

FREE

Temiskaming District
Seasons
Magazine

Winter 2019

**THE EYES OF
A CHILD**

By Darlene Wroe



SPEAKER
PRINTING, PUBLISHING
AND PROMOTIONS

The **ICE FISHING** *Edition*
Packed with essential information for a Northerner



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SPEAKER

PRINTING, PUBLISHING AND PROMOTIONS

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Publisher: Lois Perry
Editor: Steven Larocque
Creative Designer: Heidi Jobson

Contributing Writers: Sue Nielsen
 Lisa Neil
 Darlene Wroe

Contributors: Laura Carl
 Alan Roy



THE EYES OF A CHILD

By Darlene Wroe

Winter is upon us again, and I resolve to go into it with the eyes of a child.

I remember the beauty of pristine snowscapes, Jack Frost paintings on the windows, icicles shining with the bright winter sun, birds at the feeders, and the bright midnight moon reflected on frozen fields.

Winter is the time for Christmas, Valentine's Day, and snuggling around a warm woodstove.

These times are family times, when love and home life are most active.

As an oldest child, I recall that we more frequently played board games, made pizza, and settled into reading great stories of other places and people who set examples of determination, spirit and an appreciation of beauty and other people.

But most of all, I have always seen winter as a

spectacularly beautiful season.

Some of the most amazing moments I can recall of being outdoors actually occurred in the depths of winter.

A minus-40 temperature walk throughout New Liskeard left me marvelling at our fine-feathered friends who manage to find warm places in trees to keep warm through the nights. The air snaps and sparkles with frost particles and the white blankets over everything somehow enhance the beauty of form.

At the cabin, snow piles around the little building, and the branches of the great old trees are picked out by the white winter snow. Quilts can be hung over windows, and the woodstove makes a golden haven of warmth and peace.

This was the way it was at home when I was growing up.

A wander into the bush behind our home revealed a magical world where everything had been transformed into a fairytale realm where ravens, chickadees, whiskyjacks and grosbeaks reigned over everything, calling to one another about the presence of humans there among the trees.

One of my earliest memories is that of my parents as they pulled sleds with my younger brother and sisters aboard while I followed on foot through the forest, musing about the other trails among the trees. Snowshoe hares and other creatures had made paths here and there, and like Alice in Wonderland, I was very curious to know where they went.

Englehart area artist and author, the late Muriel Newton-White, wrote many stories and also drew pictures showing that she too was captivated by the magic of the winter landscapes.

Her stories about The Land of Long Shadows showed that Temiskaming has the power to transport anyone into another realm of spirituality, beauty and love.

Every bough, every sunbeam, has the power to remind us that there is great beauty here if we only take the time to look.

Many authors and artists have shared their gifts of seeing with others through words and pictures. Winter nights are a perfect time to appreciate these great talents and reflect on the wisdom and insight that they are imparting.

In the early mornings we can wake to warm breakfasts and renewed beauty as the winter sun breaks across the beautiful white world once more.

Birds who have made it through the night will be at the feeders seeking the rich seeds and other nutritional offerings that make it possible for them to remain with us through the winter months. Their songs renew our own spirits, cheering us along as we do our winter chores, run our winter errands, and find ways to spend enjoyable times with loved ones.

The winter solstice is a time for rejoicing. The sun begins to stay above the horizons for longer periods of time. The old year fades and the new year offers hope and strength to continue on, becoming stronger and more appreciative of all that the world has to offer, and every blessing that the day may bring.

Whether you are inside or outside, Temiskaming is an amazing place to be in the winter.

Communities come together through the winter months, providing Christmas parades and winter carnivals. There are bazaars, teas, dinners, theatre, music, cross-country and down-hill skiing and tubing, as well as many other events to enjoy with family and friends.

This is a time to appreciate our area, our family, our friends and our good fortune to live in a peaceful land where we can dream and feel free of oppression.

Our ability to see the beauty in winter, and to see the beauty in one another, is what marks us as true Northerners. We are a friendly and outdoors-loving people who rally together when things get tough and welcome others to join us to enjoy each beautiful day.

When the snow falls, there is a peaceful acceptance. Snowflakes falling from a dark midnight sky and landing in pools of light along streets and in front of open doors, look like falling stars, and we may wish on every one.

So as winter intensifies, and passes through its months, I will view the season through the eyes of a child.



The advertisement for Morin Services features a woman with blonde hair, wearing a white blazer, smiling and resting her chin on her hand. To her left is a graphic of a fountain pen writing the name 'Morin Services' in blue cursive. Below the name, the text 'Professional Translation Services' is written in bold orange. At the bottom left is a QR code. A grey box contains the contact information: 'peggy@morinservices.ca', '705-563-2888', and 'www.morinservices.ca'. The slogan 'Get More In Services!' is at the bottom right.

