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Seasons

Fall 2023

Magazine

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SPEAKER

**PRINTING, PUBLISHING
AND PROMOTIONS**

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Fabulous FALL FUN



Fall flavours galore

Are you planning a fall-themed meal? Stock up on ingredients to evoke the essence of the season. Here are a handful of must-haves.

- **Pumpkins.** These delicately flavoured gourds can be prepared in a myriad of ways. Make a creamy soup, a comforting stew, healthy muffins or a decadent cake starring this all-purpose vegetable — let your mood be your guide!
- **Apples.** Buy juicy, ripe apples from your local orchard or market and cook them however you like. Apples roasted with vegetables, for example, make a great accompaniment to pork chops. As for desserts, you're spoiled for choice. From pies to crisps to donuts, the list of yummy possibilities is endless.
- **Oysters.** Fall is oyster season. Enjoy them raw with a

squeeze of lemon juice, add them to a fresh pasta dish or use them as a lavish garnish. Oyster recipes abound, so you're sure to find one to make your guests' mouths water.

- **Spices.** Spices that say autumn — think pumpkin spice — make excellent enhancements to stews, meats, pies and lattes. Classic fall seasonings include cinnamon, nutmeg, ginger, allspice and cloves. These flavours will warm your tastebuds and your heart.
- **Game.** Meat harvested during hunting season makes a pleasing alternative to those you routinely enjoy. Broaden your culinary horizons by cooking meats like venison, moose or goose. Don't be afraid to try something new!

Bon appetit!



5 reasons to love autumn



Does the end of summer give you a touch of the blues? You can give yourself some consolation by reacquainting yourself with the charms of autumn. Here are five excellent reasons to love this time of year.

1. Magnificent landscapes. Seize the few weeks when the trees are adorned with sublime colour. Take a walk in the forest, go on a road trip or set out on a bike ride — and don't forget to bring your camera.
2. Culture kick-off. Fall is the perfect time to join a new recreation program, watch new TV shows, catch a new exhibit and attend a book or record launch. Reconnect with your friends and find beautiful new ways to escape from the daily routine.
3. Halloween preparations. You can have a great time checking out the local haunted house, decorating your home or working on your costume for that big Halloween party. If you have children, the fun is multiplied.
4. Cocooning season. After a frenzied summer, now is the time to wind down. Put on your favourite woollen cardigan, grab a hot mug of herbal tea or coffee and catch the chatter of migratory birds. Indulging in me-time is such a pleasure!
5. Harvest time. Vegetable farms and orchards are in full swing, offering an incredible variety of tasty treats. Visit restaurants, country cafés and farmers' markets to stock up on succulent fresh produce.

Autumn is a marvellous season to indulge!

An autumn road trip? Why not!

Do you have some vacation time planned for this fall? This colourful season is the perfect time to take a road trip. Here are a few good reasons to get in your car and drive.

Reduced traffic

It's undeniable that tourist areas are less crowded in the fall than in the peak season. If you balk at the thought of standing in long lines, now is your time. You're also more likely to find the campsite or hotel room of your dreams.

Lower prices

If you're keeping an eye on your budget, you're on the right track by taking a road trip in autumn. The prices for tourist activities and accommodations often take a dip after August.

More activity

In summer, stifling heat waves can limit your freedom to engage in outdoor activities. Fall is the ideal season for a road trip punctuated with stops for fun outdoor adventures. Plan to hike in the mountains, observe migratory birds, attend a festival or visit a U-pick.

To make your road trip a safe one, make an appointment for vehicle maintenance with a local mechanic before setting out.

Indulge in the accessible luxury of slow travel! From coastal villages to prairie farmlands and breathtaking mountain views, Canada has so much to offer. What will you program into your GPS?



Kiss your chapped lips goodbye!



During the winter, your skin takes more abuse than it deserves from the wind and cold outside to the dry heat inside. Do your lips get chapped as soon as the temperature plummets? These tips may help.

