive coverage of the many critical issues affecting the community and the exploration of human-interest stories just waiting to be told.

AUF WIEDERSEHEN

If you were a regular reader of Porch Views, I am grateful for your interest. I plan to continue researching and writing, so it is possible you will see my work again sometime in *The Current* or other Renfrew County publications. Danielle and I jokingly referred to this final column as the "auf Wiedersehen piece," but it seems appropriate—until we meet again.

MV to review all committees' terms of reference

DANIFI I F PAUI MADAWASKA VALLEY

At the Madawaska Valley Council in Committee (CiC) meeting on January 14, CAO Klatt reported that pursuant to direction from Council, staff is meeting with all Committees of Council to review their terms of reference or memoranda of understanding, hopefully by early February. Stephanie Plebon, Recreation and Community Development Coordinator, provided the Township's insurer's requirements for community groups and volunteers using municipal facilities. Mayor Love said all committees should provide their plans and budgets to MV before budget time since one of the insurer's conditions is that "all finances are directed by Council or at least approved by Council." She said the goal for the committee review is to ensure that all Committees of Council and community groups are treated in a similar fashion, depending on whether their relationship with the municipality is via a Memorandum of Understanding or a Facilities Use Agreement.

Mayor Love reviewed the insurer's risk management outline for volunteers and said as more volunteer groups come forward to provide recreation programs it would be useful to have a plan including job descriptions and volunteer recognition. Councillor Willmer agreed that volunteers should be protected and recognized, and that all committees would benefit from this information. Council moved that staff

Porch views: The "auf Wiedersehen" piece, continued—

Besides, how could I resist a quote from a Broadway musical?

"So long, farewell, auf Wiedersehen, adieu!

Adieu, adieu, to you and you and you!" Publisher's note: On behalf of Danielle and myself, and the many readers who have reached out to say how much they have enjoyed your Porch Views column and other pieces in The Current, we thank you, Mark, for sharing your insight and deep love of the Valley and its residents in your writing. Good luck and au revoir! —Roger Paul

look into developing a Volunteer Plan.

CAO Klatt reported on the Union Contract Renewal, saying there was no need for mediation or legal advice during negotiation. She said the municipality stuck to a three-year term rather than the five-year term requested, so as to stay within the term of Council. Council accepted the report as information and dealt with the details of the Collective Agreement in camera.

Council passed a By-Law regulating the appointment, duties and remuneration of Township Officers and Non-Unionized Staff.

The final By-Law passed on January 14 by Council provided for remuneration for members of Council, During 2020, Councillors will receive \$1,705.51 per month (\$20,466.12 per year) and the Mayor will receive \$2,359.70 each month (\$28,316.40 annually). The remuneration for members of Council was increased by 2.2 percent from 2019 amounts.

Council did not support a request from the City of Woodstock to help fund public education but did resolve to provide instead a letter in support of a province-wide harmonized ban on single-use plastic handled shopping bags in a motion brought by Councillor Willmer and seconded by Councillor Shulist. Deputy Clerk Gwen Dombroski suggested the move be publicized by the municipality.

FEBRUARY MEETING SCHEDULE

Feb. 4. 10 a.m. Council in Committee: Feb. 14. 10 a.m. Special Council Meeting re Strategic Plan; Feb. 18, 4 p.m. Council; Feb. 27 and Feb. 28, 10 a.m. Special Council Meeting both days re 2020 budget



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LETTERS TO THE EDITOR

The Current welcomes letters to the editor, which should be addressed to lettersmadvalleycurrent@gmail.com or The Madawaska Valley Current, PO Box 1097, Barry's Bay, ON K0J 1B0. Please include your first and last name, address and phone number for verification. (These will not appear in print, only your name and municipality will.) The Current also encourages readers to use the online "Reply" box if they wish to comment about an online article.

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Teachers and school staff hold protest in Barry's Bay

DANIELLE PAUL BARRY'S BAY

Members of the Elementary Teachers' Federation of Ontario (ETFO) from the Madawaska Valley family of schools demonstrated their support at an action today in Barry's Bay. Staff representing Whitney Public School, Sherwood Public School, Killaloe Public School and Palmer Rapids Public School gathered at Zurakowski Park to show solidarity together. They walked along the Opeongo Line displaying signs protesting against the province's position in the education negotiations.

Nancy Matschke, ETFO union steward for Palmer Rapids Public School, said the staff involved in today's action were not just teachers. They included personal support personnel, school support counsellors, education support personnel – a representation of the entire ETFO membership. They were also accompanied by some people from the Ontario Secondary School Teachers' Federation (OSSTF).



