

FREE

Temiskaming District **Seasons** Magazine

Winter 2017



Temiskaming Nordic Ski Club
**CROSS COUNTRY
SKIING
AT ITS BEST**

SNOW

Living at the
Cottage
by Lois Perry

**The Rise and Fall of a
New Year's Resolution**



**Chantal Kreviazuk
Headlines the
Kirkland Lake
Winter Carnival**

SPEAKER
PRINTING, PUBLISHING
AND PROMOTIONS



IGNORE THE WARNING SIGNS AND THIS COULD BE FOR REAL.

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

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ONTARIO POWER
GENERATION

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SPEAKER

PRINTING, PUBLISHING
AND PROMOTIONS

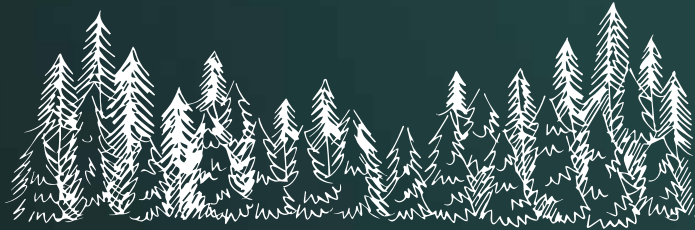
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Ahymn OF A MOUNTAIN REVERE



by
Darlene Wroe



Yes, winter is cold, but it's also exceptionally beautiful.

The perfect lines of all things are emphasized in the strong light of white, blue, and black.

This beautiful setting works on us, and changes our way of seeing, until we begin to pick out the subtle details of lights of pink, yellow and mauve dancing on the crystals of snow.

Our eyes turn upward more to see the many variations in cloud forms.

We smile more at the little things, like the birds in the trees or at the feeders, or the stars in the night sky.

There's something spiritual about winter. It brings a time of reflection, focus on loved ones, peace and determination.

Love is the most important part of life, and winter pulls back the warm headiness of summer to make us focus on what remains--that foundation that

keeps our heart beating and our hope burning.

The outdoor winter setting, with towering trees, and quiet stillness, is similar in its presentation to a grand towering cathedral where we can contemplate the most important things in our lives, and have some quiet time to meditate, strengthen our bodies and renew our spirits.

The winter landscape offers a place to consider the strength of those around us, from the small but tenacious chickadees, who call to each other throughout the winter with their network of never-ending songs, to the herds of moose and deer who gather closely for warmth and safety through the long cold.

From the brilliant blue of the spanning midday sky, to the spangling beauty of the starry nights, we look up and can't help but be amazed at the miracle of life.

The world embraces us, with the promise of the golden and rose-coloured sunrises, to the

rich and reassuring adieu of the sun's last rays as it sets for the day.

The birds fall quiet as their vespers are done at the day's end, and through the night the trees rock in prayerful contemplation of a new day and a new spring.

The blazing stars are like compass points as we navigate through our winter, holding fast to the familiar beacons on this annual pilgrimage through winter.

And in the early morning the quiet sounds of winter begin to rise again, like a choir of gratitude for the smallest good fortune and joy of yet another day.

The birds sing thankfully for found berries and seeds, and the bears rest in dark spaces beneath the earth, meditating and contemplating new life which is forming among the entwined roots of the earth.

And in the distance the wolves and coyotes raise their voice in hymns of wild reverie.



SNACK MIX

INGREDIENTS:

- 9 cups Chex cereal
- 2 cups pretzels
- 1 cup Oat cereal
- 1 cup peanuts
- 1/3 cup (6 Tbsp) butter, melted and hot
- 1 Tbsp seasoned salt
- 1/4 cup Worcestershire sauce
- 1 tsp garlic powder (optional)

DIRECTIONS:

- Add cereal, pretzels, cheerios and peanuts to the bowl of a slow cooker.
- In a separate bowl, whisk together butter and seasoned salt until the salt is dissolved. Stir in the Worcestershire sauce until combined.
- Drizzle the sauce evenly over the top of the cereal mixture. Toss for about 1 minute, or until the mixture is evenly combined.
- Cover and slow cook on low for 3 hours, stirring at the 1 hour, 2 hour and 2.5 hour marks so that the mixture does not burn. Then spread the mixture out onto a few baking sheets or parchment paper in an even layer until it cools to room temperature. Serve, or store in a sealed container for up to 3 weeks.

Splendidly

White Chicken Chili

Serves 6 to 8

INGREDIENTS:

- 1 1/2 to 2 pounds boneless, skinless chicken breasts, thighs, or a mix
- 1 large yellow onion, diced
- 2 stalks celery, diced
- 24-ounce cans diced green chile peppers, preferably "fire-roasted"
- 3 cloves garlic, minced
- 2 teaspoons cumin
- 1 1/2 to 2 teaspoons kosher salt
- 1/2 teaspoon coriander
- 1/2 teaspoon dried oregano
- 1 bay leaf
- 4 cups low-sodium chicken stock
- 1 1/2 3.5-ounce cans cannellini or navy beans, drained and rinsed
- 1 cup frozen corn
- To serve: shredded monterey jack cheese, lime wedges, chopped cilantro, sour cream, hot sauce

DIRECTIONS:

1. Combine the chicken, onions, celery, green chile peppers, garlic, cumin, 1 1/2 teaspoons of salt, coriander, oregano, and bay leaf in a 6-quart (or larger) slow cooker. Stir to make sure the spices coat everything, and nestle the chicken into the vegetables. Pour the chicken stock over top, covering the chicken and vegetables by an inch or so.
2. Place the lid on the slow cooker. Cook for 4 hours on high or 6 hours on low. (It's fine to cook for 8 hours on low, if needed, but the chicken tends to fall apart a bit more when you shred after cooking, rather than staying in pieces.)
3. About 30 minutes before the end of cooking, remove the lid of the slow cooker and add the beans and corn. Taste and add another 1/2 teaspoon of salt or other seasonings as desired. Add the lid back on and cook for the remaining time.
4. Lift the chicken from the slow cooker and shred it into large, bite-sized pieces with two forks. Stir the chicken back into the soup and remove the bay leaf. (For a creamier chicken chili, see Recipe Notes below.)
5. Serve with shredded cheese, wedges of lime, chopped cilantro, and sour cream.