- **Stay hydrated.** Drink plenty of water to prevent your lips from cracking. Don't wait until you feel thirsty before taking a sip.
- **Install a humidifier.** One of your lips' worst enemies is dry air. Run a humidifier in your home to maintain adequate moisture levels. This is especially helpful in the bedroom.
- **Invest in a high-quality lip balm.** Choosing the right lip balm is the key to preventing chapped lips. It's important to read the labels so you know what you're getting. For maximum effectiveness, choose a lip balm that

contains moisturizing ingredients like shea butter or jojoba oil, plus a protective ingredient like beeswax to seal your lips against the elements.

- **Use sun protection.** Ultraviolet (UV) rays are just as strong in winter as in summer, especially when reflected by the snow. Always carry a lip balm with SPF protection when you're outdoors.
- **Exfoliate your lips.** Once or twice a week, exfoliate your lips to remove dead skin cells. This will help your moisturizer penetrate more deeply. Avoid scrub products if your lips are already damaged, as the granules can worsen the problem.

One last tip: resist the urge to lick your lips. Although doing so may provide quick relief from that dry feeling, the enzymes in your saliva will aggravate chapping in the long run.

5 tips to combat seasonal depression

Do the long winter months drain your morale and negatively impact your sense of well-being? Here are some tips to help you counter the symptoms of seasonal depression.

- 1. Make the most of the sun.** Whenever possible, dress warmly and head outdoors to top up on vitamin D. When you're inside on sunny days, open the curtains and sit near the windows.
- 2. Play sports.** In addition to keeping you healthy, physical activity triggers endorphins and serotonin. These "happy hormones" help regulate your mood and provide an antidepressant effect.
- 3. Use light therapy.** Expose yourself to a lamp with light that mimics the sun's rays. Just 30 minutes a day can help you feel better.

4. Eat well. Despite your temptation to eat sugary food, make sure you prepare balanced meals rich in essential nutrients.

5. Relax. Engage in activities that you find soothing, such as knitting or listening to music. Meditation can help lower stress and reduce symptoms of depression, as well as also boost your energy levels. Reading at bedtime can promote better sleep.

Have you noticed a significant drop in energy, persistent sadness or drowsiness despite getting a good night's sleep? If your symptoms prevent you from managing your daily tasks, don't hesitate to consult a healthcare professional. A doctor, pharmacist or psychologist can



What should you eat when you have the stomach flu?



Having the stomach flu can zap your appetite and make you nervous around food. However, eating can soothe your stomach and help you regain your strength. The key is to eat as healthily as you can manage in gradually increasing quantities. Here are some safe foods to put on your menu:

- Unsweetened cereals
- Fresh or canned fruit
- Cooked vegetables
- Eggs
- Bread
- Pasta
- Fish
- Rice
- Lean meat

If you're not lactose intolerant, low-fat dairy products like yogurt, milk and cheese are also suitable.

Keep a few safety precautions in mind. Prepare meat and fish with as little fat as possible. Avoid fried or spicy foods and powdered soup mixes. Stay away from ice cream, pastries, deli meats, chips, candy and chocolate until you feel better.

If you need personalized advice, you can talk to a healthcare professional by calling 811 or your local health



DON'T FORGET TO HYDRATE!

If you have the stomach flu, drinking lots of water is essential to prevent dehydration. You can also use commercial rehydration solutions that contain water, sugar and mineral salts. Avoid soft drinks, sports drinks and caffeinated beverages.



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Fire Prevention

4 household items you didn't know were fire hazards

House fires affect thousands of families every year. Therefore, it's essential to eliminate potential hazards in your home to keep you and your family safe. This year, Fire Prevention Week takes place from October 9 to 15, and the occasion is an ideal time to brush up on your fire safety knowledge. Here are four things in your home you might not know are flammable.

