

**FREE**

*Temiskaming District*  
**Seasons**  
*Magazine*

Fall 2016



SUE NIELSEN  
**Finds  
Paradise**


**HAILEY  
MCCUE**  
FIND INSPIRATION  
IN THE SEASONS

Featured Photographer  
**Jocelyne  
Gervais-Dupuis**

From seed  
**to jar**  
DARLENE WROE

**SPEAKER**  
PRINTING, PUBLISHING  
AND PROMOTIONS

**KL Festival  
Committee**  
Gears up for the  
Winter Carnival



**IGNORE THE WARNING SIGNS AND THIS COULD BE FOR REAL.**

**DANGER**  
Dam Ahead  
Keep Out

**DANGER**  
Dam Ahead  
Keep Out

Watch for the warning signs and don't snowmobile, walk or cross-country ski near dams and hydroelectric stations. The ice nearby can be thin and dangerous.

[stayclearstaysafe.ca](http://stayclearstaysafe.ca)



**ONTARIO POWER**  
GENERATION

# Contents



- 4** Sue Nielsen *Paradise Found*
- 6** Fall Comfort Food
- 8** *From Seed to Jar* by Darlene Wroe
- 10** Living at the Cottage *Lois Perry*
- 13** *Top 9 Health Benefits of Hunting*
- 14** *Fall Fashion for the Hockey Mom*
- 15** Co-op Student *Hailey McCue* finds *Inspiration in the Seasons*
- 16** Featured Photographer *Jocelyne Gervais-Dupuis*
- Machine Translation* *Peggy Morin* explains the importance of human translation
- 18** Miron explains the importance of human translation
- 19** Spring Pulse Poetry *Season Transition*
- 20** Wine Pairing with Poultry
- 22** Kirkland Lake Festivals Committee Gears up for the 2017 Winter Carnival
- 24** Healthy Kids *Water - The Wonder Drink*
- 26** *Lisa Neil* To Sue or Not To Sue
- 28** Halloween *Folklore*
- 30** *Smoke Alarms and Home Escape Plans*
- 31** *Kid Zone*



## SPEAKER

PRINTING, PUBLISHING  
AND PROMOTIONS

Seasons Magazine is published four times a year by Temiskaming Printing Company 18 Wellington St. South, New Liskeard, ON P0J 1P0 Tel: 705-647-6791 • Fax: 705-647-9669 1-800-461-8751 [www.northernontario.ca](http://www.northernontario.ca) • [ads@northernontario.ca](mailto:ads@northernontario.ca)

**Publisher:** Lois Perry  
**Editor:** Gordon Brock  
**Creative Designer:** Heidi Jobson

**Contributors:** Brenda Craik  
Jocelyne Gervais-Dupuis  
Kelly Quimet  
Alan Roy  
Denise Williams

**Contributing Writers:** Kirkland Lake Festivals Committee  
Hailey McCue  
Peggy Morin  
Sue Nielsen  
Lisa Neil  
Lois Perry  
Darlene Wroe

Speaker 99442

# PARADISE FOUND

by  
Sue Nielsen

**DISTRICT**—The fall season is certainly a most beautiful time of the year in the Temiskaming region.

There's something about the fall air and the light that signifies a change in time and energy.

We tend to slow down a bit in the fall, drag the wool sweaters out and bundle up in preparation for cooler days ahead.

As an outdoors person/photographer, autumn presents a variety of excitement.

The best time to hike is the fall when temperatures are cooler and there are no bugs.

There's nothing that can rival a slow paddle around a lake that has a red, orange, rust, and gold forest reflected in its glass-like surface with the blue jay calling.

I am reminded of the words contained in the poem called *Indian Summer* by William Campbell.

"Along the line of smoky hills, the crimson forests stands, and all the day the blue-jay calls, throughout the autumn lands."

I love those words and the feeling you get when you read them.

Your mind pictures the red sumac berries high up on the hill, the grouse scurrying along the trail and of course the wild geese flying overhead to southern destinations.

The Mary Oliver poem called *Wild Geese* is one of my favourites.

She writes, "Meanwhile the wild geese, high in the clean blue air, are heading home again. Whoever you are, no matter how lonely, the world offers itself to your imagination, calls to you like the wild geese, harsh and exciting—over and over announcing your place in the family of things." I love reading this poem. It speaks to me in so many ways.

And our place in the family of things includes the magnificent outdoors.

Residents of this region have only to walk outside their front doors and they are exposed to some of the most colourful natural forests and vistas found anywhere in the province.

How fortunate are we to live in this North country.

There is more than just peace to be found on a Northern lake, in the night sky or upon a trail meandering through the woods.

There is an exchange that takes place when we are mindful of the natural beauty before us.

I describe myself as a Nemophilist—which means a haunter of the woods.

I prefer to walk among the fallen leaves taking advantage of every single minute of this life we are blessed with.

Sidewalks, computers and machinery grind away at my naturalness.

I wish to escape the superficial din and extend myself in the natural, rugged beauty of woodlands.

There is a trail found near the Temagami tower called the White Bear Trail that is heavenly.

It reminds me of the flora and fauna found on Vancouver Island.

This is my wood, my place, a space that helps me connect with my wild side.

Of course it isn't my place, it is a public space for everyone to enjoy.

My wild side being my natural intuitive heart-centric persona seeking my own truth in my own way.

The old growth trails surrounding the tower are magical places.

They are lean in autumn, plump with life in summer, and muddy as hell in the spring when the mud sucks my boots and wants to slow me down whispering, "Look at our beauty. Stop, linger and listen, smell, taste and touch everything here."

I leave a part of me on those trails, a tiny part that cannot fully relate to iPhones, twitter feeds, news reels announcing the latest bombing or mass murder, concrete under my feet and cubicle workspaces.

Happy trails everyone!

# Paradise found



“  
Along the line of smoky hills, the  
crimson forests stands,  
and all the day the blue-jay calls,  
throughout the autumn lands.”



## *Halibut with Roasted Vegetables and Pesto*

Brighly coloured roasted beets and garden fresh squash make the perfect base for flaky halibut in this quick, week-night friendly dish.

