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Temiskaming District **Seasons** *Magazine*

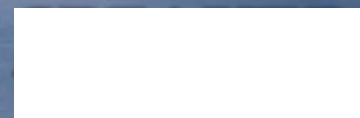
Winter 2024



Spicy recipes
to warm body and soul

Snowmobile Safety

Bring on winter!



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7 fun ways to explore the trails this winter

Are you looking for fun ways to breathe the fresh air and enjoy winter in all its glory? Take to the snow-covered trails and discover them with these seven activities.

1. WALKING

Winter walking is an accessible and inexpensive way to explore your surroundings. This simple exercise is ideal for developing and maintaining muscle tone and balance. Before you set off, check the snow conditions on the paths you'll be taking, as you may need crampons.

2. SNOWSHOEING

Perfect for improving cardiorespiratory endurance, snowshoeing allows you to tackle groomed trails in short snowshoes or powder

snow in larger snowshoes. Some snowshoes are even designed for running in the snow. In any case, make sure you stretch and warm up before heading out, especially your hips.

3. CROSS-COUNTRY SKIING

There's nothing like cross-country skiing to get your blood pumping! This total-body winter sport helps combat osteoporosis while giving your joints a gentle workout in an enchanting setting.

4. SKISHOEING

As the name suggests, this increasingly popular sport is a hybrid of snowshoeing and cross-country skiing. Snowshoe skis, which are wider and shorter than cross-country skis, allow you to move faster and more easily through powder snow than snowshoes. They also have a skin on the bottom that improves grip on steep climbs. Give it a try!



5. FAT BIKING

Do you know how to ride a bike? If so, you'll have no problem getting started on a fat bike. On top of being good for your health, fat biking can be done in various conditions, especially those not conducive to cross-country skiing. Why not take a peaceful ride in the moonlight for a different take on winter?



6. SNOW SCOOTERING

A snow scooter is a small sled on skates. All you have to do is propel yourself with one foot, which is great exercise. You can also push your child or a relative with reduced mobility, or let your dog pull you along for an effortless ride.

7. HORSEBACK RIDING

If you love animals, what could be better than horseback riding in a winter wonderland? As well as strengthening your stabilizing muscles, you'll be able to spend some quality time with the horse while admiring the immaculate scenery. Perfect for both body and mind!

How to choose ice skates

Are you looking for the perfect skates to take out on the ice this winter? Here are a few tips to help you make the right choice.

TYPE

Figure skates are flexible and have spikes at the front designed to optimize backward skating, spins and jumps.

Hockey skates, on the other hand, are more rigid to protect the players' feet. The blade is the same length as the skate, allowing for more natural movements. This also makes it easier to learn.

For leisure skating, recreational skates are often a good choice. They can look more or less like figure skates or hockey skates and come with or without spikes.

SIZE

Your toes should barely touch the front of the skate without being compressed. Also, pay attention to the width and height of the skate, which can



vary from one model to another. Try on several pairs. Your foot and ankle must also have sufficient support. The skate should fit snugly around your foot and end at a comfortable height.

For children, adjustable skates are a great choice, as they can be lengthened as the child grows. Ensure your child's skates fit well, and avoid buying a larger size for

them to grow into. A pair that's slightly too big may cause discomfort and make it harder to skate.

When in doubt, ask for advice at a sporting goods store.



5 tips for playing outside safely

When it comes to playing outside, winter offers a host of possibilities, including skating, tobogganing, building snow forts and snow-shoeing! However, the cold season also brings its share of dangers. Here are five tips to help you have fun and stay safe in the cold.

1. Wear layers. To avoid sweating and then getting cold, it's best to wear multiple layers of clothing when playing outside. Ideally, your child should have one more layer than you.

2. Cover your extremities. Warm, waterproof boots that are big enough so you can move your toes are essential. A toque that covers your ears is also a must. Keep in mind that mittens are generally warmer than gloves because your fingers can share warmth.

3. Check the weather. Don't just look at the ambient outdoor temperature; take the wind chill into consideration, too. Exposed skin can freeze quickly at -27 C or below.

