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Novice players weigh-in on hockey

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Musical legend debuts in Parry Sound

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A decade of pain and recovery

When drugs lead to the death of MacKenzie Stevenson, it left his family deeply affected for years to come

Editor's Note: A decade ago North Star senior reporter Stephannie Johnson wrote a series about drug addiction in Parry Sound and the lives it touched. The 2005 series began with an emotional story of a mother who fought to save her son from the clutches of drug and alcohol abuse.

This is her story, ten years later. This is the first in a series of stories.

PARRY SOUND – It's been said that time is an illusion, that the difference between a minute, a year, is inconsequential; it's especially true with death and doubly so with the death of a child.

It's been 10 years since Angela Moffatt's son MacKenzie Lee Stevenson took his own life.

He turned 18 just the month before, had been battling a drug and alcohol addiction; stealing, lying to feed that dependency.

Despite his mother's best efforts, her appeals to his probation officer, the police and even the Crown Attorney to get the long-term treatment she said he needed, he hung himself on May 7, 2005.

"I fought as hard as humanly possible for him," Angela said in the August 2005 interview. "In hindsight, maybe I could have fought a little harder instead of perhaps being afraid of making enemies in this town. I think I would have yelled a little louder."

Since his death Angela said she has had to be the hesitant bearer of "the flag," leading the way to encourage open dialogue about suicide prevention and erasing the stigma associated with addiction.

After all, it was 11 months to the day of his death that Angela said she confronted her own demons and got sober.

"He was always such a happy kid; always smiling or laughing. But I think the deck was stacked against him. Both is father and I were/are recovering alcoholics," Angela said. "Looking back, ten years ago I was so broken. It was still so fresh, so new and in a lot of ways I think I was still in shock. The pain was so raw."

Two years after MacKenzie's suicide, Angela and her two youngest daughters, Tori and Cassie Lynn, moved south to Barrie, where they live today.

"His death inexplicably changed all of our lives, altered all of our courses. Because we're each individuals, we've handled and found our way through it in different ways and at different

ADDICTION'S LEGACY

Part 1 of 3

by Stephannie Johnson



Submitted photo

Even as a toddler, MacKenzie Lee Stevenson, circa 1988, was always smiling.

times," she said. "It's a very personal process. Some are at different stages in that process, some really haven't dealt with it yet, others have."

"My middle daughter went down a bad path. Pain drove her to addiction and self-mutilation, but now she's well; for a few years there it was tough and go. For my other daughter, it's driven her to succeed so that she can help others. My youngest, she was so young when it happened, it's still kind of fuzzy for her I think."

Angela's daughter Cassie Lynn has been sober for a year. She was almost 13 when she found her brother's lifeless body and she's struggled with addiction, self-harm and mental illnesses as a result.

"It was very hard to deal with things, it was like walking on eggshells," said Cassie Lynn.

See 'I will' page 2



Brent Cooper photo

Re-elected Conservative MP Tony Clement gets best wishes from Liberal opponent Trisha Cowie.

Tony Clement admits to seeing Conservative defeat coming for weeks

BY BRENT COOPER

PARRY SOUND - Tony Clement sat in a cold, unlit backroom of the Kirrie Glen golf club while the cacophony of his celebration party threatened to drown out the conversation from the other side of the door.

The just re-elected Parry Sound-Muskoka MP took time to reflect on the historic aftershocks of the 2015 federal election, one that saw his Conservatives swept from power by a Liberal wave, and one that put him into unfamiliar territory as an opposition member, the first time he has been one in his political career, either provincially or federally.

"The job changes a little bit because part of my job will be to hold the new government to account. But I made a promise to Parry Sounders and Muskokans that I would always be in their corner, and that part doesn't change whether it is representing the values of Parry Sounders and Muskokans in Parliament or whether it means just being there for them ... that part of the job doesn't change," he said.

You would have to go back to 1980 to find the last time this riding elected an MP as an opposition member. Parry Sound-Muskoka voters chose Conservative Stan Darling, while the country put the Liberals into power ... a party led by a man named Pierre Trudeau, the father of the country's new prime minister.

Clement admitted he knew for some time his party would not be enjoying the victory at the polls it had hoped for on election night.

"I really had been reconciled to this for quite a while, the last two or three weeks, and I have

seen this in my political life over 20 years of politics. When the tide of change comes, it can be quite forceful. We certainly saw that and I think we as Conservatives have to learn from that and make some adjustments."

What changed for the Conservatives?

"I think at the end of the day, we couldn't expand our base and we weren't speaking to Canadians in a way they wanted to hear. Part of that is longevity in government. It is natural and expected in a democracy we are going to have alternation. Part of it is that certainly, you know, certain things cheesed people off and I think we have to be honest with that."

Clement said that now he is in Opposition, he will carefully watch the government to make sure they honour their commitments to the country and this riding.

"They made a lot of promises and I want to see how they do that in a fiscally prudent manner, as best as possible to the benefit of Canadians. It is one thing to promise things in Opposition; it is another thing to govern."

When asked if the election had changed him as a person and a politician, Clement said, "That's a good question."

"I feel like I am the same guy. What I got at the door was, 'We like you Tony, we like the way you look out for the riding, we like the way you are a positive person, a friendly person,' so that I hope that never changes because clearly that is what people expect of me. But I do have a different job in the next Parliament, but that is fine. That is why I decided to run."

Parry Sounders 'come together' to support Blue Jays

BY PAIGE PHILLIPS

PARRY SOUND – In the world of sports, many iconic moments are immortalized in the minds of fans and the country alike. The seventh inning in Game 5 against the Toronto Blue Jays and the Texas Rangers last Wednesday is one of those moments.

Last Wednesday, Blue Jays fans all over the country were on the edge of their seats, watching arguably one of the most bizarre innings in baseball history. It was the deciding game in the American League Division Series – the stakes were high and emotions even higher.

"People have been starving for something to cheer for," said long-time Blue Jays fan, Dan Kingston. This season, the Toronto Blue Jays have advanced to the playoff series after a 22-year hiatus, formerly advancing and taking the World Series title in 1993. Comparatively, Toronto's hockey team, the Toronto Maple Leafs, haven't clinched a Stanley Cup title since the



Submitted photo

The Kingston family, pictured from left, Rachael, Bobbi-Jo, Megan, and Dan dressed in their game time finest at one of the four games they attended this season.

