

FREE

# Temiskaming District Seasons Magazine

Fall 2017

EXPLORING THE  
OLD PLACES OF  
TEMISKAMING

By Darlene Wroe

True northerner

By Sue Nielsen

Past, present  
and future for  
Get Active in  
Temiskaming



  
The  
Quilting Barn  
Take Over

**SPEAKER**  
PRINTING, PUBLISHING  
AND PROMOTIONS



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## SPEAKER

PRINTING, PUBLISHING  
AND PROMOTIONS

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# True northerner

By Sue Nielsen

It's cooler now, the air is fresh and clean as fall arrives.

The geese are flying overhead on their way to southern destinations and the smaller birds are in migration mode as we speak.

I will miss their birdsong.

We've been blessed with some unusually warm temperatures of late. It is perhaps our reward for a not-so-nice summer here in Northern Ontario.

Fall is a wonderful time of year in the Temiskaming region.

There's so much to see and do.

I am amazed by the change in the landscape when the trees change from green to gold, red, orange hues literally before our eyes.

As our sesquicentennial year winds down, I take stock of what I think Canada means to me and being Canadian is all about.

Being a Canadian means a connection to the land.

Our country is vast and beautiful and I've tried to squeeze every ounce of that beauty out of my experiences on the water and forests this year.

So, to me, being Canadian is what I'll do tonight and this weekend and the weekend after.

It begins with the land, our northern landscape covered by the Boreal Forest, the lungs of North America. It is as much about paddling peacefully along a pristine northern lake or hiking the many beautiful, scenic trails in this region and further afield to neighbouring Quebec.

Canada is a land of rock, prairie, mountains, lakes and forests, immense rivers and deep, rich soil.

It is country with a northern feel, much like this region has.

It has a soul that is characteristically northern and we can all be proud to live in this great northern region and country.

Our wide-open natural landscapes are truly a gift. Each time I am outdoors I smudge and say thank you to the higher power for the privilege of being able to go to the land.

My connection to the land is spiritual in essence. It is similar to the Indigenous philosophy about the land of being respectful, grateful and protective.

We are all responsible for the land as if there is a transparent umbilical cord connecting us to the land.

For example, I recall when a large wind turbine project was recently being shopped around the region. The people who lived on the land near the project

objected to this development because they knew the land would be chewed up and devastated by this large-scale development.

And the monies from the project would not stay locally but be sent off to international companies in other lands.

They exhibited all the qualities of northerners who have a strong belief in protecting the land and standing up for what you believe in.

So, how do we define a northerner?

The following is my definition: a northerner is someone who doesn't complain about the cold and damp, we live with it.

A northerner has a sophisticated palette i.e. maple syrup, poutine, Pepsi, blueberries and bologna.

We love our awe-inspiring natural places including our waterways and forests.

We don't bend to the narrow and the absolute. We know the land and our hearts are wildly vast and welcoming.

Northerners have a keen b.s. detector, they will never let you get too pretentious.

And when you say you're from Southern Ontario, they'll give you a hug, because if you don't live here, that's indeed your fault.



"Our wide-open natural  
landscapes are truly a gift."

# SALISBURY MEATBALLS AND MASHED POTATOES

**FIGHT  
THE  
FALL  
CHILL**

## INGREDIENTS FOR THE MEATBALLS

- 500g ground beef
- ¼ cup breadcrumbs
- 1 tbsp tomato ketchup
- 1 tsp Worcestershire sauce
- ½ tsp salt
- 1 tsp ground black pepper
- 1 garlic, grated
- ½ onion, grated
- 2 tbsp olive oil

## FOR GRAVY

- 2 tbsp butter
- 1 large onion, sliced
- 1 garlic, grated
- 2 cups beef stock
- 2 tbsp plain flour
- 1 tbsp tomato ketchup
- 1 tbsp bbq sauce
- 1 tsp smoked paprika
- ½ tsp freshly cracked black pepper
- Salt to taste



## ROASTED ROOT VEGETABLES WITH HONEY & APPLES



## INGREDIENTS

- 2.8-3.3lb mixed root vegetables e.g. carrots, parsnips and beets
- 2 dessert apples
- 1/3 cup olive oil
- scant 2 tbsp runny honey

## INSTRUCTIONS

1. Preheat the oven to 180C (350F).
2. Peel the vegetables, and cut into smaller pieces if large - I usually quarter the beets, and cut carrots and parsnips into 2-4 pieces. Place in a large bowl.
3. Remove the cores from the apples and cut each apple into 8 wedges. Add to the vegetables.
4. Whisk the olive oil and honey together. Pour over the vegetables and apples and toss to coat.
5. Tip the vegetables and apples onto a large baking tray and spread out into a single layer (or as close as possible). Roast in the preheated oven for about an hour, until tender and browning.
6. Serve hot or cold.



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## FOR MASHED POTATOES

- 5 large potatoes, peeled and boiled till tender
- 4 tbsp salted butter
- ½ cup milk (I used low-fat milk)
- Salt and black pepper to taste

## INSTRUCTIONS

1. Add all the meatball ingredients (excluding the olive oil) to a large bowl and mix well.
2. Shape into 1-inch meatballs.
3. Add the olive oil to a large skillet and heat over medium to high heat. Add meatballs and cook.
4. Cook the meatballs on all sides, add more oil if needed. Remove meatballs from skillet and set aside.
5. In the same pan, add butter. Once melted, add onion and cook until onion is soft and translucent.
6. Add in 2 tbsp of flour and the grated garlic. Fry this for 1 minute.
7. Slowly whisk in the beef broth. Cook for about 3 minutes till sauce thickens.
8. Mix in the tomato ketchup, bbq sauce and paprika.
9. Season with salt and black pepper.
10. If sauce is too thick, add some beef broth or water.
11. Add the meatballs back to the pan and let them toss in the sauce for about 1 minute.



## SLOW-COOKER APPLE CRISP

### FOR THE TOPPING:

- 1 ¼ cups all-purpose flour
- ¾ cup rolled oats
- ½ cup packed brown sugar
- 1 teaspoon ground cinnamon
- ¼ teaspoon kosher salt
- 8 tablespoons unsalted butter, melted

### FOR THE FILLING:

- Butter or cooking spray, for coating the slow cooker
- 6 medium apples (about 3 pounds), peeled, cored, and cut into 1-inch chunks
- ⅓ cup granulated sugar
- 2 tablespoons all-purpose flour
- 1 teaspoon ground cinnamon
- 1 tablespoon lemon juice

## INSTRUCTIONS

1. Place the flour, oats, sugar, cinnamon, and salt in a medium bowl and stir to combine. Pour in the melted butter and stir until the butter is completely incorporated into the dry ingredients and the mixture is wet and crumbly; set aside.
2. Generously coat the insert of a 6-quart or larger slow cooker with cooking spray or butter.
3. Add the apples, sugar, flour, cinnamon, and lemon juice to the slow cooker, stir to combine, and spread into an even layer. Sprinkle the oat topping evenly over the apples.
4. Place a large sheet of paper towels over the slow cooker, making sure it completely covers the top of the slow cooker, but does not sag down onto the crisp. Cover with the slow-cooker lid. Set the slow cooker to HIGH and cook for 1 ½ hours, or cook on LOW for 2 ½ to 3 hours.
5. Remove the lid and paper towels and cook, uncovered, until the topping is browned and crisp and the fruit is tender, about 1 more hour. Let the crisp cool at least 15 minutes uncovered before serving.