4. Wear sun protection. Although staying

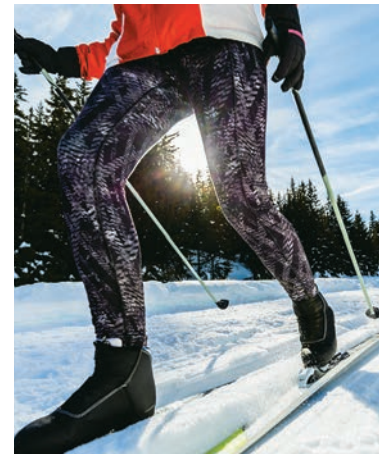
warm in the cold should be your main concern during winter, don't forget that the sun's rays can be harmful, especially when they reflect off the snow and ice. Therefore, sunscreen and sunglasses are essential.

5. Stay hydrated. Drinking water regularly is just as important in winter as in summer. Sipping on liquids helps prevent dehydration, which can increase the risk of hypothermia and frostbite. Hot drinks are also ideal for countering the biting cold.

Have fun!



Cross-country skiing: 7 tips for beginners



Do you want to try cross-country skiing for the first time? Here are seven smart tips to remember before you take to the trails.

1. Adopt the diagonal stride with your feet parallel. This is an excellent approach unless you have a need for speed. In that case, the skate stride, with your feet in a V-shape, is more suitable.

2. Ask staff at your local sporting goods store for advice on choosing skis. They'll be able to fit you with skis that match your weight and skill level.

3. Start with skin or scale skis that don't require waxing. Skis that need waxing require more in-depth knowledge and specialized equipment.

4. Dress lightly to prevent overheating. For example, wear a merino wool base layer, an insulating mid-layer (if it's very cold) and a windbreaker.

5. Wear close-fitting clothing that allows you to move freely.

6. Bring water and hydrate regularly.

7. Start gently by choosing easy, relatively short trails.

Visit your local sporting goods store to stock up on everything you need to get started.

THE NORTH IS UNIQUE IN ALL THE WORLD

By Darlene Wroe

During the winter in the North, it's easy to lose track of the fact that there's not snow everywhere in the world. This part of the world in which we live is unique.

It's easy to forget that the low light we have at this time of year is not seen in other parts of the world, at least not like this.

The long hours of the northern winters give way to many creative endeavours.

The late Muriel Newton-White, well known and loved for her beautiful artwork and delightful stories, was born, raised and lived in the Charlton and Englehart area and told many tales of The Land of Long Shadows and the forest people who lived there.

Muriel, who boarded in the home of my stepfather Arnold Sullivan when he was a youth, also taught my mother art, and my family is proud to recount the various little snippets of history we have with that beautiful soul. Even I had the pleasure of spending some time under her tutelage, being taught some calligraphy. Her mastery of the art seems to draw inspiration directly from the gilded pages of ancient Bibles.

Her book, Backhouses of the North, is an amusing review of the whimsical architecture utilized for a very basic requirement of day-to-day life in places where sewage systems were not yet fully developed.

Another great production was an important and beautiful reference book by another Englehart area resident - the late Ruby Gibbons Bryan - who created Wildflowers of the North. The book was gorgeously illustrated by Muriel.

Artists can't help but be inspired by the beauty of the North.

Northeastern Ontario provides a unique light where the mostly flat lands and tall, narrow trees are touched by the sun as it swings low across the frozen horizon.

People love the north in the winter for its long groomed trails where people can venture via snow machines and skis.

The snow-laden trees will bow together to create an other-worldly setting for those fortunate enough to have the means to venture into that winter wonderland.

When the sun goes down, the absolute blackness of the resulting sky-scape creates the perfect setting for a panoply of stars. The Wolf Moon dominates the night sky in late January, and in February the Snow Moon spreads its silvery net over the snow-cruised fields.

The truth of winter in this hemisphere is that the light is now increasing.

From week to week we can see the daylight advancing until our clocks move ahead on March 10, bringing the light back into our evenings.