### Ingredients:

- 4 pounds butternut squash
- 1 medium onion
- Salt and pepper
- 4 skinless halibut fillets
- 1 pound beets
- 2 teaspoons vegetable oil
- 4 large garlic cloves
- Prepared pesto with red pepper flakes

Directions: Preheat oven to 450 degrees. Halve squash lengthwise and remove seeds. Peel squash and cut enough  $\frac{3}{4}$ -inch cubes to measure 6 cups. Trim and peel beets. Cut beets and onion into  $\frac{3}{4}$ -inch cubes. In a 17-by-11-inch roasting pan, toss squash, beets, and onion with oil until coated. Sprinkle with salt and pepper.

Roast vegetables in the middle of the oven for 25 minutes. Thinly slice garlic and scatter over vegetables. Roast vegetables 8 minutes longer, or until crisp-tender. Season halibut with salt and pepper and arrange on top of vegetables. Roast halibut until just cooked through, about 8 minutes. Serve with pesto.



# Crangarita Cocktail

## INGREDIENTS

- brown sugar
- 1 c. ice
- 2 oz. tequila
- 1 lime
- 1 1/2 tbsp. chunky cranberry sauce
- 1 tsp. honey
- Cranberries, fresh or frozen

## DIRECTIONS

1. Rim a margarita glass with brown sugar.
2. Fill a cocktail shaker with ice, tequila, the juice of 1 lime, chunky cranberry sauce, and honey.
3. Shake, then strain mixture into glass.
4. Garnish with fresh or frozen cranberries.



# Old Fashioned Oatmeal Cake

## INGREDIENTS

- 1 3/4 cups boiling water
- 1 cup quick oats
- 1/2 cup (1 stick) butter, unsalted, softened
- 1 cup granulated sugar
- 1 cup dark brown sugar, packed
- 2 eggs
- 1 1/2 cup all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon table salt
- 1 teaspoon apple pie spice
- 1 teaspoon ground cinnamon

## INSTRUCTIONS

1. Preheat oven to 350F.
2. Grease and flour an 8"x11.5"x2" pan.
3. Place oats and butter in a large bowl and pour boiling water over them. Cover and let stand 20 minutes.
4. After 20 minutes, add granulated sugar, brown sugar and eggs to oatmeal mixture and stir until well blended.
5. In another bowl, sift together flour, salt, soda, nutmeg, apple pie spice and cinnamon. Add flour mixture to oatmeal mixture and mix until combined.

Pour mixture into prepared pan and bake at 350F for 40-45 minutes. Cake is done when toothpick inserted in center comes out clean.



Warm up with your  
*favourites*  
at great prices.

**Austin's**  
**valu-mart.**

66 4th Ave. 705-544-2201



# From seed to jar

by  
Darlene Wroe

I will admit from the beginning that I am not of the laudable group who preserves their harvested foods in the fall.

I have no garden. My life is at a desk, or behind a wheel, or in a meeting.

But my sister does have a grand garden and she constantly amazes me.

From the late winter preparation for the new garden, the careful consideration of the necessary seeds, she and her husband are nothing if not serious as they prepare for the year ahead and their amazing garden.

This year there were new patches here and there on their property, and the tomato crop was of particular focus.

A little great granddaughter is part of the family dynamics now, and through the summer she was introduced to the wonder of growing things. When the cherry tomatoes began to grow and turn red, she was allowed to pick one, and happily carried it away to enjoy the fresh juices.

There is nothing quite so wonderful as a freshly grown vegetable.

The main garden is carefully tilled and tended, and the placement of the various vegetables in that garden are all considered based on the vagaries of nature. Marauding hares, beetles, and even a digging dog are all part of the strategies and placements in the creation of this garden.





The south-facing home has banks of colour and mouth-watering anticipation.

At my brother's home down the road, a vast and diligently mowed property is just waiting for exploration by a growing granddaughter. As we wandered along looking for seeds of various kinds, we found blueberries and raspberries along the roads on the edges of the property.

This delightful surprise resulted in a berry-picking undertaking and the two of us managed to collect enough to happily savour the best of summer, and share it with others.

My little great niece was delighted with this fantastic find.

My sister regularly gives me a call to come by for a collection of cucumbers and tomatoes.

On my last visit, her home was wafting with the aromas of preserving.

Along with the traditional late summer gift of cucumbers and tomatoes, I was bestowed with a jar of homemade chili sauce.

Last winter, she said, with family and guests, the chili sauce prepared last fall only lasted partway through. This year she was doubling her batch.

I floated through the aromatic passages of her home, and found myself remembering our childhood, and the wonderful days of the autumns of yesteryear.

Our root cellar back then was always filled with jars and root vegetables, potatoes and turnips, beets and carrots, and much more.

I suppose the timing of schooldays in that season was useful for getting the kids out from underfoot so that my mother and grandmother could focus on the task at hand.

The fall fairs of today though, reassure me through the kids' exhibitions, that the gardening bug for growing and harvesting produce is still interesting the emerging generation.

From the delight of a freshly picked cherry tomato, to the joy of a discovery of wild blueberries and raspberries, the children of today still know the value of harvesting their own food. How can they not? It's our nature.

I believe that's the future, and the seasons of seeds, planting, tending, harvesting and preserving will re-emerge as an important part of our daily lives.



Your #1 Home Heating Oil Supplier

**NORTH BAY**

**705-474-2450 • 1-800-207-0240**

**NEW LISKEARD**

**705-647-6566 • 1-800-563-8794**

WORKING TOGETHER TO KEEP YOU COMING BACK



Serving North Bay to Hearst Area

**TIMMINS - 705-288-2101**

**NEW LISKEARD**

**705-647-6566 • 1-800-563-8794**

**NORTH BAY**

**705-474-2450 • 1-800-207-0240**

# Living at the *Cottage*

by Lois Perry



Some people call them collectables.  
Some call them dust collectors.  
Some call it junk.  
Some call them treasures.

I've got a lot of them.

They're scattered about the cottage  
displayed for all to see.

I am a collector of old stuff

I've been collecting for years.

I forced myself to stop collecting old  
stuff but friends and family members  
still show up with their old stuff. They  
know I will love and take care of it.

With this obsession, it would always  
take me twice as long to get anywhere  
when I travelled, as my vehicle would  
turn into every single antique or  
second-hand shop along the way.