1. Oranges contain a naturally occurring and flammable chemical called limonene. This substance is present in many cleaning products because it has a fresh scent and potent degreasing properties. Consequently, you should avoid spritzing limonene-based cleaning products near fire sources like your stovetop.

2. Hand sanitizer has become a household staple in recent years. However, it contains ethanol, which is a flammable ingredient. Although small amounts of hand sanitizer don't pose a fire hazard, it's important to store and use it safely to minimize the risk.

3. Nail polish remover is made with flammable chemicals like acetone and nitrocellulose. Therefore, you should always thoroughly wash your hands after using nail polish remover. Ensure the container is tightly sealed and stored in a cool, dry place when you put it away.

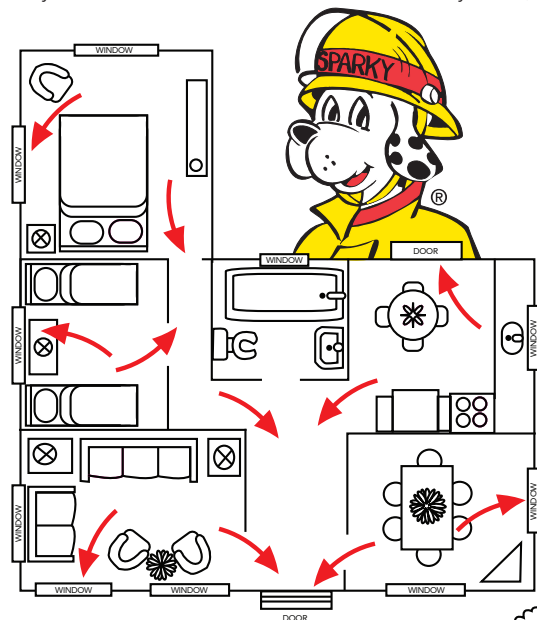
4. 9-Volt batteries have the potential to start a fire. If

these types of batteries touch metal, they can spark and ignite. It's best to store batteries in their original packaging or keep the tips covered with tape. Fire safety starts with knowing the facts. Protect your family by learning about common hazards and taking steps to minimize them.



KNOW WHERE TO GO.

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



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What to do if a fire breaks out

It's impossible to predict when a fire will break out. Here are a few steps to take if you ever find yourself in a fire.

- Head for the exit. Get away from the fire immediately. If you're at home, follow your evacuation plan. If you're in a public place, go to the nearest emergency exit and move away from the building. If it's safe to do so, activate the alarm system.
- Don't stop. Fires spread very quickly and can burn through an entire room in less than three minutes. Don't attempt to retrieve your belongings, and don't linger.
- Correct your route. If the room is full of smoke, get low to the ground and crawl under it. Inspect any doors before opening them. Start by checking to see if the door or door handle is hot. If it is, find another way in. If not, open the door slowly and ensure the space is safe before going inside. Never use the elevator.
- Think about your safety. If you can't reach an exit, stay where you are and close the doors. If possible, place a damp towel at the base of the door to block out smoke. Contact the fire department and announce your presence by waving a light or brightly coloured cloth through a window.

Fire prevention tools like smoke alarms, portable fire extinguishers and evacuation plans can minimize the danger when a fire breaks out. Make sure to follow the recommendations of your local fire department.



100 YEARS OF FIRE PREVENTION

This year marks the centennial anniversary of Fire Prevention Week. A campaign teaching children and adults how to avoid fires and stay safe if one occurs was first launched by the National Fire Protection Association (NFPA) in 1922.



COLEMAN Township FIRE DEPT.

Ode to autumn



A vibrant and abundant season!

5 ways to enjoy and preserve your harvest

Did you pick your fill of fruits and vegetables from local growers, get carried away at the farmers' market or harvest plenty of veggies from your garden? Here are five ways to reduce waste and enjoy your bounty all year long.

