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Seasons

Fall / Winter 2025

HUNT IN COMFORT

Fall,
I love you!

FARM LIFE





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Fall,
I love you!

What beautiful—and warm!—items should you add to your 2025 fall wardrobe?



Want to create fall outfits inspired by the latest international fashion trends? Take a moment to gather some ideas before rushing to the shops.

- A striking purple garment. This fall, shades of violet, lilac, lavender and eggplant dominate the scene. Deep hues of purple symbolize nobility, power and ambition, while lighter tones evoke romance and softness. Your local clothing retailers are sure to have the perfect purple sweater, jacket, scarf or skirt you can wear everywhere this season.
- Stylish bow ties. Bow ties make fashionable accents for both men and women. Bows aren't just for decorating necks but also the waist. You can even find dresses and sweaters dotted with multiple bows that are guaranteed to wow.
- Soft leather from head to toe. This fall, forget the biker or dominatrix look. In 2025, natural and vegetable-tanned leather has taken a modern and refined look. Available in comfortable cuts, this shiny material boldly highlights your figure. Get ready to turn heads wherever you go!
- A fun graphic tee. T-shirts with bold messages

are all the rage this fall. Now's the time to express your values and opinions with a touch of bold irreverence. Layer them under a jacket or overshirt for a stylish look when temperatures drop.

Visit your local clothing stores this fall to add a few new high-quality pieces to your wardrobe.



Comforting beef and barley soup

Deliciously flavourful, this hearty soup will warm you up on a cool fall day with its tender vegetables and delicately thyme-infused broth.

INGREDIENTS

Servings: 6

- 1 tablespoon olive oil
- 450 grams beef, cut into small cubes
- 1 onion, chopped
- 2 stalks celery, finely diced
- 2 carrots, peeled and finely diced
- 1 clove garlic, finely chopped
- 8 cups beef broth
- 2/3 cup pearl barley
- 1 bay leaf
- 1/2 teaspoon dried thyme
- 1/2 cup turnip, finely diced
- Fresh parsley, chopped (optional)
- Salt and pepper

DIRECTIONS

1. In a large pot, heat the oil over medium-high heat. Add the cubed beef, salt and pepper. Brown the meat on all sides for about five to seven minutes.
2. Add the onion, celery, carrots and garlic. Saute for three to four minutes, until the vegetables start to soften.
3. Pour the broth into the pot and scrape the bottom well with a wooden spoon to loosen any browned bits. Add the barley, bay leaf, thyme and turnip. Stir to combine.
4. Bring to a boil. Then, reduce the heat to medium-low. Cover partially and simmer for about one hour, or until the barley is tender and the soup has thickened slightly.
5. Remove the bay leaf. Taste and adjust the seasoning as needed. Garnish with parsley if desired.



Autumnal butternut squash salad

Tasty and nutritious, this fall salad features colourful ingredients that are abundant during this bountiful season. Enjoy!



INGREDIENTS

Servings: 4

- 3 cups butternut squash, peeled and diced
- 1 can chickpeas, rinsed and drained
- 6 tablespoons olive oil, divided
- 1/2 teaspoon smoked paprika
- 1 bunch kale, stems removed and leaves chopped
- 1 tablespoon lemon juice
- 1 tablespoon maple syrup
- 1 tablespoon apple cider vinegar
- 1 teaspoon Dijon mustard
- 1 red apple, thinly sliced
- 1/3 cup dried cranberries
- 1/3 cup pumpkin seeds
- Salt and pepper, to taste

DIRECTIONS

1. Preheat the oven to 400 F. Spread the squash cubes and chickpeas on a parchment-lined baking sheet. Drizzle with two tablespoons of olive oil and sprinkle with paprika, salt and pepper. Toss and roast in the oven for 25 to 30 minutes, stirring halfway through, until everything is golden brown.
2. Meanwhile, place the kale in a large bowl. Add the lemon juice, 1 tablespoon of olive oil and a pinch of salt. Massage the leaves with your hands for two to three minutes to tenderize them.
3. Prepare the vinaigrette by whisking together the remaining olive oil, maple syrup, apple cider vinegar and Dijon mustard in a small bowl. Season with salt and pepper.
4. Add the diced squash and cooled chickpeas, apple slices, cranberries and pumpkin seeds to the kale.
5. Pour the vinaigrette over the salad and toss well just before serving.