WINTER GRILLING

GRILLED TRIPLE CITRUS SALMON

INGREDIENTS

- 4 (6 oz) pieces of salmon
- ½ cup orange juice
- ¼ cup lemon juice
- ¼ cup lime juice
- ¼ cup orange marmalade
- 2 garlic cloves, minced
- 3 Tablespoons Soy Sauce
- ¼ cup brown sugar
- 1 Tablespoon Cornstarch
- 1 Tablespoon Water



In a medium saucepan whisk together orange juice, lemon juice, lime juice, orange marmalade, garlic, soy sauce and brown sugar.

In a small bowl, whisk together cornstarch and water. Slowly stir into the marinade and bring to a boil over medium high heat until the mixture starts to thicken. Remove from heat.

Lay salmon skin side down on cedar planks (or well oiled grill) and season with salt and pepper. Brush half of the marinade onto the tops of the salmon and grill over medium high heat for 12-15 minutes.

Transfer the salmon to plates and brush with reserved salmon on top. Enjoy!

TIPS FOR USING A CEDAR PLANK FOR GRILLING SALMON

- Soak your cedar planks for 1-2 hours before grilling.
- Heat the grill to medium low heat and lay the planks on the grill.
- Lay the salmon on top of the cedar plank skin side down. Shut the grill and allow to cook for 12-15 minutes. The grill fills up with smoke and gives the salmon amazing flavor!
- When the salmon is done, transfer to a baking sheet and gently use a spatula and remove the skin from the salmon and serve.
- Add some slices of lemon, lime, and orange on the sides of the salmon as it grilles.

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BARBECUED CARROTS & BEETS

INGREDIENTS

- 2 -3 medium beets
- 4 -5 carrots
- 1/2 cup olive oil, divided
- 1/2 cup balsamic vinegar, divided
- 2 teaspoons kosher salt, divided
- 2 tablespoons turbinado sugar, divided (sugar in the raw)

Peel carrots and cut diagonally into 1-2 inch thick wedges (1 inch for the thick end of the carrot, 2 inch for the thin end). Place in a large bowl and toss with 1/4 cup each of olive oil and balsamic vinegar, 1 tsp kosher salt, and 1 Tablespoon sugar. Set aside.

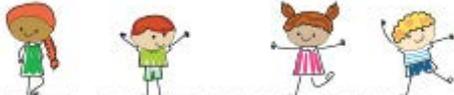
Peel beets, slice into cubes approximately 1-2 inches square.

Mix carrots one more time, then empty gently into a foil pan.

Move beets to bowl, toss gently with remaining oil, vinegar, salt and sugar. Let stand 2-3 minutes, then toss one more time before transferring to other half of foil pan.

Place in barbecue for about 20 mins.

Serve immediately.



HEALTHY KIDS

COMMUNITY CHALLENGE

To learn more about activities in our community or to get involved contact your Healthy Kids Community Challenge Project Manager: Lynn Marcella
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Every Second Counts Plan 2 Ways Out



If you use a woodstove, keep your chimney clean.

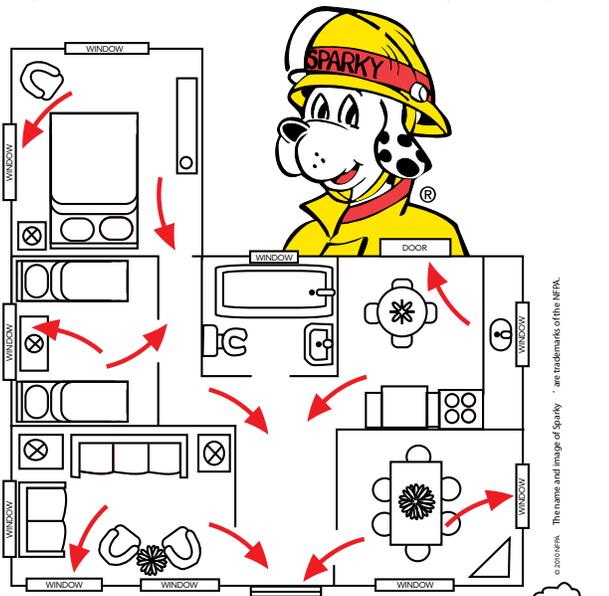
Keep matches out of reach of children.

Test your smoke & CO2 alarms.

Practice your Home Escape Plan

KNOW WHERE TO GO.