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**GET ACTIVE in SOYEZ ACTIFS au**



*Temiskaming*

Get Active In Temiskaming is a fundraising organization that hosts 5 annual running and walking events (a series) locally in and around Temiskaming Shores.

It was developed in 2010 by myself (Chandra) and my husband Tony Juurlink because we wanted to offer the community more family-friendly run/walk events that raised money for local groups while promoting healthy, active living.

We gathered some like-minded community members who helped brainstorm the primary implementation of the series and developed the inaugural set of events. We have now grown into an incorporated organization with a committed group of individuals sitting on our board.

We wanted to showcase our area with both road and trail events and decided to go with 3 road events in Haileybury/North Cobalt, Dymond and New Liskeard as well as 2 trail events at Pete's Dam Park and the Temiskaming Nordic Ski Club. The dates and seasons that each event were offered have changed over the years but the locations have basically remained the same.

The fundraising element of the series is what we are most proud of. We had a plan to have sponsors assist financially with the larger organizational costs so that 100% of participants' entry fees went into the fundraising.

Each year, local groups may apply to be major beneficiaries for the following year. Our committee votes based on a set criteria, who will be awarded those opportunities (typically 3 groups per season). We also decided to set school and community challenges to increase our exposure and give back to a larger part of our community.

We make our events very affordable, as mentioned, by having assistance from local sponsors. Entry fees range from \$5-10 for kids under 12, and \$10-35 for ages 13+. It was very important to us to make it financially reasonable for whole families to participate together.

The uniqueness of the fundraising is that each participant chooses where their money goes. They select the group(s) and school they support. In return, those groups promote our series among their members in order to have more supporters attend our events, which makes them more money. We get larger participation while they get more exposure and funding. A win-win situation.

In addition to being selected to receive funding, each group has to promote the series and provide a set amount of volunteers per event to keep their funding. We otherwise do all the work and hand over money at the end of five events.

The school challenge winner is calculated by offsetting the number of supporters against the





school's population to get a percentage value. That way even the smallest school may win. 10% of total funds get awarded to the top school, with a clause that it must be used towards their physical education programming or team sports.

Since the series consists of 5 events, we celebrate the end of the season every December with a banquet, silent auction and spaghetti dinner. This is where all the monies get awarded to the groups and challenge winners are announced.

We cater to both recreational and competitive runners and walkers. Those that want to compete may get timed and have stats kept within the series for chances to win awards for age categories at the season-end banquet. Those that choose to be more casual and non-competitive may just enjoy the route without being timed. Both groups have different start times to keep them separated.

The distances we offer at all events are: 100m (for kids under 5), 1km, 2km, 5km, 10km (for all ages).

We have grown and changed over the years and now offer fun themes at each event such as in spring with a Chocolate Theme celebrating the Easter season, a Pink Theme celebrating Mother's Day, a Family BBQ celebrating Father's Day, and in fall, a Colour Theme (going through stations of powdered colour) and a Chilly/Holiday theme celebrating winter and Christmas.

From 2010-2016 we had raised approximately \$45,000 from entry fees, distributed locally to a range of groups and organizations promoting healthy, active living. These funds have allowed them to grow and promote their services which assists our goals of getting Temiskaming more active. 2017 is proving to be equally or more successful than last and we hope to continue to grow every year.

For more information about the series, please follow us on social media or on our website [www.getactiveintemiskaming.ca](http://www.getactiveintemiskaming.ca)

Chandra Juurlink  
President/coordinator



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# Living at the *Cottage* by Lois Perry

Have I mentioned that I don't like snakes?

I have a long history with those long, slimy, sneaky reptiles.

From the time that the one wrapped itself around my ankle in the outhouse to the time that the giant ball of snakes paralyzed me in fear and prevented me from getting home, I have lived in terror of them.

I have tried over the years to suppress my fear and to not pass that fear onto those who look to me for my fearlessness, all to no avail. They continue to cross my path, usually when I least

expect it and this summer was no exception.

I was raking along the shore when I reached down to scoop up an armful of leaves to place in the garbage bag when I felt a long narrow belt tighten around my arm. I knew before I saw it, exactly what it was. It was that same feeling that I had felt many years before around my ankle in that dark outhouse. The only difference was that this time my pants were securely tightened around my waist so that when I screamed, threw the leaves and started running my pants didn't end up down around my ankles.

A short time later as I sat calming

my nerves with a cold beverage a few kilometers away, I pictured him slithering off to his snake pit in hell.

And, as my breathing returned to normal and I got the feeling back in my legs, I garnered the courage to return to the site of the encounter. I tiptoed down the stairs to an area where I had a clear vantage point of the pile and with my binoculars I could see that the snake was still there.

But there was something wrong! He had entangled himself in an onion bag and couldn't move more than a few inches at a time.

As much as I dislike snakes, my love of birds has lead me to hanging seed baskets and suet bags for them during the winter months. Peering through my binoculars at the snake that was tangled in the onion bag I realized that the onion bag was a remnant of my bird feeding months.

It hit me like a sledge hammer. This was my fault!

I have literally spent hours cutting up plastic packaging before recycling so that creatures do not get tangled in it.

Pop can holders, plastic bags, plastic tubs, water bottles, fishing line, onion bags. Nothing got by me, until now.

This poor little snake didn't want to be here any more than I wanted him here! He was stuck here because of me and my fly-away onion bag.

I felt sick and I had a strong urge to help this little snake.

I felt empathy towards him and I was no longer terrified of him.

I was horrified that I had left an onion bag in a place that could hurt any creature.

I wanted to free this little snake from the onion bag.

I could do this!

I felt strong!  
No problem!

And so, I trotted down to my neighbors to get Randy and Nat.

I told them of the horrors of my ways and how I felt responsible for the predicament that this poor little snake was in. They both watched me with tilted heads and eyebrows raised.

So now we had three people who had spent the better part of their lives afraid of snakes and we were all in favour of trying to save the snake.