Crockpot Nutella Hot Chocolate

INGREDIENTS:

- 6 1/2 cups skim milk
- 1 (14 oz) can sweetened condensed milk
- 1 tablespoon vanilla extract
- 1 cup Nutella
- 1/4 cup unsweetened cocoa powder
- 1/4 teaspoon salt

DIRECTIONS:

1. Spray crockpot with cooking spray.
2. Pour all ingredients into crockpot and whisk together until fully combined.
3. Cover and heat on LOW for 2 hours, or until hot chocolate is hot.
4. Whisk before serving!

Simple SLOW-COOKER RECIPES



INGREDIENTS:

- 4-5 baking apples
- 1 tablespoon lemon juice
- 1/3 cup raisins
- 1/2 cup pecans, chopped
- 3/4 cup brown sugar
- 1/2 teaspoon cinnamon
- 1/4 cup butter, softened

DIRECTIONS:

1. Scoop out center of each apple and leave cavity about 1/2 in from bottom.
2. Peel top of apples down about 1 in and brush lemon juice on top.
3. In bowl, combine raisins, pecans, brown sugar, cinnamon, and butter. Spoon mixture into apple cavities.
4. Pour 1 1/2 c water in sprayed crock pot and arrange apples inside.
5. Cover and cook on low 1-3 hrs or until tender.
6. Serve warm or room temperature with caramel ice cream topping.
7. (Serving over ice cream is optional and recommended).

Slow-Cooker Corn Bread

INGREDIENTS:

- 2 tablespoons unsalted butter
- 1 1/2 cups cornmeal
- 1 1/2 all-purpose flour
- 2 tablespoons sugar
- 1 tablespoon baking powder
- 1 teaspoon kosher salt
- 1 teaspoon chili powder (optional)
- 2 cups buttermilk
- 2 large eggs

DIRECTIONS:

- Melt unsalted butter in a 5-6 quart slow cooker on high heat.
- Stir together cornmeal, flour, sugar, baking powder, salt, and chili powder in a medium mixing bowl. Then stir in buttermilk and eggs.
- Spread melted butter around in slow cooker so it coats the bottom of the cooker. Pour in cornbread batter and spread evenly.
- Cover the slow cooker and cook on high for 2 hours.
- Let cornbread cool slightly and serve with a spoon.



Great recipes start with the best cut of meat!



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“Dolcefar niente:
the pleasure of
doing nothing.”
E. Gilbert

EAT PRAY LOVE FISH

by Sue Nielsen

DISTRICT — The Temiskaming region is blessed with abundant crystal clear waterways.

When the water on area lakes and rivers freezes over, there is no other alternative for someone who loves water travel, than to continue to be on those waterways, but in a slightly different form.

I love ice fishing and being outside in the great outdoors during winter months. Ice fishing in Northern Ontario has been described as a rite of passage and so it has been something I’ve enjoyed since I was a child.

My brothers and cousin dragged me along when they went ice fishing.

They must surely have been ticked off at my mother for insisting they bring a long “little Suzie”.

However, they taught me how to bait a hook, haul up a fish without losing it, and how to carve a hole in the ice with an ice pick.

Power augers were not part of our fishing repertoire at

that time.

Gas powered ice augers corkscrew themselves through thick Northern ice in seconds.

We didn’t have that option. One false move and the ice pick could slip from your fingers and be gone down into the hole.

My aunt and uncle, Albert and Eileen St. Jacques, also took me ice fishing and I loved it.

We would mostly fish on Pike Lake, just south of Latchford. It was my uncle’s favourite fishing destination in both summer and winter.

He would make a fire on the ice and we’d warm up home-made beans and eat hot dogs cooked on sticks over the fire.

They tasted so yummy and I loved the smell of the fire on my clothes long after we left the lake.

The first fish I reeled in was a small pike. I loved that fish so much I insisted we bring it home with us.



We kept it in the bathtub for a couple of days until my uncle said it had to find its way into the frying pan quickly or be thrown out.

The most important skill I learned was not to be afraid to bait the hook through the back part of the minnow or through the gills so it could swim around and attract the larger fish.

Fast forward to the present day.

My special winter ice-fishing destination is near Pike Lake, but on a different lake. Many people say if you are a true fisherperson, you never reveal your spot.

So I won't.

The little jewel of a lake I fish on is heavenly and I have caught some dandy splake.

Splake is a hybrid of two fish species—the brook trout and a lake trout.

They have gorgeous bronze coloured skin on the outside and the meat is bright red on the inside, just like salmon.

And as you might suspect, they are delicious to eat.

Splake can grow up to ten pounds in size.

Hats off to the MNRF for regularly stocking the smaller lakes in our region with splake.

I'd like to say ice fishing is a lot like the title of the hugely successful Elizabeth Gilbert book called Eat, Pray, Love, I've added the word fish onto the title.

When you are on the ice in the fresh air, you get hungry.



Everything tastes so good outside, so you eat.