1. Pies. Use apples, plums, blackberries, pears and pumpkins to make delectable pies. Store them in the freezer for several weeks.
2. Jams. Nearly any fruit can be made into jam. In addition to being spread on toast, you can use your jams to brighten up baked goods like cakes, cookies and buns.
3. Pickles. Pickle beets, radishes, peppers, cucumbers and other tasty vegetables to create a tangy side dish.
4. Soups and broths. Vegetables like squash, onions, leeks and cauliflower are the perfect addition to soups and broths. Make a big batch and defrost it whenever you want.
5. Dried fruits and vegetables. Dried strawberries, apples, tomatoes, carrots and kale have a long shelf life. They can be used in various recipes, including sangrias, salad dressings and sauces.

Get creative when whipping up a healthy and tasty meal.





Spiced pumpkin muffins

As nutritious as they are delicious, these muffins smell incredible as they're baking. Serve them as a dessert or a quick snack.

INGREDIENTS

Servings: 12

- 1 3/4 cups all-purpose flour
- 1 cup white sugar
- 1/2 cup brown sugar
- 1 teaspoon baking powder
- 2 teaspoons ground cinnamon
- 1/2 teaspoon salt
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground nutmeg
- 2 eggs
- 1 can pumpkin purée (398 ml)
- 1/2 cup melted butter
- 1 teaspoon vanilla extract
- 1/2 cup pecans, coarsely chopped
- 12 walnuts, whole
- A few fresh mint leaves

DIRECTIONS

1. Preheat the oven to 375 F. Line a muffin tin with paper cups.
2. Whisk together the flour, white sugar, brown sugar, baking powder and spices in a large bowl. Set aside.
3. In another bowl, combine the eggs, pumpkin purée, melted butter and vanilla extract. Pour the wet ingredients into the dry ingredients and mix gently until the batter is smooth.
4. Add the chopped pecans and gently stir to combine.
5. Place about 2 tablespoons of the batter into each cup. Top each with a whole walnut.
6. Bake for 30 minutes or until a toothpick inserted into the centre comes out clean. Place the cooled muffins on a serving platter and garnish with mint.

Simple couscous royale

This traditional dish is over a thousand years old and has many variations. Here's a simplified — and delicious — version you can make in the oven rather than on the stovetop.



INGREDIENTS

Servings: 4 to 6

- 3 tablespoons vegetable oil
- 1 large onion, sliced
- 400 grams stewing lamb cubes (collar)
- 400 grams chicken thighs, deboned and cut into large pieces
- 2 large carrots, diced large
- 1 can chickpeas, rinsed and drained
- 2 garlic cloves, minced
- 2 tablespoons tomato paste
- 2 tablespoons couscous spices (see box)
- Salt to taste
- 1 litre chicken or vegetable broth
- 1 small zucchini, diced large
- 6 Merguez sausages
- 300 grams medium-grain durum wheat semolina couscous
- 1 tablespoon butter
- Parsley, for garnish

DIRECTIONS

1. Heat the oil in a large oven-safe sauté pan or casserole dish like Le Creuset. Lightly brown the onions and add the lamb and chicken. Sauté for a few minutes.
2. Preheat the oven to 300 F.
3. Add the carrot, turnip, chickpeas, garlic, tomato paste, spices and a dash of salt.
4. Add just enough broth to cover the mixture. Add water as needed.
5. Cover and bake for 60 minutes. Add the zucchini and then return the dish to the oven for another 30 minutes.
6. Grill the sausages in a pan.
7. Just before serving, cook the couscous in 1.5 times its volume of boiling water (approximately 2 cups), or by following the cooking instructions on the package. Add butter and fluff with a fork.
8. Serve the meat and vegetables with the broth on a bed of couscous. Garnish with parsley.



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CHANGE IN THE WEATHER

After the fall equinox, the nights seem to creep in faster,
The sun's rays weaker, the air fresh, the moon larger
Than in the summer months, days no longer warm,
And the breeze blows cold, the skies threaten a storm.