Randy did a fantastic job as he gently cut the onion bag away from the snake. As I watched I felt terrible guilt. I had not noticed earlier but as the snake twisted

in an effort to free himself the onion bag grew tighter around his narrow body, almost cutting him in half.

Watching him as he slithered away in the opposite direction of us, it appeared that he was in two pieces and it crossed my mind that I should probably keep him for observation for a few days, but that feeling quickly passed.

I made a vow to myself that day that I would never again be so careless and something else happened that day too.

I'm not nearly as afraid of snakes as what I was.

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The advertisement features a collage of three images: a young girl in a red hat holding a yellow leaf, a cabin in a forest, and two people sitting by a campfire. To the right is the Coleman Township logo, which includes a stylized 'C' and a graphic of a building with a ramp.

# Fall fashion FORWARD

## WOMEN'S FASHION Five trends to try on this fall

This fall, the world's most famous fashion designers are offering fashionistas around the globe inspiring and bold new collections. Here are five trends to look out for:

**1. Silver tones:** during the world's biggest fashion shows, several designers introduced futuristic, silver-toned dresses. Are you the type that likes to shine in public? Then this fall trend is right for you!

**2. Vibrant reds:** some say that dressing in red increases self-confidence and invites greater success. In need of some courage before an important meeting or a grand event? Wear a vibrant red shirt, jacket or dress, and feel your self-esteem skyrocket!

**3. Corduroy:** whether thin- or wide-ribbed, corduroy is a material that designers love to include in their fall collections. Cozy and comfortable, a corduroy jacket is the perfect choice of outerwear for braving the autumn chill!

**4. Printed words:** this fall, women who dare to be bold with their opinions are wearing clothing printed with words or

expressions that reflect their interests and values. Examples include "Save the Earth," "Feminist" or, on a lighter note, "I love cats!"

**5. Rose prints:** there's no arguing that floral prints have been trending for several seasons in the fashion world. However, if you *really* want to be at the height of your style game in fall 2017, look for pieces displaying the queen of all flowers: the majestic rose!



## Discover fall's hottest accessories!

Do you like to stay on top of the latest fashion trends? Here are a few must-have accessories every style guru should own for fall 2017!

- Big metal or crystal earrings (who said bling was dead?)
- Laced-up leather boots (to awaken your rebellious side)
- Boho-inspired jewellery (hello leather, feathers and shells!)

- A wide belt (preferably a sleek black)
- Glistening, ultra-feminine booties (remember, silver is trending!)
- A bell-shaped hat that could have belonged to your grandmother once upon a time (bonus points if it has coloured faux-fur!)
- A chunky necklace to adorn your neck (you'll feel as regal as the Queen herself, guaranteed)
- A simple rectangular handbag (with a gold chain for an arm strap is even better!)



## Men's fashion: three must-have looks for fall

Summer is wrapping up and it's time to say so long to flip-flops, shorts and sunny days by the sea. But don't let the end of barbecue season get you down! Add some joy to your fall wardrobe with these three wearable styles:

### 1. DOUBLE-BREADED DESIGNS

This fall, you ab-so-lutely need a chic blazer, coat or casual jacket with two parallel columns of buttons. A bold twist on classic single-row button designs, double-breasted pieces are a surefire way to make a good impression, whether at the office or your favourite bar. Psst! Are you a fan of evening strolls? An elegant double-breasted sports jacket with a hood is the perfect garment for braving those chillier fall nights.

### 2. VIBRANT ORANGE

This season, vibrant hues are taking over the men's fashion world in place of burnt or rusted shades of orange. Loud and attractive, this colour is a powerful mood booster for those who wear it proud. After all, there's nothing like a sunny shade of orange to combat the winter blues, right?

### 3. PADDED TEXTURES

Once the temperature starts to drop, padded coats and jackets — with or without sleeves — provide warmth and comfort! However, leave the marshmallow look to the Michelin Man. This fall, choose flattering styles with discreet padding instead of overly stuffed outerwear.



Cozy up with  
capes and scarves



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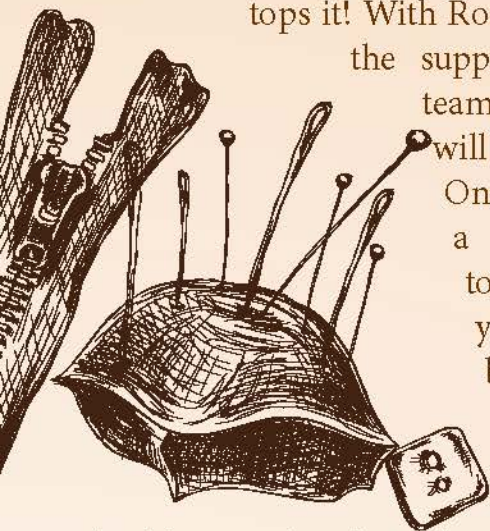


# The Quilting Barn

Quilting is a hobby that brings people together, a craft based on giving and sharing, a tradition entrenched in many communities and an art that inspires warmth, comfort and creativity. Suitably, The Quilting Barn was inspired and built on a dream. Ron Smith was taking a walk with his wife and kids when he saw a beautiful countryside property in the window of a real estate agency. On that property, there was a stunning red barn -- the perfect setting for a quilt shop. Needless to say, that picture haunted him for weeks alongside visions of cozy feelings, rustic furniture, a warm fireplace and stacks of fat quarters. The former horse stable became the Quilting Barn filled with bolts and bolts of cotton, notions, sewing machines, patterns, rustic pine furniture, scented candles and a warm crackling fireplace. For ten years, surrounded with a great team, The Quilting Barn became a place where customers were greeted by name and treated like family. This summer, it is with mixed feelings that Ron decided to sell the business. Life circumstances were taking him in a different direction and it was time to pass on the torch to someone who would take the store to the next level.



Now, here's the story about my dream ...  
When I saw Ron's posting about the sale of the Quilting Barn, I panicked a little. I could not imagine our area being deprived of a place like the Quilting Barn. Ron's dream must continue ... him and his team had worked too hard to see it close down if a buyer was not found. Let's be frank, buying fabrics and quilting supplies online is a fact of life in this day and age. But it certainly does not replace the feeling one gets when entering a quilt shop. A few weeks after seeing Ron's ad, I decided to embark on one of the most challenging time of my life, that is to own and manage a quilt store. Isn't it every quilter's dream? In recent years, I have been concentrating mostly on the art of finishing quilts on a longarm machine. I thought at that point that I had arrived at the pinnacle of my quilting career! Oh no, how about buying a quilt store! Now that really



tops it! With Ron's sound advice and the support of the existing team, the Quilting Barn will continue to exist. One of my goals as a quilter has been to encourage the younger generation to become interested in this craft. Nothing pleases me more than to see a new

budding quilter finish her first quilt! With the help of top-notch teachers, the store prides itself in providing courses for every level of expertise. At the end of November, the quilt shop will be moving to Earlton, my hometown. The new location will still have the look and feel of the red barn minus the country setting. Thanks Ron for your vision! You made your dream become my dream!