1966-67 season and in the past 10 seasons, have only advanced to the playoffs once where they faced off against the Boston Bruins in quarterfinals during the 2013 Stanley Cup Playoffs. The Leafs

lost to the Bruins in an agonizing overtime period in Game 7. The Leafs current 48-year Stanley Cup drought is the longest in NHL history.

On October 14 the score was tied

2-2 and when Blue Jays catcher, Russell Martin threw the return to pitcher Aaron Sanchez. The ball hit Shin-Soo Choo's bat and rolled down the third-base line. Sitting on third base, Rowned Odor, raced home. The umpire called the play dead while Odor made his way home and sent him back to third. An 18-minute play review ensued, resulting in a run for the Rangers and Blue Jays fan reacted in protest, throwing garbage onto the field. Then, for the first time in postseason history, a team committed errors in three consecutive plate appearances, which saw the bases loaded in Toronto's favour. The Blue Jays scored a run, bringing the score to a tie of 3-3 and then José Bautista took to the plate and everyone knows what came next. The welcome crack of the ball meeting Bautista's bat as he delivered a three-run homer and celebrated with his much talked about bat flip.

The Blue Jays held on to their 6-3

lead and advanced to the American League Championship, one step closer to the World Series title. Some Blue Jays fans remember the Jays' last World Series of both 1992 and 1993.

On Friday night, friends, teammates, and local Jays fans gathered at the home of Ashlee and Adrian Winn to watch Game 1 of the ALCS against the Toronto Blue Jays and the Kansas City Royals, a game which ended in a 0-5 loss for the Jays.

Like many people, the memories that remain of the Jays' last World Series was Joe Carter's infamous home run.

Logan Morrison, then a six-year old fan, said that he remembers running around his living room pretending to be Carter as he ran home after his homerun. Over two decades later, Morrison said that he hasn't been imitating Bautista in the last week, and has not resorted to flipping bats

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'Liberals are once again a force in Parry Sound-Muskoka'

BY ALISON BROWNLEE

PARRY SOUND – Trisha Cowie stepped into the room and was immediately met with boisterous applause and cheers on Monday night.

The Parry Sound Muskoka Liberal candidate's poll results had come within four per cent of Conservative incumbent Tony Clement, who won the riding's federal seat with 43 per cent of the popular vote on Oct. 19.

"Trish! Trish! Trish!" shouted a crowd of about 80 supporters at the Quality Inn, formerly Muskoka Riverside Inn, in Bracebridge.

Someone handed her a bouquet of flowers.

There was no sense the campaign had been a failure, despite the loss locally.

"Last Christmas, a young woman came to my house to meet with my family. I had never met her before. I don't think many of the people in this riding had ever met her before," said campaign manager Greg Black. "They sure all know who she is now."

The room erupted in cheers



Brent Cooper photo

Liberal candidate Trisha Cowie

and applause.

Black noted the 2011 federal election saw the Parry Sound Muskoka Liberals trail behind the Conservatives by about 44 per cent of the popular vote.

He called Cowie "the best candidate we've had in years for our area."

And there were more cheers.

He emphasized, though, there was more to be done.

"It gives us something to work for next time," he said.

Cowie then stepped to the podium for a prepared speech.

"Certainly, it is a bittersweet night here in Parry Sound Muskoka," she said. "But, at the end of the day, it is a great night

for Canadians."

The Liberal Party of Canada leaped into a majority government Monday night. Previously, the party had 34 seats in the House of Commons, but ended the night with 184.

"People are voting for real change. Justin Trudeau and a strong Liberal team will soon be in a position to start delivering better government for the people of Canada," she said. "And that is something we should be celebrating."

She said it had also been a good night for Parry Sound-Muskoka.

"The final results are not quite what we would have hoped for, but I believe we have put in a very strong showing – more than tripling the Liberal vote from the last election," she said. "The Liberals are once again a force in Parry Sound-Muskoka."

She thanked her campaign opponents and noted she had visited Clement to personally congratulate him.

"We did make significant inroads

in the effort to have Tony join his boss in retirement," she said to laughter. "But the people here have made their choice. Tony will once again be MP for Parry Sound-Muskoka, albeit in very different circumstances. I wish him well in the work that he has ahead of him."

The crowd broke into applause.

Clement is no longer a member of the federal cabinet and will now find a place among the official Opposition.

Cowie thanked her campaign team, supporters and family, including her young son.

"He will be happy to have more time with his mom, for sure," she said.

She added, though, that the campaign was only the beginning of her political life, which evoked more cheers and applause.

"We have accomplished much as a team and I fully intend to continue to help lead this team," she said. "I want to be ready for that next election."

Clement not committing or ruling out leadership aspiration

BY BRENT COOPER

PARRY SOUND - Newly re-elected MP Tony Clement is not committing to a run for the Conservative Party's interim leader's position or the party's leadership post.

He is not denying he would run either.

"We are going to go through the process and I've got a lot of thinking I have to do. I am not going to give you a scoop on anything, but I said last night I want to be a key element of the rebuilding of

our party and I meant that. So that is as far as it goes for now."

His comments come hours after Prime Minister Stephen Harper announced he would be stepping down as Conservative leader after his party lost the election to the Liberals and Prime Minister-designate Justin Trudeau. An interim leader is expected to be selected in the meantime, while the party goes about the process of finding a new leader.

Clement said Harper's resignation "was the appropriate thing to do,

given the circumstances."

"I think history will treat him kindly in terms of many of the things he was able to accomplish in terms of trade, fiscal prudence and those kinds of things. Clearly, it is time to move on as a political entity so that was the correct decision," he said.

He said he wasn't surprised by Harper's resignation, saying, "The die was cast some time ago."

"I thought that if we were not forming government, he would call it a day. The tealeaves were that

the other parties would combine and oust us if we won the most seats but less than a majority."

Over the next few days, Clement said he would be packing up his campaign office, heading to Ottawa to talk with his soon-to-be former ministerial staff – something he said he plans to handle with compassion – before tending to some other long-overdue duties.

"I have to pick up my dry cleaning on Thursday. So that is about it for now."



Parry Sound-Muskoka MP Tony Clement

'I will always have that hole in my heart,' Angela

continued from front

"Everybody was a mess. I was a heavy drug addict. I have an eating disorder, which I've recovered from. I also self-harm, which I've also recovered from. I couldn't stop asking why," Cassie Lynn said. "I continued to ask why and what if. There were so many blame games, so many stories, so many different questions that I have no answers for. I knew I'd never get answers so I stopped looking and I found inner peace."