You may also find yourself praying to the fishing gods on more than one occasion, especially if it's cold and windy on the lake. The love comes as a result of the feeling felt when you are out in the natural beauty of our region.

And having a good, thought-provoking book along to pass the time isn't a bad idea either.

Sitting on a beautiful Northern lake with a rosy glow upon your cheeks waiting for a fresh water fish to bite is definitely "dolce far niente".

See you on the lake folks!

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Living at the Cottage

by Lois Perry

Not as often as I would like, but every once in a while, historically, after the sobering holiday festivities are over, I take some time for me.

I sit back with a glass of wine, relax, reminisce and plan.

I smile as I think of my daughters and the wonderful women that they are.

My lips part and I laugh out loud as I remember my five year old grandson Adrien and his latest whispered secret, "Nan, don't tell anyone... I made you a birthday cake."

I can hardly contain my pride when I think about Christmas and my other three Grandsons' gathered together in anticipation of the magic. I hope that I have influenced them all if only in a small way.

Another year has passed and I've had another birthday. I've experienced another first and another last.

I've crossed two things off my my bucket list and added 18 more. I've lost some dear old friends that have marked and influenced me forever and I've found some new lifers.

I marvel at the tangled web that I've unknowingly been weaving.

I realize that I am thankful and happy for the life that I live but I wonder if, as I've been weaving, what have I missed?

And so it begins...I start to unravel!
I begin rearranging my life.

First, I decide that I am going to start exercising and get in shape.

Second, I'm going to clean out all the closets, drawers and cup-boards. I am going to get rid of some stuff.

Third, I will perform one random act of kindness on a daily basis.

Fourth, I'm going to save the money for my dream vacation.

Fifth, I'm going to get a new hairstyle and get some really good wrinkle cream. I'm going to take better care of myself.

Sixth, I am going to learn two words in French, everyday.

And so...



I marvel at the tangled web that I've unknowingly been weaving.

Over 2 billion square feet of opportunity!

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I set up my calendar...

← Mon - Friday: Office @ 8am →

sippy sunday	martini monday	tipsy tuesday	wine wednesday	thirsty thursday	F' everything friday	caesar sunday
1 Random Act Put \$10 in Vacation Jar New Years Day ✓	2 Random Act Put \$10 in Vacation Jar Annual Gathering of the neighbours ✓	3 Random Act Put \$10 in Vacation Jar 7pm Clean Front Closet 5am Stretches ✓	4 Random Act Put \$10 in Vacation Jar Sort Desk Drawers 5am: 5k walk Move Firewood ✓	5 Random Act Put \$10 in Vacation Jar 5am: Weight Training 6pm Meeting ✓	6 Random Act Put \$10 in Vacation Jar 5am: Swim & Stretch Take Down & Store Christmas Decor ✓	7 Random Act Put \$10 in Vacation Jar House Duties Laundry, Bedding, Snow Wood ✓
8 Random Act Put \$10 in Vacation Jar Day of Rest / Family Day ✓	9 Random Act Put \$10 in Vacation Jar 6pm Meeting ✓	10 Random Act Put \$10 in Vacation Jar 5am Stretches ✓	11 Random Act Put \$10 in Vacation Jar De-tangle Chords behind TV 5am: 5k walk Move Firewood ✓	12 Random Act Put \$10 in Vacation Jar 5am: Weight Training 6pm Meeting ✓	13 Random Act Put \$10 in Vacation Jar 5am: Swim & Stretch Organize Shed ✓	14 Random Act Put \$10 in Vacation Jar House Duties Laundry, Bedding, Snow Wood ✓
15 Random Act Put \$10 in Vacation Jar Day of Rest / Family Day ✓	16 Random Act Put \$10 in Vacation Jar 6pm Meeting ✓	17 Random Act Put \$10 in Vacation Jar Clean out Silverware Drawer 5am Stretches ✓	18 Random Act Put \$10 in Vacation Jar Underwear & Sock Drawer 5am: 5k walk Move Firewood ✓	19 Random Act Put \$10 in Vacation Jar 5am: Weight Training Birthday Gathering 6pm Meeting ✓	20 Random Act Put \$10 in Vacation Jar 5am: Swim & Stretch	21 Random Act Put \$10 in Vacation Jar Teayn's Birthday Party ★ House Duties Laundry, Bedding, Snow Wood ✓
22 Random Act Put \$10 in Vacation Jar Day of Rest / Family Day ✓	23 Random Act Put \$10 in Vacation Jar 6pm Meeting ✓	24 Random Act Put \$10 in Vacation Jar 5am Stretches ✓	25 Random Act Put \$10 in Vacation Jar Clean Pantry 5am: 5k walk Move Firewood ✓	26 Random Act Put \$10 in Vacation Jar 5am: Weight Training Clean Pantry 6pm Meeting ✓	27 Random Act Put \$10 in Vacation Jar 5am: Swim & Stretch Finish Cleaning Pantry ✓	28 Random Act Put \$10 in Vacation Jar House Duties Laundry, Bedding, Snow Wood ✓
29 Random Act Put \$10 in Vacation Jar Day of Rest / Family Day ✓	30 Random Act Put \$10 in Vacation Jar 6pm Meeting ✓	31 Random Act Put \$10 in Vacation Jar Clean Walk-in Closet 5am Stretches ✓	Heart	Heart Clean Pantry Next Month!	Heart	Heart

Note to self: Grab the boxes from closet drawer & Clean Out
Scratch That! Changed mind - don't want to throw out anything