The mornings are no longer bright, we arise in the dark,
No more morning chorus, no sweet voice of the lark,
Jackets and coats are worn instead of summer clothes,
No more cold juice, but warm apple cider with cloves.

Three times this week we have raked the leaves away
And still more come and on our lawns stay.
The workmen shiver in the rain that hardly seems to cease,
Tonight, we may have a fire and feel the warmth and peace.

September is dying her short time of beauty fading fast,
October may bring an Indian summer before she is past,
Then the nights will be really long, days short as can be,
Until the end of December, then improvement we will see.

I find it a little depressing when the days start shortening,
Just a few minutes a day tell us that winter will soon be coming,
So farewell pretty summer, cover the pool, plant bulbs for spring,
So, wrap up warm and enjoy the cold, and wait for the birds to sing.

Ann Margetson

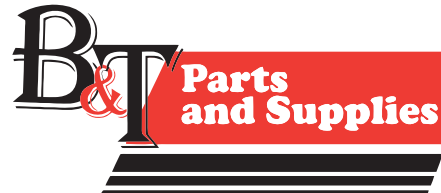


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Why not enjoy an ice cream treat, shop for a new outfit, see a show, take a stroll on the promenade or make new friends? All this — and so much more — is possible within a few short steps. All you have to do is open your eyes and explore your surroundings. In no time, you'll find ways to make the most of all that summer has to offer — and support your local businesses, too!

Need a little inspiration to help you plan your next downtown outing? These local advertisers would be delighted to help. Don't hesitate to pay them a visit.

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*From HC, et al. Treating Tobacco Use and Dependence: 2008 update
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Where to buy local products

Purchasing local products helps create and sustain jobs in your community, which in turn, revitalizes the economy. Buying local is good for the planet and lets you enjoy the freshest and tastiest foods. Here are some places you can buy local products.

- **Public markets.** These markets feature fresh produce and processed foods from local farmers. Discover the talented artisans in your area.

- **Food baskets.** Several farms offer subscriptions to garden baskets that include freshly picked fruits and vegetables. Some even include products like meats, eggs and dairy.

- **Kiosks.** Often found along the road or on farms, kiosks let you buy a variety of tasty foods in one place. Some of them offer self-service.

- **U-picks.** Summer and fall are the best seasons for picking fruits and vegetables. Strawberries, blueberries, artichokes and

pumpkins are just some examples of what you can harvest.

- **Gourmet tours.** Some cities and regions offer culinary tours filled with agritourism activities to help you discover local producers and their delicious products.

- **Internet.** You can now find an impressive variety of local products for sale online, reducing your need to travel.

- **Restaurants.** Many establishments boast menus with dishes made from local ingredients. Keep an eye out for seasonal treats.

- **Grocery stores.** Grocery stores often showcase products from local businesses on their shelves. Read the labels to learn more.

There are countless opportunities to stock up on excellent products from your local producers.

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Get ready to heat things up!

Don't dread the cold!

What are the most economical backup heating options?

Are you fed up with winter chills and looking to invest in a backup heating system? Here are four inexpensive solutions that can help you enjoy a little more comfort while lowering your energy bill.

WOOD-BURNING FIREPLACE

Wood heat is still one of the most economical options on the market. However, it does emit irritating pollutants, so you'll need to install a carbon monoxide detector. Additionally, you must have space to store firewood.

GAS FIREPLACE

Whether powered by propane or natural gas, this affordable appliance is growing in popularity because it only requires a vent or duct pipe rather than a chimney. This kind of fireplace can be installed virtually anywhere in your home.

PELLET STOVE

Wood pellet stoves are a good choice for backup heat. Sold in bags, pellets are inexpensive, store more easily than logs and take up much less space. The stove is fed automatically and can run as long as 20 hours, depending on the model. This solution also allows you to better control your interior humidity level.