Cassie Lynn decided to get sober on the ninth anniversary of her big brother's death. She said MacKenzie's suicide tore her family apart, but brought them back together again.

"We separated and then we grew back together...at the end of the day we're family and it's unfortunate that it was MacKenzie's passing that brought us together, but it did. As much as I bicker with my family and hate my family some days, they'll always be there. They will always be there. When I gave up hope on myself, my mom didn't give up on me. My mom's the reason I got sober and she doesn't even know it," Cassie said emotionally. "I'm so proud of her. I'm very proud of how far my mom's come. I appreciate everything she's done for me and helped me with. The relationship my mother and I now have is absolutely beautiful."

Since moving away, Angela said she hasn't cut ties with Parry Sound. She's returned to visit MacKenzie's friends, and attend their funerals.

"I've been to several funerals of friends of MacKenzie's who committed suicide," said Angela. "There were so many following his



Submitted photos
Above, always a good brother, MacKenzie, 10, has tea with his sister Cassie Lynn, 5. At right, in a time before there was such a thing, MacKenzie takes a selfie on a disposable camera shortly before his suicide. Far right, MacKenzie and his niece, Amelia.

death - at least a dozen people I can think of. It breaks my heart, but there's still a stigma attached to both addiction and suicide; more often than not the two go hand in hand, along with mental illness. I wish other parents would speak out about it. I really do, because the more you talk about it, the more awareness there is. Talking about it, I think has helped me.

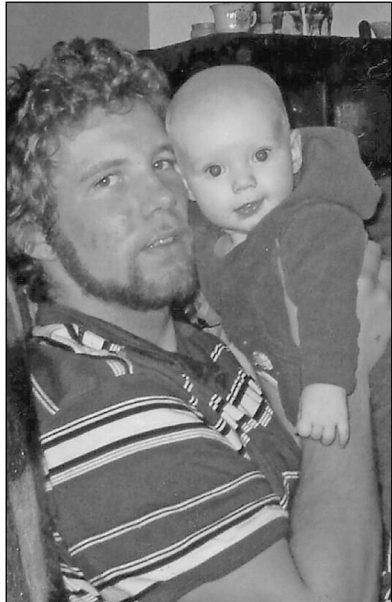
"There's always guilt, and blame and what ifs and I was and still could be plagued by all of those things, if I allowed myself to be. What if I had gotten sober a couple years before? What if? It's my fault because I set a bad example – blah, blah, blah – it never ends. But I wasn't the one that put that thing around his neck; at the end of the day it was his decision. I'm sorry he was in



so much pain, that that seemed to be the only way to stop it, but not talking about it just allows the cycle to continue."

On the tenth anniversary of his death a close-knit group of family and friends met at the Salt Docks in Parry Sound, where they talked about the jokester with a kind soul, told stories, shed a few tears and released lanterns in his memory.

"MacKenzie was a wonderful big brother," Cassie Lynn said. "We spent a lot of time together. He was caring



and loving. He used to take Tori and I to the park, swimming and sledding. I miss his smile and his ability to love anyone and put a smile on anyone's face. He loved to laugh. He loved his family and friends."

More than 150 members strong, Angela formed the Facebook group RIP MacKenzie in April 2008. The page is filled with photos, and posts from family and friends talking about the teen.

"My hope has always been that people would share memories or stories or music that he liked on that page. I feel driven to keep him alive in people's memories," said Angela.

Today, Angela has four grandchildren, one named MacKenzie, after his uncle.

"I don't know if I'm actually looking for it, or if it's really there, personality-wise there are

a lot of similarities. He doesn't really resemble MacKenzie, but he does remind me a lot of him. At the beginning it was really hard for me to call him by name," she said.

Letting go of the past, means letting go of pieces of MacKenzie and his impact on all of those who loved him. It's a balance, Angela said, between remembering and letting go.

"It's sometimes a very difficult one to strike. When we're together as a family when it's occasions like Easter or Christmas I always mention the ones that aren't here with us. I have pictures of all of my children - but probably more of MacKenzie - hanging in my home. I think about him every minute, of every day and I speak of him probably every day – still. He's still part of the family, even though he's not here," she said. "I miss him with every breath that I take. I will always have that hole in my heart, and I would not wish that on my worst enemy."

And what she missed most about her 18-year-old son ten years ago is the same today.

"His laugh. He always laughed," she said. "He made people around him laugh. Other than the last little bit when he was troubled, he lit up a room when he walked in. He made people happy. His kindness and his generosity and his loyalty; I miss them, but if I had to pick one, I'd say his laugh."

....

In next Wednesday's North Star Stephanie Johnson revisits a mother and her son who battled his own drug addiction.

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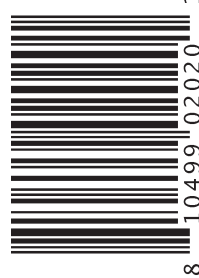
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MACFIE

Forest fashions of a century ago

PAGE 2



SPORTS

Atom players give their two cents

PAGE 6



Marianne Boyda-Moloney photo

Terry Little's Autumn Fiddle Fest

Last Saturday, the Charles W. Stockey Centre was the host venue for the ninth annual Terry Little's Autumn Fiddle Fest. The sold out show featured Amanda Macinnis, Paul and Melika Lemilon, Dan and Kelsey Mighton, Andrew Giroux and Marianne Brousseau, Felix Hout, Emily Yarascavitch, Sarah Johnston and Genevieve Hemelin, The A Team, Terry Little and members of the Big Sound Fiddle Club. Pictured above, members of The A Team perform to a captivated audience.

See full story on Arts, page 9

Victory veteran passes on positive outlook on positive outlook

Second World War veteran Ernie Watthey, dies, leaving behind a legacy of love for community, school and country

BY STEPHANNIE JOHNSON

PARRY SOUND – For Ernie Watthey, the glass was always half full.

The man of faith, Second World War navy veteran, member of the Royal Canadian Legion Branch 117, Shriner, and Mason died last week at 92.

In 2004 Watthey was honoured with the Order of Parry Sound in part, for his volunteer work through Meals on Wheels and visiting those sick in hospital or living at Belvedere Heights.

“It’s a great honour to receive this prestigious award,” Watthey said in January 2004. “I won’t say anymore, because my sentiments are close to my eyes.”

Although proud of his time serving his country, family said one would be hard-pressed to hear stories from that part of his life.

However, if he was asked about his time spent as a student at Victory School, Watthey had stories upon stories, upon stories.