✓ Learned My 2 French Words

- | | | | | |
|--------------------------------|-----------------------------------|-------------------------|--------------------------------|---------------------|
| 1: livre - book | 7: orge - barley | 13: journal - newspaper | 19: favori - favourite | 26: Brain Overload! |
| lunettes - glasses | sandwich - sandwich | encre - ink | choses - things | |
| 2: dénudé - naked | 8: croire - believe | 14: de patate - potatoe | 20: Still practicing | 27: Brain Overload! |
| oiseau - bird | anges - angels | tête - head | 21: vin - wine | |
| 3: still working on Day 2 | 9: petite - small | 15: castor - beaver | mecredi - Wednesday | 28: Brain Overload! |
| 4: élégant - smart | citrouille - pumpkin | fièvre - fever | 22: Still working on Yesterday | 29: Brain Overload! |
| âne - ass | 10: vie - living | 16: dehors - out | 23: Still working on Day 21 | 30: Brain Overload! |
| 5: still workin on Day 4 words | cottage - cottage | 17: rosée - dew | 24: Still working on Day 21 | 31: Brain Overload! |
| 6: Practicing words from Day 4 | 11: Still practicing Day 7-8-9-10 | 18: dock - dock | | |
| | 12: Still practicing | jours - days | 25: café - coffee | |

and check list...

Daily Check List for January

\$10.00 Vacation Jar:

Sun. Mon. Tues. Wed. Thurs. Fri. Sat.

Notes:

Sun. Mon. Tues. Wed. Thurs. Fri. Sat.

Borrowed \$100 from jar for birthday present

Sun. Mon. Tues. Wed. Thurs. Fri. Sat.

Borrowed \$120 from jar for pizza order

Sun. Mon. Tues. Wed. Thurs. Fri. Sat.

Sun. Mon. Tues. Vacation Jar = \$20 - Owe Vacation Jar \$320 ☺

Random Act of Kindness:

Sun. Mon. Tues. Wed. Thurs. Fri. Sat.

Sun. Mon. Tues. Wed. Thurs. Fri. Sat.

Sun. Mon. Tues. Wed. Thurs. Fri. Sat.

Sun. Mon. Tues. Wed. Thurs. Fri. Sat. ☺

Sun. Mon. Tues. Notes: _____

Tuesday Stretches:

Tues. _____

Tues. _____

Tues. Gained 8 lbs

Tues. _____

Tues. Gained 2 lbs

5k Wednesday Morning Walk:

Wed. feeling great

Wed. Running late

Wed. 6k tomorrow

Wed. Walked to the mailbox and later chased the dog down the road ☺

Thursday Weight Training:

Thurs. Helped Load Beer in truck!

Thurs. Took Garbage Out

Thurs. Piled wood - still counts!

Thurs. Shovelled Snow - ouch

Friday Swim & Stretch:

Fri. Had a nice hot tub! ☺

Fri. Pulled a muscle cut stretch short

Fri. Stretches on floor - turned into refreshing nap!

Fri. _____



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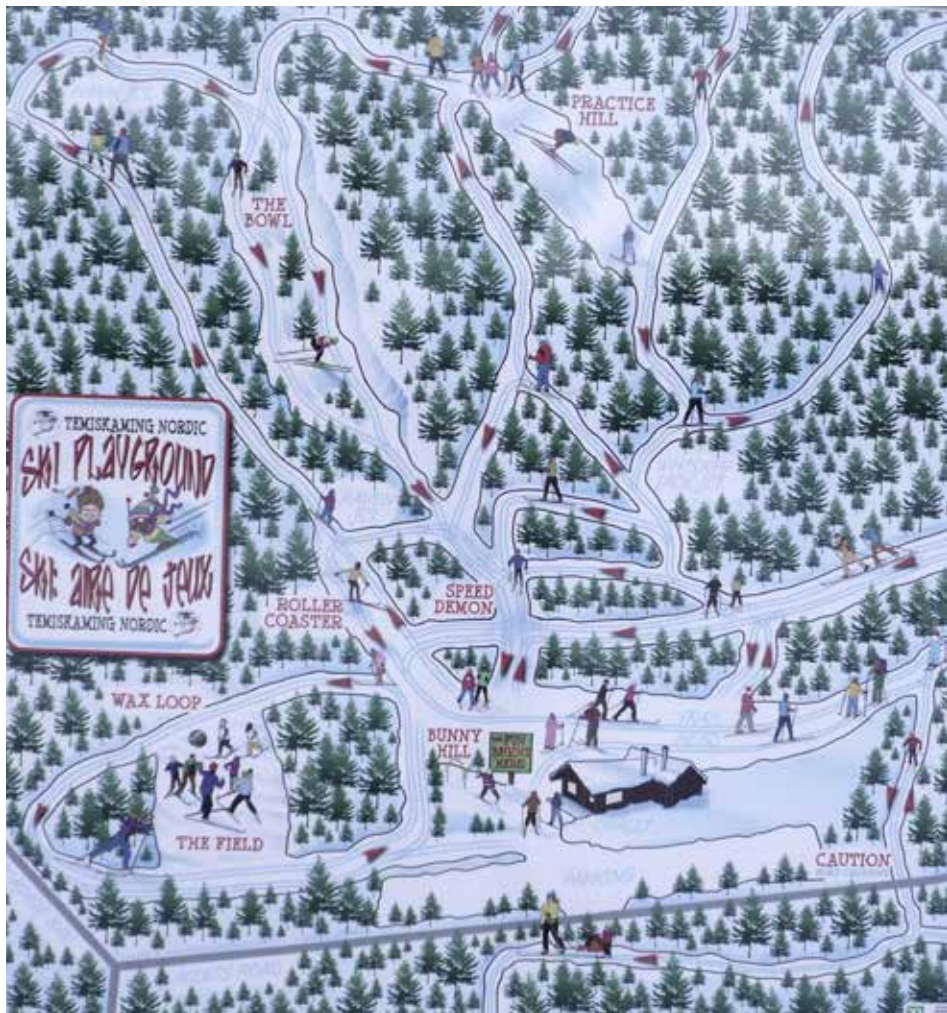
New to the area or have never been to the Temiskaming Nordic Ski Club? Temiskaming Nordic was established in 1991 and is located in Coleman Township on Portage Bay Road (just north of the Highway 11B cut-off to Cobalt). Blue (TNSC) and green signs (Portage Bay Rd.) on Highway 11 serve as a guide to the club. Drive approximately two kilometres west on Portage Bay Road, turn right at the Ski Club sign, and about 100 metres ahead on the left, is the entrance to the club.