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MICHAELA'S UGLY PUMPKIN

By Sarah Beauregard and Johannie Dufour
Translated by Jasmine Heesaker

On the day before Halloween, Michaela and her grandparents go to Pumpkin Hollow farm to pick pumpkins. The little girl is looking for THE perfect one for her school's pumpkin decorating contest. Michaela's grandmother, Michelle, and her grandfather, Mitch, need a pumpkin to bake their famous pie.

In the field, they notice several other people picking pumpkins.

"Oh, there aren't many left!" exclaims Michelle as she picks a pumpkin. "Luckily, this one is perfect for our recipe."

Michaela's mouth starts watering at the thought of her grandparents' pumpkin pie. It's her all-time favourite dessert.

The little girl searches in vain for the perfect pumpkin. She doesn't like any of them. Some are too small, others are too big. Some aren't even orange enough. She hesitates for so long that after a while, she realizes that all the pumpkins have been picked. What a disaster!

Is every last one taken? Actually, there's one left, but it's oddly shaped, covered in dried mud and dotted with tiny bumps.

"That's the ugliest pumpkin I've ever seen in my whole life! I'll never win the contest with THAT," Michaela wails.

But, as she examines the pumpkin more closely, she has a brilliant idea.

"Oh, yes!" she exclaims. "If I put the pumpkin on its side, the stem is the perfect hooked nose and the tiny bumps can be warts. It will look just like a witch's head!"

Excitedly, she picks up the pumpkin and joins her grandparents. After she shares her creative idea, they congratulate her on her imagination.

Back at home, Michaela cleans and decorates her pumpkin. She attaches fake plastic snakes for hair, places a big, pointed hat on it and adds rat, spider and bat figurines. For eyes, she sticks on red buttons and finishes it off by drawing a grinning mouth with a black felt-tip pen.

The next day, on Halloween, the little girl takes her creation to school. All dressed up, the students and staff vote for the pumpkins in three categories: the cutest, the funniest and the scariest. Michaela's witch pumpkin is crowned the scariest!

After school, she rushes to Michelle and Mitch's house to share the good news. To celebrate her success, they offer her a slice of the pie they baked that morning.

"It's even better than usual... How did you do it?" Michaela asks as she devours her slice.

"We dared to try a new ingredient: maple syrup. Your creativity inspired us!" admits Mitch.

In the evening, dressed as a pumpkin, Michaela goes trick-or-treating with her parents and friends around the neighbourhood. The harvest is plentiful, and everyone has fun. What a wonderful Halloween!

THE END



How to decorate your pumpkin for a delicious post-Halloween treat

FIVE IDEAS TO EXPLORE

Have you purchased a pumpkin to display on your doorstep and welcome trick-or-treaters on October 31? If you dislike waste, you can decorate that big orange fruit in a way that allows you to turn it into a tasty dish after the Halloween festivities. Here are five creative ideas to give your pumpkin some personality.



1. Light it up. You can easily find thin LED string lights at your local home decor store. Wrap them around your pumpkin to make it the star of your Halloween night

2. Turn it into a mummy. Wrap your pumpkin in strips of fabric, like old sheets cut into strips or first-aid gauze. Then, create eyes using buttons, permanent markers, cardboard or googly eyes to bring your mummy to life.

3. Dress it up. Give your pumpkin a fun costume. Adorn it with a wig, a moustache, glasses, a mask, a cape or a hat. The possibilities are endless.

4. Add decorations. Use adhesive tape or stickers to attach all sorts of decorations—spiders, for example—to your pumpkin without causing any damage.

5. Turn it into a work of art. Grab some non-toxic water-based paint and unleash your creativity. Add abstract shapes and vibrant colours or draw an original face on your pumpkin. Let your imagination run wild!



As you can see, you can easily decorate your pumpkin and still enjoy it as a tasty treat afterward. What will you create? Pie, muffins or soup? The choice is yours!

Find 10 differences




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HUNT IN COMFORT

Choosing a handheld GPS for hunting: how to find the right model



A handheld GPS is an invaluable tool for navigating on your hunting trips, as it doesn't require a cellular network to function. Here are a few points to consider when choosing the right device.

- **Size.** Invest in a compact, lightweight model since you'll be carrying it with you. A large screen may be unnecessary if you plan to use it only to check your route during breaks.
- **Buttons.** Touchscreens are popular but can be challenging to use, depending on the size of your fingers or whether you're wearing gloves. This is especially the case with a smaller screen. A GPS model with buttons may be a more practical option.
- **Design.** What are your specific needs? Do you need

a water-resistant GPS or shockproof casing? Would features that allow for mountain bike handlebar mounting or a backpack attachment be useful?