Just this past January former principal, now professional photographer Thom Morrissey interviewed Watthey in the first of many taped interviews with those associated with the school as part of a commemorative project.

On video, a grinning Watthey reminisces for nearly 20 minutes about his favourite teachers, the

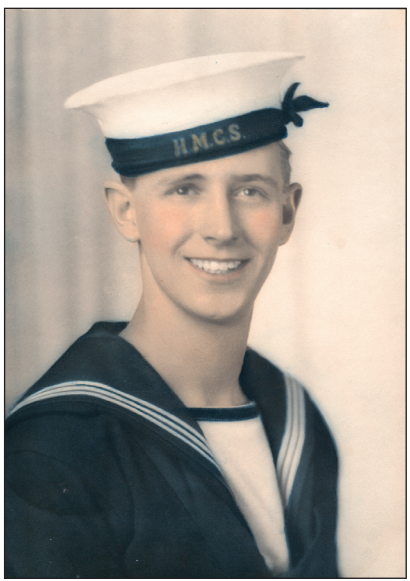


Photo left, Ernie Watthey, circa 1943 and photo right, Steven Shurr visited Watthey while he was in the hospital earlier this year. Watthey died on October 20. He was 92.

Submitted photos

laughs they provided students, as well as track and field days and some hard lessons learned.

“Miss Vincent was (my) teacher. Remember I said a bad word once, I heard it outside from the older boys and some of the boys laughed and I thought it was funny,” said Watthey during his interview with Morrissey. “It wasn’t too funny. The girl I said it to, put up her hand and said, ‘Miss Vincent, Ernest said a bad word.’”

See 'He always' page 3

Addiction couldn't wait

Revisiting a family who lost teen years to Oxycontin dependency

Editor's Note: A decade ago North Star senior reporter Stephannie Johnson wrote a series about drug addiction in Parry Sound and the lives it touched. In second story in the series Stephannie sat down with a mother and her teenage son who came through an addiction to Oxycontin.

The real names of the family have not been used to protect their identity.

This is their story, ten years later.

ADDICTION'S LEGACY Part 1 of 3

by Stephannie Johnson

PARRY SOUND – It was hell, a literal living nightmare for the Smith family, during those years when drugs had a chokehold on their lives.

Where so many others succumb under the unbearable, crushing weight of drugs, John Smith made it out alive. Although he has lost his carefree teenage years, it's a small price to pay for having his life back.

“I always say he's my hero,” said Jane, John's mother. “So many people can't do it, because no matter how much support you have around you, unless you want to do it, you're not going to do it. He has the willpower, I think and the desire.”

Like so many before him, John's addiction began more than a decade ago with an innocent teenage curiosity.

It started with marijuana; a daily “toke.” Then he needed something a little stronger, something to curb his anxiety and depression; Tylenol 3s seemed to fit the bill. The combination of acetaminophen and codeine gave John a euphoric feeling of relaxation and unbeknownst to him, and started his quick descent into addictive prescription medicines.

“Then I wanted something stronger,” said John, who was 17 in 2005. “So I asked the dealer from whom I used to get pot, and he had some Percocet. He started to see that I liked those, so he got some Oxycontin and I just started taking those. I went from cutting one 40-milligram pill into four chunks a day, to doing five to eight 80-milligram pills a day. The idea of getting high stopped a long time ago. People who have never been addicted to drugs or alcohol have no idea of the desperation of needing to do drugs all day, every day, just to feel normal. It wasn't normal, but I wasn't getting sick.”

Although just as addictive, a decade ago the Oxycontin pill was easily cut or crushed into a powder to snort or injected; which increased the intensity of the high.

Crush-proof Oxycontin was introduced into the market in 2010 as an abuse deterrent. There are conflicting reports as to whether this pill has actually deterred users.

The addiction cost John not only friends, but hundreds of dollars everyday, which inevitably lead him to selling, stealing and borrowing money from dozens of people.

For a while, Jane figured her son's sullen mood and irritability were all just part of being a teenager, however when she found drugs in his wallet her fears were realized and John received help from Addiction Outreach.

He remained clean for nearly a year, receiving counseling and attending Narcotics Anonymous meetings, but soon fell back with the same old crowd and the drug use followed.

At 17 years old he was given an ultimatum: go to detox or get out.

“We got him to detox. We got to the point where he was so bad, and so sick, but still denying and sneaking around with the Oxycontin. We confronted him and gave him an ultimatum that he had to go to detox,” said Jane earlier this year. “Friends got on the phone on my behalf and called all the detox centres in the area and got him in that day.”

Following treatment, John was put on a methadone maintenance program. The family had to travel to Sudbury for his weekly dose.

See 'My life' page 2

Fluoride debate far from quenched

Town moves ahead with water plant upgrades

BY STEPHANNIE JOHNSON

PARRY SOUND – The appeals continue to come in. Although with less fanfare, the message is still the same – take the fluoride out of town water.

Wayne Gilbert is a life-long resident and a Parry Sound Fire Department platoon chief for the last 30 years. He took his turn leading the ongoing movement during Parry Sound's October 20 council meeting, letting them know he felt voices, including his own had been stifled.

“When my wife asked the town

if I could make a presentation she was told, ‘If this is about fluoride, we've already heard both sides.’ It appears to me, the old saying ‘Do not confuse the issue with facts, we have our minds made up’ applies here. I believe we still live in a free country where we're entitled to our beliefs and our freedom of speech and it is our right to be able to address council with our concerns and thoughts at will.”

Gilbert, who has been selling water treatment systems for the last three decades asked for those

who choose to install a system in their homes will they receive a reimbursement from the town?

'Missed the real point'

“What about the people that cannot afford to buy their water; the poor people of town? This is why we're supposed to be putting fluoride in the water is for those people,” he said. “The only reason I hear about the use for fluoride is it's supposed to be the savior for all cavities. I think we've missed the real point of what really prevents cavities,

proper diet, proper brushing, proper flossing, regular checkups, regular cleaning – none of this is coming out to the people that need it.

“This product you're putting in the water is not a naturally occurring fluoride. It's a chemical. It's a deadly industrial chemical. If it was a safe product to use would we have to spend a quarter of a million dollars? It's a dangerous, dangerous product to use.”


He urged the council to consider how fortunate residents are to have clean water.