The local antique dealers all knew me by name and they would look for items that they knew I would like to purchase from them. I often found myself rooting around in old abandoned farmhouses or walking railway tracks and creek beds looking for old bottles, abandoned cabins or old bush dumps.

I have my Grampa's bean pot and my Gramma's picnic basket. I have the old wooden bowling pins from the long-gone Cobalt alley and the speakers from the long-ago closed Dymond drive-in theatre. I've got antique telephones, washboards, ironing boards, milking stools and crocks. I've got Depression glass, irons, quilts and trunks.

I have the 1931 calendar that I found hanging in an abandon cabin deep on the woods in Timmins and the Coca-

Cola wooden match striker that hung in a old barn on Manitoulin Island. I have the Neilson chocolate box with rope handles from Temagami and the 1890 blanket cupboard from Parry Sound.

**Everything has a history and a story...especially my old blue enamel bowl.**

I found the bowl during one of my adventures in a little shop down the highway. I was immediately drawn to it because of its size. It was blue enamel and measured about 20 inches across. I remember thinking that it would hold enough potato salad for the annual family reunion. Little did I know that over the years that bowl would come to be not only my most prized possession but also the one tool that I could not live without it at the cottage.

**It has been used for:**

- sponge baths (when the power is out);
- potato salad (enough to feed an army);
- laundry;
- macaroni salad;
- minnows;
- washing the dishes;
- pollywogs;
- pedicures;
- potato chips;
- ice bucket;
- picking blueberries;
- catching frogs;
- a splash park for my grandsons;
- facials;
- harvesting the garden;
- bailing out the canoe;
- making pizza dough;
- catching drips when fixing the pipes;
- gathering and melting snow (when the power is out);
- showering my four grandsons;
- holding decorations when decorating the Christmas tree;
- mixing punch;
- popcorn;
- catch-all at the end of the kids-week agility race;
- collecting pine cones;
- priming the pump;
- making the dressing for the turkeys;
- bathing my grandsons



*Over 2 billion square feet of opportunity!*

**COLEMAN TOWNSHIP**

Municipal Office: 705-679-8833 - 937907 Marsh Bay Road - [colemantownship.ca](http://colemantownship.ca)

**Hunting offers  
a unique opportunity  
to interact with the  
natural world that is  
not possible through  
any other means.**



*Come see our  
Exciting Fall Arrivals*

**John's**  
TACKLE BOX  
705-647-0010

437099 Hawn Dr. Dymond Industrial Park

# Health Benefits of Hunting

Hunting is an age-old sport that combines physical with nutrition. Hunters can enjoy the sport, commune with nature, and bring home a feast to their families. Here are the Top 9 Health Benefits of Hunting:

- 1. Connection with friends and family:** Hunting is a natural physical activity that can be done in solitude or socially, with friends and/or with family. Many hunters state that they were taught to hunt from a family member and enjoy the quality family-time that hunting provides to the family unit. Hunters feel that they receive a therapeutic/relaxed feeling when out hunting or enjoy the quality time that it provides to be with family and friends.
- 2. Physical balance:** Remaining perfectly still in your shooting stance while aiming your gun at the target exercises your core muscles, which supports proper posture. When the abdominal muscles are weak, the lower back holds additional pressure and weight from simple daily tasks like walking. Strengthening the abdominal muscles allows the weight of the upper body to be evenly distributed over the front and back, improving balance.
- 3. Is physically demanding:** Hunters are busy preparing blinds, tending food plots, scouting the woods, target shooting and some even train dogs. All this preparation is far healthier than that of a sedentary lifestyle and is part of an active, healthy lifestyle.
- 4. Exercise:** Just to carry the rifle itself is a workout in itself. Most rifles weigh an average of 12.5 pounds, which isn't a bad workout if it is held for up for six or eight hours. For those who choose to hunt with a bow and arrow, the heavier the pull tension, the more the bow weighs, in which case a hunter would need to steady an eighty-pound draw long enough to get a decent shot off - all of which would contribute to some serious bicep and forearm muscular endurance.
- 5. Enjoying nature:** Many enjoy the challenges that temperature, inclement weather and terrains can add to their hunting adventure. It's a great way to enjoy a relaxing, get-back-to-nature type of experience.
- 6. Nutrition:** The objective of hunting is to bring home game meat and eat the fruits of your hunt. Game meat generally is a lean protein. The meat from an animal is only going to be as good as the food that it consumes. Therefore, meat from wild game that eats a variety of natural foods is healthier than commercially raised meat. An animal that eats a diet that is mostly grass contains a greater variety of vitamins stored in its muscle tissue than animals raised on grain. Venison (meat from deer) and elk meat both are low in fat. Game birds, such as partridge and pheasants and game such as rabbit all are lean meats, meaning they have less fat too.
- 7. Increases mental discipline:** To the surprise of many, hunting is a primarily mental sport. Experienced marksmen think sport shooting is 90% mental. Concentration levels are sharpened and expanded. Multiple problem solving activities involving logic, and creative thinking (thinking "outside the box") are needed and employed to succeed at hunting.
- 8. Mental Relaxation:** Hunters often reveal that being in nature provides time to clear the mind. In the woods, there is no rush, no schedule, and no deadlines; nature moves at its own pace. This is very therapeutic and counter-balances the rush that most people feel in their day-to-day lives. Hunting also offers a unique opportunity to interact with the natural world that is not possible through any other means. This interaction provides a deep spiritual connection with the land, the wildlife, and our planet.
- 9. Gives the body an adrenaline boost:** Holding a weapon and firing it can be an exhilarating thing to do! A hunter's adrenaline will be spiked and cause a surge of energy to pulse through your blood. Increased levels of adrenalin in the blood signal your liver to break down glycogen, the substance that provides the muscles with glucose, the primary source of fuel in your body.

# Fall Fashion For the Hockey Mom

It's a crisp, cool Saturday morning. Your sleepy eyes slowly focus to see the ochre leaves floating from the trees. Grandmother's quilt is keeping you cozy in bed on this chilly morning. You could stay here all morning... except... HOCKEY! As you rush around gathering the children's hockey equipment that inevitably was left laying around, you take mental stock of where your own hoodie and sweats have been haphazardly flung. Fret not, Hockey Mom! Check out these cool styles sure to keep you warm in the arena stands.