### THE QUILTING BARN IS NOW UNDER NEW OWNERSHIP!

Come and see our selection of new fabrics. Reward cards honoured and gift cards available. Longarm quilting services by Suzanne Gauthier

Sale on Husqvarna sewing machines starting in November - watch for flyer and ads on our Facebook page and website.

The Quilting Barn will continue to operate in the present location until the end of November.

On December 1, 2017, we look forward to welcoming you in our NEW location in Earlton at 28-10th Street (near Grocery King).



The  
*Quilting Barn*

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# *spring pulse poetry festival*

## AUTUMN PARTING

The trees stand proud for all to see  
Clad in their autumn finery,  
But I am sad this time of year  
And sorrow reigns inside of me.

While others see the colours clear,  
The reds and golds when they appear,  
I can't enjoy this splendid view,  
For you my friend, I shed a tear.

The time we've spent together flew,  
But memories I still have of you,  
Though now it's time to say good-bye,  
And winter days will all be blue.

And just as leaves in fall do die,  
And honking geese on wings do fly,  
My kayak too will go away,  
When north winds blow and trees do sigh.

And though I always dread this day,  
When you, my friend, no longer play,  
I know in spring the ice will go.  
And then we'll paddle in the spray.

So when the rivers start to flow,  
And buds upon the trees do grow,  
And flowers poke through scattered snow,  
Once more, on ventures we will go.

Judy Selinger

# EXPLORING THE OLD PLACES OF TEMISKAMING

By Darlene Wroe

Autumn is a time for completing our summer lists.

There are so many places I enjoy going to, especially in the summer months, that there isn't enough time to get to them all.

But the autumn usually gives us a bonus of summer-like weather and last chances to do those things.

For me, a hike out to Devils Rock was one of those things.

In my job, I come across many stories and local legends.

Devils Rock got its name, so I read, from the mining days when prospectors would be lowered up and down the cliff face after dark, using headlamps to search in the rock for the glimmering shine of silver.

From the surface of the lake below, it looked like many little devils scaling up and down the cliff.

The name has stuck because of the iconic profile in the rock face. A prominent nose juts out beneath squinting eyes and a grim-set mouth, as the giant rock face gazes out across the lake. The Manitou is a presence, most felt in places where natural forces are least disturbed.

There are many places in this region that are sacred to the indigenous people who lived here over the past 10,000 years. Devils Rock most certainly is one of them.

I'm not sure what the Algonquin name for the place would have been, although I am sure it would be beautiful. First Nations place names are descriptive of the area.

A lesser known story was gleaned from local Algonquin people around the turn of the twentieth century. Indigenous people told anthropologist Frank Speck stories of half-sized people who were covered with hair and lived in caves in the Devils Rock area and other rocky places. One story told of a race to catch the mischievous creatures after they stole some fish, and the impression of a very ugly face looking back.

Could it be that there was once another type of primate living in this area, long before the forestry of the 1800s changed the landscape? It's not the only local reference to a man-like creature in this area. There are stories from Coleman Township about a hairy upright primate referred to as Yellow-Top.

As I continue to explore this area in which I have lived for most of my life, I am intrigued by the most ancient pieces of this local story.

For about 10,000 years people have been using the land where they have lived, hunted, had families, and developed a social structure and a spiritual outlook that is unique to this region.

People are increasingly taking up the task of recovering those fading traditions and ways,



and drawing them together to attempt to understand the way of life that was completely unique to Temiskaming.

The history of the area is so old that we can't quite fathom how a rock painting could be accomplished on a cliff face far above the water's surface. When we realize that the land has heaved due to the receding of the glaciers 10,000 years ago, we can begin to understand that lakes and rocks were at different elevations thousands of years ago.

This beautiful season gives us a last chance to explore, and to discover things we might not have known before.

In the winter, the snow will wrap itself around, defining shapes and spaces, but for now we can continue to explore the billion years of detail that make this area so fascinating.



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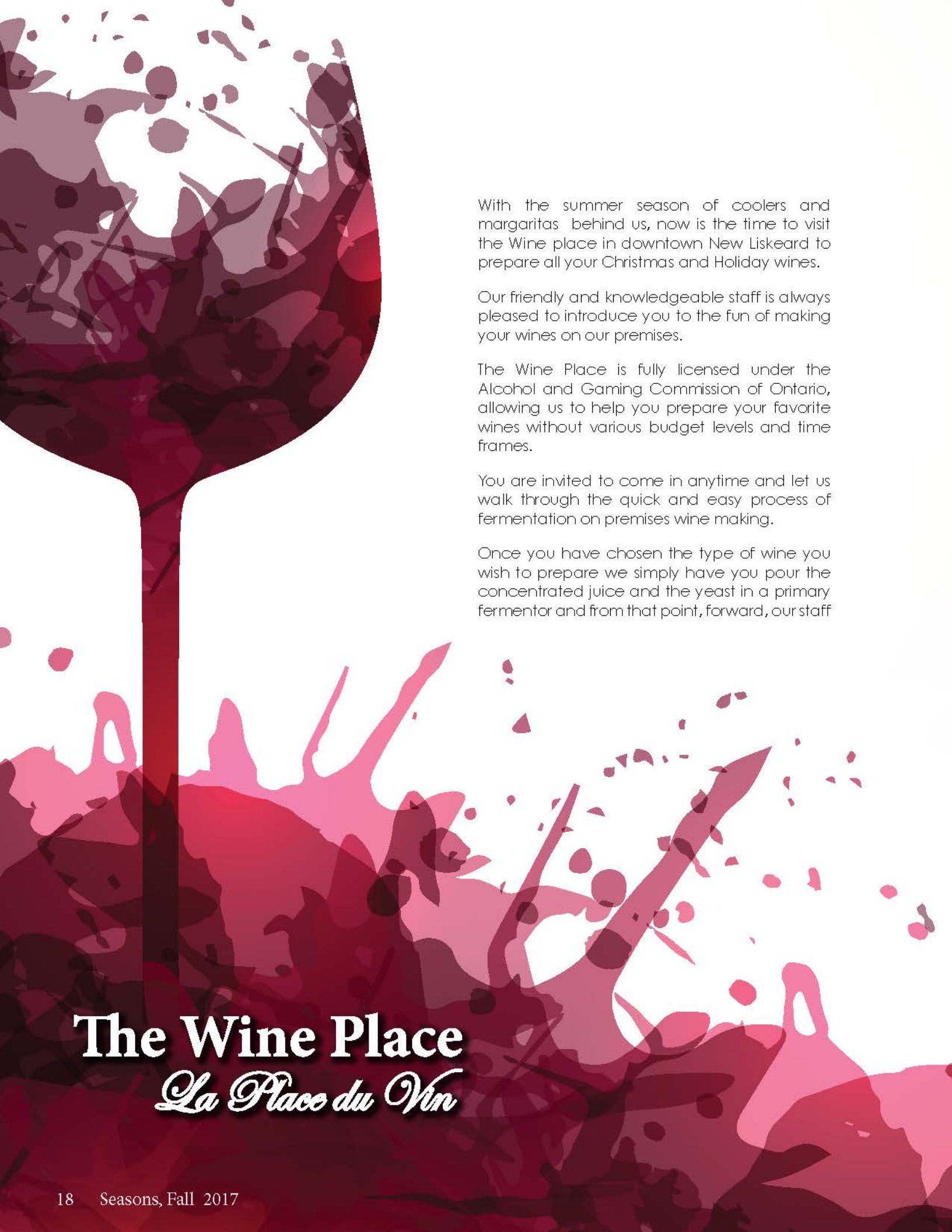
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With the summer season of coolers and margaritas behind us, now is the time to visit the Wine place in downtown New Liskeard to prepare all your Christmas and Holiday wines.