“We do live in one of the absolute best places in the world. My wife and I just got back from

a trip to Germany and Austria and witnessed the poor, poor situation of the refugees fenced in a compound, nowhere to go, no country to live in. We've also visited Morocco, Botswana, Zimbabwe, South Africa and witnessed the poverty of those people, the poor conditions they live in,” Gilbert said. “Some would love to have the situation we have, discussing our water – they don't have any water.”

Gilbert said although the provincial government mandates the addition of chlorine to drinking water, there is no legislation for the addition of fluoride.

See 'Ratepayer' page 3




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Forest fashions of a century ago

MACFIE

By John Macfie

Once upon a time, October saw a mass migration from the towns, villages and farms of the district into the surrounding forest.

This was the season when logging contractors filled lumber camps with the axemen, sawyers and teamsters who, in coming months, would transform swaths of pine forest into millions of sawlogs and send them floating down the rivers to Georgian Bay.

An occasional benighted individual might show up in the bush wearing street clothes, useless for toiling in snow and cold. But the seasoned logger arrived togged out in a time-tested fall outfit befitting the occasion, and carrying over his shoulder a "turkey" stuffed with spare parts. For the lumberjack's life was plain but rugged, and he needed clothing to match.

Here are some photographs showing forest fashions of a century ago.



Photo courtesy of Addie Taylor

Heavy "Mackinaw" wool trousers cut off just below the knee, and thick woollen sweaters worn over industrial-strength longjohns formed the framework of the logger's winter outfit. A Mackinaw coat went overtop in severe weather. The common form of cold-weather footwear was the "shoepack," a high-topped moccasin made from tanned cowhide. Two pair of long wool stockings gartered at the knee kept the wearer's lower extremities warm.



In this picture, taken near Whitestone, Ernie Carlton (left) and Ed Bottrell showcase typical logging wear of the early 20th century.



Clothing worn on the spring and summer log drive also assumed a uniform look. The chief difference from winter apparel appeared on the feet. Custom crafted boots with spikes set in thickened soles for gripping wet logs were essential to the profession.



Courtesy of Amos North

A broad-brimmed felt hat was the chosen winter headgear of a surprising number of loggers. Some even made a name for themselves by working in the snow without mitts. Loggers were a different breed, indeed.

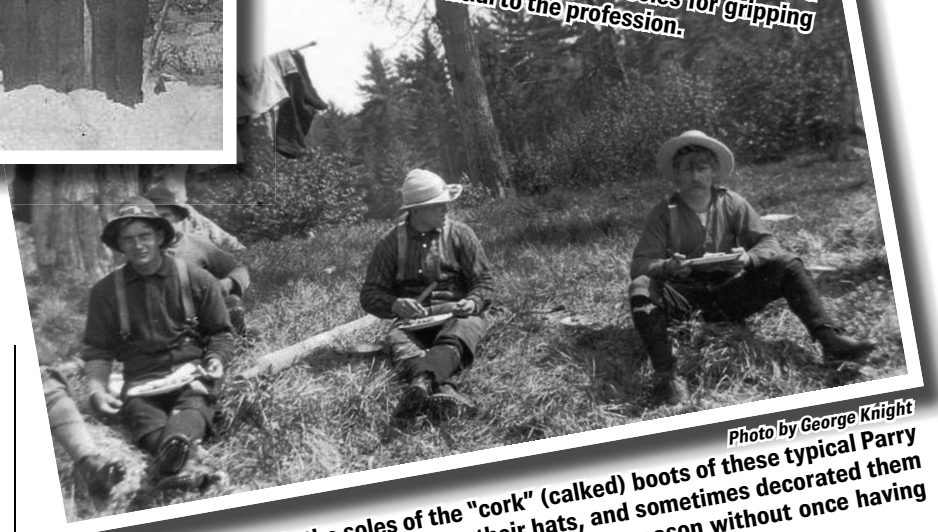


Photo by George Knight

Shiny spikes show in the soles of the "cork" (calked) boots of these typical Parry Sound log drivers. They took pride in their hats, and sometimes decorated them colourfully. Proud was the driver who finished the season without once having "floated the hat," that is, fallen off a floating log.

'My life is great now,' John

continued from front

Parry Sound's methadone clinic didn't open until late 2010.

"For a year I had to drive him once a week up to Sudbury to see the doctor and to get his medication. During that time he finished his Grade 12, he did it at home online. After that he started college for a year and a half, but he didn't end up working in the field he studied, because he didn't enjoy it," Jane said. "He was doing well on the methadone, it did serve its purpose."

After recommendation from local doctor Wendy Wilson, the family decided to try Suboxone.

"It does the same thing as methadone, but it's only for opiate addiction and it has less side effects. I had to detox him at home for three days off the methadone. The methadone can still make the person really groggy. He functioned well, he worked still, but it was like a little bit of a fog," she said. "On Suboxone within days he was a completely different person. He was clear, he was happy, he was full of energy, he was back to his normal self."

Suboxone

John was on Suboxone for a little over a year, before he was slowly weaned off the drug. By the time he turned 20, Jane said he was off all medication and has been clean ever since.

"He's doing great. He's healthy. He looks the best he's ever looked. He works out, he's doing really well in his job, and he's in a relationship. He's just really turned into a fine young man, I'm really proud of him," she said.

Jane remembers some of the darkest moments of John's fight, worried that she would lose her son.

"He, I believe, is a success story; there are less success stories. A month ago we went to a funeral of an old friend of his who lost his life at 27 years old. I feel like I've been to too many funerals of those who've lost that battle," she said.

While John was going through recovery the two talked about addiction and his struggles, but not so much anymore.

"Now, every once in a while he talks about it, but he talks about how he never wants to go back

to that place again. That he has regrets, how sorry he is, and how grateful he is for the place he is in now... I don't dwell on it. I see the person he is now and I have to have faith that he will keep on that road and that's all I can do. I've been able to let go," she said. "Do I worry, as a mother? Of course I worry, but it's not in the forefront of my mind anymore. What helped get me through it is I started going to AL-ANON meetings, because I got to the point where I thought I might be sicker than him emotionally. When I was able to understand and truly believe that addiction is a disease, then it was like a light bulb moment.

'There is help'

"We went through hell. Those years we went through hell. There were days where it was just like a complete nightmare. Thank God it's turned out the way it has. I think that people who are suffering, just have to realize that there's help, but they have to want that help. That's the biggest thing and not go give up, there is a light at the end of that tunnel."

John said he doesn't like to talk about those years he lost, he much prefers to talk about now and focus on his future.