Develop and practice a home fire escape plan. In case a fire starts, everyone must know **TWO WAYS OUT** of every room, if possible.



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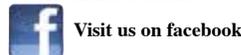


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Snow day

ESSENTIALS



Kids usually jump for joy when a snow day is announced, but for parents, the news tends to be somewhat less exciting. Here are a few things to have on hand should you end up staying home with your children during a snow-storm.

- **The right outdoor clothes:** snow days are best spent outdoors, but your kids need to have all the right clothes so they won't get too cold or too wet. Check that everyone in your household has winter jackets, snow pants and insulated, waterproof boots. Make sure to keep extra gloves, scarves and hats on hand; these items of clothing often end up disappearing while kids are off sledding and making snow forts.
- **Warm beverages:** classic snow-day drinks like hot chocolate, peppermint tea or spiced apple cider will warm everyone up after a day out in the cold. On days when the weather's too bad to go outside, hot beverage-

es will help create a cosy atmosphere at home.

- **Arts and crafts supplies:** art projects can be a great way to keep kids occupied on days when it's too cold or snowy to play outdoors. Keep supplies like crayons, markers, paints and paper around so you can pull them out before anyone starts to complain about being bored.
- **Board games:** board games are a classic way to spend snow days as a family. Getting children involved in a heated game of Monopoly, Risk or Chutes and Ladders will make the time pass quickly for all of you.

With these ideas in mind, you'll be able to keep your kids entertained for hours on end, even during the snowiest of snow days.



DID YOU KNOW?

The largest recorded snowfall in Canadian history occurred in Tahtsa Lake, B.C., on February 11, 1999. How much snow did the remote community get? A whopping 145 centimetres — within just 24 hours! That's as much snow as White Horse typically gets in an entire year.

ICE FISHING SEASON IS HERE



Many of Ontario's thousands of lakes across the province are host to excellent ice fishing opportunities and many of Ontario's angling enthusiasts are taking advantage of the great conditions after the recent cold weather. The Ontario Conservation Officers Association (O.C.O.A.) would like to remind anglers and anyone venturing on to frozen water bodies to put safety first.

"Winter fishing is the time of year where many anglers are able to access their favourite fishing spots that are inaccessible during the open water season," said O.C.O.A. President Sean Cronsberry, "but anglers need to be sure that ice conditions are safe and they have the equipment with them to deal with an emergency. By following some simple safety measures, it could save your life, or the life of someone else."

A collage of winter-themed images including a person carrying a tree, a snowman, and a frozen lake with a dock.

Over 2 billion square feet of opportunity!

The logo for Coleman Township features a stylized 'C' that incorporates a road leading to a building, with a sun in the background.

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Ice safety tips:

- Check ice thickness and conditions frequently
- Clear ice should be a minimum of 10cm (4") for walking and ice fishing, 12cm (5") for one snowmobile or ATV, 20-30cm (8-12") a car or small pickup, 30-38cm (12-15") for a medium truck (source: Lifesaving Society)
- Fish with a buddy
- Be prepared for an emergency - wear ice picks or a floater/survival suit, and have a whistle and cell phone on hand
- Let someone know where you will be and when you plan to return. This should include where your vehicle will be parked, what route you plan to take and any stops you plan to make.
- Stay off rivers and away from locks, where ice is less stable. Ice conditions in areas of moving water or spring fed lakes can be potentially unsafe at any time, ensure the ice is safe before venturing out.

"Conservation officers across Ontario regularly come across groups or individuals who are ill-equipped should trouble occur," said Cronsberry. "We strongly encourage everyone out on the ice to be prepared and have a plan on how to deal with an emergency. Should an accident occur, being prepared will greatly increase your chance of rescue and survival."

Anglers are reminded to carry valid fishing, snowmobile and ATV licenses with them at all times. They should also be sure to review the 2019 Recreational

Fishing Regulations Summary, available online and at Ministry of Natural Resources and Forestry (MNRF) offices.

Anyone with information about a natural resources or public safety related offence is encouraged to call the MNRF violation reporting line at 1-877-847-7667, contact their local Conservation Officer directly, or call Crime Stoppers at 1-800-222-TIPS (8477).

For more information about natural resources regulations and enforcement, please visit the OCOA website at www.oco.ca or contact your local Conservation Officer.

For more information contact:
Sean Cronsberry, President
Ontario Conservation Officers Association
scronsberry@oco.ca





Pink Shirt Day 2019: putting an end to cyberbullying

For many adults who were bullied in school, home was where they were free from their tormenters. Today's kids aren't so lucky; thanks to the phones, computers and tablets that are omnipresent in modern life, bullying can continue even when they're in their own home. This year, the Pink Shirt Day campaign is encouraging young people to think twice before posting negative things online.