Some of the demonstrators from the MV family of schools.

Maschke said, "For me, the big emphasis today is we need our support workers. We need our EPAs, we need our

school support counsellors. We need that support in the classroom to meet all of the different needs of the students."

OPP tips for safe snowmobile riding

OPP KILLALOE DETACHMENT KILLALOE

Snowmobile safety is an important component of the Ontario Provincial Police Traffic Safety Program. The OPP remains committed to ensuring that snowmobiling remains a safe recreational activity in Ontario. The OPP collaborates with the Ontario Federation of Snowmobile Clubs (OFSC) to promote safe, and enjoyable snowmobiling throughout Ontario. OPP Killaloe Detachment shares the following safe riding snowmobile tips, to ensure riders return home safely after each ride.

Stay On The Trail: Staying on open OFSC trails is safer than riding anywhere else.

Know The Scenario: Like other motorized recreational activities, snow-mobiling poses certain risks. Be prepared for the unexpected and avoid unnecessary risks.

Choose the Right Time and Place: Make a smart choice about if, when,

and how to ride based on the conditions at the time.

Choose Good Visibility Conditions: On the snow, many factors can severely limit your ability to see properly, including snow dust, white-outs, heavy snow or freezing rain, sun glare, flat or light fog, fogging or icing of visor and or eye glasses and darkness.

Spread Out: Snowmobilers are reminded to keep a safe distance from other riders.

Be Vigilant: You always need to know what is going on around you to be able to properly assess your position and next moves.

Use Hand Signals: The use of hand signals is both courteous and responsible. Hand signals can be found at www. ccso-ccom.ca/hand-signals/.

Keep Right: By choosing to keep your sled to the right side of the trail, you increase your chances of staying out of harm's way.

Be Prepared: The best plans will have you prepared in the event that an inci-



PHOTO BAYTODAY.CA

dent occurs. To help ensure your safety make preparations like filing a ride plan before going out, carrying reliable communications devices and always riding with a personal emergency kit.

Please ride smart, ride safe.

Open letter to MPP John Yakabuski on behalf of Renfrew County secondary school teachers

I recently noticed your ad in a local newspaper wishing us a happy new year and also asking if you could help.

The answer from any of your constituents concerned about the direction your government is taking with education is YES.

How might you help?

As a cabinet minister here in Ontario, you can help by taking the message to the Ontario government that schools within your riding are already struggling to meet the needs of every student in Renfrew County, especially those in the smallest schools in our district and our most vulnerable students. If the government's plan to increase the average class size to 28 were to be realized, our most vulnerable students are the ones that are going to suffer the most. It would mean 25 percent of the caring adults in our schools would no longer be there to support the students who need them the most. In Pembroke (Fellowes) it would mean about 11 fewer teachers (66 fewer course offerings), in Arnprior it would mean 10 fewer teachers (60 fewer course offerings), in each of Renfrew (RCI), Opeongo, and Petawawa it would mean roughly 7 fewer teachers (42 fewer course offerings), in Barry's Bay it would mean about 6 fewer teachers (36 fewer course offerings), and in Deep River it would mean 4 fewer teachers (24 fewer course offerings). In this current school year, the average class size increased to 22.5 from 22, and the number of difficult decisions that had to be made at the expense of our kids was troubling.

It meant some classes had to be cut, some had to be combined, some had to be offered by e-learning (more about that later). Each of these decisions did not make education better for our kids here in Renfrew County. Any greater increase in class size, would only multiply the number of cuts that were already made for this current school year. (Education Minister Lecce's suggestion that 25 to 1 is a decrease is a false statement, 25 to 1 would multiply the number of cuts already made for this school year

by a factor of 6). You are our representative in the Ontario legislature and we need you to be our voice. You can help on this issue!

You can help by demanding that mandatory e-learning for all students be quashed, as it will most definitely cause graduation rates to fall, both in Renfrew County and across the province. Locally, e-learning has been a platform that many of our university bound students are already accessing to gain the prerequisites necessary for the programs they hope to take at the post-secondary level. Our students in Renfrew County, and again in our smallest schools especially, already have to take a disproportionate number of e-learning courses compared to those students of bigger, urban areas. Of these students who take e-learning in our district, most would tell you that an e-learning platform is nothing like having a face-to-face teacher delivering the course. E-learning is anything but optimal for our top students and would be impossible for many struggling students in our system. To make e-learning mandatory would block access to a high school diploma for some of our students (again, the most vulnerable). Firstly, internet, let alone high speed internet, is not accessible to every student in Renfrew County: for some it is because of a lack of infrastructure, for others it is because of the sheer cost of internet - how can the government mandate a platform that not all students can access equally? Secondly, the supports that many of our most vulnerable students need in a regular classroom to be successful would not be available, nor be accessible, through an e-learning platform. If e-learning were to be mandatory for all students, those captured in the groups listed above simply would not be able to graduate.

