

FREE

Temiskaming District **Seasons**

Winter 2018

Magazine

Darlene Wroe is

**WELCOMING
THE INCREASING
LIGHT**

**BOWEN
SLEIGH RIDES**

HOST SOME GOOD
OLD FASHIONED FUN

**WINTER'S
BEAUTY**

BY SUE NIELSEN

Host A
Northerner's

FISH FRY

TRI-TOWN
SKI & SNOWBOARD
VILLAGE

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SEASONS

4 A NEW YEAR IS A NEW ADVENTURE by Darlene Wroe

6 Recipes for a **NORTHERNER'S FISH FRY**

8 TRI-TOWN SKI & SNOWBOARD VILLAGE

10 How to **DRESS FOR WINTER SPORTS**

11 Accessorize for the season

12 BOWEN SLEIGH RIDES Host some old fashioned fun

16 WINTER'S BEAUTY by Sue Nielsen

18 Bill Ramsay talks **SNOWMOBILING**

20 TRI-TOWN BOWLING LANES

21 SPRING PULSE POETRY FESTIVAL

21 DUST MITES and Your Health

23 Prevent Heating Equipment Fires

24 Your Life and The Law **NEW RIGHTS FOR ONTARIO WORKERS**

26 POWER OFF AND PLAY

27 Kid zone



SPEAKER

PRINTING, PUBLISHING
AND PROMOTIONS

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A NEW YEAR IS A NEW ADVENTURE

By Darlene Wroe

On any spring, summer or fall weekend, I am hankering to get on the road to head to the cabin.

But the winter is a time when the usual goal is off the list.

In winter, my weekends are devoted to personal writing, reading, and visiting family and friends.

Winter is a time when I move into a different mode in my life. There are fewer options, so I move deeper into myself.

In the other seasons of the year, I am reaching outward, gathering up the experiences of the earth, the lake, the watery reflections and sparkling light.

But in the winter I am turning experience into words.

Winter also draws us more closely toward each other, drawing on partnerships and combined strengths.

Ancient traditions from my ancestral roots tell how wisdom has developed through centuries of coping with winter darkness and cold.

In my family traditions, we begin the season with a time of giving, feasting, and expressions of love, care and support.

We say goodbye to the past. We compartmentalize time, setting aside events and allocating losses to certain years, making way for the new. With hopes for the best, we move forward into the winter, welcoming the increasing light that reaches us day after day.

We celebrate love on Valentine's Day, reinforcing it with cards and gifts, dinners and, so often, proposals of lifetime devotion. Children learn at this time to affirm their friendships by sharing cards and small treats.

Recently we have added Family Day to our winter celebrations, specifically set aside to spend time with family members, very often enjoying the beautiful outdoors with winter activities on that day.

We turn our winters into a time for ourselves and those closest to us.



A northern people, we are more aware of the seasons, and listen to the rhythm as it draws us through the year.

The year 2018 is moving forward.

As we sit poised on the top of a high hill, toboggan ready for the push, we look forward with excitement.

And as it is with everything, it's not the destination but the journey that makes it exhilarating.

Looking forward to 2018, I look toward the exciting start as the year slowly starts its journey, accelerating to a dizzying pace of light and colour.

Through the seasons ahead, we will finally arrive at Christmas once more, the affirmation of love and the hope for new beginnings.

A year is an adventure, and every season has its part.

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FISH FRY

Photo: Joceline Gervais

PICKEREL

Ingredients

- 4 Pickerel filets, skinned and boned
- 2 Tbsp. Salt
- 3 Cups milk
- 2 Tbsp. Lemon Juice
- 1 sleeve (about 50) UN-Salted Soda Crackers, finely crushed
- 2 Tbsp. Paprika
- 4 Tbsp. Olive Oil

Directions

1. Dissolve the salt into a large bowl of cold water, add the pickerel filets and soak for 1 hour.
2. Drain water from bowl, remove filets and rinse. Add milk to the bowl along with the lemon juice and stir to mix well. Place filets back in the bowl with the milk and soak for another hour.
3. While fish is soaking, crush cracker crumbs finely with a rolling pin on a sheet of waxed paper.
4. Drain and rinse filets again and pat dry on paper towels.
5. Gently coat filets (both sides) with the cracker crumbs.
6. Place filets on a wire rack on top of a foil-wrapped cookie sheet. (Spray rack with Cooking Spray first)
7. Sprinkle Paprika generously over the filets to cover completely the side facing up.
8. Dot each filet with 1 tbsp. Olive Oil
9. Bake in a 400° F oven for approximately 25 minutes or until fish is opaque (thicker filets will need a longer time to cook)



Photo: Joceline Gervais



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BANNOCK

Ingredients

- 3 cups all-purpose flour
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1 1/2 cups warm water
- Oil, for frying

Directions

1. Put flour, baking powder, and salt in a large bowl. Mix well, add warm water and stir until dough begins to ball up.
2. On a lightly floured surface knead dough. Do not over-work the dough. After working dough, place in a bowl and refrigerate for 1/2 to 1 hour.
3. Heat oil to 350 degrees in a frying pan or kettle. Lightly flour surface and pat and roll out baseball size pieces of dough. Cut hole in middle with a knife (so the dough will fry flat) to 1/4-inch thickness and place in oil and cook until golden brown and flip over and cook opposite side until same golden brown. Dough is done in about 3 minutes depending on oil temperature and thickness of dough.