Fall  
in love  
with our fall collection!

White Lace and Promises

705-647-6333

Downtown New Liskeard

Women's, Men's & Children's Clothing

**RANSACKED**

12 Whitewood Avenue E.,  
New Liskeard  
phone: 705-680-0070  
Ransacked@icloud.com  
Ransacked2016

HOURS:  
Tues-Thurs - 10am-5:30pm  
Fri - 10am-6pm  
Sat - 10am-4pm

Autumn Styles  
you'll adore!

Gar Lin's  
**Gift Gallery**  
Plus

56 4th Ave., Englehart • 705-544-8050  
"The Little Store That Offers You So Much More!"

# There's inspiration in the seasons



Hailey McCue  
Co-op Student

Living on a small reserve has really shaped my infatuation with the small things that the world has to offer, like flowers, art, music and the colours of fall. I've learned to love the Northern wind, the smell of a bonfire from a couple of streets down, the particular beauty in the way the vibrant leaves dance in the wind and how tints of crimson, gold and saffron paint the trees.

*"Every leaf speaks bliss to me, fluttering from the autumn tree." -- Emily Bronte.*

Fall has always been my favourite season, I adore everything it has to offer.

I seek inspiration in the seasons and find therapy in long bike rides and staying up till 5 a.m. when the sun peeks through the trees creating a shadow of the branches on the curtain.

Talking about everything and nothing with my best friends. We talk about things like school, our ambitions, the terrifying feeling of knowing that we will be graduating shortly and having to move away for college. I'm fortunate to have someone with the same introverted tendencies that I have so we can panic about it together. I've concluded that the toughest part of moving away for college would be saying goodbye to my beloved pets and my amazing sister Chelsea.

Chelsea is one of my best friends and I hers. We've shared a room together ever since I can remember. I'll particularly miss the way she always has to buy cookies at the grocery store every time she goes and the way she belts out ballads from *Glee* at all hours of the night, no matter how many times I tell her I have school in the morning and how every year my mom asks her what she wants to be for Halloween and she always wants to be a witch. Most of all, I'll miss the warm feeling I get when she smiles at me and laughs for no reason. Chelsea has taught me so many things like, patience, kindness and the healing powers of laughter. She inspires me in so many ways, because of her I have the courage to pursue my passion for writing and go to college next fall for journalism.

*Hailey McCue is a Timiskaming First Nations resident and currently a grade 12 student at Timiskaming District Secondary School who is taking a Co-op placement with The Temiskaming Speaker. After graduation this school year she plans to pursue a career in journalism.*

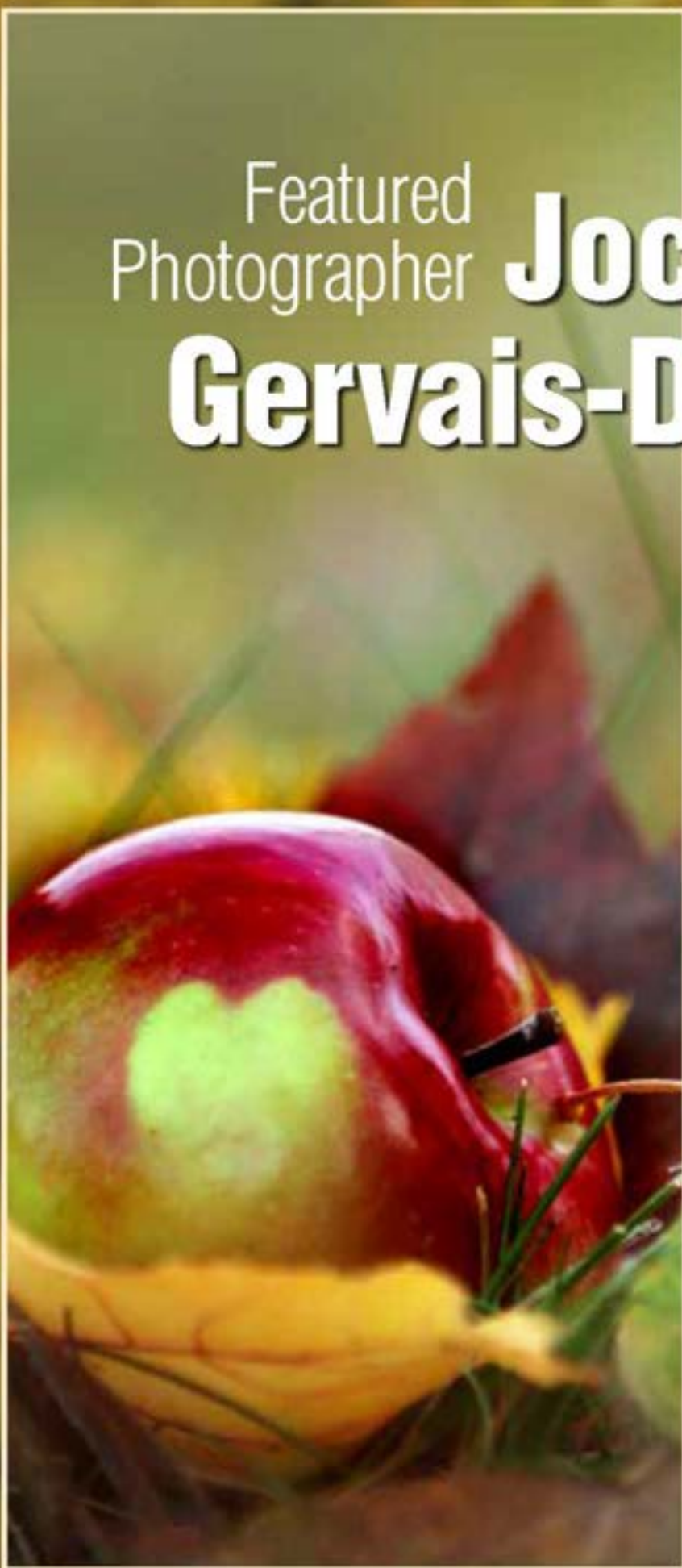


*My amazing sister Chelsea is one of my best friends.*



*Chelsea (left) and I on a Halloween trek many years ago.*

Featured  
Photographer **Jocelyne  
Gervais-Dupuis**







# MACHINE TRANSLATION

If you want to do business on a global scale, you need to speak at least 13 different languages! According to Common Sense Advisory ([www.common senseadvisory.com](http://www.common senseadvisory.com)), to address 90% of global online economic opportunities, you need at least 13 languages. Which languages matter most online?