For myself these two issues alone in education, class size and mandatory elearning, are the ones YOU CAN HELP us solve moving forward.

—Christian Sell, Ontario Secondary School Teachers' Federation, District 28, President for Renfrew County Deet Skin
Fire Ranger

Fire Ranger

BOB CORRIGAN
BARRY'S BAY

I sure hope someone can come forward with some further information on this interesting-looking character.

The photograph is inscribed "Deer Skin, Fire Ranger, Madawaska. Ont."

Someone told me that this man's name is Richard Conroy, also known as Buckskin Dick, and that he was the first game warden in this district.

If you can shed some light on this, please share it with us.

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 KOJ 1BO. Originals will be returned.

MP Gallant says big banks abandon rural Canada

CHERYL GALLANT PEMBROKE

Cheryl Gallant, MP for Renfrew-Nipissing-Pembroke, the Opposition Shadow Minister for Northern Ontario Economic Development, is calling for a federal action to improve competition to Big Banks.

"With the Big Banks closing down more and more rural bank branches, action is needed to make it easier for banking solutions to fill the smaller markets being abandoned by the Big Banks," said Gallant. "Many small communities have neither internet access nor a transit system to a larger commercial centre."

Since the Liberals were first elected, a dozen local bank branches across Northern Ontario have been closed, including CIBC branches in Englehart and Terrace Bay, TD in Marathon, both TD and CIBC in Atikokan, and now the Scotiabank in Beachburg is to be closed in June.

"Recent changes to the Banking Act by the Trudeau Liberals have made it easier for the big five banks to close rural branches," said Gallant. "Rural Canadians, seniors and the vulnerable are being forced to live in banking deserts,



MP Cheryl Gallant with ScotiaBank Mike Brydges about Beachburg branch closure.

and Parliament needs to act."

"It is the most vulnerable in our communities who rely on having physical bank branches," observed Gallant.

During the last Parliament, the Trudeau Liberals passed Bill C-86 which set out the process for banks to close rural branches. Banks in rural areas must notify the municipalities and customers of the closure six months in advance.

"Seniors, persons living with disabilities, and lower income Canadians need access to physical banks branches, and all Trudeau did was clear the path for banks to abandon them," noted Gallant.

MPP Yakabuski releases statement about Support for Parents initiative

JOHN YAKABUSKI MPP PEMBROKE

"While parents in Renfrew-Nipissing-Pembroke are frustrated by teacher union escalation every few years, it is unacceptable that union leaders would

ramp up strike action and make families across the province scramble for childcare.

We recognize the impact of union escalation on families is real, and unions expect hard-working families to bear the costs of their cyclical labour action. That's why our government launched its Support for



Parents initiative that puts money directly into the pockets of parents.

The immense uptake of our Support for Parents initiative speaks volumes to the level of uncertainty unionled strike action causes.

Our government will continue to focus on reaching voluntary agreements with the teachers' unions, so Ontario students stay in class where they belong."

More information on the initiative can be obtained by calling 1-888-444-3770. As of January 20, 2020, the government had received 149,464 applications.

LETTERS

Reader requests more Valley heritage

Dear Editor,

Came across your paper on the internet by accident (now on my bookmarks). Love some of your articles and old photos. I am interested to see more history of the area and residents. Currently, I am trying to put together articles on "Cybulski's." Wonder if you would be able to feature something surrounding them—Cybulski dairy, garage, etc. as well as Cybulski's in Killaloe, etc.

Shall be checking in and hope to see old history! I feel newspapers are the ones keeping history alive by reporting news that someday will be good reference material!

Thanks, Barbara Dombroskie

Hints to help you feel better this winter

CHELSEA CLARKE WILNO

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

REDUCE YOUR RISK OF DEMENTIA

In a large-scale study published in the Journal of the American Medical Association (JAMA), dementia-free participants over 60 years old were examined for genetic variants that are associated with dementia, along with a "healthy lifestyle score," which included factors such as smoking, physical activity, diet, and alcohol consumption. While those who were predisposed to dementia were very likely to eventually develop the disease, lifestyle played a huge role in the likelihood of development, with results showing triple the risk for participants leading unhealthy lifestyles.