Our friendly and knowledgeable staff is always pleased to introduce you to the fun of making your wines on our premises.

The Wine Place is fully licensed under the Alcohol and Gaming Commission of Ontario, allowing us to help you prepare your favorite wines without various budget levels and time frames.

You are invited to come in anytime and let us walk through the quick and easy process of fermentation on premises wine making.

Once you have chosen the type of wine you wish to prepare we simply have you pour the concentrated juice and the yeast in a primary fermentor and from that point, forward, our staff

# The Wine Place

## *La Place du Vin*

will follow you through with all the racking, stirring, degassing and filtering required over the next 4 to 6 weeks.

Once the wine is ready, we simply have you return to bottle and cork your batch and enjoy.

All of our kits provide 30, 750 ml bottles and range in cost from \$108 to \$165 including all corks and taxes. Labels and caps are also available to further dress up your bottles.

Many customers also prepare wines for wedding dinners, large family reunions, or to simply stock up their home wine cellars.

All our wine kits are of highest quality supplied by Andrew Pellon Estates under the Vineco brand name. Grapes are sourced annually from regions of France, Italy and Germany as well as Spain, California and Washington to name a few.

Brands such as Kenridge, California Connoisseur, European Select, Atmosphere are all highly regarded as well as the always popular Cheeky Monkey.

We are open Monday Through Friday from 10 to 5:30pm and are always pleased to show people our store and production facilities.

We look forward to welcoming you as a new customer and friends to The Wine Place in New Liskeard.

Come in and let us show you around.

~ Andy and the Staff.



Drop in,  
we would love to  
show you around!

**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

“nous parlons français”

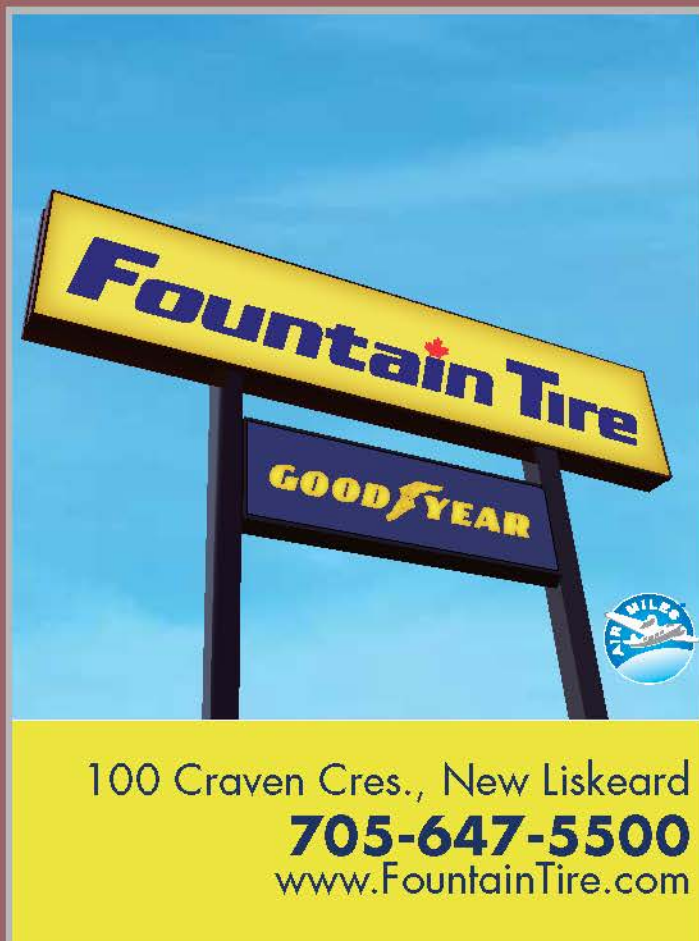


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Conserving  
Canada's  
Wetlands



## Lessons in conservation leadership start with kids, frogs and fun

Wetland education at Hilliardton Marsh has been happening with local elementary & secondary students for over 20 years, first as part of the curriculum at Timiskaming District Secondary School and now with The Hilliardton Marsh Research & Education Centre. DUC has provided funding to engage high school students in this program through action projects around the stewardship of wetlands. Students have had the privilege of working with world-class bird banders to band song birds, humming birds and even owls in the fall. Secondary & elementary students are also provided with field trips to explore the marsh and learn about the many important values these ecosystems have on our landscape. Secondary students lead mentored field trips to local elementary students and pass on their new found passion for wetlands and their value. As DUC's most northern education program partners, these students play an important role in their ability to provide a unique perspective around wetland scale and landscape impact to southern Ontario program partners. In the past, New Liskeard area students have represented the North during networking sessions bringing Ontario & Canada partners together and have even played host to a group of students visiting from Toronto.

**D**ucks Unlimited Canada (DUC) has a strong history in northern Ontario. Over the last 30 years, DUC has helped ensure important natural areas in Ontario's north remain healthy and productive through the delivery of wetland restoration projects, as well projects that provide enhanced habitat through nest boxes, wild rice planting and beaver pond management activities.