## Languages Used for 90% of Online Economic Opportunities

English	French
Dutch	Japanese
Chinese	Korean
German	Italian
Arabic	Spanish
Portuguese	Russian
Swedish	

You don't speak that many languages; you say? That's OK! Not very many people do. Yet, many businesses still manage to find web-based economic opportunity. How? They rely on machine translation.

Machine translation (MT), also known as automatic translation, uses software to translate text or speech from one language to another. There are various approaches to MT: rule-based MT (which subdivides into transfer-based MT, interlingual, and dictionary-based MT), example-based MT, hybrid MT, and statistical MT, which is the most popular MT. Google Translate, Microsoft Translator (Bing) and Yandex Translate are examples of systems that implement statistical MT.

There are many benefits to MT. It is accessible, easy to use, and it can be integrated into mobile apps, Web interfaces and browsers. MT is faster than human translation, and most importantly, it is free. These are significant advantages to businesses who want to have a global audience. Unfortunately, automatic translations have one important disadvantage: they are often inaccurate.

An accurate translation from a source text to a target text requires an understanding of contexts, slangs, figures of speech, euphemisms, variations in tone, etc. Today, there exists no such software that can master these nuances. That is why the value of human translation continues to grow.

Here are a few examples of how MT fails to render an accurate translation.

Don't give your language to the cat (don't give up)! MT can be a great tool if it is used wisely.

Inaccurate Translations from French to English	
Google	Bing
<i>Je le ferai dans la semaine des quatre jeudis.</i>	
I will do in the month of Sundays.	I'll do it in the week four Thursdays.
<i>J'ai donné ma langue au chat.</i>	
I gave my tongue to the cat.	I gave my language to the cat.
<i>Vouloir, c'est pouvoir!</i>	
To want is to can!	Is power!

Simple and structured texts are often accurately translated by phrase-based statistical MT. In fact, many worldwide businesses effectively use MT as their only means of communication with thousands of clients who speak different languages. Most online users understand that Google Translate, Bing Translate, etc. are tools that facilitate the communication process.

If you are going to publish or print a document in a language other than your own, I would recommend that you hire a professional translator. This way, you will be sure that you are getting an accurate translation. One day, maybe MT and artificial intelligence will combine forces to successfully render texts by fully understanding language nuances. Everything is possible because... "to want is to can" (where there is a will, there is a way)! Until then, good old human translation is still the best.

**Peggy N. Morin**

Translator and owner at Morin Services



**Morin Services**  
**Translation Services**

Contact Information  
Phone: (705) 563-2888  
Web: [www.morinservices.ca](http://www.morinservices.ca)  
Email: [peggy@morinservices.ca](mailto:peggy@morinservices.ca)

33, 12th Street East  
P.O. Box 176 Earleton, Ontario PQJ1E0



# spring pulse poetry festival

## SEASON TRANSITION

Did you see the geese flying south  
last week?

Look, the birch trees are yellowing.

It was a good summer, though.

A lot of sun for picnics and camping,

Time to enjoy adventuring

And time to daydream and  
rejuvenate.

Now the garden needs harvesting,

My pumpkins are turning orange,

Tomatoes are trying to beat the frost,

Squash are littering the fields.

It's now time to dig those potatoes.

October is a good month to plant  
garlic.

Like us, animals are caching food,

Preparing shelters to stay warm.

The humming birds are leaving.

The monarchs have left.

Time to dust off the fiddle,

Join kitchen parties

And celebrate life.

Living in joy

Is what it's all about.

Jerry Jordison

*Residential & Commercial*  
**CONSTRUCTION**  
- We're Proud to have Built your Trust -

Call Darcy or Tony  
(705) 647-8191 [www.hearnconstruction.ca](http://www.hearnconstruction.ca)

Judy Cardinal, CRA  
Cardinal Appraisals  
1230 Lakeshore Road South  
Halleybury, ON P0J 1K0  
tel: 705-647-7245  
cell: 705-648-0911  
email: [cardapp@eastlink.ca](mailto:cardapp@eastlink.ca)

**NORTHERN MARBLE & GRANITE CO.** Since 1984

**705-569-4386**  
Bryan Baeumler Trusts Northern Marble And Granite Co

"Northern Marble And Granite Co demonstrates a verifiable history of Superior Quality work and customer satisfaction and EXCEEDS Baeumler's Code Of Conduct ..."

**NMG NORTHERN MARBLE & GRANITE CO.** **BAEUMLER APPROVED**  
[www.baeumlerapproved.ca](http://www.baeumlerapproved.ca)

**WWW.NMG.ROCKS**



### SAUVIGNON BLANC

- Chicken Cordon Bleu
- Chicken Kiev

### CABERNET SAUVIGNON

- BBQ Chicken

### ZINFANDEL

- Chicken Wellington
- Stuffed Chicken
- Southwest Chicken

### MENDOZA

- Chicken Breasts

### PINOT NOIR

- Roasted Chicken

### CHARDONNAY

- Chicken Speidini
- Breaded Chicken
- Turkey

Great recipes start with  
the best cut of meat!



*yves*  
**PRIME CUT  
MEATS**

705-647-YVES  
(9837)

**The Wine Place**

*La Place du Vin*

20 Whitewood Ave. E.  
New Liskeard, Ontario  
P0J 1P0  
705-647-9711

Andy Ringuette  
Owner

[thewineplace@outlook.com](mailto:thewineplace@outlook.com)

"nous parlons français"

Get Ready  
for Winter with  
**Winter Tires**



now offering  
seasonal storage

**Fountain Tire**

100 Craven Cres., New Liskeard

705-647-5500 [www.FountainTire.com](http://www.FountainTire.com)

**Worry Free Insurance**



So you  
can  
focus  
on  
more  
important  
things.