WHAT IS CYBERBULLYING?

Cyberbullies use social media, private messaging and online video games to send, post or share negative content about the victim. Some examples of this abuse are sharing private photos of someone with other people, spreading rumours on social media sites and via text messaging, or tricking someone into sharing information and using it against them online.

WHAT YOU CAN DO

The most important thing you can do to protect your children from cyberbullying is to talk to them. Be a safe haven for them, a person they can talk to without fear of judgement. With their permission, follow or "friend" them on social media so you have an idea of what they're posting and who they're interacting with — just don't abuse this privilege by commenting on their posts or otherwise embarrassing them. Keep an eye on their internet use by putting your family's computer in a high traffic area of your house. Another good practice is to charge their phones and tablets in your room at night so they don't surf the internet when they should be sleeping. Make sure your whole family knows the importance of privacy online; never share passwords with anyone or give personal information to people online.

SIGNS YOUR CHILD IS BEING CYBERBULLIED

Indicators that your child is being bullied online can include responding emotionally — with anger or sadness — to online activity, being nervous when there's a notification on their phone or changing the amount of time they spend using their devices. You should also be on the lookout for signs of bullying like suddenly changing their peer group, avoiding school and social gatherings, not wanting to talk to you and losing interest in their hobbies.

If you think your kid is being cyberbullied, ask them about it. If they are, don't threaten to take away their devices; one of the main reasons kids don't tell their parents they're being abused online is the fear of not being allowed to use the internet. Find a way to deal with the situation together. You'll need to block the bullies from your kid's social media accounts, change all of their passwords and report the abuse to their school.

SIGNS YOUR CHILD IS THE CYBERBULLY

If you've noticed that your teen has become secretive about their online activity or hear insults or laughter while they're chatting or texting, they may be bullying people online. If they are, you should explain to them that while they think they're having fun, their actions are serious and may even be illegal. You may want to restrict their access to social media sites until they've proven that they won't go back to harassing others.

There's no excuse for cyberbullying. Children should instead use the internet to learn, to socialize and to spread kindness.

How to teach your kids to stand up for others



When a child is getting bullied, those who witness the situation are also involved. Talk to your kids about the following topics so they can show bullies they're not in charge.

Empathy: when they learn empathy, they'll be able to recognize bullying. Ask them how it feels when someone's not being nice to them and teach them that other kids can feel the same way.

Support: teach them to stand up to bullies by using simple phrases in a calm but assertive voice. Simple sentences like "you're not being funny, you're just mean" can go a long way. Practice a few phrases at home with your kids so they're ready to use them if needed.

Inclusion: being included can mean a lot to a kid who's being bullied. Encourage your kids to make an effort to include classmates who are bullied and don't have someone who they can eat lunch with or talk to.

Report: kids can be afraid to tell grownups when they see bullying because they don't want to be labeled as tattletales. Teach your kids the difference between tattling (hoping to get someone in trouble) and reporting (hoping to get someone out of trouble).

The most important message to leave kids with is that they have the power to make a difference and neutralize — or outright stop — bullying behaviour.



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Photo: Sue Nielsen

MAKING THE BEST OF IT!

By Sue Nielsen



It's a new year and winter has us firmly in its icy grip.

So far, this winter isn't quite as cold as last year.

I digress for a moment. Last winter's weather (according to an Environment Canada climatologist) set records for consecutive cold days with 13 in December where the temperatures dipped to -30 C each day.

And we set a single day cold weather record of -42 C, beating the previous record of -41.

Hopefully the winter of 2019 will be warmer. If you are a climate change believer, warmer is not a good thing.

My daughter and son-in-law arrived from Scotland over the Christmas holidays saying snow and cold are becoming a rare sight in Europe where he snowboards and certainly even rarer in Scotland.

By the way, David loved our snow and cold temperatures as we took him snowshoeing and cross-country skiing at the Temiskaming Nordic Ski Club for the first time.

He was, however, perplexed when we didn't serve haggis as part of our daily meal. Oh my gawd.

I've taken comfort in the small snippets of beauty found in a northern winter that include our avian friends helping to nourish my heart when the days are long and dark.

This is how I view winter: it will only be a few short months until I can get my canoe in the water.

All things point to when the ice goes off the lake and I can launch my boat.

When spring arrives my world regains proper perspective.

In my Forest Gump way of thinking, a northern winter is like a box of chocolates, you never know which one you're going to get - cold or mild.

Either way, as Northerners, we must grin and bear it.

Cabin fever can wreak havoc on someone with a wild heart who loves summer.