With every moment of the winter, we should practice all our senses to maximize this unique experience of life in the north. Listen and enjoy the sound of winter birds feeding. Feel the crisp northern air and breathe deeply. Relish delicious meals after expending energy outdoors. Feel the cold of winter snow and ice on your hands, and also the pleasure of radiating warmth from a wood fire.

Catch the seconds and hold them carefully, enjoying each aspect of each moment to its fullest. There is no place else in all the world like this place



Bring on winter!



3 skiing mistakes to avoid

Whether an experienced skier or a novice, you can always learn something new to improve your performance on the slopes. As you head for the hills this season, here are three missteps to avoid.

1. WEARING ILL-FITTING BOOTS

You may fear tightening your boots will be painful or compromise your agility. In fact, a tight boot is more comfortable and improves control. Your boots are the conduit for the pressure your feet place on the skis. If your boots are too loose, the pressure doesn't transfer accurately, forcing you to work harder to achieve the desired motion.

2. LEANING BACK

Leaning too far back on the skis is an error that almost every skier must learn to correct because it can put you at a higher risk for knee injuries. Moving your weight to the front of your skis may not feel natural when you start, but it'll help you control your speed and movement through steep drops and jumps.

3. CHOOSING RUNS ABOVE YOUR SKILL LEVEL

Taking on a slope beyond your skill level is not just a risky move; it's terrible for your technique. You can challenge your method and experiment with balance on more manageable terrain. By contrast, when you're struggling on an icy or steep pitch, you're likely to shift into survival mode and revert to poor habits.

Visit your local sporting goods store for the right ski equipment and reliable advice.



Activities you can enjoy all winter long

Do you have a favourite winter activity? Whatever your skill level – and energy level – the winter season provides ample opportunity to enjoy the fresh air and snowy landscapes. This year, why not add a new one to your winter-fun repertoire?

HIT THE SLOPES

The hills are calling, whether you want to test your skill on a challenging slope or simply enjoy hot chocolate in the lodge. Try downhill skiing or snowboarding for an exhilarating day, or relive your childhood with a fun toboggan ride.

WANDER INTO THE WOODS

When the leaves drop and the snow falls, those well-worn forest trails turn into new and exciting terrain. Lace up your boots for a winter hike, or add skis for some cross-country gliding. Meander off the beaten path with your trusty snowshoes.

TAKE TO THE ICE

When the ponds freeze, it's time to lace on your skates and practise your figure eights. Grab a group of friends for a game of hockey. Take a stab at ice fishing for a fun day that ends with a delicious meal.

Explore your local sporting goods store for more ideas to enjoy a winter season jam-packed with outdoor fun.



3 ways to celebrate the winter landscape

Although you can expect snow and ice every winter, each year brings a new landscape for you to enjoy. Here are three ways to rediscover winter's beauty.

1. PLAN A WINTER RETREAT

Book a weekend at a cabin in the woods, or keep it simple by visiting a day spa with a fabulous view. Check with your local tourism operators to find out what's open for the season.

2. GET MOVING OUTDOORS

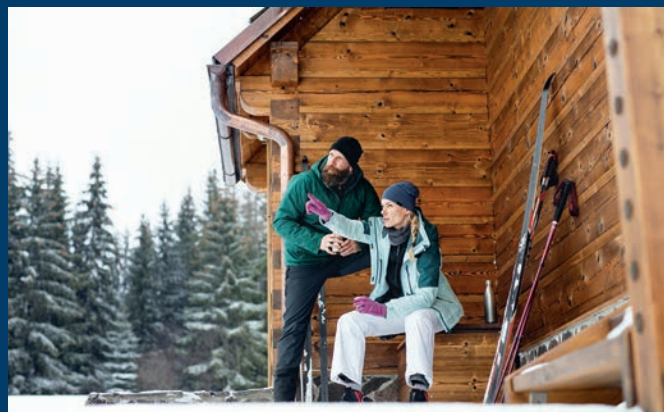
Winter offers plenty of unique ways to celebrate the picturesque landscape. Whether cross-country skiing, snowshoeing or hiking, there's plenty of beauty to discover. Your sporting goods retailer can kit you out for your winter adventure.