**SurNet Insurance Group Inc.**

Brian Aitchison, Member Broker

**705-647-6442**

Fax: 705-647-8622

LIFE • DISABILITY • GROUP RRSP  
FARM • COMMERCIAL • HOME • AUTO • FORESTRY

65B Whitewood Ave., New Liskeard  
baitchison@sumetnet / [www.sumetnet](http://www.sumetnet)

Serving Temiskaming For More Than 20 Years



Canadian Mental  
Health Association  
Mental health for all

Association canadienne  
pour la santé mentale  
La santé mentale pour tous

Cochrane  
Temiskaming

The Canadian Mental Health Association is your community  
mental health service provider.



We help people living with and touched by mental illness by providing  
the supports and services needed on their journey to happy and  
fulfilling lives, while educating and advocating for a caring community  
where everyone belongs.

Recovery is possible

*Nos services sont offerts en français et en anglais.*

20 May Street South  
Temiskaming Shores, ON

705.647.4444  
[www.cmhact.ca](http://www.cmhact.ca)

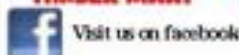
*Your* **ONE-STOP-SHOP**  
*Experts*

— AT YOUR SERVICE! —



- ✓ ROOFING Steel & Shingles ✓ INSULATION & DRYWALL
- ✓ WINDOWS & DOORS ✓ INTERIOR RENOVATIONS Kitchen & Bath

**EARLTON**  
TIMBER MART



69 - 10th Ave., Earlton, ON P0J 1E0  
705-563-2671 or 1-877-557-2315  
Fax: 705-563-2470

Visit: [www.timbermart.ca/earlton](http://www.timbermart.ca/earlton)  
Financing Options Available

# KIRKLAND LAKE FESTIVALS COMMITTEE GEARS UP FOR THE 2017 WINTER CARNIVAL

Kirkland Lake  
*Festivals*  
COMMITTEE

"Weensure annual  
traditions are fostered and  
preserved..."

There's no sign of snow yet, but that's not stopping the Kirkland Lake Festivals Committee from talking about it. The committee has already started planning the 2017 Winter Carnival, which will kick off February 16th and feature 18-days of activities for all ages and interests.

Kirkland Lake's annual Winter Carnival is the longest event of its kind in Canada. The annual tradition features live concerts, a \$50,000 fish derby, Kabaret, free kids' carnival, a snowmobile poker run, a curling bonspiel, free kids matinees, outdoor activities, a hockey tournament, the Skating Club's ice show, fireworks, sliding parties, a snow sculpting competition and more.

Last year's schedule included over 50 events and earned the committee one of two distinguished awards- Kirkland Lake's

Homecoming Week and Kirkland Lake's Winter Carnival both received Top 100 Festivals awards in 2016. The awards honour the most well-known and respected festivals in Ontario.

"Every year we ensure annual traditions are fostered and preserved by putting on events that have become winter carnival staples over the years, but we also strive to add something fresh and new for everyone," said Julie Richard, Chair of the Festivals Committee.

The list of past performers for Winter Carnival include Chantal Kreviazuk, The Sheepdogs, Steven Page, Nikki Yanofski, Classified, Kim Mitchell, Tom Cochrane, Bruce Cockburn, The Trews, Colin James, Scott Helman and David Myles. Tickets for the 2017 Winter Carnival concerts will go on sale in early December.

**PROUD SUPPORTER**  
**Of Local Music & Musicians**

**KG**  
King George Tavern  
40 Wellington St. New Liskeard  
705-647-4403

Tickets for other feature events, including the \$50,000 fish derby, which is set to take place on Saturday, February 25th, will also go on sale in early December. Fish derby tickets not only include admission to the evening pub and \$5,000 elimination draw, but a chance at over \$40,000 in fishing prizes.

Once again, this year, when participants buy their tickets during the first week of December, they will be eligible to win four early bird prizes, which will be drawn every Friday until Christmas. Early bird prizes include \$1,000 cash, a 40" TV, Winter Carnival concert tickets, and a free entry into the 2018 derby.

Year after year, the Kirkland Lake Winter Carnival's success is demonstrated not only by the awards it receives, but also by the remarkable attendance and participation witnessed at the events.

"The success of this event relies on a consistent and solid blend of amazing community partners who help put on events, an incredible amount of volunteers, and supportive and enthusiastic crowds," said Richard. "We look forward to rising to the challenge of selling out most events once again this year."

The Kirkland Lake Winter Carnival will feature 18 days of events from February 16th to March 5th. Contact information as well as past Kirkland Lake Festivals Committee events and schedules can be found at [www.klfestivals.com](http://www.klfestivals.com), and on Facebook, Twitter and Instagram.



**You're never fully dressed without  
a smile.**

**Karen Suykens Denture Specialist**

Karen Suykens, D.D.  
Master BPS  
Certified Denture  
Specialist



14 Gov't Rd. W.,  
Kirkland Lake  
(705) 568-8565



"Going the extra mile to see you smile"

**Chad  
PLUMBING**



705.567.7641  
185 Main St. Kirkland Lake, ON P0K 1A0  
[chadplumbing@live.ca](mailto:chadplumbing@live.ca)



## Water – the Wonder Drink!

The Healthy Kids Community Challenge is all about helping Ontario kids make healthy choices. Our community is one of 45 across the province chosen to be a part of this special project. That means new ideas and programs are coming to our community – things that make it easier for kids to be active and eat healthier. These are the keys to good health as our children grow up and become adults.

### Water is best

Encourage your kids to drink water when they are thirsty. It is much better for them than drinks with sugar added.

We all know healthy eating is important for growing children. So is healthy hydration. Our community is looking for ways to make it easier for kids to choose healthy drinks more often.

Water is the natural choice for kids to stay hydrated and healthy. Water makes up more than half of a child's weight. They need a steady supply to keep their bodies working and growing properly. Water contains no sugar, calories, additives, preservatives, or caffeine. And it's free.

Make water the easy choice for your kids – and keep them sipping throughout the day.

### How to make water the first choice

Make water the 'new normal' in your home:

- Keep pitchers of water on the kitchen counter or in the fridge for everyone to grab a drink from throughout the day.
- Put water on the table at mealtimes.
- Fill up re-usable bottles of water for the kids to take to school and sports activities.

### Milk: another healthy choice

Plain, unsweetened milk is another healthy choice for your thirsty kids. Milk also gives them some of the calcium and vitamin D they need each day. For those who cannot drink milk, unsweetened, fortified soy drinks are an option.