WINTER KALE AND QUINOA SALAD

Ingredients

- 1/2 cup uncooked quinoa, rinsed
- 6 cups chopped kale
- 1 cup pomegranate seeds
- 1/2 cup dried cranberries
- 1/2 cup walnuts, chopped
- For the dressing:
- 1/4 cup olive oil
- 2 Tbsp apple cider vinegar
- 1 1/2 tsp. Dijon mustard
- 1 Tbsp honey
- Salt and pepper, to taste

Directions

1. To make the quinoa, add 1/2 cup of water to a small saucepan and add quinoa. Bring to a boil, cover and reduce heat and simmer for about 13 minutes. Remove from heat, keeping quinoa covered, and allow it to sit for about 5 minutes then fluff quinoa with a fork.
2. In a large bowl, mix together the kale, quinoa, pomegranate seeds, dried cranberries and walnuts.
3. To make the dressing, whisk together olive oil, apple cider vinegar, Dijon mustard, honey, salt and pepper in a small bowl.
4. Pour dressing over the salad and toss together until evenly coated. Top with additional pomegranates, cranberries and walnuts as desired, serve and enjoy!



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AMARETTO COFFEE

Ingredients

- 1 cup of hot coffee
- 1 1/2 shots Amaretto liqueur
- 1/4 cup lightly whipped cream
- 1/2 tspn toasted, sliced almonds

Pour hot coffee into a preheated brandy snifter and stir in the liqueur. Top with whipped cream and almonds, if desired.





TRI-TOWN SKI & SNOWBOARD VILLAGE

A PART OF OUR COMMUNITY FOR OVER 60 YEARS

The Tri Town Ski and Snowboard Village is a dedicated local volunteer run not for profit organization that is committed to providing quality programming and infrastructure to support and encourage winter sport participation. The club has a long history in our community, originating in the 1960's. The volunteer executive committee works hard to keep the club operating along with many community sponsors and partners. Local fundraisers, events and positive energy have all built the Tri Town Ski & Snowboard Village back to its full potential. In the past couple of years the club has accomplished many of their goals including improving

the terrain on some of the more popular runs by bringing in heavy equipment & machinery to level and smooth sections of the hill. They have re-established a Canadian Ski Patrol which has been missing for years and now have seven fully certified ski patrollers who volunteer their time providing a valued presence on the slopes. The terrain park equipment is a big draw for young skiers and snowboarders and provides entertainment for those heading up the tow. And several new pieces of equipment including skis, snowboards, boots, poles and helmets have been purchased to rent to visitors.

One of the biggest accomplishments in recent years has been the work done to attract new people to this great sport and to the Ski Village. The beginner area and handle tow have been wonderful additions. The handle tow has provided an easier way up the hill for novice skiers and snowboarders as they build their skills, confidence and independence. It has been a hit with those of all ages, from the littlest of skiers to older adults new to the sport. The Tri Town Snow School has been very successful and is entering its third season. After many years with no formal lessons, the club now has 14 certified ski and snowboard instructors who provide group and private lessons to those of all ages and abilities. This program is key in ensuring the long-term success of the ski village by introducing young people to the sport as they will be the future of the club! This season the club is excited to



expand its services and will be opening a new section of the hill that will be a dedicated tubing hill in order to increase active lifestyles among those who may not have an interest in skiing or snowboarding.

There is free transportation to and from the hill each weekend sponsored by local businesses and provided at a reduced cost by Willard Bus Lines. The Ski Village is a great place to host a birthday party and packages are available that include the rental of their birthday party room. The onsite canteen provides yummy homemade soups, chilli, burgers, hot dogs, and a variety of snacks and beverages. Operations run smoothly thanks to the dedicated volunteers and staff. Each season there are in excess of 700 volunteer hours donated this season by our groomers, lift mechanics, ticket sellers, rental technicians, ski patrol and canteen workers.

The Ski Village continues to survive with help from generous donations and community support. They are on their way to reaching our goal of raising \$600,000 and have already reached many of our goals including development of a successful junior program and installation of a handle tow for beginners. The main goal now is to raise funds to upgrade and renovate our aging chalet. The cost to upgrade this structure will be significant, but is very necessary in order to extend the life and maximize the use of our existing facility.

Their website features all the info you'll need to know about a visit to the ski village and also includes a new online checkout system that allows people to register for lessons, purchase clothing or make a donation by visiting www.tritownskivillage.ca

The Tri Town Ski and Snowboard Village is a welcoming and family friendly place to visit and participate in a variety of winter activities with your family and friends. They look forward to seeing you there!