3. ENJOY WINTER'S CHARMS FROM HOME

If you prefer the great indoors, you can still take pleasure in the unique character of your garden at this time of year. Get to know the winter birds that visit. Engage your artistic side and recreate the view from your window with pas-

tels or paints. Visit your local craft and hobby store for ideas.

Just as every snowflake is unique, so is every snowfall. This winter, make the most of this once-in-a-lifetime winter landscape.





Ice fishing: tips for a successful day



Ice fishing is a great way to relieve stress, reconnect with nature and enjoy your own company or that of your fishing buddies. Whether you're ready to go or still waiting for the ice to thicken, here are a few tips that will help guarantee you have a good experience.

CHECK THE REGULATIONS

Before you head out, make sure you have the necessary permits and that you're allowed to fish in the intended area. You also need to be familiar with the catch and possession limits for various species. Having this information will allow you to avoid unpleasant surprises and ensure that your activities are legal.

CHECK THE CONDITIONS

Take into consideration the weather and ice conditions before you decide if you'll be fishing in a shack or simply out on the ice. Mother Nature can be unpredictable, and without the right gear, you may have to turn back before you make your first catch.

CHECK YOUR EQUIPMENT

Many parks and lodges offer all-inclusive ice fishing packages. In this case, all you need to bring are your warm clothes and plenty of enthusiasm. However, if you have your own equipment, you'll want to assess its condition before you head out. Visit hunting and fishing shops in your area if any of your gear is damaged or needs to be replaced.

Following these tips will ensure that once you drill your holes, you'll be able to relax, unwind and fully enjoy the ice fishing experience.

Everything you need to throw an outdoor winter party

If you're tired of being cooped up inside this winter, consider hosting an outdoor party. Here are a few things you'll need to make the event a success.

DECORATIONS

To create an inviting atmosphere, string paper lanterns or fairy lights from trees and line walkways with tealights in Mason jars. Vibrant streamers and balloons will contrast beautifully with a snow-covered yard, or you can opt for natural decor like pinecones and evergreen branches.

HEATING

Even if the weather is mild during the day, you'll want to make sure your guests can remain warm once the sun begins to set. Patio heaters are the perfect solution, and they come in a variety of sizes and styles. Alternatively, you can gather around a backyard firepit. You should also ask every-one to dress warmly and encourage them to bring their own blankets.

ACTIVITIES

If you want to keep your guests entertained, plan an assortment of activities. For example, you could:

- Organize a snow sculpture contest
- Build a backyard skating rink
- Gather around a campfire for a sing-along
- Set up a dance floor and play lively music
- Rent a projector for an outdoor movie screening

Finally, make sure you have plenty of hot beverages to offer your guests including coffee, tea and hot chocolate.





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Pure delight

By Sue Nielsen

If I could live my life according to principle, I would live it like the first chapter of author/poet Mary Oliver's book Upstream.

The first chapter is called "Upstream" and it is so beautifully written and a complete joy to read.

It speaks to me of things out beyond ideas of who is right and who is wrong, and the hate and the violence in our world, and who we decide to love and if we love at all.

It speaks to me about a world where everyone is included and everyone is valued and loved.

It also speaks to me of love for nature and words.

Everything we do in life has meaning if we look for the love.

I had an extraordinary moment a couple of years back when I was told there was a snowy owl perched on a hydro pole near the Temiskaming mall.

It turned out seeing that snowy owl was a winter magical moment that left me utterly speechless.

It was late in the day and hard to get photos because of the low light. I spotted it sitting on top of a hydro pole. It suddenly flew directly down towards me and then off into a nearby field, allowing me to capture a brief photo before it swooped past.

The experience was so wonderful I spent most of my time just staring at the bird with pure delight.

It was a moment in time between two beings when all seemed silent. This is what connects us to our world and the creatures in it.

The more high tech we become the more nature we need. Nature reminds us there is a world out there that is bigger than we are at times when we stare up at a night sky full of countless stars or when we hear a loon's call on a Northern lake.