Babies thrive on breast milk. Health Canada encourages mothers to exclusively breastfeed infants until 6 months. Most babies breastfed in this way do not need additional water before they are 6 months old. Avoid giving babies juice, cow's milk, or other liquids until they are a year old. Continued breastfeeding has many health benefits for children up to the age of 2 and beyond.



## Other healthy choices for kids

100% fruit juice (no sugar added) should be an occasional treat—no more than about a ½ cup per day. While juice contains some nutrients, it also has a lot of calories. Support whole food options instead. Teach kids that eating a piece of fruit or some cut-up vegetables is a better choice than reaching for juice. They'll get important nutrients and fibre, and will feel satisfied longer. Children and youth who eat vegetables and fruit five times a day are less likely to be overweight or obese.

## Be your kids' best role model

If you make drinking water and choosing healthy options like fruit and vegetables a routine at home, your kids are more likely to make healthy choices throughout the day. That's especially true if children see that the adults they are with during the day, such as teachers and day care workers, make the same healthy choices.



### Make meal time family time

Regular family meals, away from TV and other electronic distractions, are good for children's health in many ways. Researchers say that children in families that eat together often are less likely to drink sugar-sweetened beverages or eat foods high in sugar. Family meals also seem to increase the amount of vegetables children eat.

**Make water the drink of choice at family meals.**

## Let's get started!

All kinds of groups will be joining forces in our community to support the **Water does Wonders** theme. There will be awareness campaigns and new policies and programs, all aimed at making fresh drinking water easy to access in the places where kids spend time.

Remember: water is essential for good health. It's the simple, convenient, low-cost option for quenching thirst. Let's encourage our kids to make water their first choice!



**HEALTHY KIDS**  
COMMUNITY CHALLENGE

Learn more about our Healthy Kids Activities at [www.temiskamingshores.ca](http://www.temiskamingshores.ca)  
Under the Resident Tab!

Find us on  
 **facebook** Healthy Kids Community Challenge the City of Temiskaming Shores  
 **twitter** @HealthyKidsTem



*By Lisa Neil, B.A., LL.B.  
Evans, Bragagnolo & Sullivan LLP Barristers & Solicitors*

# YOUR LIFE & The Law

## To Sue, Or Not To Sue?

You're a lifelong Law & Order fan ... you're a loyal Judge Judy watcher ... you've heard about the lady down street who was awarded \$50,000 in a lawsuit ... you've consulted with the legal experts on google ... and you are sure that you have an open and shut case and that you want to sue.

**Evans, Bragagnolo & Sullivan** LLP

**BARRISTERS AND SOLICITORS**

**Theodore R. Byck, B.A., LL.B.**

**Leanna Farr, B.A. (Hons), M.E.S.J.D.**

**Lisa A. Neil, B.A., LL.B - Counsel**

488 Ferguson Ave., P.O. Box 490, Haileybury, ON P0J 1K0

Tel: 705-672-3338 Fax: 705-672-2451

E-mail: [haileyburyebslawyers@gmail.com](mailto:haileyburyebslawyers@gmail.com)

In Canada, our legal system provides individuals with remedies under the civil law when we have been harmed by another person. Although many of us are familiar with the criminal justice system, due in large part to our exposure to criminal law and procedure in the news, in television shows and in movies, few people truly understand the nature and elements of the civil litigation system. In the criminal system, the state or the "crown" lays charges against the accused on behalf of the victim when the accused has broken the law. Whereas in the civil system, private individuals bring actions against other private people, groups, businesses and organizations to seek compensation, usually in the form of money, for harms and/or losses which they claim were caused to them.

In order to commence a civil lawsuit several important factors must be considered. To begin with, you must have what is called a "cause of action". This means that the harm that was committed against you must be "actionable". Luckily, the categories giving rise to a "cause of action" are broad and include such things as breach of contract, negligence, trespass, and defamation. Once you have determined that you have a cause of action, you must establish that you have incurred "damages". Damages are the losses which you have suffered due to the wrongful action and are typically monetary in nature.

After you have established that you have a cause of action and provable damages, you must then consider if any limitation periods could prevent you from moving forward with your claim. Under the Limitation Act of Ontario, in most circumstances, you have only two years to commence a civil action from the date that the cause of action arose. After this important deadline has run out, you are out of luck and can no longer pursue your claim.

Once you confirm that you have a valid claim that is within the time limits, you then must assess the evidence and the strength of your case. You must also determine the possible "quantum of your damages" that is fancy legal talk for the total amount of the losses which you can prove that you have suffered due to the wrong committed against you.

The final preliminary step is deciding in which court to bring your claim. If the amount of your damages are \$25,000.00 or less then you can commence your action in the "small claims court". This court is designed to be used by non-lawyers to deal with minor disputes. It is user-friendly, form based and most people can navigate their way through the small claims court process without the need to hire a lawyer. If the matter exceeds \$25,000.00 but is less than \$100,000.00 your claim is commenced under the "simplified procedure" in the Superior Court of Justice. For claims of \$100,001.00 and beyond, the regular procedure of the Superior Court will be your venue.

Just because you can sue does not mean that you should. Deciding whether to sue, or not to sue, is a serious question that requires careful consideration and should not be taken lightly. Unfortunately, due to the extremely high costs of legal proceedings, even if you have a strong claim with provable damages, it may not be cost-effective to sue. In most cases, your best course of action is to attempt to come to a settlement that would see both sides walk away with a mutually acceptable solution and feeling like they were treated fairly and respectfully. The court system rarely, if ever, accomplishes this goal. In addition to the stress and time involved in being a litigant in a civil action where the case could take anywhere from 6 months to 2 years to wind it's way through the various legal steps, the costs can be astronomical and run in the tens of thousands of dollars, and in very complex cases, even higher.

You do have rights and the civil litigation system gives you powerful remedies but great care must be taken when deciding to commence legal action to ensure that you don't "lose your shirt" while trying to recover your original losses.

# halloween

## FOLKLORE



### **Black Cats**

Black cats and halloween go hand-in-hand. The black feline's bad reputation dates back to the Dark Ages, when witch hunts were common. Elderly, single women were often accused of witchcraft, and their pet cats were said to be their "familiars," or demonic animals that were the witch's gift from devil himself.