Not too hot, not too cold: how to dress for winter sports



If you spend lots of time outdoors during the winter, you know how unpleasant it is to suddenly find yourself over- or underdressed for the weather with no plan B. The secret to all-day comfort? Dressing in layers.

Layering your apparel is an excellent way to stay comfortable outdoors in all circumstances. The ideal outfit for a winter day comprises three layers of clothing that you can take off and put back on as needed:

1. A base layer wicks away moisture and sweat to keep your body nice and dry. Choose thermal undergarments made of synthetic fabric or merino wool, and avoid base layers (socks included) made of cotton at all costs.

2. The second layer provides insulation. A polar fleece vest or a small cushioned coat, for instance, will retain heat close to your body while allowing moisture to evaporate. If your plan for the day involves an activity with frequent stops (downhill skiing, for example), wear a heavier vest.

3. The third, outer layer should be resistant to both wind and water in addition to providing adequate ventilation. Gore-Tex, among other modern textiles, is a good choice of material for

outer layer apparel. Choose a lightweight jacket for high-intensity sports like snowshoeing or racing, and a heavier one for downhill activities to shield you from the wind.

Finally, protect your head, neck and hands with breathable, weather-appropriate accessories. Balaclavas beat toques and headbands on extremely cold days, and mittens will keep your hands warmer than gloves.

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Accessorize

for the season

The important thing to bear in mind this winter is that accessories are not just satellite features of an outfit; they are essentials. If your jewellery box is looking a little bare, don't worry. Markets stalls, mall shops, and local boutiques are in the know and are overflowing with accessories.

You won't want to leave home this year without the basics. Start with a thin belt, known as a skinny belt, just like the jeans. This latest trend will also make you look slimmer! Skinny belts are meant to be worn directly on the waist and not low slung, on the hips. They give a beautiful finishing touch to tunics, shirt dresses, and sweaters.



A skinny belt, a charm bracelet, and a black handbag are must-haves.

(Photos www.cassis.ca and www.reitmans.ca)



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In the jewellery department, charm bracelets are must-haves this year. Dangling and tinkling together at the wrist, charms are a fun throwback to the Seventies. Bracelets and charms are available in a surprising assortment of colours, such as bronze, gold, silver, and other metallic colours. Have fun choosing charms that suit your personality and interests; carefully chosen charms also make perfect friendship gifts!

Finish off your look with the perfect handbag. Not everyone can afford the latest Coach bag, but most of us will be very happy with a nicely made imitation, inspired by the real thing. Worn over the shoulder and hanging from the wrist, a chic bag is definitely a fashionista wardrobe staple.



OLD FASHIONED FUN

BOWEN SLEIGH RIDES

By Darlene Bowen

Everyone loves the idea of a horse drawn sleigh ride through wooded trails or across the open field, bells jingling while being whisked across the snow covered landscape but did you ever wonder just how that ride became possible?

Bowen Sleigh Rides became a reality when requests for sleigh rides from people other than family and friends became too much to ignore. We made the decision to open the business at our home property in Harris Township and together as a family; Claude, myself, our son & daughter-in-law Morgan & Nathalie and our grandchildren Isabelle and Andrew we have been busy providing sleigh rides during the winter months for the past three years. It has been a learning experience since the beginning and we continue to improve the service and facility with each passing year. The teams and their harness, the sleighs, the trail and the teamster are all important components of an enjoyable sleigh ride and each requires care and consideration to ensure every trip offers the perfect experience.

Presently we have three teams of horses that we rely on for sleigh rides. The team of Duke and Tom are Percheron Geldings, Ginger and Lily are a team of Belgian mares and last but definitely not least are Jack & Mac, a pair of Haflinger geldings who, although they are half the size of their draft horse counterparts, have double the attitude and love to be the center of attention.

Although the teams need to be strong and capable of handling the sleigh and the weight of their passengers, the horses also need to have the ability to interact with people in a safe and social manner, something we like to refer to as "bomb proof". Each horse in the team has its own harness and collar, customized to fit their body type and any other special needs they may have. Ensuring the collar fits correctly is very important as it allows the horse to use its strength to pull the sleigh without causing injury to its neck or shoulders. In the past, harnesses were made

of leather and required constant care to keep them conditioned and in shape. Today, our teams wear nylon harnesses that are light weight, extremely strong and easy to maintain. Having nylon harness is also much easier for the teamster that is harnessing the horses especially when modern teams can easily measure 18 hands (a hand is 4 inches) which equates to being six feet tall at the withers. Since the withers on a horse are located at the base of the neck, it is quite a reach to put the collar and the bridle on a horse that stands 18 hands.