It is a world that needs protecting from unnecessary development based purely for profit. It is a world where we let screens dominate our lives turning us into zombies addicted to the instant gratification of social media.

Maybe we can send spaceships to Saturn and know AI is attempting to rule our lives, but there will always be mystery, ancient wisdom and health found in the outdoors.

This winter sure has been a bleak one with dreary, dull grey skies overhead and many days without sunshine. Some days when I drove off to work in the morning it seemed like it was actually night time, there was so little light.

It has however been a great time to read books and I have delighted in reading Silence of the Songbirds by Bridget Stutchbury.

The book talks about the rapid decline of many songbirds including the Bobolink, Eastern king-bird and wood thrush.

Both the Eastern king-bird and the bobolink were birds I spotted in fields on my way to the Hilliardton Marsh Research and Education Centre last summer.

I love the bobolink with its black and gold coloured head and its call sounding like R2 D2. And the Eastern king-bird seemed to be plentiful.

Birds are an important indicator of the health of our environment, says Stutchbury.



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.

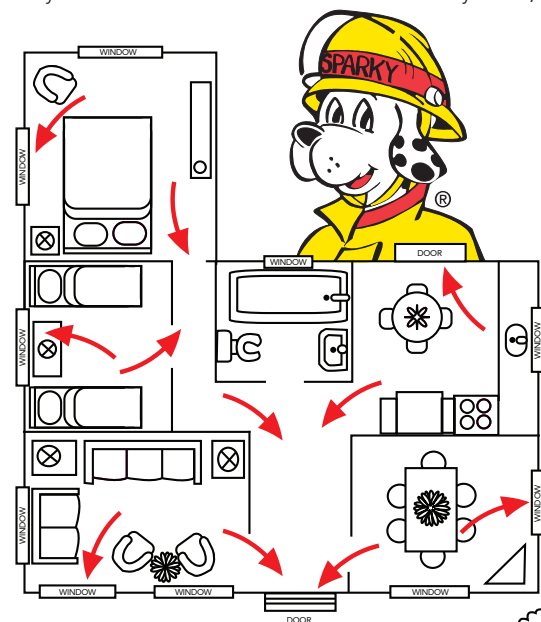
4. 9-Volt batteries have the potential to start a fire. If

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.



GET OUT & STAY OUT

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Meeting Place

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.

Spicy to warm

Bacon-wrapped, cheese-stuffed jalapeños

You need just four ingredients to prepare these decadent appetizers. However, sensitive tastebuds beware!

INGREDIENTS (Servings: 16)

- 8 good-sized jalapeños
- 1 cup cream cheese, room temperature
- 1 cup grated cheddar cheese, room temperature
- 16 thin slices of bacon

DIRECTIONS

1. Set the oven to 400 F. Use convection bake mode if possible.
2. Cut the jalapeños lengthwise. Remove the seeds and white membranes with a spoon. Wear gloves and keep your hands away from your face, especially your eyes.
3. Mix the two cheeses in a bowl and stuff the jalapeños with the mixture.
4. Wrap a slice of bacon around each jalapeño.
5. Place all the jalapeños on a non-stick or parchment-covered baking tray.
6. Bake for 30 to 40 minutes or until the bacon is crisp.



There aren't many people who don't love pizza and bread! In this simple and tasty recipe, all the ingredients come together perfectly to delight your taste buds. Buon appetito!

Supreme pizza bread

INGREDIENTS (Servings: 4)

- 2 tablespoons vegetable oil
- 300 grams spicy Italian sausage
- 1 398-millilitre can pizza sauce
- 1 ciabatta-style flatbread, cut lengthways, then in half
- 300 grams pepperoni, sliced
- 1 small red onion, finely chopped
- 1 small green pepper, finely chopped
- 300 grams mozzarella cheese, grated

DIRECTIONS

1. Set the oven to 400 F. Use convection bake mode if possible.
2. Heat the oil in a small frying pan. Remove the sausage casings, if necessary, and crumble the meat into the pan. Fry until cooked through.
3. Spread the sauce equally over the four pieces of bread. Flatten them a little if necessary. Do the same with the pepperoni, sausage, onion, pepper and cheese.
4. Place the pizzas on a perforated baking tray or directly on the oven rack and bake for 12 to 15 minutes, watching closely. Finish cooking on broil for one or two minutes if necessary.