VITAMIN C OVERLOAD

Cold and flu season is here, and that may have you reaching for extra vitamin C. But if you experience diarrhea, nausea, stomach cramping, bloating or general abdominal discomfort, it could be a sign you've overdone it.

SHOULD YOU TRY FITNESS SNACKING?

If you've got a busy schedule or you're just not in the mood for a workout, experts recommend "fitness snacking" or popping quick bursts of exercise into your day instead. Making an effort to walk the dog, take a jog around the block, or perform some jumping jacks and squats while you're waiting for the kettle to boil can all add up to making sure you get your heart rate up for the day.

FOUR YOGA POSES ANYONE CAN DO

Yoga can reduce stress while improving strength, flexibility, and sleep quality, and you don't have to be able to put your leg behind your head to get the benefits. Try these basic poses to get started.

Forward Fold: From standing with feet hip-distance apart, raise your arms up over your head, then lower them as you simultaneously hinge from the hips and fold your upper body towards the ground. Bend the knees, or rest your hands on your shins. Reverse the motion to come back to standing.



Shown above are some foods containing Vitamin C. PHOTO: OSCILLO.COM

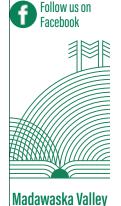
Cat/Cow: Get onto hands and knees, stacking the hands under your shoulders, and knees under your hips. As you inhale, arch your back towards the ceiling while dropping your head. As you exhale, look forward while dropping the belly towards the ground to curve the spine. Follow your breath to move through these poses.

Child's Pose: Sit on your heels and bring the knees wide apart. Hinge forward to bring your body towards the ground, reaching your arms out in front of you, or stacking your hands in fists to rest your forehead on top if that feels more comfortable. Relax into this pose to get a stretch in the hips.

Tree Pose: From standing, lift the right foot and place it on your left leg, either at the ankle, or below or above the knee. Bring your palms together in front of your chest. Aim to increase how long you can hold the balance, and be sure to practice on both sides.

Consult your healthcare practitioner before starting a new exercise program.

Full disclosure: Chelsea Clarke's business Madawaska Valley Dance offers yoga sessions starting in March.



PUBLIC LIBRARÝ

Toddler Time: Fridays, January 17 to February 28, 10:15 to 11:00 am. Stories, songs and crafts for toddlers.

First Nations Early On Program: Monday, February 24, 10 am. Indigenous crafts, stories and teachings. Recommended, but not limited to, children up to 6 years. Please register for this program by contacting the library.

LEGO Club: Saturday, February 15, 2 to 4 pm. Join us for an afternoon of creative fun. Recommended, but not limited to, children from Kindergarten to grade 5.

Library Book Club: Wednesday, February 5, 10 am to 11 am. We'll be discussing "Crossing the Continent" by Michel Tremblay. Copies of the book are available at the library.

Cabin Fever Trivia Night: Thursday, February 27, 7 to 9 pm, at

the Barry's Bay Legion. Register your team by contacting the library. Cost per team \$90 (\$15/person). Maximum of 6 per team.

Photography Course: Thursdays, February 6, 13, 20, March 5 (4 weeks), 7 to 9 pm. Cost \$100. Register by contacting the library. Limited number of spaces.

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

The glory days of the Balmoral Hotel

DANIELLE PAUL BARRY'S BAY

The Station Keepers MV launched their Month of Sundays (31 events during 2020) on January 19 with The Local, a series that will focus on local historic buildings and the families associated with them. "The first show deals with the glory days of the old Balmoral Hotel, something I know a bit about," said Joanne Olsen, president of the nonprofit Station Keepers and a member of the Billings family who originally build the hotel in 1894. The Local is hosted by well-known son of Barry's Bay, Sean Conway, who was one of Olsen's childhood neighbours. More than 30 people came to the Barry's Bay Railway Station to learn about and share reminiscences of the Balmoral Hotel.

Conway took Olsen through her memories of not just being born into the hospitality industry, but her experiences as an employee. She described the no-nonsense rules that a young hotel worker had to follow, family member or not, and her pride when she was "promoted" to waiting at table in the hotel dining room. Olsen described the "sample room" that travelling salesmen used to display their wares to local business people. Her reminiscences included not just family members and the people who worked in the hotel, but also the boarder who lived - and died - there. The two discussed the historical impact of liquor licensing laws in the region, a topic echoed by audience members.