"I don't ever want to go back there. My life is great now. I'm really happy," he said.

....

In next Wednesday's North Star Stephanie Johnson revisits a woman who overcame decades of drug and alcohol abuse.

Drivers, remember new rules of the road; OPP

PARRY SOUND – Members of the West Parry Sound OPP are continuing their efforts to educate the public on the importance of following the rules of the road. Bill 31, which includes amendments to the Highway Traffic Act, came into effect September 1, 2015.

Police would like the public to be aware that there have been some significant changes in the law. Some of the changes include:


- Drivers are to remain stopped at a pedestrian crossover or school crossing until all pedestrians have completely cleared the entire roadway.

- Drivers are to slow down or move over into another lane when approaching a stopped emergency vehicle with its emergency lights

flashing, this has been amended to include a stopped tow truck with its amber lights flashing.

"It does not matter if you have been driving for a number of years or are just starting your driving career. The laws continue to evolve and change. The changes are designed to enhance safety for all users of the road. It is important to remind drivers to stay alert and stay current. Drive safely and continue to share the road with pedestrians and other drivers," said Staff Sergeant Ron Campbell of the West Parry Sound OPP Detachment.

For additional information on these changes the Ministry of Transportation's (MTO) website can be referenced at: www.ontario.ca.



Royal Canadian Legion
Branch 394

DUNCHURCH
2015 Poppy Campaign
October 31 - November 11

REMEMBRANCE DAY SERVICES
Sunday, November 8, 2015
11:00 a.m. at the
Knox United Church, Dunchurch
1 p.m. wreath laying to follow at the Knox United Church, Dunchurch

Sunday, November 8, 2015
REMEMBRANCE DAY SERVICE
at the McKellar Cenotaph Minerva Park - 2 p.m.
Wednesday, November 11, 2015
Meet at 10:30 a.m. - Service at 11 a.m. at the Dunchurch Legion (Hwy 124 & Balsalm Rd.)
Meet at 1:30 p.m. Service at 2:00 p.m. at the Magnetawan Legion Park
Wreath Laying to follow each service.

Everyone Welcome
Lest We Forget



Kibble & Bids

Facebook Auction



MUSKOKA ANIMAL CENTRE

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Please contact Jane McCamus at 705-645-6225 or at jmccamus@ospca.on.ca for more information

Visit us on Facebook! 

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muskoka.ontariospca.ca

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Births

BORROW — at West Parry Sound Health Centre on October 9, 2015 to DJ and Kim (Orr) Borrow of Parry Sound, a daughter, Madison Christine Borrow

HEINO/RICE — at West Parry Sound Health Centre on October 21, 2015 to Andrew Heino and Delina Rice of Parry Sound, a son, Landon Alistair Heino.



SPORTS

Back to basics for Bantams

PAGE 6



BUSINESS

Gardens of Parry Sound opens its doors

PAGE 14



Light at the end of addiction journey; Holly's story

Editor's Note: A decade ago North Star senior reporter Stephanie Johnson wrote a series about drug addiction in Parry Sound and the lives it touched. In the third story in the series Stephanie sat down with a woman who spent most of her life battling drug and alcohol addiction. Last names have been withheld to protect the identity of her family.

This is her story, ten years later. This is the final story in a series of three pieces.

PARRY SOUND - It's been a journey wrought with tough lessons, periods of darkness and anguish, but today, there's light - so much light.

At 52 years old, Holly (last name withheld) has found the sobriety that eluded her for most of her life.

Ten years ago Holly had been clean for two months when she told her story and what lead to decades of self-destructive behavior. "My father had walked out and I had some major sexual abuse happen to me," Holly said in the September 2005 interview. "I was raped by two men from Parry Sound. Then my girlfriend and I were down by Mill Lake and she said her sister had something that would help."

At 10, Holly had her first taste of drugs and alcohol and the brief relief they brought her.

On and off for the next 15 years Holly continued to use. Her drugs of choice included morphine and

ADDICTION'S LEGACY Part 3 of 3

by Stephanie Johnson

hash. She married at 18 and had her first of two children at 20.

Holly stayed clean for a few more years before returning to drugs. She moved down south and then moved back to Parry Sound seven years ago.

She says she was still sick then, free from drugs and alcohol, but ill equipped to battle her inner demons that resurfaced once she came back to town.

"When I moved back here seven years ago, I came back because I thought I was doing so well; I was clean, things were moving along. So I came back to see what I could do for Parry Sound - my ego, right?" she said.

Holly said an argument with her father began the addiction with oxycotin and fentanyl.

"I never understood people needing fentanyl or this pill addiction - but I do now. I lived it. I came to a bottom unlike anything I've ever experienced," she said.

See 'Just' page 3



Stephanie Johnson/North Star & submitted photo

Top, Parry Sound Legion Branch 117 member Bert Federico, left, and Legion first vice poppy campaign chair Hector Lebert, right, join Parry Sound Mayor Jamie McGarvey, centre, in raising the poppy flag outside the town office to kick off the Legion's annual Poppy Campaign Friday morning. Above, celebrating a new safety attachment for the anesthetic machines, the latest purchase by the Legion's Poppy campaign, the West Parry Sound Health Centre Foundation gratefully acknowledges \$102,441.54 donated through 15 years of successful Poppy campaigns. Pictured above, from left, anesthetist Dr. Witt, West Parry Sound Health Centre Foundation chair Joan Conn, Lebert, WPSHC CEO Donald Sanderson, Federico, surgeon Dr. Decker, and OR nurse Lynda McDougall.

Remember them, wear a poppy

BY LYNNE ATKINSON

PARRY SOUND - The red 'remembrance' poppy is a powerful universal symbol. At the West Parry Sound Health Centre Foundation the poppy is also a powerful friend.

Every year our local Legion counts on their poppy campaign to carry out great works within the community. The Legion's poppy campaign supports local veterans and the institutions supporting vets. At the Health Centre alone, the red remembrance poppy has helped to buy \$102,441 worth of critical equipment in just 15 years. As the poppy begins to occupy its place of honour on our lapels, we remember how freedom was won and those who sacrificed for us. We also remember our local poppy has played a dramatic role in keeping hospital care local.

Most recently the poppy campaign bought CO2 monitors (newly regulated by the Ministry) for our anesthetic machines. These monitors measure the breath of a sedated patient and are

equipped with an alarm system that improves nursing safety and patient care in the Operating Room.