Bells make a lovely sound as you travel along the trails and there are many types of bells designed for use on harnesses and sleighs. Our team of Belgians

mares love the bells and wear them on every trip, while the Percherons and the Haflingers are not so enchanted with bells and like to leave them in the barn. Every horse in every team has their own likes or dislikes and every team handles differently so we have found that knowing your team and their individual personalities make the sleigh ride process a little easier on everyone. In our barn, Duke and Tom are slow and steady, just a nice reliable pair who will get you to your destination as long as you're not in a hurry. If faster is better, then a ride with Lily and Ginger might be more to your liking, they are a pair of ladies who know their job and don't waste time dawdling in the barnyard. Mac & Jack are the speediest, they have their own little sleigh and they love to hustle.



A BIT ABOUT THE BREEDS

Percherons are a breed of draft horse that originated in the Perche region of France and are usually black or gray in color. Percherons are well muscled, and known for their intelligence and willingness to work.

Haflingers are a multi-purpose breed that originated in Austria where they were developed for use in mountainous terrain and are known for their hardiness, stubborn nature and work ethic. Haflinger horses are relatively small compared to the bigger draft breeds and are always light chestnut in colour with a blonde mane and tail.

Belgians originated in the Brabant region of modern Belgium and are considered the strongest of the heavy breeds. They are favoured by pulling enthusiasts and those who work horses for logging or farming. They are blonde in colour and have a flaxen mane and tail.

Tom & Duke out on a ride.

Having a good sleigh is very important to ensuring everyone enjoys the ride. Our set of sleighs were built forty years ago by Claude and my father, Dave McLaren. The sleigh runners and undercarriage have been maintained and cared for over the past four decades to ensure the sleigh's integrity, so every time the sleigh leaves the yard, a bit of history goes with it. The bunk, which is where everyone sits, is painted red and set up like a Santa sleigh, with rows of seats covered with throws to keep our guests warm. It's a comfortable and fun way to travel the trail and the horses can pull the big sleigh with ease, especially when the trail is in good condition. Since the Haflingers aren't heavy drafts like the Belgians or the Percherons, they have a smaller sleigh custom built to fit their size and strength that we use for smaller groups or single family rides.

Mother Nature plays a huge role in our operation, and sometimes she is pretty miserable to deal with. When the temperature drops below -25 degrees Celsius,



there are few riders who want to venture out on the trail and if the yard or trail get icy from freezing rain, then it is too dangerous for our guests and our horses. Some days we deal with issues such as not enough snow for the sleighs or too much snow for the drag or it's too warm so the trail is melting. In 2016 the weather was very co-operative but in 2017 it was a constant challenge to deal with the ever-changing conditions on a daily basis.

Heading out for a ride is always an adventure and you cannot go very far without a trail. Our trail is over 2 km long and winds through a lovely wooded area that has small hills, a neighbouring tree

plantation and a bit of open field just for variety. Maintaining the trail is a huge part of being in the sleigh ride business and that requires work in both fall and winter. Trail brushing and downed tree removal needs to happen before the snow comes and once winter is upon us, then the real work begins. The trail needs to be constantly groomed to maintain a good base for the sleighs and if snowfalls are frequent, then trail maintenance can become a daily occurrence. We groom our trails with a drag made of recycled tires that hooks behind a cart which is pulled by one of the teams. The drag levels the snow and pushes the extra material off to the side. After a big snow fall, it may take two or three passes with the drag to get the trail back into prime shape. Grooming the trail means harnessing and hitching horses everyday and going out in weather that is sometimes less than inviting just to ensure the trail remains optimum for our sleigh ride guests.

Not just anyone can take a team of horses out for a sleigh ride. That team needs to be harnessed, hitched and then driven around the trails. Driving a team of horses requires suitable training because, just as a person must learn to drive a vehicle, becoming a teamster is a similar learning experience. There are clinics and workshops that teach beginners how to drive draft horses but the teamsters at our farm have been working with horses for most of their lives and

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have learned their skill from other horsemen; past and present, who have been willing to pass down their knowledge of draft horses. As our grand children become part of the sleigh ride business, they will continue the tradition as they are being taught the to be teamsters by their father and grandfather.

To complete this winter experience there is a heated chalet to enjoy when returning from the ride along with hot chocolate (complete with whipped cream) and a warm and welcoming bonfire where guests can roast marshmallows. While everyone can drive horses, from Claude right down to Andrew, not all of us want to be teamsters. Claude, Morgan, Nathalie and Isabelle enjoy working with the horses and taking the teams around the trails, while Andrew and I like being in charge of hospitality. We ensure the chalet is toasty warm for our guests, the hot chocolate is ready and the bonfire is burning brightly when our guests return from their ride.

For our family, one of the highlights of the sleigh ride business has been the interesting people, families and groups that we have had the pleasure of meeting

while out on the sleighs, in the chalet and beside the bonfire. A small perk that we offer to our guests is a visit with the horses. Everyone loves to tour the barn, pet the cats and take a selfie with the ponies, the Percherons, Belgians or Haflingers. The entire herd is willing to pose for pictures and love to see guests, especially those carrying apples or carrots.