- **Features.** The primary purpose of a handheld GPS device is to create waypoints, routes and tracks. Most models include an electronic compass, and some devices offer satellite communication. Look for one with cartography capabilities that can inform you about terrain elevation and waterways. An integrated barometric altimeter can also provide information on altitude and atmospheric pressure.

If you plan to use your GPS regularly, invest in a high-quality model that will pay for itself over time. However, an entry-level model may suffice if you only go on occasional hunting trips.



Which baits should you use for big game?

Don't come back empty-handed this hunting season! Use the right baits for the big game you'll be hunting.

- **Deer.** You can lure deer to a specific area with a combination of apples, corn and carrots.
- **Moose.** Try using synthetic or natural cow (female moose) urine products. These scents are known to work wonders in attracting moose.
- **Black bear.** Several companies make sweet syrups and fruit-based mixtures available in forms like molasses, powders and blocks.



However, check your local regulations before using any bait. Bait hunting is illegal in some areas, so make sure you're fully informed.

Do you need more advice? Consult a professional at your local hunting and fishing equipment retailer.

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INFRARED AUXILIARY HEATING: efficient technology



If you want to keep comfortably warm throughout the winter, you may need to invest in an auxiliary heating device. One of the most efficient technologies available is infrared radiation, which is rapidly gaining popularity. Here's how it works.

HOW IT WORKS

Traditional heating appliances warm the air, which then circulates throughout the room. In contrast, infrared technology emits rays that directly heat objects, such as walls, furniture and even people.

A uniform heat is absorbed by these objects, which in turn emit some of this thermal energy back into the space. Since this heating method doesn't use combustion and doesn't produce any condensation, it's a clean and efficient option.

RADIATION

Depending on your needs, you can choose an infrared device that utilizes different types of radiation or wavelengths:

- Long waves gently and effectively warm larger, well-insulated rooms.
- Medium waves are ideal for quickly heating spaces without central heating. Heating devices with medium waves come in a variety of models.
- Short waves emit intense heat and are mainly used for outdoor devices such as patio heaters.

Before purchasing an infrared heating device, take the time to assess your specific requirements. If you need guidance, consult a professional at a specialty store near you.

Does your HEAT PUMP need to be replaced?

THE UNIT IS OLD

If your heat pump is more than 10 years old, consider it a warning sign. Have a professional inspect your unit. They can suggest a newer model, if necessary, to improve your home's heating efficiency.

THE SYSTEM IS NOISY WHEN RUNNING

If your heat pump makes loud noises when it operates, it could be an indication that some parts are starting to fail. Sounds like whistling, grinding or rattling are usually signs of trouble.

YOUR ELECTRICITY BILLS HAVE GONE UP

If you haven't changed your usual energy consumption habits but notice a sudden spike in your electricity bills, your heat pump may have lost efficiency. This means that it must run longer to provide the same level of heating.

YOU NOTICE HOT AND COLD SPOTS IN YOUR HOME

If you experience inconsistencies in temperature, such as a warm living room and a cold kitchen, this could indicate a failing compressor in your heat pump. These uncomfortable fluctuations signal a major breakdown on the horizon.



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Winter is coming



The joys of safe sledding

Does your family love to go sledding in winter? This seemingly harmless activity is not without its risks. Follow these smart tips to keep everyone safe and enjoy the thrill of speeding down the slopes.

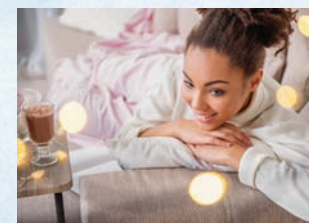
- Always accompany your children.
- Protect your head and those of your children. Wearing a hockey or ski helmet is a great idea.
- Assume a seated or kneeling position, so you can see where you're going and control the sled. This will help prevent a collision with some obstacle like a tree or another person.
- Choose a sled that's easy to steer. Avoid crazy carpets and plastic saucers.
- Make sure the slope is clear and free of obstacles, like holes, rocks and poles before you start.
- Avoid sledding near ponds, lakes, rivers and icy slopes.
- Make sure the run is lit well if you're sledding at night.
- Dress warm and wear a neck warmer instead of a scarf. A long scarf can get caught on the sled, causing you to lose control or injure yourself.
- Apply sunscreen on your face and those of your little ones.
- When you get to the bottom of the hill, move quickly off the trail.