### **Jack-o'-Lanterns**

Celtic folklore tells the story of a drunken farmer named Jack who tricked the devil, which resulted in him being turned away from both the gates of heaven and hell after he died. Jack made a lantern from a turnip and a burning lump of coal that the devil had tossed him from hell, to light his dark eternity.

### **Spiders**

It is said that if you see spider on Halloween, a deceased loved one is watching over you.

### **Why orange and black?**

The traditional Halloween colors represent the harvest, with orange symbolizing the colors of the crops and turning leaves, and black marking the "death" of summer and the changing season.





Conveniently store  
your valuables in our  
secure facility.

*Dymond* **MINI STORAGE**

dymondministorage.ca

(705) 647-6065

744031 Brazeau Blvd. New Liskeard, ON



**BAERG'S**  
Home Performance Solutions

- Assessments for Home Reno Rebate
- Heating & Ventilation Design
- WETT Inspections
- Home Energy Diagnostics

Comfort by Design  
705.648.0296 [www.baergs.ca](http://www.baergs.ca)

THE BEST SELECTION  
OF NEW VEHICLES IN THE NORTH.  
COME TEST DRIVE ONE TODAY!



**Wilson**



CHEVROLET BUICK GMC



Tom Leveson Sales Rep, Devin Mitchell Sales Rep, Devin Wilson Sales Rep, Tom Campbell Sales Rep, Richard Bourgeois Sales Rep, Kevin Brown Sales Rep, Mike Wilson Sales Manager, Eric Wilson Dealer

On the Strip, New Liskeard, 705-647-5050

# Smoke Alarms & Home Escape Plan

There should be a smoke alarm on every level of your house and outside the sleeping areas.

Smoke alarms should be tested every month and the batteries should be changed twice a year when you change your clock for daylight savings.

If you hear the "beep, beep, beep" get out of your house through the nearest exit, whether that is window or a door. If the door to the room you are in is shut, feel the door with your hand. If the door is hot, DO NOT OPEN IT! Go through the window instead.

If there is smoke, crawl under it until you reach an exit.

Once you are outside, go to your family's arranged meeting place.

**NEVER GO BACK IN THE HOUSE** once you are out, until the fire department says it is safe to do so.

If you don't already have one, make a home escape plan with your family. Practice home escapes to make sure everyone knows what to do if there is a fire. Pick a meeting place and stick to it.

## AND REMEMBER!

Don't use the stove without adult supervision.

Don't play with matches.

Never leave a burning candle unattended.

Never leave a boiling pot on the stove, unattended.

If your clothes are ever on fire, **STOP! DROP! AND ROLL!**

## Have a Safe, Happy Autumn!

*This message brought to you by*

**SAVARD & AREA  
FIRE DEPARTMENT**

## Make it all count!

Talk to us about the best financial plan for you and your future.

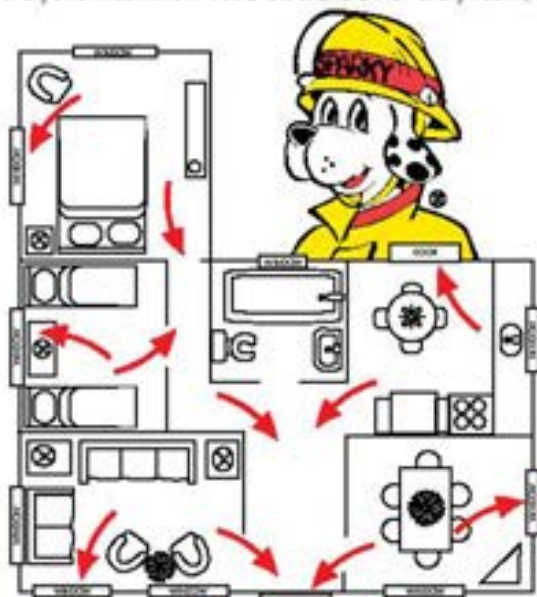


**RBC  
Royal Bank**

5 Arrowsong St N,  
New Lislead, ON P0J 1P0  
**705-647-6891**

## 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.



## GET OUT & STAY OUT

In case of fire  
**DON'T TRY TO SAVE POSSESSIONS**  
go directly to your meeting place.  
**(705) 647-8298**





For the  
up-ahnd-coming artist

## BOO!



## Amazing maze

Help your friend the spider find the strand of thread that leads back to her web.



### How Does Learning Happen? Comment apprend-on?



Parents and Caregivers ought to know...

Check out the link at the updated Timiskaming Best Start website  
[http://timiskamingbeststart.com/resources\\_en.html](http://timiskamingbeststart.com/resources_en.html)

It's about quality childcare in Timiskaming.

Parents et tuteurs savez-vous que...

Veuillez utiliser ce lien pour accéder au site web actualisé de  
Meilleur départ Timiskaming:  
[http://timiskamingbeststart.com/resources\\_fr.html](http://timiskamingbeststart.com/resources_fr.html)

Ça c'est des services de qualité de garde d'enfants aux  
Timiskaming.

Timiskaming BeSt Start

Meilleur départ • Mino-nbe-nâd-sây-win

## New Liskeard Stepping Stones Daycare



"Learning New Things Together"

141 Dymond Street,  
New Liskeard, Ontario

nlssdaycare@gmail.com 705-647-8816

# BUILT FOR CANADIAN RIDING KINGQUAD SPECIAL EDITIONS ARE HERE



**HEAVY GUAGE BUMPERS**  
TUBULAR STEEL BUMPERS FOR ADDED PROTECTION

**WARN 3000 WINCH**  
FULLY SEALED MOTOR & 3,000LBS CAPACITY

**2" RECEIVER HITCH**  
REAR BUMPER WITH INTEGRATED RECEIVER

**FENDER FLARES**  
OFFERS ADDED PROTECTION FROM DEBRIS

**KINGQUAD**

**SPECIAL EDITION**

OFFERED ON LT-A750XPIA & LT-A500XPIZ MODELS

IF YOU DO IT OUTSIDE  
**WORKN'PLAY**  
DO IT WITH US!



**SUZUKI**

Ph. 705.647.7067  
1106 Lakeshore Rd. Haileybury, ON

worknplay@ntl.sympatico.ca  
www.elklakeworknplay.com