Each year brings new experiences, new challenges and an ever growing list of interesting guests that brighten our day with their presence. Whether it is little ones from the local daycare who have never seen a horse or the octogenarian who worked horses in the bush as a young man, all are welcome to enjoy themselves at Bowen Sleigh Rides.

Claude & Darlene Bowen
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Ginger & Lily



WINTER'S BEAUTY

By Sue Nielsen

If I had to categorize a northern winter, I'd say wait a minute - the weather will change, as it often does and be prepared for just about anything.

Admittedly, winter isn't my favourite season, but I endure it until I can get to the lake and my canoe.

My senses kick into survival mode as winter permeates the frozen landscape of the Temiskaming region.

It really is a beautiful season.

My two favourite activities during the winter months are snowshoeing and ice fishing.

When I am angling I don't care if I catch a fish or not.

I'm basically on the lake for the fresh air and the peace and quiet.

I sit with my back to the wind jigging my line hoping something will hit.

Occasionally a snowflake flutters down on me with airy silence, like a child I try to catch it with my tongue.

After a while my cheeks have a rosy glow from being outside.

My mind goes back to a time when my French Canadian uncle, Albert St. Jacques, took me ice fishing

on Pike Lake, near Temagami.

He was a great influence on my life, a father figure if you will.

He showed me the ways of nature and instilled a love of the land in my heart and soul at an early age.

I consider myself blessed in a sense because the small snippets of beauty found in a northern winter nourish and replenish me when the days are dark and cold.

Without a doubt summer is the arena of my delight and so I must view winter the same way.

When you are blessed to see the northern lights on a cold, clear winter's night you witness a natural, raw, uplifting beauty.

I mean I could sit indoors all day binge watching Netflix but where would that get me?

I am better suited to binge watching passing clouds or breathing deeply to appreciate the nuances of temperatures and scents in the air from the water and forest.

And how would I hear the marvelous sound of birdsong in spring or the tapping of raindrops if I focused on a screen?

I have admired the texture of rocks and soft leaves and set my worries aside to admire the dance of light on water.

How would I ever understand my place in this beautiful world if I sat in front of a creativity-sucking box?

“Put yourself in the way of beauty.”

Cheryl Strayed

We are surrounded by wild beauty in this region and it suits me more than the concrete jungle of city life any day.

Author Cheryl Strayed's quote from her

book Wild is about putting yourself in the way of beauty leading to a fulfilled life.

Strayed's quote means putting yourself in the way of people, places and things that lift you up and inspire.

From the old growth trees in Temagami, to the spectacular views from Triangle Hill to the waterfalls at Kap-Kig-Iwan Park, it is all for our enjoyment and health promotion.

The threats of war, genocide and mass shootings reflect an immense fear and anger in our world but nature can act as a natural shield to all that darkness.

Putting yourself in the way of beauty means to also direct light towards others by being compassionate and viewing the world with gratitude.

The wild world is invigorating, it gives me strength and it is highly spiritual.

My soul is happy and free when I am close to the land. I know every creature, tree and river has a life and a spirit.

Go ahead, step outside and put yourself in the way of beauty.

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WHAT AM I DOING THIS WINTER IN TEMISKAMING SHORES?



I'M GOING SNOWMOBILING.

By Bill Ramsay

The Tri-Town Sno Travellers sold me a pass that gives me access to the local groomed and maintained trails and I paid less than \$200 by getting my permit before the end of October. I can ride anywhere in Ontario for no additional charges. The local volunteers work diligently to provide some of the best trails in the world. They range from wide open fields to forested logging roads.

A lot of my friends prefer to ride off trail. They explore many of the abandoned logging roads and trails to see places that are almost impossible to reach the rest of the year. Some of them live to catch fish on remote lakes while others just enjoy the scenery or are looking for a fresh patch of snow to explore.

The cold doesn't bother me because I have a toasty warm snowmobile suit that I purchased from my local merchant. One of my friends who is a little more frugal got her gear on the local buy and sell and saved a bunch - she doesn't mind used stuff and also saved a bunch buying a used snowmobile - her complete outfit including her sled cost less than \$1,500. It should last her for years. If you're not sure you want to buy a snowmobile you can rent one along with snowsuits and helmets to try things out first.



I never ride alone unless I'm just going out to visit a fishing shack on Lake Temiskaming. On Tuesday's I go out with the local club for an organized ride. They take me to exotic destinations like Englehart and Gowganda.

My children love to snowmobile with me. They rode on behind me until they got their licences at age 12 from Mr. Kerr (705-647-8595). Now they can't wait to get out on the snow on their own snowmobile.

For more information check out www.ttst.ca or talk to anybody with a snowmobile in the back of their truck. Most of my snowmobiling buddies wear coats from their favourite snowmobile manufacturers and they can tell you how to get going on the snow.