Emcee Kristin Marchand then invited all present to share their Balmoral memories. The stories related the role the building and its people played in their lives from post-game celebrations, special events like family weddings, and the annual St. Paddy's Day party to high school memories of when the drinking age was lowered to 18. The Balmoral was "the place to be" on Friday nights when you came home for the weekend, said Terry Recoskie.

After the event, Conway talked to The Current about the importance of the railroad: "There were much higher levels of social integration because ...



Joanne Olsen with host Sean Conway and emcee Kristin Marchand.



that's how they moved around. Trains were much more social than cars, and when you got off the train you had to go someplace, either to eat or to stay. It's hard for people to imagine today what these railway hotels were.... You didn't have a car, you'd go to the hotel because the papers, the mail and everything, people were coming. Lawyers, judges, businessmen, they dined at the hotel. And the food! Joanne is absolutely right, the food was excellent."

Glory Days of the Balmoral was audio-recorded in front of a live audience and is digitally preserved as part

of a regular Sunday podcast, The Opeongo Line, by producer Barry Conway. Search for The Opeongo Line logo in your favourite podcast player app.



LEGO lovers live it up at the library



Austin Voldock with his house and garden creation. PHOTO JAMES DI FIORE

THE CURRENT MADAWASKA VALLEY

Keen lovers of LEGO enjoyed themselves on January 18 at the first meeting of the Madawaska Valley Public Library's new LEGO Club. The free club is for children 5 years and older. Anyone who enjoys LEGO building or wants to start using LEGO as a hobby is welcome to join.

Despite the wintry weather, eight young people attended on January 18. Library staff members James Di Fiore and Julia Beggs were on hand to encourage the young builders and take photos of their complex constructions. Di Fiore told The Current that the kids created their projects from their own ideas, not from LEGO patterns. Beggs explained, "Some of them had a lot of experience with LEGO but some of them had very little. It was a great opportunity for some of the older kids to show what they knew about building with LEGO and was overall a very exciting afternoon!"

The next meeting of the Library LEGO

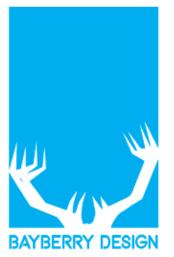
Club will be held on Saturday, February 15 from 2 p.m. to 4 p.m. Newcomers are welcome. For more information please contact the library at 613-756-2000.











613.756.2580 www.bayberrydesign.ca info@bayberrydesign.ca

Set the table Kashubian style!

DANIELLE PAUL BARRY'S BAY

Twenty-six participants tried Kashubian embroidery at the Opeongo Seniors Centre in Barry's Bay on January 10. The free workshop was led by tutors Catherine Bloskie, Joyce Lorbetskie and Theresa Prince who are members of the Kashubian Embroidery Club which meets at Wilno Heritage Park during July and August.

This time, the trio were teaching the traditional needlecraft as part of "The Handmade Feast – We set the table for ..." art installation. The Handmade Feast, a project of Ottawa Valley Creative Arts Open Studio (OV-CAOS), involves artist-led workshops throughout the Valley where participants learn how to create all the elements of a table setting. The goal that Friday was to use Kashubian embroidery techniques on a table napkin.

The eager participants varied in age, gender and sewing experience. Each person received a kit containing an unadorned napkin with a preprinted design, thread, needle, handy needle-threader, embroidery hoop, diagrams, instructions and background information.

The participants learned about the elegant simplicity of the Zukowo style (there are about a dozen Kashubian styles) and the meaning behind its limited palette (seven basic colours).

During the afternoon, the tutors not only demonstrated to the group as a whole, but also circulated among the tables to ensure everyone received some one-on-one encouragement and instruction.

Progressing at their own speed, most attendees had learned the stem, satin and satin leaf stitches, and how to make French knots, and ended the workshop by happily comparing their napkins.

The Handmade Feast offers two remaining workshops (Candle-making on Feb.11 in Palmer Rapids, and Mixed Media Collage placemats on March 6 in Killaloe) before everyone is invited to the community feast that takes place at the North Street Community Centre, 12 North Street, Killaloe on Saturday March 29.

The project has received funding from New Horizons, and workshops are open to everyone although priority is given to those over 60. To register for workshops or the feast, call Anya Gansterer of OV-CAOS at 613-633-1236.







PHOTOS TOP TO BOTTOM: Anya Gansterer OV-CAOS Co-creative Director (standing) welcomes participants. Workshop tutors Catherine Bloskie (left), Joyce Lorbetskie and Theresa Prince display embroidery samples. Everyone worked at their own speed.

The NATURAL

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