- Filter contaminants from the water we drink
- Reduce expensive and destructive flooding
- Lessen climate change impacts

Ducks Unlimited Canada has been working hard to conserve these critical natural places. Examples of our work within a 50-kilometre radius of New Liskeard – right in your backyard – include:

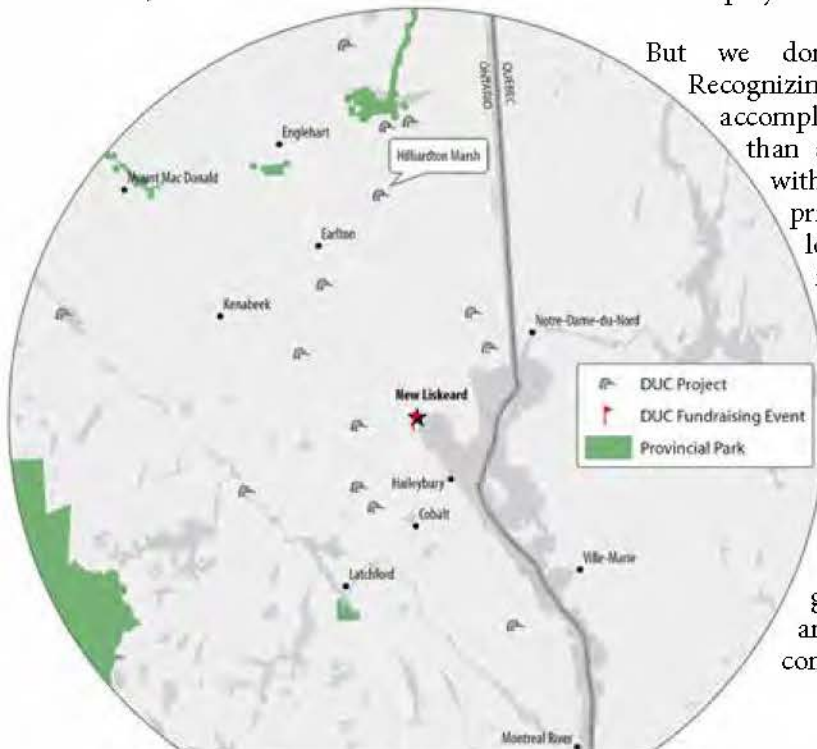
- 14 DUC habitat projects
- 2 DUC fundraising events
- 6,110 acres of secured habitat
- \$1,517,317 invested in DUC habitat projects

Wetlands, such as marshes and ponds, give us places for great outdoor activities like hiking, fishing, hunting, camping and enjoying the multitude of waterfowl and wildlife that call wetlands home. Plus, wetlands:

But we don't do it alone. Recognizing the ability to accomplish more together than alone, DUC works with both public and private landowners, local delivery agents, industry and education partners, all levels of government and other non-profit organizations, all with the support and tireless efforts of dedicated local volunteers, who give of their time and talents for the conservation cause.

## Mentored hunt program focuses on skills, respect and understanding

For the past 10 years, DUC has partnered with New Liskeard area volunteers to introduce novice





hunters to waterfowling traditions and ethics through hands-on learning and organized outings. Through DUC's Waterfowling Heritage Program, qualified local mentors are matched with eager, first-time hunters. Participants learn to understand the regulations, licensing, equipment, and how-tos that can make learning to hunt an otherwise intimidating and overwhelming experience. It's during these hunts beginners make lasting connections with the outdoors. They learn to appreciate waterfowl and wildlife and take their first steps towards a lasting commitment to conservation.

## Wetlands and the community benefit from youth workers

Ontario's Ministry of Natural Resources and Forestry (MNRF) Stewardship Youth Ranger (SYR) program is an eight-week, summer program that was developed to give young people the opportunity to work outdoors on natural resource management projects in their own communities. Over the last four years DUC has partnered with MNRF and the Hilliardton Marsh Research and Education Centre (HMREC) to find opportunities to give young people who are passionate about our natural environment, the opportunity to work outdoors on natural resource management projects in their own communities. Whether it's getting their feet wet learning how to properly inspect and repair wetland dyking systems impacted by burrowing

animals, deterioration and/or breaches that allow water to pass through, being schooled on how to safely inspect and remove beaver debris affecting the flow of water into wetland control structures or helping educate others about wetlands, HMREC and the potential that's there for the public, DUC and the SYR program are helping Ontario's next generation of conservation leaders gain hands-on experience that will help them find full-time positions working outdoors with nature and wildlife.

## Raising bucks for Ducks: Temiskaming Shores (New Liskeard) DUC Fundraising Dinner & Auction

When asked how he would describe – in one sentence – the fundraising team and their efforts in New Liskeard, Rob

Watson, DUC's Sr. Manager of Events and Volunteer Relations for Northern Ontario replied "It's what I call "The Perfect Storm": A community with a number of active DUC conservation projects, an educational program for youth and adults and a healthy number of waterfowlers and outdoor enthusiasts – all working together. It all adds up to a great volunteer team and strong community support; something everyone – businesses and individuals – can get behind and feel good about contributing to.

In May 2018, the Temiskaming Shores DUC volunteer committee will host its 33rd annual DUC Conservation Dinner and Charity Auction under the leadership of volunteer chair Pete Gilboe (son of the committee's co-founder Thomas "Wobbly" Gilboe). This event has grown over the years to become one of the premiere social events of the community. With attendance consistently around 300 guests, this event continues to rank as one of DUC's Top-5 Fundraising Events in Ontario.

*"When you consider that some communities 5 to 10 times the size of Temiskaming Shores struggle to put 100 attendees in the hall, it really puts into perspective how successful the volunteers have made this event" says Watson. "It's all about the volunteers – they hunt together, they have BBQ's, and they have fun, but most importantly, it's something they believe in. They work hard and take pride in hosting a successful, entertaining event – I'd encourage anyone wanting to be part of a winning team, to join this volunteer committee".*





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# EASY COLD BRINE DILL PICKLES



Prep Time 10 mins  
Cook Time 5 mins  
Total Time 15 mins  
Serves 3 jars  
adjust servings

\*Make sure that your jars are clean and sterilized....

Easy Cold Brine Dill Pickles take only a few minutes to make

- 10-12 pickling cucumbers
- 4 cups water
- 2 cups white vinegar
- 1 pickling salt salt
- big bunch of dill
- 1 head of garlic, skins removed, cloves smashed (less if its a strong garlic)
- 10 peppercorn kernels (optional)

## Instructions

- Slice cucumbers into 1/4 inch slices or spears. Set aside
- To make brine, combine water, vinegar, salt in medium sauce pan. Bring to a boil and swirl to make sure the salt dissolves. Remove from heat and cool to room temperature.
- Add cucumbers to jars. Do not pack them super tight as you you'll want room for the brine. Add the fresh dill, smashed garlic, and peppercorns to the jars. Finish by adding enough brine to cover the cucumbers. Seal with an airtight lid and store in the refrigerator for at least one week. Pickles should be good for at least 4-6 weeks after that.
- This recipe made enough for me to one pint and fill two quart jars.