recipes body and soul

Hot mulled wine



INGREDIENTS (Servings: 6)

- 1 750-millilitre bottle red wine
- 1 orange, thinly sliced
- 6 cinnamon sticks
- 3 cloves
- 120 millilitres brandy or Grand Marnier, optional
- 60 millilitres honey
- 1 lemon, cut into 6 slices

DIRECTIONS

1. Pour the wine into a medium saucepan and add the orange slices, two cinnamon sticks, cloves, honey and brandy or Grand Marnier.
2. Bring to the boil and simmer for 10 minutes.
3. Pour the mixture into six cups and garnish each with a cinnamon stick (you can use the two that have been simmering) and a slice of lemon.

Do you plan on spending some time outdoors this cold season? There's nothing better than a cup of this delicious spiced mulled wine to relax and warm you up.

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Snowmobile Safety

How you can make snowmobiling safe

Snowmobiling is a thrilling and enjoyable family activity embraced by millions of people in the United States and Canada. This winter recreational sport is fun and safe, but only if riders act with care and respect.

The message for this year is that individual riders have the most significant responsibility to ensure snowmobiling safety. The International Snowmobile Manufacturers Association (ISMA) recommends that riders follow the following safety tips to avoid mishaps on the trails:

- Refrain from consuming alcohol or drugs before or during snowmobiling
- Always wear a helmet and proper clothing
- Never ride alone
- Operate at safe speeds that are within reason
- Avoid venturing onto unfamiliar frozen bodies of water
- Acquire a thorough understanding of the snowmobile you're riding
- Familiarize yourself with the terrain you plan to travel on
- Always carry emergency supplies and learn outdoor survival skills
- Maintain your snowmobile in optimal condition
- Exercise heightened caution when riding at night
- Stick to designated trails and areas where snowmobiling is permitted
- Inform someone of your itinerary and anticipated return time
- Consult the weather forecast before embarking on your journey

Snowmobiling contributes an annual \$26 billion to the United States economy and \$9.3 in Canada. When you practice safe riding, you're helping to ensure the entire snowmobile community can enjoy this winter pastime. You can find more snowmobile safety tips and training videos at snowmobile.org.



What's your safe snowmobiling score?

Snowmobiling is a fun winter activity that can be enjoyed by folks of all ages. In fact, the International Snowmobile Manufacturers Association (ISMA) estimates that more than four million North Americans enjoy snowmobiling every year.

Increase safe snowmobiling practices and help people avoid accidents and injuries on the trails.

Do you practice safe snowmobiling? How many of these statements are true for you?

1. I keep to designated trails or areas where I know snowmobiling is permitted
2. I avoid unfamiliar bodies of water
3. I travel only on terrain I know or with someone who does
4. I use extra caution when operating at night
5. I always check the forecast before heading out and respect weather advisories
6. I wear a helmet and clothing appropriate for the weather conditions
7. I always let someone know where I'm going and when I plan to return
8. I'm educated on winter survival skills
9. I always keep emergency supplies with my machine
10. I keep my machine well maintained
11. I drive at speeds that are reasonable for the terrain and time of day
12. I never operate my snowmobile under the influence of alcohol or drugs

A little effort and mindfulness are all it takes to keep yourself and your loved ones safe as you enjoy the winter trails. Connect with a local snowmobiling club to stay informed of safety advisories in your area, and have your machine regularly inspected by a professional.





spring pulse poetry festival

WINTER'S DAWN

The eastern sky glowed red heralding the rising sun,
Letting this world know that a new day had begun.
Ice cold frost fingers had so delicately drawn.
A tapestry of ice made pink by the light of dawn.

Each blade of grass silvered; spider webs filigreed.
Hungry birds, feathers fluffed, hunting for seed.
Clouds painted pink and gold by some unseen hand,
There seemed a sacred hush in this winter wonderland.