TNSC offers 18 kilometres of groomed, skate and classic skiing trails for beginner, intermediate, and advanced skiers. As well, there is a Children's Ski Playground to provide children, youth and adults with an area of fast runs, turns and climbs that are both exhilarating and challenging. A snowshoe trail has also been developed. The large log chalet with its kitchen, waxing area, change rooms, in-door washrooms and wood-burning stoves provides a warm welcome. Good quality, modestly priced skate and classic ski equipment is available in the ski rental area. All these amenities are operated and maintained by an amazing group of volunteers who have dedicated many hours of their time to ensure that this Nordic club offers the best there is in cross-country skiing to area residents and visitors from near and far. Membership rates for the season are very reasonable due to this volunteer base. Day fees are also offered at reasonable rates.

In addition to the beautiful trails and club facilities, Temiskaming Nordic offers a variety of social activities, races, programs, and ski technique courses to members and non-members during the ski season. An open house and ski swap event is held at the beginning of the ski season each year. Moonlight skis and socials, a New Year's Day potluck brunch, a Loppet event, Family Day specials, March Break student rates and a Challenge Ski day are some of the annual events.

Youth programs are also offered in the form of Bunny Rabbit and Jackrabbit instruction for younger skiers with Track Attack and Temiskaming Nordic Team programs for adolescents. A para-nordic program has also been established. Trained instructors (volunteers) and parent volunteers make all this possible. A series of adult instruction lessons on how to classic ski and skate ski are offered by knowledgeable instructors. Both beginner and experienced skiers can take part in these lessons to improve their technique. Waxing clinics are also provided to help demystify the waxing process so that anyone can be confident on how to properly wax their own skis. These activities provide great opportunities to experience the friendly atmosphere of the club and to get to know other members.

For the fourth year in a row, TNSC will host a provincial cross-country ski race. From February 17th to 20th, 2017, the final Cross Country Ontario Race weekend of the season will take place at the club. There will be races for skiers age 9 (peewee) to open adult age categories, including para-nordic. There will also be a sprint race day, which is always exciting to watch so make sure you come out and cheer on the athletes! TNSC and its volunteers have received rave





reviews from the competitors and visitors who have attended the previous races. It is with great anticipation that the club looks forward to hosting this next provincial championship.

In closing, cross country skiing at TNSC is a winter activity for individuals, couples and families. It provides fun, exercise and fresh air in the great outdoors. Come for a visit and stay for the season!

To find out more about TNSC, the season's schedule of events, and a map of how to get here, visit our website, www.temiskamingnordic.ca. The club's e-mail address is temiskamingnordic@yahoo.ca and the phone number at the chalet is (705) 679-5106.

Lynn Gibson
(TNSC Member)



Family fun FOR THE LONG WEEKEND!



Affordable family activities for the long weekend

If you're like many families, you might still be recovering financially from the Christmas festivities. To stay in the black but still have a fun family weekend, try one or more of the following activities.

LIVING ROOM CAMPING

Set up the tent and roll out some sleeping bags for a living room camp-out. Heat up s'mores in the microwave, gather your flashlights and lanterns, then play cards or share spooky stories in the tent.

SCAVENGER HUNT

Print out a written or picture list of things to find around the neighbourhood for each family member. Once all the items have been located, head back home and use them in a craft or display them in a clear vase or jar.

MAKE A MOVIE

Give each family member an opportunity to participate — behind and in front of the camera — in the making of a home movie. On-screen acts might include musical performances, choreographed dances, comedy skits, puppet shows and in-depth interviews. Afterwards you can make some popcorn and enjoy your masterpiece.

VISIT THE LIBRARY

Check out books, DVDs, CDs and games and then spend the rest of the weekend enjoying the borrowed items.

HAVE A BAKE-OFF

Make a cake batter and then divvy it between family members and allow each individual to tweak it to their liking. Bake the cakes in small separate pans and then let everyone decorate theirs with individually selected toppings.

Family fun on the long weekend doesn't have to cost you an arm and a leg. Simply spending time together is all it takes to make memories you'll cherish for years to come.





spring pulse poetry festival

NORTHERN STORM

Northern storm in the land of extremes,
There lie many lakes, rivers, and streams.

Summer, spring, winter and fall,
Season surprises delight one and all.

Oh the north and its beauty open to me.
There is no other place I'd rather be.



Liz Pacey

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THE SKIER'S DIET: it's all about the carbs



On your way to the slopes? In addition to making sure you have all the equipment you need, don't forget to plan your meals! Here are a few tips and tricks you can use to make sure you have enough fuel to hurtle down those many hills without hitting a wall in the middle of the day.

THINK CARBS

Carbs are fuel for athletes. In other words, it's crucial to include them in your diet before, during, and even at the end of your day on the slopes. Low blood sugar during physical effort won't just make you hungry; you'll also feel cold and your concentration will drop, which can increase your risk of falling.