In January 2015 the poppy fund bought pain pumps for our palliative patients; the year prior poppies bought an epidural pump; previously poppies helped buy our C-Arm digital camera in the Operating Room and a bariatric weight scale for surgery in 2011. That same year the poppy fund helped buy the replacement tissue processor for our laboratory. The poppy fund helped buy our new Opti-Vue machine, a defibrillator monitor for the Emergency department, surgical equipment for the hospital opening and new beds.

Sometimes it's hard to find the words to express 'thanks.' But when it comes to thanking the Legion it's a simple act with a powerful message. You just need to place a poppy over your heart.

(Lynne Atkinson is the Executive Director of the West Parry Sound Health Centre Foundation)



Paige Phillips/North Star

Farewell Ernie

At a regular meeting of Seguin council Monday evening, Ernie VanKoughnett officially announced his retirement amidst well-wishes from fellow staff and council members. Pictured left, Seguin mayor Bruce Gibbon presents VanKoughnett with a certificate thanking him for his longstanding service.

See page 3 for the full story.

Beyond the equipment: Joshua Quinn

PLAYERS' CORNER

by Paige Phillips

PARRY SOUND - On any given night, Joshua Quinn can be seen on the ice playing a variety of positions.

With three older brothers, Quinn said playing hockey is something that runs in the family and he's never questioned whether he would play.

"I've played rep hockey all my life and three years in triple A. I came back to play in Parry Sound in bantam," said Quinn.

"Compared to triple A this is a lot more fun, more goofing around, not so competitive. Triple A is a little more competitive, more focused, more training, more serious hockey. This is a lot more fun."

Quinn is currently in his second year of midget hockey and was on the team last year that won the All-Ontario championship after nearly a two-decade drought. "It feels great to be a part of the team," laughed Quinn. "They're quite funny to be around. The sense of humour is always there."

Quinn said it feels great to have the support of so many fans, who routinely line the stands at Friday night home games.

"Towards playoffs and as the year goes on we have a lot more support, mostly parents and



Josh Quinn

some high school kids too," said Quinn. "Most of the time they're all friends who are coming out to watch the game. We filled the stands last year when we were

in the finals and won the OMHA Championship."

He has previously been to an OMHA Championship with his team two or three times but last year was the first time he came home with a title.

When asked whether he feels the team can make it to the finals again this year, Quinn said they have a good chance, as long as they commit.

In preparing for a game, Quinn said he doesn't have any pregame rituals but tries to get focused, often listening to music.

"I try to focus and not worry so much about the game but just let it happen and try to go with the flow," said Quinn.

In the off-season, Quinn plays soccer and last year did a work out called Insanity.

"I didn't do anything this year because I worked instead, but last year I did the Insanity workout to get me into shape," said Quinn. "I was hoping to go back to Triple A for my midget year but I decided not to. I didn't want to do the travel."

Insanity is dubbed one of the most challenging fitness programs and is based on a fitness method called "max interval training." Max interval training requires participants to work strenuously for three-minute intervals, with 30-second periods of rest in between. The workout requires no gym equipment.

Quinn plays a variety of positions on the Brokerink Midget Shamrock team, from forward to defence to winger.

See 'Quinn' page 6

Advertisement for a service with a price of \$29.99/mth.

Advertisement for SIDERROADS OF PARRY SOUND & AREA, Latest edition available November 6th.

Advertisement for SIDERROADS including a 10 page holiday gift guide.

Long-time Seguin staffer retires

Ernie VanKoughnett vacates his position after serving with the township since its inception

BY PAIGE PHILLIPS

SEGUIN TWP. – Seguin mayor, councillors and fellow staff members praised Ernie VanKoughnett for his work with the township at Monday night's regular meeting of council as VanKoughnett announced his retirement.

VanKoughnett secured the position of deputy chief building official with Seguin Township since its formation due to the amalgamation of Christie, Foley, Humphrey and the Village of Rosseau in January of 1998.

Prior to his employment with Seguin, VanKoughnett had worked in residential construction, operated his own construction company, and served as the chief building official, animal control, and bylaw officer with the Municipality of Foley. In addition, VanKoughnett was a member of the Foley Fire Department for nearly two decades.

"The most important thing is the legacy that you will leave," said Seguin mayor Bruce Gibbon, Monday evening. "When I look at what you done and talk to people your legacy is going to be your customer empathy and your willingness to work with people ... I think that is a legacy that you should be justly proud of."

Supportive councils

VanKoughnett said that his success has been the result of supportive councils which he hoped would continue after his departure.

"I've worked with a lot of great councils and a lot of support through those council and I look forward to you doing the same for the staff that I leave behind here," said VanKoughnett. "We strive to get ourselves as customer-oriented as possible, not just in my department, but we have all strived to be customer-oriented in all departments," said VanKoughnett. "I would be gratefully appreciative if council would keep that going, whatever that takes, and make the whole area proud of us. I have always thought that we were one of the best municipalities in the area..."

VanKoughnett said that when he first accepted his position with Seguin Township in 1998 his goal was to make a change because township residents felt that they were unable to come to the township office and receive the help that they needed. VanKoughnett added that he feels that he has made a positive change during his employment.

"Unfortunately, I'm not going on my own terms but close to it and once I'm healed up I'll be back to heckling you from the other side of the crowd," joked VanKoughnett to council. Due to health problems, VanKoughnett is stepping down.

Mayor Gibbon, on behalf of council, wished VanKoughnett all the best in the next phase of his life. VanKoughnett will finish his position as chief building official/bylaw enforcement officer next week.

Ministry bears weight of expanding spring hunt

BY REBECCA ZANUSSI

ALMAGUIN – The spring bear hunt is coming out of hibernation.

On Friday, Oct. 30, Minister of Natural Resources and Forestry Bill Mauro announced a pilot program's extension to a conference in Thunder Bay. In addition to extending the previous two-year project by five years, the new program also opens up the hunt to non-resident hunters and to all 88 wildlife management units with a fall bear hunt.

"The reason for the expansion is there were a couple people over the years who were getting concerned with nuisance bears having conflicts with humans and with people all across the province," Mauro said in an interview with the News.

"I always like to remind people we haven't stopped hunting bears. There's always been a bear hunt in Ontario and, even since the spring hunt was cancelled in 1999, there's always been a fall hunt."

The spring bear hunt was cancelled in 1999, when Mike Harris' Progressive Conservative majority governed Ontario. The Liberal Party of Ontario took back the province in 2003 and has been at the helm ever since — both in minority and majority governments.