The bright sun was not warm like summer days gone by,
The west wind that blew so cold brought a tear to the eye.
Though when looking at that picture so glorious to behold,
I think I like to stay indoors all warm away from the cold.

So, before you curl up by the fire with your book or embroidery
Wrap up warm face the cold and see Dawn's majesty.
Behold the beauty all around in the simple things we see,
The pure white snow, the frozen lakes, a cold naked tree.

Ann Margetson

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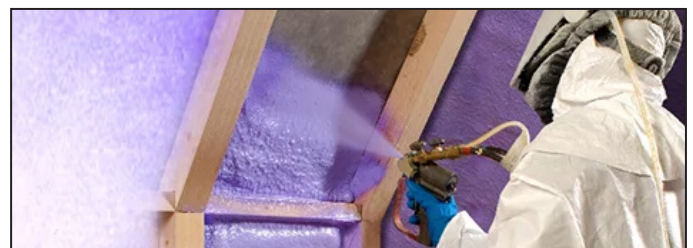
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How to make buying local a part of your daily life

- Do you want to help support the local economy and members of your community by buying from growers, producers and merchants in your area? If so, here are some tips to help you integrate this habit into your daily life.

 - Choose items made in the area.** Whenever possible, select artisanal food, clothing, furnishings and other products made by local craftspeople. You should also look for goods made with ingredients or materials sourced from nearby regions.
 - Visit stores owned by locals.** Rather than shop at large retail chains, opt to buy what you need at stores owned by
- people who live in your community. You can also check out local farmers markets, U-pick farms and agritourism operations.

 - Keep an eye out for labels.** It's increasingly common for food and other products that are made regionally to have an identifying label. If you want to ensure you make the right choice, don't hesitate to ask a sales clerk for more information.

Once you make the effort to change your shopping habits, you'll find yourself with a host of local products that you can't live without.



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* Based on: McLellan, T. L., et al. Treating Tobacco Use and Dependence: 2008 Update
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18
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There's no place LIKE HOME

3 eco-friendly types of insulation

Insulation is an important part of any home. It helps reduce your energy costs by keeping your space warm in the winter and cool in the summer. However, traditional fibreglass insulation contains hazardous fibres, and its manufacturing process is highly energy-intensive. Here are three green insulation options to consider.

- 1. Sheep's wool.** When sheep's wool fibres are compressed, they form millions of tiny air pockets. These pockets trap air to keep your home at the perfect temperature all year round. Moreover, wool is breathable, so the material's inner layer can absorb moisture without feeling damp or affecting its ability to retain heat.
- 2. Cellulose.** Cellulose insulation is made of recycled newsprint and other types of paper. It's a dense product that provides high heat resistance. Plus, it's treated with boric acid, making it fire-resistant.
- 3. Cork.** Cork insulation is made from the outer bark of oak trees and is natural, renewable, recyclable and biodegradable. Once produced, the finished product has a negative carbon footprint. Cork is also hypoallergenic and has sound-deadening qualities.

Visit your local hardware store to explore insulation options for your home.






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Popular natural materials for your home renovation

Natural materials are increasingly favoured in home construction for their esthetic appeal, sustainability and durability. Here are five preferred natural materials.

- 1. Wood.** A timeless choice due to its warm, inviting look and versatility, wood can be used for framing, flooring, cabinetry and more. It provides a rustic charm and contributes to a comfortable, cozy ambiance.
- 2. Quartz.** Durable and elegant, quartz is often used for countertops and backsplashes in kitchens and bathrooms. It's prized for its resistance to stains and scratches, making it beautiful and practical in high-traffic areas.
- 3. Stone.** Natural stone, such as granite, marble and slate, adds a touch of luxury and durability to countertops, flooring and fireplace surrounds. Stone is prized for the visual interest provided by its unique veining.
- 4. Bamboo.** Bamboo is a fast-growing, renewable resource known for its strength and versatility. It can be utilized for flooring, structural elements, and as a replacement for traditional timber. Bamboo cultivation typically requires minimal water, pesticides, and fertilizers.
- 5. Hemp.** With robust fibres, hemp is an ideal choice for insulation, wall panels, and even building blocks. It's biodegradable, non-toxic, and has excellent insulation properties. Hemp production also generates less pollution and waste compared to traditional materials.

heat things up!