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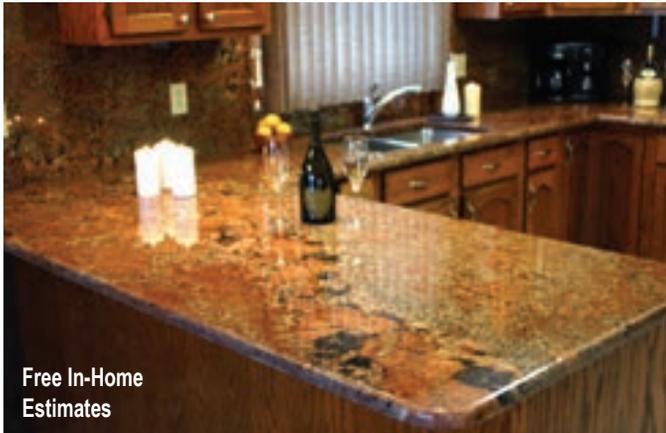
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Tri-Town Bowling Inc.

Bowl - Bar - Bites



Want to enjoy a new sport, socialize and meet new friends or just enjoy the companionship of family?

Well come on down to the Tri-Town Bowling Lanes, owned and operated by Tammy and Victor Legault, where you can enjoy a fun amateur sport, have a bite to eat and a beverage in our newly renovated alley. We are located at 331 Main Street in Haileybury.

New to the Bowling alley this season is our AUTOMATIC SCORING. Installed in the summer of 2017, we have moved our small alley into the 21st century. No need to worry about how to score, just type in your name and enjoy your game. With many fun graphics, the game elates you to a higher level!

Bowling is one of the few sports that allow you to compete at any age and become a pro. The game is enjoyed by everyone from preschoolers to senior citizens. There is low risk of injury, which

makes it a popular game for older individuals. The benefits of bowling can include improved social life, by joining a league and meeting new friends from inside your own community. Finding companionship through bowling leagues and teams can ease loneliness in the elderly and others who live alone, reducing stress and depression. Social relationships around shared interests such as bowling can strengthen the heart muscles and increase longevity. A sedentary lifestyle is one of the leading risk factors for heart disease. Exercise, including Bowling, lowers your risk of stroke, heart attacks and blood pressure, and helps your body utilize oxygen better.

We have many options to serve up for the amateur bowler in you. Come down and join our adult leagues. We offer Ladies divisions on Monday and Wednesday's, Men's leagues Tuesday and Thursdays, and two mixed leagues for those who would want to bowl with their spouses or friends. These mixed leagues are Fun Friday's and Super Sunday's. All adult leagues start at 6:30 pm.

For the senior bowlers out there, we offer Wednesday's and Fridays to come down and enjoy the afternoon to throw a few balls and socialize.

We offer Youth Bowling (YBC) on Thursday afternoons and Saturday mornings. For a very low fee, your friend or child can enjoy a sport that can be as competitive as you wish, or just bowl to better yourself. The YBC offers great activities through our adult coach's through-

out the year. These include in house fun tournaments where everyone enjoys the day, banquets and little parties to enjoy those cold winter days inside. We have already had the pleasure of National stardom from our house with our local talent, which we take

great pride for our little center. We have great volunteers who really care about our YBC program and all the bowlers who come down to enjoy the program.



We also have a growing Special Olympics league on Sunday afternoon at 1:30 pm that is managed by very special volunteers who share and care their Sundays with this great and exciting group. Our special Olympians bowl up a storm, and for the most part are hard to compete against.

Our open bowl on Saturdays can be enjoyed with Glow Bowling. The Black light and Raptors theme is fun for all ages, and with the stereo cranked, everyone enjoys the light show.

Why not come down and enjoy "Your special day" at the alley with our birthday packages, enjoy glow bowling and cake for a couple hours. Leave the mess and fuss for us!

We offer competitive pricing for lane rentals, by the game(s) or the hour. And for Corporate Northern Ontario, we also offer full facility rentals, for your Christmas Parties, acknowledgment festivities or team building, we have options for you.

Hungry for a burger, our canteen is filled with options to fill the void including our famous Poutine and chicken wings. While you are waiting for your food, enjoy a beverage from our licensed bar. Or schedule your day with dinner and a game of bowling. We always enjoy the company of new bowlers and share in their bowling successes.

If you are interested in any of these activities, contact: Tammy or Victor at: 705-672-3117 or visit us in person at: 331 Main Street, Haileybury ON.



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respect.

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for long weeks.

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azure lake.

Sails dart from island to shore.
Fish bite; they have nothing else to do
except make more little fishes.

Through it all trees stay green, defiant.
Moose know who really owns the land
men quibble over with their imaginary lines,
fleas arguing over who owns the dog.

Fragile and indestructible,
Isolated and connected.
Host, and still guest
hidden in plain sight.

Through it all, meaning is sought.
Why have they have been gifted,
How are they meant to fit, what they did to
deserve
life against this impressive stage.

How not to lose all of it.