Despite that, the spring bear hunt pilot program wasn't re-introduced until 2013.

"There were other options that were tried," Mauro says.

"One of the first approaches we took, which is the program and policy piece that has stayed with us for most of that time, was the Bear Wise program. We've invested significant dollars in that

program to see what we could do to deal with the issue."

The amount of nuisance activity reported into the program, Mauro says, is believed to be cause for concern.

Bear Wise

"That's why we're pivoting away from that," he says.

"The Bear Wise program will still be there for people to report in, but we're now building on the two-year spring pilot to see what this new pilot will reveal."

Despite the high number of reported nuisance bears coming into the province, the numbers from the two-year spring hunt pilot remain low. About 200 bears were harvested each year, based on about 50 per cent reporting. According to Mauro, those numbers could be doubled to about 400 per year, but even that is not as high as desired.

"It's not a surprise," Mauro says of the low numbers.

"Northerners and residents of Ontario were, generally speaking, not big bear hunters, so with the two-year pilot not including non-resident hunters, the fact that the number of bears harvested was low and that the number of human-bear interactions remained high was not a surprise to those of us in Northern Ontario."

That's where opening up the hunt to non-resident hunters comes in — and, along with it, a hopeful boost to the tourism industry.

"It's hard to know how much that take-up will be, though, because some of these non-residents that formerly came to Ontario may have found an ability to go to other provinces that did have the spring hunt, that never stopped

it," Mauro says, noting when the spring hunt was cancelled in 1999, it was bringing in about \$40 million in tourism revenue.

"Eight out of ten provinces in Canada always had the hunt and never stopped the spring hunt. It's possible, and we're hoping [Ontario] will see some of this benefit, but we'll have to work to repatriate some of that economic activity."

Bear numbers in Ontario are believed to be as high as 105,000, with around five per cent currently being harvested. Ten per cent, Mauro says, is considered to be a sustainable number for the current bear population.

"We're going to look at the data," Mauro says.

"We're being, I think, respectful of people who fall on both sides of the issue. There are those who don't think this is necessary and there are those, primarily in Northern Ontario, who very much believe this is something we need to do."

Ontarians have until Nov. 30 to register comments on the province's environmental registry.

Births

WHEATLEY-RAILL — at West Parry Sound Health Centre on October 22, 2015 to Aaron and Tiffany (Raill) Wheatley of Parry Sound, a son, Lucius Robert Wheatley.

FRENCH — at West Parry Sound Health Centre on October 23, 2015 to Matt and Nicole (Bayley) French of Pointe au Baril, a daughter, Isla French.

'Just because we fall down, doesn't mean we have to stay down,' Holly

continued from front

"The first two years of going (to church), I was still so mentally ill, I was still on a lot of medication – I was just driven by the evilness, but God was working on me while I was going; I guess I just eventually became willing to learn," she said.

Shortly thereafter, Holly went on soboxone and had her other medication made available only through the methadone clinic for her own safety, she said.

"A lot of people don't understand. A lot of people are negative towards that clinic and it's their ignorance and their fear that's keeping them that way...when I came to

town I was so sick and had nowhere to go and it's that place that saved my life," she said. "There's such a huge, huge problem with this oxycontin and these fentanyl patches and whatever else. This clinic has saved so many lives."

In November and December of last year she took herself off the soboxone and became depressed, withdrawing from the church; it didn't go unnoticed by her new family.

"Being an addict, I was my own doctor and had it all under control – or so I thought...I got on my knees and prayed and I asked God, 'Please help me, I'm alone and I'm

scared.' I was thinking my life was unworthy and I was going to die," she said. "The next day the pastor calls me and he had never called me before. He said, 'Holly, why can't I get you out of my head and my heart for the last 30 hours?' I started crying and said, 'Probably because I asked God for something, someone.'

I went back to church and I have not missed a Sunday since. I look forward to Sundays and it's not about what I can get any longer, it's about what I can give. It's about praising Jesus and thanking him. I am no preacher, and I only know what my experience is teaching me."

Mental illness and addiction

Today, Holly said she has a passion to stand up for those with mental illness and the truth that mental illness and addiction go hand in hand.

"There is no greater high than doing something for another person. I have never felt more high than I have in the last three months with any drug I've ever taken. I'm excited – painful lessons, joyful lessons, whatever, I'm excited," she said.

Although their own childhoods were difficult, Holly said her two sons have become remarkable men.

"My one son grew up to be one hell of

a man. He went through his rough time, now he's a happily married man, married his best friend and I've got two beautiful grandbabies. I want to be the grandmother outside building snowmen, let me be a light in their lives, because I wasn't able to be a light in my own kids' lives," she said. "My other son, he's doing well. We don't have the connection that I wish we had as a mother and son..."

Help oneself

In addition to supporting others through their own journey, Holly said she now realizes she has to help herself.

"I've got to take care of myself, I've got to be the best person I can be and I've got to be responsible for keeping the negativity away, but it's about what He can use me for. I just want people to know just because we fall down, doesn't mean we have to stay down," she said. "Reach out to God, reach out to the clinic. We're not embarrassed to go staggering down the street, stoned out of our minds, but we're embarrassed to go into a clinic that could save our lives? I've been my own worst enemy; I've been the one keeping me down. I've got to get out of the way and let God lead me."

Magnetawan woman involved in fatal crash back in court

BY STEPHANNIE JOHNSON

PARRY SOUND – The 34-year-old Magnetawan woman charged for her role in a fatal accident that left a Parry Sound couple dead will appear in court again December 3.

Heather Noganosh, of Magnetawan First Nation, appeared in Parry Sound court yesterday.

Larry Douglas, Noganosh's lawyer asked the case be put off because he hasn't received reports from the modules from the three vehicles involved in the deadly crash.

The vehicles are currently impounded.

Noganosh and her family, as well as the daughter and grandchildren of the victims were in court Thursday.

Noganosh is charged with two counts of dangerous operation of a motor vehicle causing death, two counts of criminal negligence causing death, criminal negligence causing bodily harm, and dangerous operation of a motor vehicle.

On July 25, at around 2 p.m. police responded to the crash that was 3 kilometres south of Pointe au Baril on Highway 69.

Noganosh, in a northbound pickup truck attempted to pass two camper trucks and had to swerve to miss a southbound SUV, according to police information released following the accident.

Pronounced dead at the scene were husband and wife, André, 72, and Doreen Veilleux, 71, of Parry Sound.

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