ELECTRIC HEATER

Portable and safe, electric space heaters are easy to use and available at various price points. Just plug it into a power outlet, and you're done! A space heater can be installed anywhere in your home. However, if you experience a power outage, it won't work without a backup generator.

Check out your local businesses for all types of heating systems.



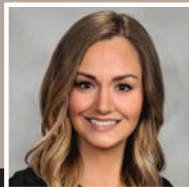
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What's the best backup heating solution for your needs?

Supplementary heating solutions can range in efficiency and effectiveness. Unsure which option to choose? Here's some advice to help you optimize your comfort based on your unique needs during the cold winter months.

ENTIRE HOME

Do you need a backup system that can heat the entirety of your home? Try a wood or pellet stove. Take care when choosing its location in your home to ensure you're complying with safety standards. Look for a model that complements your interior decor.

SEVERAL ROOMS

A propane or natural gas stove can provide extra heat to a portion of your home. It doesn't require a chimney, so it can be placed in any room. This is ideal if your supplementary heating needs are limited to a section or single floor of your home.

ONE ROOM

If you spend long hours in one room of your home, like an office, a portable space heater is your best bet. They're easy to use, electrically powered and inexpensive to purchase. Different models have different noise levels and heating capacities. Be sure to check these features before making your purchase.

GARAGE AND BASEMENT

Whether or not your garage is separate from your home, an oil-burning heating system is an excellent backup option. This economical solution requires very little fuel and produces quick heat. It's great for your basement, too.

Ask the heating experts in your area for advice. They can help you make an informed decision.



For the love OF HOME

4 things to remember when closing your cabin for the winter

Do you have a summer cottage that's not suitable for winter use? If you want to keep it in good condition for next spring, it's essential to close it properly at the end of the season. Here are four things to remember.

1. Insurance. Notify your insurer of your extended absence and take plenty of photos. They'll come in handy if you have to make a claim.
2. Roof. Inspect the roof to ensure it's secure against the elements. If it needs repairs, do them now to prevent leaks or more severe structural problems.
3. Water supply. Shut off the water supply and drain the pipes so they don't freeze over the winter. Consider pouring antifreeze in the sinks, bathtub, shower and toilet. Set the heating to keep the temperature between 7 and 10 C.
4. Security. Lock the doors and windows, lower the blinds

and close the curtains. Use programmable lights to create a lived-in appearance to help deter intruders. Keep critters out by removing food from the pantry and closing the fireplace damper and vents.

Do you need help getting your cottage closed for the season? Hire a local contractor to secure your property.



3 common bathroom problems

Many structural issues can occur in your bathroom, and some can be serious. Unfortunately, many of these problems remain invisible until sudden damage occurs, requiring costly repairs. Watch for these warning signs of various bathroom problems to save yourself time and money.

1. BAD CAULKING
Inadequate sealing can lead to water seepage and eventually mould growth. That's why it's important to periodically inspect your caulking. Examine your showerhead flange, toilet base, shower, bathtub and vanity.
2. OLD PLUMBING
Modern plumbing is made of copper, a long-lasting material. If you have older pipes, it may be best to have them upgraded. Cast iron and steel are more prone to corrosion. If you have lead pipes, replace them as soon as possible because they're harmful to your health.
3. INADEQUATE DRAINAGE
Drains can easily get blocked with hair and other particles. Blockages in your drainage system can cause backups and standing water.

Excessive humidity, faulty wiring, unsafe flooring and unsuitable materials are other common issues that can occur in the bathroom. For reliable repairs and renovations, entrust the job to a local contractor.