Deborah Ranchuk



Dust Mites and Your Health

Dust mites are invisible to the naked eye and hundreds of them can live in a single gram of dust. They thrive in warm, humid environments such as bedding and pillows.

According to the Asthma Society of Canada, exposure to dust mites can affect your health and one in five Canadians has respiratory allergies to them that can lead to a year-round runny nose. A more serious risk exists to children where there is an increased potential of developing asthma though exposure to dust mites.

To help control dust mites and reduce the health consequences it is recommended that your bedding (including sheets, blankets, duvets and pillows) be washed and dried frequently in appropriately sized machines, or professionally cleaned.

If you have questions about how to properly clean your bedding to remove dust mites call your local fabric care centre and the professional cleaners will be happy to answer your questions.

WHO DO YOU SLEEP WITH?



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Keep your family healthy and have your comforters, duvets, pillows and sheets professionally cleaned today!

Bring your bedding to Clean Scene, your professional fabric care centre and sleep better tomorrow!

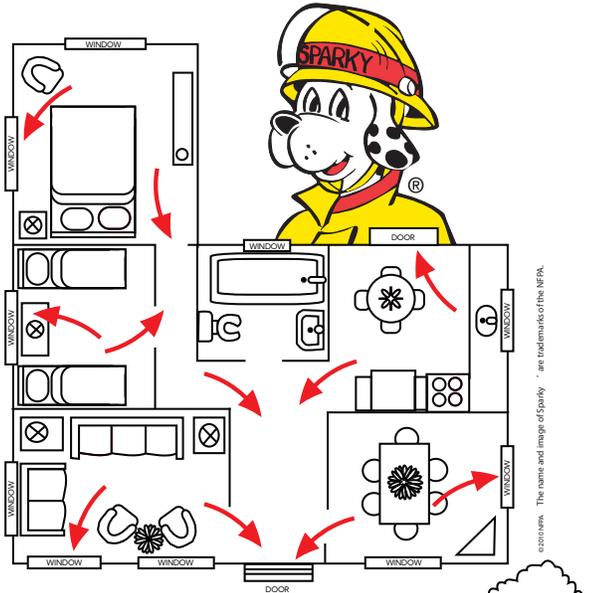


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Stay Warm & **SAFE**



PREVENT HEATING EQUIPMENT FIRES

WHAT'S THE RISK?

Heating equipment fires account for **1 in 10** home fires.

Heating equipment is the **second leading** cause of home fires.

In 29% of home heating fires, the cause is **lack of routine maintenance** of heating equipment.

The average dollar loss per heating equipment fire is **\$53,000**.

The leading causes of heating equipment fires are:

1. **woodstoves**
2. **fireplace/fireplace inserts**
3. **chimneys.**

How do I prevent a heating fire?

- ❖ Have your heating system and chimneys inspected and cleaned annually by a qualified service technician.
- ❖ Ensure all outside heating vents are not blocked.
- ❖ Ensure woodstoves, fireplaces and fireplace inserts are installed by a qualified technician according to manufacturer's instructions.
- ❖ Always use a fire screen around the fireplace.
- ❖ Allow ashes from your woodstove or fireplace to cool before emptying them into a metal container with a tight-fitting lid. Keep the container outside.



All homes with a fuel-burning appliance, fireplace or attached garage must have a working carbon monoxide alarm installed outside all sleeping areas.

Statistics for Ontario between 2010-2014.
Provided by the Office of the Fire Marshal
and Emergency Management

Office of the Fire Marshal & Emergency Management
www.ontario.ca/firemarshal



By Lisa Neil, B.A., LL.B

YOUR LIFE & The Law

A New Year: New Rights for Ontario Workers

The New Year brought with it unrelenting frigid temperatures and nasty storms. 2018 also brought in many new laws which will warm the hearts of Ontario workers. A new piece of legislation called the Fair Workplaces, Better Jobs Act, 2017, contains widespread changes that touch many employees and most businesses in Ontario.

The new Act, amends the Employment Standards Act, the Labour Relations Act and the Occupational Health and Safety Act and is intended to offer Ontario workers significantly more safeguards, rights and protections. The legislation introduces substantial changes in a number of areas. For more detailed information on the amendments and to determine how you may be affected, you are encouraged to review the Government's informative site at www.ontario.ca.

The most well-known and widely felt change is the increase in the minimum wage in Ontario from \$11.40 to \$14 per hour and to \$15 per hour in January 2019 with annual increases to keep up with the rate of inflation. There is an incredible amount of debate about this change with the Government's goal being to "bring security and opportunity to vulnerable workers and their families."

Numerous changes have been made to a number of leave rights in the legislation. The most notable being that parental leave for new parents is now increased to

18 months from 12 months. However, the Government also kept its promise to maintain the current level of employment insurance benefits. So, although the leave is extended to 18 months, the employment insurance benefits are still only payable for 12 months. Parents can now opt to have the benefits pro-rated and paid over the 18-month period.