Looking on the bright side, at least we aren't swatting black flies and mosquitoes.

Since I am a storyteller and we are a story species, as author Joseph Gold said, let me tell you about something that took place last summer.

I was sitting in my canoe on a calm lake when I spotted a loon hurtling itself at me.

It was about 10 feet away with wings down ready to land heading straight for me.

I took a deep breath and hoped for the best.

Three things that collided in that moment were the air, my breath and the loon's startled look.

There was no separation between the loon, the water and the air. We were all connected for that brief moment.

Fortunately, at the last minute the loon swerved avoiding the canoe and me.

It skidded to a halt about a paddle's length away from my canoe as if nothing had happened at all.

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Of course the loon was likely preoccupied with finding its lunch rather than fussing about my presence.

I realized just how wonderful it was to be alive on that sunny day last August. I felt a wave of gratitude for my life and all its blessings.

On my own in the canoe that day I felt the magical pull of the land. It is here among the water, the land and the trees that I feel most alive.

A ubiquitous sea of wonder surrounds us, whether we can always see it or not.

My soul is happy when I am close to the land. Land that isn't covered in a white blanket of ice and snow.

CABIN FEVER CAN WREAK HAVOC ON SOMEONE WITH A WILD HEART



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HEAT VALUES AND WOOD-BURNING TIPS

Do you use firewood to heat your home? Here is a list of the best types of firewood to burn—sorted by high, medium, and low heat value—as well as a few important wood-burning tips.

Density and water content determine what makes some types of firewood better for burning than others. The denser and drier the firewood, the better it will burn and the more heat it can produce.

Because of this, hardwoods, which tend to be denser, generally make for better firewood than softwoods.

HIGH HEAT VALUE

1 cord = 200 to 250 gallons of fuel oil

- Oak
- Maple
- White ash
- Yellow birch

MEDIUM HEAT VALUE

1 cord = 150 to 200 gallons of fuel oil

- Elm
- Douglas fir
- Tamarack
- Birch
- Jack Pine

LOW HEAT VALUE

1 cord = 100 to 150 gallons of fuel oil

- Spruce
- Cedar
- Pine

FIREWOOD-BURNING TIPS

How much wood is in a cord? The cord is the standard measure of volume used for stacked wood. The volume of one cord of wood is 128 cubic feet of stacked wood. Generally, a cord is laid out in stacks that measure 4 feet wide, 4 feet tall, and 8 feet long (4' x 4' x 8') in total. Due to air space between the stacked wood, the volume of solid wood in a cord may be only 70 to 90 cubic feet.

What is a "rick" or "face cord" of wood? Usually, a cord is made up of a few stacks of wood. One stack of a cord is called a "rick" or a "face cord." Generally, a rick is 4 feet tall by 8 feet long, and the width of a rick will depend on the length of the individual pieces of firewood. Because of this variability in width, a rick could be equal to 1/4 of a cord, 1/2 a cord, or more.

What is heat value? Heat value refers to the amount of heat a wood produced when burned. Heat value varies based on the type of wood: A cord of wood with "high heat value" provides the heat equivalent to that produced by burning 200 to 250 gallons of heating oil. Other heat values are listed above.

Cutting wood: Freshly cut wood contains up

to 50 percent moisture and must be seasoned (dried) to 20 to 25 percent moisture content before burning. Wood containing more than 25 percent moisture is wet, or green, and should never be burned in a fireplace or wood stove.

Splitting wood: Wet wood is easier to split than dry wood. Wood must be split into pieces and stacked out of the rain for at least six months to season properly.

Seasoning firewood: If steam bubbles and hisses out of the end grain as the firewood heats up on the fire, the wood is wet, or green, and needs to be seasoned longer before burning. Well-seasoned firewood generally has darkened ends with visible cracks or splits. It is relatively lightweight and makes a sharp, distinctive "clink" when two pieces strike each other.

Burning pine: Limit the amount of pine you burn. It's a resinous softwood.

Buy local: Only buy firewood from local sources. Buying and moving firewood from elsewhere is not only frowned upon, it may also be illegal. Transporting firewood from one place to another increases the chance of spreading invasive pests and diseases.