- Start with breakfast. It's the most important meal of the day for a reason! Peanut butter toast, cereal and muesli are excellent carb-rich food choices. Pair them with white

cheese, yogurt, milk or orange juice.

- For lunch, don't eat too much, as this could leave you tired. You should also avoid fried foods, which are difficult to digest; the same is true of coffee and alcohol. Instead, reach for a sandwich full of lean meats, and have a piece of fruit for dessert.

- For dinner, pasta, vegetable soup, poultry and potatoes, among others, are sure bets.

Finally, it's crucial to stay hydrated throughout the day. This means you need to drink lots of water — even if you don't feel thirsty — and be sure to keep some energy drinks handy. You should also bring along some snacks (like dried fruits, nuts and cheese) so you'll have something to munch on between runs. Have fun!



Which SNOWBOARD is right for you?

So you've decided to buy a snowboard. But with so many different types to choose from, how can you tell which one is right for you?

To choose the right snowboard, start by determining how you'll use it.

- If you'd like to have different experiences, consider purchasing an **all-mountain** (or freeride) snowboard. This type of board is extremely versatile and often recommended to beginners because of its ease of use.
- If you're mostly looking to hit the terrain park, you should probably choose a **freestyle** snowboard. Perfect for catching air, its wide, short, symmetrical design will allow you to ride with either foot in front.
- If you're a fan of groomed tracks and steep slopes, consider an **alpine** snowboard.

Long, narrow and sturdy, it'll help you nail every curve — no matter how fast you're going!

- If you mainly want to ride on powder, choose a model with a pointed tip and a flat, split tail, often referred to as a **swallowtail** board.

Finally, pay attention to the width of the board. If it is too wide, it will be hard to control; if it is too narrow, you'll probably wind up touching the snow when you turn. The length of the board depends on the type of board you choose. All-mountain boards are longer than freestyle boards, for instance. The experts at your local snowboarding equipment shop should be able to guide you. Happy shopping!

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Chantal Kreviazuk to headline 2017 Kirkland Lake Winter Carnival

The Kirkland Lake Festivals Committee will be presenting Juno Award-winning singer-songwriter Chantal Kreviazuk as their headlining act will during the 2017 Winter Carnival. The sold-out Saturday, February 18th concert, which is set to take place in the Northern College Auditorium is part of the opening weekend of Kirkland Lake's 18-day Winter Carnival. This will be Kreviazuk's second live performance in Kirkland Lake, following her sold out show during the 2010 Winter Carnival.

Kreviazuk's latest album, *Hard Sail*, is her first new album in seven years and marks the Canadian singer-songwriter's return to the charts with the hit singles "Into Me" and "All I Got." Since her last album, *Plain Jane*, was released in

2009, Kreviazuk has been hunkered with husband and Our Lady Peace frontman, Raine Maida, in Los Angeles to have three boys, Rowan, Lucca and Salvador. During that time, she's collaborated with superstars like Drake, Pitbull, Christina Aguilera, Carrie Underwood, Kendrick Lamar and Pink. She's acted in films. She's dedicated herself to War Child and several other charities. In addition, she started painting, appeared on Saturday Night Live and in 2014, was made, with Maida, a member of the Order of Canada. In other words, when it came to penning *Hard Sail*, she had plenty of life to write about. "I didn't choose to make this album. I just had things to say and so they came out...there wasn't any pressure to record, which for an artist is a great place to be coming from,

because it's real," she says. "Over the past several years, I've kept up with the practice of song writing while staying home and being near my kids. It's a very humbling experience to be a parent. You do the work, your little people know who they are, they have a foundation. They sort of dictated when it was going to be okay for me to be comfortable with making a record and promoting that. It's been a very organic process." Called *Hard Sail* because "I have a wonderful marriage and family through hard work," she says, the album's first single, "Into Me," was written about accepting love, but it wasn't until she heard the produced track that she knew she had to make an album. "You get to a certain age and you just don't care what others think. You've been through the



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CHANTAL KREVIAZUK

“What is awesome about this is it’s an opportunity to take a picture of where I am,”

Saturday, February 18, 2017

Kirkland Lake Winter Carnival

washing machine so many times, you know who loves you and what matters. I feel so much more creative freedom in that. You just start stating the facts,” she says, “and the rest takes care of itself.” The album’s second single, “All I Got,” is a love letter, partly to Maida and partly to the idea of love. “Later, someone asked me ‘how can you say you love someone more than you love yourself?’ But if you’ve ever loved outside of yourself, if you’ve ever had a child, you know you can love someone more than yourself.” More than that, the album is a moment in time: Kreviazuk has lived a lifetime in the past seven years and the collection of songs acknowledges that. “What is awesome about this is it’s an opportunity to take a picture of where I am,” she says. The same could also be true

of Kreviazuk’s entire catalogue, starting in 1998 when international audiences heard the Winnipeg native’s now-iconic rendition of “Leaving On a Jet Plane,” on the Armageddon soundtrack. From that moment, there was no doubting her star power as a multi-platinum selling artist with 15 hits in Canada, including Surrounded, Before You, Dear Life, In This Life, Julia, What If It All Means Something, All I Can Do, Invincible, and Wonderful. On Hard Sail, Kreviazuk is at her best as a songwriter and artist, arguably because of time. “If you get out of bed and put one foot forward, you’re changing. Every day, I’m someone new,” she says. “That’s who I was, this is who I am. When Raine and I go out on stage together, we say ‘love, trust, protect’. That’s what this album is about.

It’s a thank you to my husband and my family, it’s a letter to the universe that expresses my fears and frustration and my surrender to the reality of time.”