## Every Second Counts

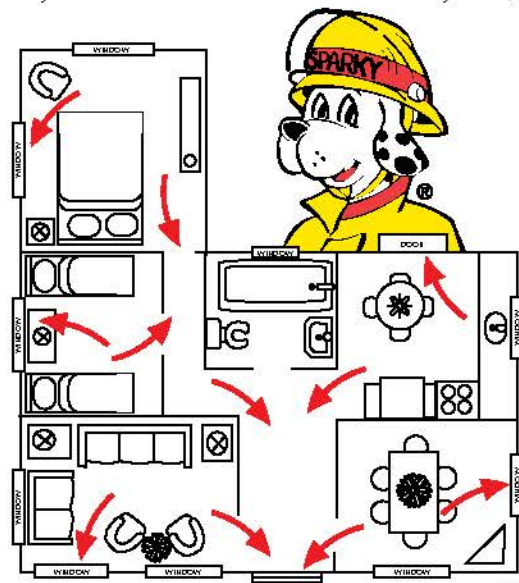


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By Lisa Neil, BA., LL.B.

# YOUR LIFE & The Law

## The Legal ABCs of ATVs in Ontario

Off Road Vehicles are a mainstay of life in Northern Ontario. An essential workhorse for many, these vehicles also offer riders an exciting and unique way to travel and discover the thousands of kilometres of breathtaking trails, roadways and rugged Crown Land in the North.

In Ontario, the laws which govern the use of Off Road Vehicles are the Highway Traffic Act and Off Road Vehicles Ac. In addition to these laws, most municipalities also regulate which roads, the time of day, and sometimes the season, when Off Road Vehicles are permitted. A municipality may pass other by-laws to regulate use. It is important to remember that it is the rider's responsibility to be familiar with these regulations and by-laws and to know when and where they can legally ride.

Off Road Vehicles in Ontario are classed in three categories and include ATVs or four wheelers, side-by-sides and utility terrain vehicles:

**1. All-Terrain Vehicles (four wheelers):**

- The ATV must have four wheels, steering handlebars and a seat that is straddled by the driver
- The Two-Up ATV, in addition to the above, must also have a passenger seat directly behind the driver seat and separate foot rests for the passenger
- A single-rider ATV that has been modified with an after-market passenger seat and footrests is not considered a legal Two-Up ATV

**2. Side by Side Off Road Vehicle:**

- The side by side must have four wheels, a steering wheel, a driver's seat, seating for passengers either behind or beside the driver, a roll-over protective structure and a maximum engine displacement of 1000 cubic centimetres

**3. Utility Terrain Vehicle:**

- This type of Off Road Vehicle is similar to a side-by-side and requires all of the same specifications but has a cargo box and is designed as a work vehicle

Riders in Ontario are permitted to travel on Highways 500 to 899, many 7000 series and low traffic highways. They are prohibited from the 400 series highways, the Queen Elizabeth Way and sections of the Trans-Canada Highway. A complete listing of Provincial highways where on-road riding is permitted can be found at [Ontario.ca/laws](http://Ontario.ca/laws) – Ontario Regulation 316/03 Schedule B and Ontario Regulation 316/03 Schedule A. To review the highways where riding is prohibited see Schedule 1 of Regulation 863 of the Off Road Vehicle Act. As mentioned earlier, it is also essential to review the municipal by-laws in the area in which you are riding to determine where you can and cannot ride.

Off Road Vehicles must follow posted speed limits like all motor vehicles. Where a speed limit of 50 kms/h or less is posted a speed of 20 kms/h must be followed. On a roadway with a posted speed limit of more than 50 km/h the maximum speed for Off Road Vehicles is 50 km/h. The Off Road Vehicle must be driven in the same direction as traffic on the shoulder of the road with all lights on. If the shoulder is unsafe, impassible or not wide enough so all tires can be completely on the shoulder, then the travelled portion of the road may be carefully used.

Off-road riding is also a lot of fun. You can legally ride off road as long as you are on your own land, an approved trail system or on Crown Land. When on approved trails or on Crown Land, you must follow any posted signage and you are not legally permitted to cut down trees or alter the land unless you are removing a fallen tree or obstruction on the trail. It is incredibly important to respect the environment and the wildlife and to leave as little of a footprint as possible

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



when riding. Riding on private property is not legal and is trespassing unless you have permission or are riding on a clearly marked public trail system where a landowner has generously permitted access for the trail.

Whether riding on-road or off-road, your Off Road Vehicle must always be registered, have a rear licence plate and must be insured under a motor vehicle liability policy. The driver and passenger(s) must wear an approved motorcycle helmet securely fastened under the chin by a strap. In the case of a side-by-side and utility terrain vehicle, all seat belts must be worn properly while the machine is operating.

Drinking and riding is illegal. More importantly, it is very dangerous and is documented as a leading cause of injuries and death involving Off Road Vehicles. The same provisions of the Criminal Code of Canada which govern impaired driving of motor vehicles apply to all Off Road Vehicles whether they are on public or private property.

The minimum age for off-road riding is 12 years old. A rider under the age of 12 must be under the direct supervision of an adult and can only ride off-road. The minimum age to cross a permitted road is 16 years or older with a valid G1, M1 or greater driver's licence and you must be at least 16 and have a valid G2, M2 driver's licence or greater to drive along a permitted road.

A passenger on a side-by-side, UTV, and ATV must be at least 8 years old and also be able to reach and use the foot rests on a 2-up ATV. Young riders should only drive Off Road Vehicles that are designed for their size, strength and ability and should always be supervised by an experienced adult.

Be a responsible and respectful rider. Never trespass on private property; stay on designated trails and Crown Land. Learn the skills you need to safely ride your Off Road Vehicle. You should be able to safely turn, climb, cross hills and obstacles and manoeuvre rocky or uneven terrain. Ensure that your Off Road Vehicle is well-maintained and safe to operate. Always check the weather before heading out and ensure that you ride with others or tell someone where you are going. Have an emergency kit, plan your route and carry a map (shockingly, not all areas you ride will have cell service so google earth and google maps may not be available). Keep noise levels low and watch for pedestrians who may be walking the trails.

And ladies, riding Off Road Vehicles isn't just for men. As I discovered, after a slight freak out about going over what turned out to be a shallow water crossing, riding an Off Road Vehicle is more fun than you could imagine. Off Road Vehicles are now much safer and more stable than in the early days when three wheelers were common and the machines were tippy and difficult to steer. Riding gives you a real sense of freedom. It's exhilarating to enjoy the



outdoors and reach breathtaking destinations that you couldn't otherwise access or see. A patient riding partner, a nod to my own partner whose skill and determination has made me love all things off-road, can ease you into the sport and you too can really enjoy fun weekend rides. It's a great way to spend quality time with your significant other and your family. Pack a picnic, go exploring ... and have a great time while always following the law.