June to October

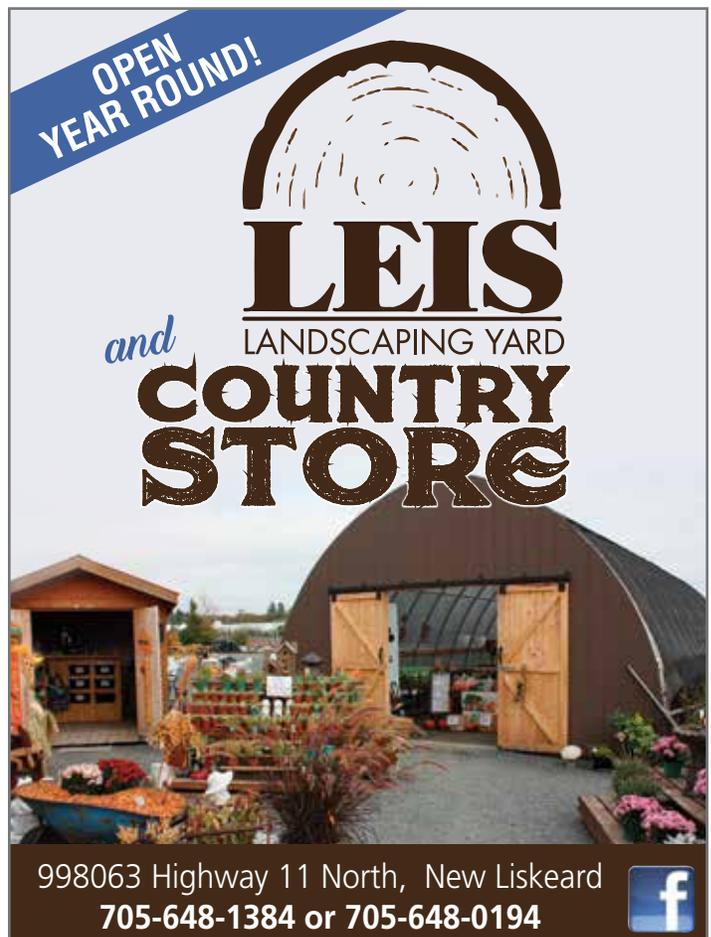
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Bundle up for

WINTER FUN

Four ways to hit the slopes this winter

Ready to hit the slopes? Here are four activities for anyone heading to the mountains this winter.

1. **Downhill skiing:** also known as alpine skiing, this is the most popular way to zip down the mountain slopes. Ski resorts have downhill ski runs for all ability levels: groomed runs of all different pitches, runs with moguls, runs where you can weave through trees, and for expert skiers, there are backcountry bowls.
2. **Cross-country skiing:** moving off the slopes and onto flat paths or rolling landscapes around the mountain, cross-country skiing can be a leisurely paced activity or a great way to work up a sweat. It involves special skis that leave you free to lift your heel and to, aided by your poles, propel yourself forward with a walk-and-glide technique.
3. **Telemark skiing:** this activity combines elements of downhill and cross-country skiing, requiring partici-

pants to navigate ski runs strapped into skis similar to those used on cross-country trails. Telemark skiing further differentiates itself from other types of skiing with its special turning technique, which involves skiers dropping their knees and lifting their heels. It's a great option for veteran skiers looking for a new challenge.

4. **Snowboarding:** on a snowboard, you can tackle all the same terrain as you can on downhill skis. However, carving through the snow on a board is a wholly different, but equally exhilarating, experience.

In addition to the above, many ski hills also offer tobogganing, tubing, snowshoeing and sometimes skating. Curling up next to a roaring fire with a cup of hot cocoa is another great way to enjoy yourself.

Ice fishing: five ways to stay safe

Ice fishing is a fantastic way to enjoy winter's natural beauty in the company of friends and family. However, venturing out onto a frozen lake isn't without its perils. Remain safe while reeling in your next big catch by doing these five things:

1. **Closely inspect the ice.** Know that clear blue ice is the strongest, opaque white ice is only half as strong (or twice as fragile) and dull grey ice is very fragile (and therefore extremely unsafe for fishing).
2. **Measure ice thickness.** If you're fishing on a waterway or off the coast (in other words, anywhere besides a lake or pond) check the

ice in several spots, as currents and tides result in uneven ice formations. A minimum thickness of 10 centimetres is recommended if the ice is blue and 20 to 30 centimetres if the ice is snowy.

3. **Fish in a group.** Never head out alone on the ice and make sure that everyone you're with is familiar with emergency protocols. Always be aware of where all members of your group are located.
4. **Exercise caution.** Don't go out on the ice when it's dark out, avoid drinking alcohol and be mindful that even thick ice isn't 100 per cent safe.

5. **Bring the right equipment.** The following items are indispensable for ensuring your safety and comfort while out on the ice: a lifejacket, a warm snowsuit, spare clothes, a first aid kit, a flashlight, waterproof matches, a survival blanket, hot drinks and ice picks.





spring pulse poetry festival

HE WISHES FOR SNOW

For John Mihevc

He wishes for snow –
to tamp down the rough stalks,
soften the spikes.