A long list of Canadian music royalty has performed during Kirkland Lake’s Winter Carnival including Colin James, Classified, Bruce Cockburn, The Trews, Kim Mitchell, Steven Page, Tom Cochrane, Nikki Yanofski, The Sheepdogs, Bobby Bazini and April Wine. Tickets for Kreviazuk’s. A full schedule of Kirkland Lake 18-day Winter Carnival is available on www.klfestivals.com as well as on their Facebook page.

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Sports for kids who don't like sports



More likely to find your kid playing video games than playing catch? Though Junior may not seem overly athletic, that doesn't mean you should give up on trying to find a sport that's a good fit. Here are several ideas that may just capture your youngster's interest.

MARTIAL ARTS

Judo, karate and tae kwon do are three martial arts disciplines that are commonly practiced by kids. Each style is unique but there are commonalities between them, including a belt ranking system, a focus on self-defence and an emphasis on individual achievement. Martial arts are both physical and mental and teach discipline, confidence and self-respect.

SWIMMING AND WATER SPORTS

If your kid already loves being in the water, swimming may just be the sport that lures them away from the television. Beyond competitive swimming, there's also diving, water polo, and synchronized swimming to consider.

EQUESTRIAN SPORTS

Horseback riding, jumping and dressage are three ways kids can compete with horses. If your youngster already loves animals, equestrian sports may be a good fit. They provide core strength and teach body control and balance.

YOGA

If your child isn't competitive, then he or she may find yoga appealing. The stretches and poses taught in a typical yoga class offer numerous health benefits for both the mind and the body. Many studios offer yoga lessons specifically designed for children.

TENNIS AND OTHER RACKET SPORTS

Kids who like to compete but prefer one-on-one coaching might enjoy tennis. The sport teaches coordination and develops both basic and fine motor skills. Other possible racket sports include badminton, squash, and table tennis.

Tips for teaching your child good sportsmanship

Treating all players in the game with respect and fairness is the definition of good sportsmanship. Winning humbly, losing gracefully and congratulating opponents for a game well played are hallmarks of being a good sport. But signing your child up for the local little league team isn't enough to instil this vital life skill. Parents need to both encourage and model good sportsmanship

KEEP LANGUAGE POSITIVE

Badmouthing players, coaches or referees sends the wrong message to your children. If you genuinely have an issue, it's best to discuss it with the coach or a league official — away from small ears. Otherwise, keep your comments positive.

POST-GAME TALK SHOULD FOCUS ON PERFORMANCE

As a parent it's easy to get swept up in the thrill of winning or the disappointment of losing. But when you talk to your child after a game, the prime focus should always be on performance. Ask your child about what they think they did well and where they feel they still need to improve. You can also ask who they think was a good sport during the game and why. Shifting the emphasis away from winning and losing allows for other priorities to come into play.

SET THE EXAMPLE

Treat other players and parents with respect and courtesy. Congratulate members of the opposing team on a game well played. Applaud good plays, no matter who made them. Thank coaches and referees after every game. Kids mimic the conduct of important adults — especially parents — so be sure to always exemplify good sportsmanship yourself.

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

YOUR LIFE & The Law

Think Before You Post:

How Your Online Activity Can Cause Harm and May Be Illegal

We've been taught from a young age about how to deal with hurtful words and mean people. The popular nursery rhyme most of us learn in kindergarten about how "sticks and stones may break my bones but words will never hurt me" tell us to ignore the bully and turn the other cheek because words can't really hurt us in a physical sense. But, words can hurt ... and hurt deeply. Words, names, taunts, false information, rumours, photos and online jokes which are freely posted, shared and distributed over the internet can have devastating and tragic effects and consequences.

It is important to think before you post. In this era of social media obsession it is easier than ever before for people to hide behind the anonymity of their online personas to spew mean and harmful comments, share embarrassing or compromising photos and to say and do things that they never ever would in person. Not only can a harmful or negative post be incredibly hurtful and have serious effects on the recipient, it can also be illegal.

Criminal and civil laws are broken online with such regularity that people often don't realize how serious their actions are and the severity of the legal consequences.

Cyberbullying involves the use of communication technologies such as the internet, social networking sites,

websites, email, text messaging and instant messaging to repeatedly intimidate or harass others. Bullying, in any manner, is often a traumatic experience and can have devastating and long lasting effects on its victims.

Cyberbullying comes in many different forms and these include:

- Sending mean or threatening emails or text/instant messages
- Posting embarrassing and/or private photos of someone online
- Creating a website to make fun of others
- Pretending to be someone else by using their name
- Posting false, hurtful, embarrassing and/or personal information about someone online
- Posting things that are discriminatory and/or a breach of the Human Rights Code

It is important to understand the possible legal consequences of cyberbullying and what you can do to protect yourself if you are a victim of an online bully. It is also essential to recognize how your own behaviour could be considered cyberbullying and attract civil and criminal penalties.

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

Under the Criminal Code, a cyber bully can be charged with harassment and defamatory libel. Other possible criminal charges include fraud, stalking, uttering threats and mischief in relation to data. The civil law can provide a mechanism for seeking damages from a cyberbully for defamation. In Canada, schools and places of employment have a legal requirement to maintain a safe environment for students and employees. If a cyber bully creates an unsafe environment, where a person is afraid to go to school or work because of exclusion by others, teasing, bullying or violence, the school or employer must take actions that are appropriate to stop the bullying behaviour. A school or employer that fails to do so may be found liable of “creating an unsafe environment”. A cyber bully can also be personally responsible to a victim if the harm that the bully caused was foreseeable such as in the case of encouraging someone to harm themselves.