Emergency personal leave is expanded to 10 days with at least two of these being paid. Employers are no longer permitted to require a doctor's sick note from an employee taking this leave. Workers are now provided with up to 17 weeks off without fear of being fired when they or their child has experienced or is threatened with domestic or sexual violence, with the first five days being paid. The entitlement to family medical leave is increased from up to eight weeks to up to 28 weeks and expanded to care for any critical ill family member. This leave was previously, restricted only to the care of critical ill children. A new section establishes an entitlement to up to 104 weeks of unpaid leave in the event of a death or the disappearance of a child.

Workers now have greater rights and control over their schedules. Some of the new features include that employers are required to give employees 96 hours notice of their schedule. Employees can refuse to accept shifts without repercussions if this notice is not provided. If a shift is cancelled within 48 hours of

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



its start, employees must be paid three hours. If an employee is on-call and does not get called-in, they must be paid three hours for every 24-hour period that they are on-call. Importantly, employees can now legally request a change to their schedule, which must be fairly considered by the employer and without repercussion, if they have been employed for more than three months.

Part-time, contract, temporary and seasonal workers are now entitled to the same rate of pay as full-timers if they are doing “substantially” the same work. There are exceptions for seniority, merit and quantity and quality of work. Workers can now also request a review of their pay if they suspect they are being underpaid and can share their pay rate with their co-workers without fear of reprisals.

Entitlements to vacation pay have been increased. Employees who have been employed for five years with the same employer are now entitled to three-weeks of vacation per year, up from two years.

A change to the Occupational Health and Safety Act prevents employers from requiring workers to wear footwear with an elevated heel (high heels) unless they are needed for the worker’s safety or the worker is employed in the entertainment or advertising industries. This amendment marks a significant shift in workers’ rights, especially woman workers, and gives employees more control over their work environment and well-being.

Business owners will need to educate themselves and be mindful of the new rules and regulations. The Government has plans to hire 175 additional employment standards officers to assist it in performing inspections of 1 out of every 10 businesses to ensure compliance with Act and all employment legislation.

The Fair Workplaces, Better Jobs Act, 2017, is the most comprehensive overhaul of employment legislation in over 10 years. The Act embodies the fight for increased worker rights and protections and highlights how far many of these laws have come. In 1976, only a woman was entitled to parental leave and it was limited to 17 weeks. In 2018, those same rights are now afforded to either parent, including same-sex parents, and, including maternity leave, have been increased to over 70 weeks or 18 months. The hope is that these positive shifts can continue and that Ontario workers can count on a fairer employment landscape, greater protections, rights, job security and a better quality of life.



Healthy Kids Community Challenge

Over the next several months, our community will be working to encourage children and families to build a balanced day that is not filled with screen time. It's all about powering off devices and playing more.

To learn more about activities in our community or to get involved contact your Healthy Kids Community Challenge Project Manager: Lynn Marcella
hkcc@temiskamingshores.ca
 705-672-3363

Why screen time matters

Screen time affects many aspects of children's health. While research on screen time is still emerging, it suggests that screen time can harm children's early development and physical and psychosocial health.

- Early development: Higher screen time is linked to poor brain development, language development and attention skills in the early years.
- Physical health: Higher screen time is linked to lower levels of physical fitness, unhealthy weights and higher risks of cardio-metabolic disease (e.g. blood pressure, cholesterol, and insulin).
- Psychosocial health: Higher screen time is linked to behavioural issues, lower self-esteem and lower psychological well-being.

How families can shape screen time

Parents' use of screens can influence children's screen time. You may sometimes rely on screens such as video games and smartphones to keep your children busy while you do other important tasks, such as chores or running errands. You may even find that screen time serves as family time in your home.

You have an important role in limiting your children's screen time. Consider these approaches:

- Change your screen time behaviour together as a whole family. Do it in a way that aligns with your own family values.
- Set screen time limits for your children that meet recommended screen time guidelines.
- Keep "hands-off" non-screen activities ready to occupy your children during times when you are busy.

Age	Recommended hours of screen time
Under 2 years	None
2-4 years	Less than 1 hour a day
5-17 years	No more than 2 hours of recreational screen time a day



Healthy Kids Community Challenge the City of Temiskaming Shores



#HealthyKidsTem
 @HealthyKidsTem



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Easter WORD SEARCH



The hunt is on!



WORDS TO FIND:

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| BUNNY | EGGS | PARADE |
| CANDY | FAMILY | RABBIT |
| CARROTS | FLOWERS | SEARCH |
| CHICKS | FUN | SPRING |
| CHOCOLATE | HUNT | SUNDAY |
| DECORATE | JELLYBEANS | |

KID zone

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 Y W O Z M Y R G Z M K L I L Y T
 J E L L Y B E A N S M P M Z N W
 W A V K M T Z Q U V A X Y N
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 D E C O R A T E D Z A M V B
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 C H I C K S Y K E W
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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

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

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