He wishes for snow –
cool flakes on a tongue that has sworn,
prayed, cussed, kissed –

recalling the seasons of snow-play
and sledding wild down the hills,
the Eastern star growing clearer
shining through tinsel and lists.

He wishes for snow tracks
ahead of him – direction for the journey.

Snow, not bleached like cranberry stains
from yuletide tea towels,
but white as forgiveness
glittering under the luminous moon,
untouched, and
just for a moment
as bright as one snowflake star-pattern
melting on the whorl of a fingertip.

And so it goes –
ice to water to skin to blood
and back to water to sky to snow.

He wants to lie in the stuff
for a muffled moment, solitary
yet not alone. He wants to
snow-angel his arms like wings
under falling flakes.

Kate Marshall Flaherty



A brief guide to winter camping

Winter camping isn't as daunting as it may seem. With the right preparations, novice and experienced campers alike can hole up in a warm, cozy tent on snow-covered ground.

Much of the gear you need for winter camping is the same as what's required for summer camping (a tarp, a knife, waterproof matches, fire starter, a flashlight, a first aid kit, kitchen items, personal items, etc.). There are, however, a number of other things you'll need in order to deal with the cold and snow. Here are some of the basics you should take with you when winter camping.

MUST-HAVES

- A four-season tent, a sleeping bag rated for winter camping and an inflatable sleeping pad.
- Warm clothing that stays dry (that means no cotton: consider synthetic or merino wool), as well as hats, gloves and other winter apparel.
- Waterproof boots that provide solid traction.

GOOD-TO-HAVES

- Hand and toe warmers.
- A foam pad to put under your sleeping pad for extra warmth.
- A small shovel to clear snow on your campsite.
- Portable power packs (electronic equipment loses power faster in cold weather).
- Meals that are quick and easy to make since cooking and cleaning in mitts can be a challenge (for instance, freeze-dried meals for which you just add hot water).

While the above list isn't exhaustive, it's a great place to start. The only thing that remains is to set aside a weekend, choose a park and book your site.

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Three types of courses that will get you outdoors this winter

Instead of hibernating indoors wishing for the warm weather to return, get outside this winter. Taking an outdoor class will help you load up on vitamin D and keep you active all season long. Here are three types of courses you can try.

1. SKIING

Take ski lessons so you can hit the slopes with the whole family. If you're not an adrenaline junky, head away from the hills and instead learn to cross country ski. Not only will you get plenty of fresh air, but you'll also reap the benefits that come with getting a great workout.

2. WINTER HIKING

Whether you want to take small, easy hikes or go on weeklong mountaineering adventures, take a class to prepare yourself. You'll learn about the equipment needed and the clothing required to enjoy the quiet of the winter wilderness. Experienced guides will show you how to get traction with your boots and when to use snowshoes. You'll also learn how to stay safe on the trails.

3. BIRDWATCHING

If leisurely strolls through the woods are more your thing, take a birdwatching class to see rare local

birds. An ornithological guide will teach you how to spot birds in their natural habitat and teach you how to help preserve their environment.

A few other courses that will get you outside this winter include ice skating, ice climbing, snowboarding, kite skiing and snow yoga. As long as you dress warmly, winter is the perfect time to soak up some rays while learning something new.



Prepare for your next adventure with these three courses

If you're getting ready for the adventure of a lifetime, like climbing Mount Kilimanjaro or sailing across the ocean to another continent, you need to be prepared for anything. Keep yourself and your companions safe by taking one or all of these types of classes.

1. WILDERNESS FIRST AID

Wilderness first aid classes are designed for people in isolated and challenging environments. On top of standard first aid techniques like cardiopulmonary resuscitation (CPR) and treating injuries such as concussions, wounds and broken bones, you'll learn how to give prolonged medical care and how to improvise equipment.

2. SURVIVAL TRAINING

While you hope that nothing will go wrong during your adventure, if the worst-case scenario happens, you need to be prepared. For example, if you're sailing, an ocean safety course will teach you what to do if there's dangerous weather or if there's a man overboard. You'll also learn practical things like emergency signals and how to inflate lifejackets and life rafts in a stress-free environment.

3. LANGUAGE LEARNING

If you're going to be in a foreign country, you might want to learn the local language. Not only will you be able to communicate in case of an emergency, but you'll also have the opportunity to get to know the locals.

While you may only need to use a handful of the skills you gain from taking these courses, acquiring the associated proficiencies will imbue you with confidence for your journey and enable you to take the appropriate actions when confronted with an emergency.