Some provinces also have their own cyberbullying laws. Ontario’s Education Act was amended and now includes a definition of “bullying” and requires schools to provide instructions on bullying prevention and remedial programs designed to assist victims. The Act now also

addresses behaviour conducted online and even outside of the school. Students can be suspended or expelled for cyberbullying.

If you are a victim of cyberbullying these are some of the steps that you can take to protect yourself:

- Document the bullying. Print emails, take screenshots and keep a record of the abuse
- Report the behaviour to the social media site immediately and block the bully
- Report the matter to the police
- Report the bullying to your school or workplace if the cyberbullying is taking place there

The law is slowly catching up with technology and there are now several ways that a victim can seek help to try to protect themselves from a cyber bully. No one has a right to use the internet to cause harm and victims should speak out and seek help. It is more important than ever to think before you post because your online activity can cause significant harm to others and carry serious legal consequences.

Evans, Bragagnolo & Sullivan LLP

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WINTER was made for PLAYING OUTSIDE

Practical tips for a successful family ski trip

Downhill skiing is the perfect activity for an outing with the kids, especially when weather conditions are ideal. Here are a few tips to make your family ski trip a success.

- Get everything ready the evening before to avoid forgetting any supplies or equipment.
- If you have young children, choose a resort close to your home (especially if it's their first time). This way, the kids won't be weary from the drive before they even hit the hill.
- Bring a sled to carry your gear from the parking lot to the lodge.



- Pack layers of warm clothing and don't leave without sunscreen — UV rays reflecting off the snow can easily burn unprotected skin.

- Remember to use the restrooms before heading up the mountain.

- Decide on a gathering place to head to if you lose sight of each other.

- Take regular breaks to rest, rehydrate and snack.

INITIATING FIRST-TIMERS

Kids aged three and up can start learning to ski. Before you hit the slopes for the first time, break the ice by taking your little one on a tour of the resort and a ride on the chairlift. Family lessons are always a good way to learn how to ski in a safe and fun environment. Try it out!



Seven Activities to Rediscover this Winter

Wouldn't you prefer to embrace the winter months rather than grit your teeth while you wait for the cold and snow to disappear? Here are seven seasonal activities to remind you that wintertime isn't so bad after all.

- 1. Ice skating.** Hit the rink to improve your strength, endurance, coordination and balance.
- 2. Snowshoeing.** Snowshoeing is both inexpensive and easy to learn, making it a perfect fit for family fun.
- 3. Snowmobiling.** Calling all freedom seekers! Have a seat on your snowmobile and set off to explore scenic spots that are otherwise inaccessible.
- 4. Downhill skiing or snowboarding.** Is there anything more exhilarating than gliding down the mountainside at full speed?
- 5. Dog sledding.** Enjoy the perfect combination of adorable animals, pristine landscapes and crisp fresh air by taking a ride on a dog sled. Memorable moments guaranteed!
- 6. Winter hiking.** Frozen ponds, frosty branches, snowy spruces and immaculate mountains — there's nothing like a hike to experience winter in its entire splendor.
- 7. Ice fishing.** Thanks to the cold weather, you'll finally be able to fish without being hassled by mosquitos. What more could you ask for?

These are just a few of the fun things you can do to beat the winter blues. Tobogganing, playing hockey or broomball, camping and cross-country skiing are some other suggestions. With so many ways to embrace the season, there's no reason to hibernate this winter! Let's go play outside!

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A snow slide in our backyard? Cool!

Do your kids love to sled? They'd probably be overjoyed if you told them you were building a sliding hill in your backyard. Are you ready to give it a try and become the envy of your neighbourhood? One big, sticky snowfall and you're good to go!

Start by choosing a site far enough from the road to allow for a good sliding distance. Then, pile the snow up, making sure you pack it down as your hill gets taller. When you're satisfied with the height, trample on your hill for a while to create a slope that's just steep enough for an exciting yet safe descent.

Once the first part is done, delimit the sliding area (including a few strategically placed bumps, perhaps?) with snow barriers



on each side to keep kids from flying off in all directions. Build a wall at the top of the hill by making snow cubes: fill a large bucket with snow, add a bit of water and some food colouring, pack it down and then unmould. Spray your entire creation with water to solidify it, and take advantage of subsequent snowfalls to maintain your hill. Voila! All that's left to do is enjoy!

FUN WINTER DESTINATIONS

If your yard is too small or if there isn't enough snow to carry out your hill-building project (or if you just don't feel like going to the trouble), don't fret. Just head to a nearby ski resort or hilly park to get your family's sledding fix.

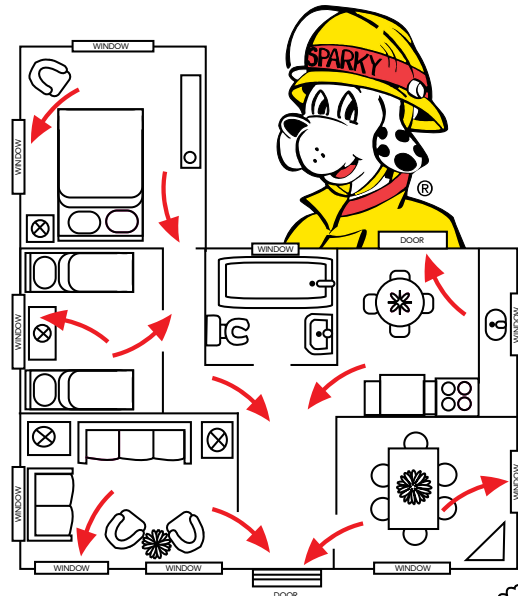
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