An advertisement for 'LEIS and COUNTRY STORE'. At the top, a blue banner reads 'Grand Opening in November'. Below this is a large, stylized logo of a straw hat. Underneath the hat, the text 'LEIS' is written in large, bold, black letters, followed by 'and LANDSCAPING YARD' in smaller text, and 'COUNTRY STORE' in the largest, bold, black letters. To the right of the store name, it says 'Coming Soon!!' in a blue, cursive font. In the bottom left corner, a blue speech bubble contains the text 'WE'LL BE OPEN YEAR ROUND!'. The background of the advertisement shows a photograph of a barn with its double doors open, revealing a well-lit interior with various items on display. At the bottom of the ad, the address '998063 Highway 11 North, New Liskeard' and phone numbers '705-648-1384 or 705-648-0194' are listed, along with a Facebook logo.

## Who Are We? We Are The Girl Guides, The Mighty Mighty Girl Guides!



**GIRL GUIDES OF CANADA** is still marching along as the words of the song foretold. Girl Guides of Canada began in 1910. It quickly spread throughout the country with the first northern units being formed in Cobalt a few years later. Our Vision states: Girl Guides of Canada – Guides du Canada, the organization of choice for girls and women, makes a positive difference in the life of every girl and woman who experiences Guiding so she can contribute responsibly to her communities. Our Mission states: Girl Guides of Canada – Guides du Canada, enables girls to be confident, resourceful and courageous and to make a difference in the world.

We have five units running in New Liskeard; Sparks, Brownies, Guides, Pathfinders and Rangers. These include girls aged 5 to 18 and leaders in their 20's up to nearly 70 years old!

Our leaders are all volunteers who spend several hours every week from September to June preparing and attending meetings and mentoring the girls in our units. We encourage them to try new things and learn and grow together all while having fun in a safe relaxed atmosphere. They are taught traditional Guiding skills as well as updated versions for the current generation. We focus on promoting Girl Greatness and empowerment through team work and individual achievements. Using their voices to be heard amongst their peers and in the community is something we strive for at all levels. We try to include as many extra outings such as hikes, visits to community places and of course our annual weekend camps. Our leaders are dedicated women willing to give of themselves for the benefit of others' daughters. We lead by example, we have fun and working with the girls keeps us young.

Our units participate in many service programs as our founder, Lord Baden Powell, stressed the need to include service in our activities.

Service activities include; tray favours at Christmas for Timiskaming hospital patients, cleaning up garbage in the streets and school yards, visiting the Northdale Manor to sing for the residents, preparing Operation Christmas shoe boxes and donating to the food bank, handing out hot chocolate at food

drives and at local Christmas tree lightings, collecting pajamas for Children's Aid, participating in Culture Days, breakfast program food drives, donating books to downtown free libraries, making decorations for the Legion Remembrance Day dinner, Valentines for Vets and more!



The girls learn a lot of skills while participating in service projects such as responsibility, leadership, empathy and respect for others. Girls and women interested in joining our organization are welcome to contact us through the Girl Guides of Canada website. If you have a special community project that we might be able to help with, please contact us through the Temiskaming Shores and Area Chamber of Commerce.

### Food Options in Arenas

**We surveyed 141 people like you who visit arenas in Temiskaming Shores. This is what we heard...**

-  55% buy food at the arena for a child or children
-  71% said buying healthy food is more important than cost
-  1 in 3 people brings fruit to the arena and 1 in 5 brings vegetables
-  43% buy less food at arenas because there aren't enough healthy options

## SMOOTHIES

will be coming to local arenas this fall!

---



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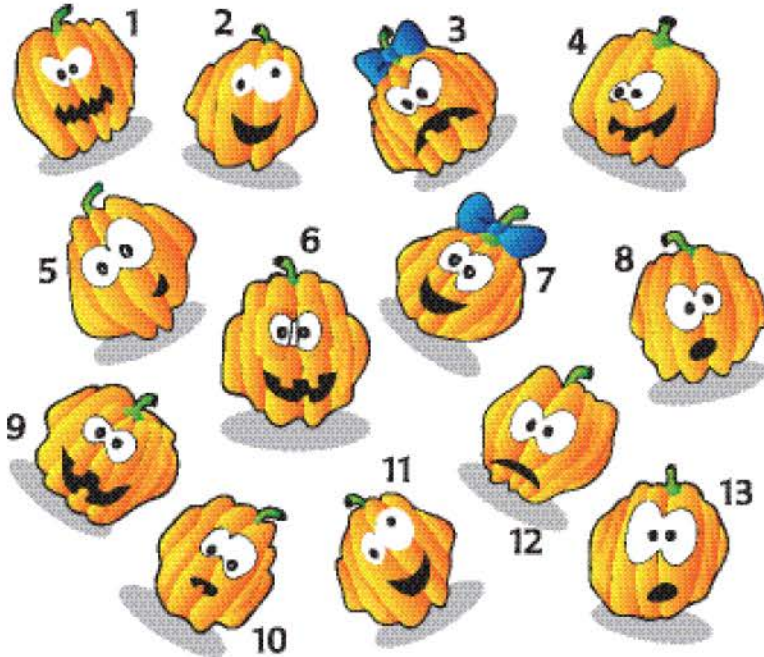
Laura Dias  
diasl@temiskaminghu.com

# Kid zone



## Pumpkin panic!

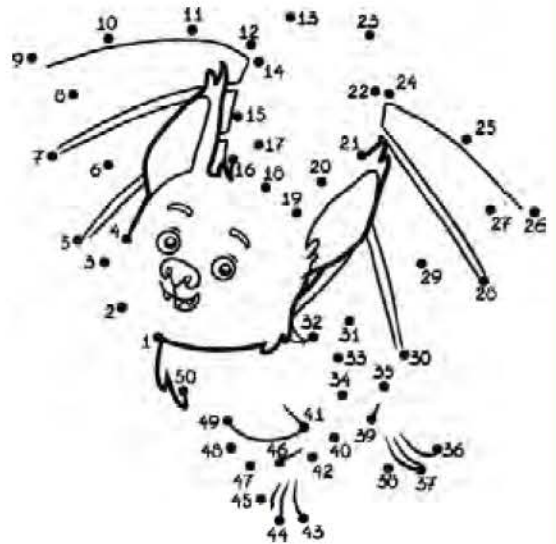
Find the 2 identical pumpkins—if you dare!



ANSWER: 2 AND 11

## What is THAT?

Connect the dots to reveal the terrifying creature hidden in the picture.



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



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