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* Fiore MC, et al. Treating Tobacco Use and Dependence: 2008 Update
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By Lisa Neil, B.A., LL.B

YOUR LIFE & The Law

Don't Get Caught On Thin Ice **Know The Ice Fishing Laws in Ontario**

If you have plans to join the thousands of people excitedly packing their tip-ups and bait, pulling on their warmest long johns, and venturing into the great white north to enjoy some ice fishing, now is the perfect time to get to know the laws that you will have to follow.

Our area offers endless pristine and bountiful fishing opportunities. But, no matter where you decide to fish, there are rules and regulations which govern your use of those waterways. Before setting off for your favourite spot or to try a new fishing hole, it is important that you check the regulations for that specific lake, river or stream. You can find that information in the Ontario Fishing Regulations Summary at www.ontario.ca/fishing or pick up the guide where you buy your licence.

To fish in Ontario you require a licence. It is illegal to fish without one. You can purchase a one year or three year permit and can choose between a more expensive sport permit or a conservation licence. The sport permit will allow you full catch and possession privileges while the conservation permit has more limited allowances. The licence allows you to fish throughout the year as long as the fishery is open. If you are under the age of 18, or over the age of 65, you can fish without a licence. Indigenous people fishing within their traditional territories do not require a licence.

There are numerous rules and regulations which you must obey when ice fishing. You must be sure that the fishing season is open. The province is divided into various zones with each zone having different rules and regulations. You are required to follow the catch and possession limits and the rules regarding the length and weight of the fish. Other important rules to consider: you can only use one fishing line (instead of the usual two lines) on some waterways, you are only permitted to use live bait on some lakes and not others, and you must dispose of your leftover bait in specific ways to prevent invasive species from invading and harming native fish and habitats.

Conservation, sustainability and the protection of the fishery for future generations are behind these rules and regulations and their enforcement. The penalties for breaking these laws can be steep and are nothing to shake a fishing net at. The fines can run into the tens of thousands of dollars and result in several years in prison. Your licence can be suspended and you can be banned from fishing for life.

When travelling to your favourite fishing spot by snowmobile, it is important to be mindful of the trails that you take. It is illegal to trespass on private property and you require a pass in order to use the local club's maintained trails. If you are driving an ATV stay off of the snowmobile trails and take care to follow the *Highway Traffic Act* when travelling on roads.

*This article is provided for general information purposes only and should not be considered legal advice.



**Our area offers endless
pristine and bountiful
fishing opportunities**

It is also important to remember ice safety and always take precautions before going out onto any frozen water. Not all ice is created equally and ice can freeze unevenly resulting in thin ice and open water. Ice conditions can also change rapidly and a path that was safe in the morning may not be safe when you return after your day of fishing. Other important safety tips include: telling someone when you go ice fishing and leaving them your location and estimated time of return; carrying safety gear such as ice safety picks and a floating rescue rope; and learning what to do if you fall through the ice.

If you've been missing out on the experience of being in a cozy ice hut with a roaring woodstove in -30 degree temperatures when the air hurts your face and instantly freezes your breathe, you should take advantage of the Ontario Family Fishing Weekend which takes place this year from February 14th to the 16th when you can give ice fishing a try without a licence.

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HEART MONTH

Are you
at risk for
heart
disease?



New online tool helps Canadians assess their risk of heart disease

Each year, the Heart and Stroke Foundation declares February Heart Month to raise awareness about the high numbers of deaths and hospitalizations from cardiovascular disease in Canada. One important way you can mark the occasion is by taking the time to assess your risk of experiencing a heart attack, stroke or other cardiovascular problem. Thankfully, doing so just got a whole lot easier.

A team of Ottawa researchers led by Dr. Doug Manuel has developed an online calculator that makes it easier for Canadians to assess their risk of heart disease and change their unhealthy habits. Its algorithm was created by using data compiled from Statistics Canada health surveys of more than 100,000 Canadians along with data on hospitalizations and deaths from the Institute for Clinical Evaluative Sciences (ICES).

The tool calculates your risk of dying or being hospitalized for cardiovascular disease within the next five years by asking you a series of questions about factors like your family history, diet, physical activity, alcohol consumption and smoking habits. It also takes into account less obvious factors that affect your chances of developing heart problems, including socioeconomic status, education, stress levels, environmental influences, ethnicity and other health conditions like diabetes.

The researchers hope that Canadians will use the tool to assess their cardiovascular health and talk to their health-care providers about how their lifestyles are impacting their hearts. To try out the Heart Attack and Stroke Calculator yourself, visit the Project Big Life website at: projectbiglife.ca/cardiovascular-disease.



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