Happy sledding!



Essentials for a snowy day at home

Spending time at home on a cold, snowy day can be a great way to relax and unwind. Whether you feel like immersing yourself in a book, flipping through a magazine, watching a TV show, painting your nails or treating yourself to a movie marathon, here are a few winter-day essentials:



- Scented candles or essential oils
- Comfortable pillows and blankets
- Warm socks and slippers
- Soft clothes or pajamas
- Warm drinks like coffee, tea and hot chocolate
- Small treats like candies or chocolates
- Soothing treatments like bath bombs or face masks

In addition, for a calm and relaxing day, be sure to turn off your phone and disconnect from social media.



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Rediscover the joy of ice skating

If you've never experienced the joy of gliding across a frozen lake or simply haven't ice skated in years, consider making time for this activity during the winter months.

Ice skating is a fun and affordable pastime, and since it's a low-impact sport that's gentle on the joints, it can be suitable for people of all ages. What's more, most people can master the basics in less than an hour.

Furthermore, ice skating is great aerobic workout that can improve your balance and cardiovascular endurance, strengthen your abdominal and leg muscles and fine-tune your motor skills.

If you want to go ice skating this year, there are plenty of places

you can lace up your skates, including indoor and outdoor rinks, forest trails and certain lakes, ponds and rivers.



Make the most of winter festivals this year

Winter festivals are a fantastic way to celebrate the season. The key to a successful experience? Good preparation! Follow this guide.

Bundle up from head to toe
Staying warm is the key to having fun in winter. Check the weather forecast to help you choose the right clothing. Wear layers so you can adapt to changing weather conditions, whether the sun unexpectedly starts shining or a frigid wind starts blowing.

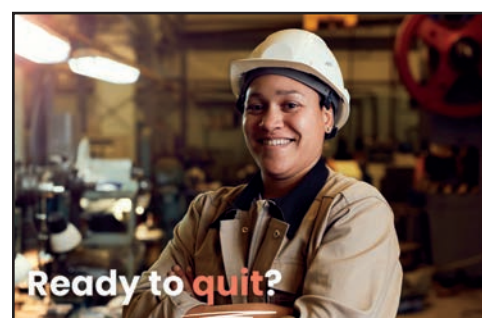
Take every opportunity to keep warm

To avoid catching a chill, remember not to stand still for too long. Participate in festive activities, dance to the music or explore the festival area.

Regularly visit heated spaces, like outdoor campfires, patio heaters or indoor areas to stay toasty.

Stay hydrated

Just because it's cold doesn't mean you don't need to keep hydrated. In addition to drinking water, which is essential for maintaining a stable body temperature, indulge in the warm, comforting beverages on offer.



Ready to **quit**?

Whether you quit smoking or vaping for a year or a day, every try brings you one step closer to quitting for good!



Prêt à **arrêter**?

Que vous ayez arrêté de fumer ou de vapoter pendant un an ou une journée, chaque tentative vous rapproche un peu plus du moment où vous arrêterez pour de bon!



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FARM LIFE



This year, decorate your home with a locally grown Christmas tree



Christmas is just around the corner! Are you torn between choosing an artificial tree or a real tree to brighten up your home? Each option offers benefits and drawbacks. Artificial trees are practical and can be reused for many years. However, they're made of polluting materials and must be stored in the off-season. Additionally, they're virtually impossible to recycle.

On the other hand, real trees have a festive aroma and a stunning beauty that's hard to beat. Plus, after the holidays, you can give your tree a second life by transforming it into mulch, compost or biomass. Just be prepared: real trees require more maintenance, shed their needles and must be collected or taken to a drop-off point, such as a recycling depot, after the holiday season.

LONG LIVE LOCAL TREES!
Choosing a natural Christmas tree makes sense, especially if you care about protecting the environment. In addition to being recyclable, real Christmas trees absorb carbon and produce oxygen, making them an eco-friendly choice.

But that's not all. The Christmas tree industry supports the economy by creating numerous jobs in rural areas. Additionally, locally grown trees are a high-quality choice and an essential part of the country's heritage. Most importantly, they're renewable.

In fact, the cycle on tree farms is sustainable. When a Christmas tree is harvested from a farm, a young tree grown in a nursery immediately takes its place.

Did you know?
About three million Christmas trees are grown annually on Canadian farms in Ontario, Quebec and Nova Scotia.



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