An advertisement for Earlton Timber Mart. The top part features the company logo, which consists of three red house icons above the text "EARLTON TIMBER MART" in blue and red. Below the logo, it says "Canada's Building Centre" and "Your Home Improvement Experts" in white and red text. The background of the ad shows a cozy outdoor patio area with a fire pit, wicker furniture, and a stone pillar. At the bottom, there is a red banner with the address "69 10th Ave., Earlton", phone number "705-563-2671", and social media icons for Facebook and Instagram. The tagline "We Deliver • Satisfaction Guaranteed • earlontimbermart.ca" is also present.

Experiment: make your drawings float

Did you know that erasable white-board marker ink can float on water? Here are two ways to do a fun little experiment.

MATERIALS

You'll need the following materials to make your drawings float:

- A large bowl
- Dry-erase markers
- Warm water
- A metal spoon

METHOD 1

Fill a large bowl with water. Then, use the marker to draw a design like a flower, person, sun or fish on the back of the spoon. Try to make the drawing with one continuous line without lifting the marker and avoid pressing too hard. Gently dip the spoon into the water. Your drawing will slowly peel off and float on the surface. You can have more fun by blowing on the water to make the image move or dance.

METHOD 2

Draw directly on the bottom of the plate using the same technique described in Method 1. Gently pour the water onto a spot on the plate where it can spread without damaging the drawing. The picture will lift little by little. Once the image is floating, you

can again have fun making it move around.

EXPLANATION

The ink in dry-erase markers contains transparent resin and alcohol. When you write with these markers, the alco-



hol evaporates and the ink dries rapidly. What remains is the resin. When it meets the water, the resin peels off the surface because it doesn't dissolve. Some marker brands and shades react better than others. Try it out with whatever dry-erase markers you have on hand.

4 fascinating facts about cockroaches

The cockroach is an insect with a nasty reputation. Although unloved, this species is quite interesting. Here are four fascinating facts about this critter.

1. It can keep moving even after it loses its head. The neurons in a cockroach's body can stand in for its brain to help it move. It can also breathe through small slit-like holes along its body called stigmata or spiracles. The head, too, remains active for several hours after being separated from the body. However, because the insect can no longer feed, it eventually dies.
2. It's extremely resilient. The cockroach's iron-clad health intrigues even scientists! They tend to live in dirty places full of bacteria, which has allowed them to develop high resistance to germs.



3. It can play dead. Cockroaches tend to flip onto their backs when they're near death because it enables them to hide their eyes from the light. They can also use this habit as a defensive measure. Appearing dead makes them less attractive to predators.
4. It eats absolutely everything. Cockroaches are known as scavengers. In other words, they're not picky eaters and are happy to live on food scraps. If they can't find food, they'll even resort to eating their weaker friends.

Do you find the insect world fascinating? You can learn more about cockroaches and many other creatures by reading books and watching documentaries.

What is performance anxiety?

Do you tend to experience a great deal of stress before taking an exam or giving an oral presentation? If the fear of failure or the thought of being judged by others makes you stomach sick or want to cry, you may have performance anxiety. Here's some information about this common condition.

RECOGNIZING THE PROBLEM

It's normal to experience some nervousness before an evaluation. But sometimes, your stress level can get elevated to the point that you experience unpleasant symptoms. Sleeping problems, cramps and headaches are common physical reactions to stress. If you experience these symptoms, anxiety may be one of the possible causes.

REDUCING YOUR STRESS LEVEL

If you're experiencing elevated or uncontrollable stress, it's possible for you to take steps to reduce it. Try these tips:

- Repeat to yourself that you've prepared well

- and can achieve success.
- Do some relaxation exercises, like deep breathing.
- Move your body to expend excess energy.
 - Try cycling, jogging, dancing or whatever makes you happy!
- Indulge in an activity you enjoy, like reading, drawing or listening to music.
- Remind yourself that failing is normal and part of the learning process.
- Take breaks when you're studying.

Try the tips that seem most suitable to you for whatever stressful situation you find yourself in.

Do you think you may have performance anxiety? Talk with your parents or another trusted adult. They can help you understand what you're going through and find solutions to help you feel better.

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