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.



WELCOME HOME

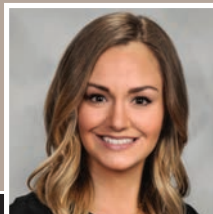
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Don't dread the cold!



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.



Try your hand at ice fishing this winter

Is your family looking for ideas for an outdoor activity? Try ice fishing! You don't have to be good at fishing to enjoy this popular activity. You'll have fun and create memories you'll cherish for the rest of your life.

SEVERAL POSSIBILITIES

Ice fishing is accessible to both children and adults. Depending on where your family chooses to go ice fishing, you can rent everything you need, including fishing rods, bait and more.

Don't want to freeze to death while ice fishing? Rent a small, comfortable and heated ice shack! Some ice shacks are large enough to accommodate more than one family. It's the perfect opportunity to spend some time with your cousins or friends!

What's more, if you want to have some outdoor fun, some ice fishing locations offer activities for children, such as a skating rink, slide or inflatable games. It's sure to be an unforgettable day! Want to bring your dog? Pets are al-

lowed on some sites — just ask!

SPECIES TO CATCH

Many types of fish can be caught in winter across North America. Among the most popular are walleye, perch, pike and trout. After spending the day fishing, you can take your catch home to eat.

Happy fishing!



6 things you need to know about the North and South Poles

The North and South Poles are places you may not know much about. After all, they're a long way from where you live! However, these areas of the world are quite interesting. Here are six things you should know about them.

1. The North Pole is in the middle of the Arctic Ocean
2. The South Pole is in the middle of the continent of Antarctica
3. The two poles aren't owned by any country
4. The South Pole is colder than the North Pole
5. The North Pole has six months of daylight and six months of darkness
6. There are lots of marine animals at the South Pole, but no mammals

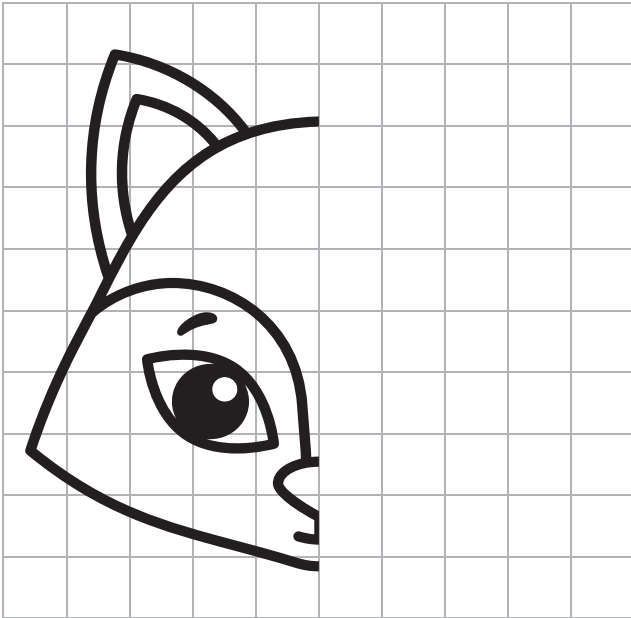
Do you want to find out more? Borrow books on geography from your local library or find some at

a bookstore near you.



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For the up-and-coming artist



Sudoku 6 x 6

		1	3		4
	5	3			
5	1				2
			4		5
			1	2	
	3	2			

COMPLETE EACH GRID WITH NUMBERS FROM 1 TO 6, KEEPING IN MIND THAT:

- a number can only appear once per row
- a number can only appear once per column
- a number can only appear once in each box of 6 squares

6	4	5	2	3	1
3	2	1	5	4	6
5	1	4	6	2	3
2	3	6	1	4	5
1	6	3	5	2	4
4	5	2	1	3	6

Private eye

Which two are exactly alike?



ANSWER: 3 AND 9

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