

**FREE**

# *Temiskaming District* **Seasons** *Magazine*

Summer 2016

## **CANOE LOVE**

with Sue  
Nielsen

*Youth*

Short Story Contest Winner

## **Emma Browne**

proves summer in Temiskaming  
is the best

Darlene Wroe explains  
**SUMMER IS FOR  
THE BIRDS**

Featured Local Photographer

## **Mark Tasse**

## **DARIEN SAUVE**

My Thirst For Adventure

**SPEAKER**  
PRINTING, PUBLISHING  
AND PROMOTIONS



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GENERATION

# Contents

- 4** Local Photographer **Mark Tasse**
- 5** Our Beautiful and Fascinating Neighbours by Darlene Wroe
- 6** Peach Passion Summer recipes to try
- 8** Canoe Love by Sue Nielsen
- 10** Living at the Cottage In Memory of Andy
- 12** Reel em in Fishing Special
- 14** Irresistible summer accessories
- 15** 5 surefire summer **fashion** tips
- 16** Darien Sauve My Thirst For Adventure
- 18** Cottage Fire Safety Tips
- 19** Spring Pulse Poetry - **Summer**
- 20** Ultimate Frisbee gets serious
- 22** RV Fun
- 24** Summer in Temiskaming by Emma Browne
- 26** Play it safe on the water Boating Safety Tips
- 29** Theme Parties
- 30** Get Ready for Kindergarten
- 31** Kid Zone Summer Teasers



## **SPEAKER** PRINTING, PUBLISHING AND PROMOTIONS

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# Our beautiful and fascinating neighbours



Darlene Wroe,  
Journalist

During the weeks that comprised late spring and early summer, my daughter and her husband in southwestern Ontario had the good fun and anticipation of watching some baby robins hatch. The mother robin had taken over an old nesting site under their fire escape and proceeded to produce a little family of baby robins.

The fire escape became off-limits and my daughter and her husband remarked about this little spark of emotion they felt--akin to the feelings they have for their own little niece and nephew.

Photographs taken from a discreet distance raced back and forth through cyberspace as they proudly watched the advancement of this little brood. After all, they did have a role in it all, monitoring the use of the fire escape during the nursery period.

Birds surround us, but it's not often that we get to observe their lives from close quarters. But most of the time they are right there and if we were to just stop and look around, we could see a world of life unfolding all around us.

These little creatures are our neighbours, and if we just took the time to look and listen, we could enjoy this magical aspect of our environments.

Like all things that are worth doing, practice is essential, but there is help there.

Cornell University, for example, provides online identification of birds, and even has clips of birdsongs to which people can listen to determine if that sound was the one they heard.

Locally we have the Hilliardton Marsh Research and Education Centre which provides opportunities for volunteers and visitors to learn more about birds which live here, at least for part of the year, or are simply passing through during their migration. Where do they go when they are not here? Where have

they been when they come back? These are the kinds of questions that are being answered through the research at the centre.

Online we also have the Timiskaming Bird Forum, and dedicated birdwatchers can be found there commenting on their observations and sharing their knowledge and photographs of interesting events in the world of birds.

Birds, as you probably know, are descended from dinosaurs.

They are small and beautiful but when you really stop to watch you will discover much more about their personalities, and even perhaps get a laugh out of them--much as a parent would get a secret laugh from watching a humorously mischievous child.

## TINY, TENACIOUS, TERRITORIAL

There have been many encounters over the years which have delighted and amazed me--such as the time I set up the sprinkler over our garden on a hot summer day and a ruby-breasted hummingbird hovered for a long period of time amongst the droplets of water as they rose and fell through the air.

On another occasion, I was amazed to witness a little chickadee who was being anything but cute. It was perched in my lilac tree with a wasp firmly grasped in its talons, and was very happily, but carefully, eating it. After that I had a lot more respect for chickadees, and concluded that it's a good thing they are small! When you lunch on wasps, you deserve respect! What would they eat if they were bigger!???

Birds truly can get to quite a large size, and also individuals and their families can occupy huge parts of your neighbourhood.

A pileated woodpecker pair, for example, could call a certain section of town their home, and theirs alone.

I remember the time a huge pileated woodpecker landed in a spruce tree by the family cabin. Our dog at the time was large in his own right, but he was quite alarmed when this winged giant flew down and surveyed the property from his high vantage point. Our dog froze in his tracks as he watched the intruder, and when the bird was gone, he walked over to the tree and purposefully peed on it to mark it as his own again.

Woodpeckers take up large neighbourhoods as couples, claiming the stands of trees and the precious commodity of tree-bound bugs within as their own.

The loons also take up large sections of waterbodies as their own and that's where they raise their small families and identify the prime fishing holes for their own. Their lilting voices carry for hundreds of metres--probably necessary because of the wide stretches over which their family members would be located as they fish their very own lake.

I think that we are all part of a biosphere which grew the way it did because the life forms within it responded to it in the way they did. Birds see colour and so colourful plants attract them, and pollen is carried on their wings to the places they frequent--identified by water, temperature, and food sources. The birds also use colour to identify their potential partners.

People also follow this pattern of using colour as a guide to beauty, food and desirability.

Our feathered friends have long been part of this beautiful planet--probably longer than people have been--and watching them can tell us something about the world which we might be missing--and also hopefully tell us something about ourselves.

# PEACH PASSION

## Pork & Peaches

### Ingredients

4 (4-ounce) boneless center-cut pork loin chops  
1/4 cup balsamic vinegar, divided  
2 tablespoons fresh lime juice  
3 teaspoons chopped fresh thyme  
1/2 teaspoon salt  
1/2 teaspoon freshly ground black pepper  
4 large peaches, peeled, halved, and pitted (about 12 ounces)  
Cooking spray  
6 cups trimmed arugula  
1 teaspoon turbinado or granulated sugar

### Preparation

Place each piece of pork between 2 sheets of heavy-duty plastic wrap, and pound each piece to 1/4-inch thickness using a meat mallet or a rolling pin.

Combine 2 tablespoons vinegar, juice, thyme, salt, and pepper in a

small bowl. Reserve 1 tablespoon juice mixture. Pour the remaining juice mixture in a large zip-top plastic bag. Add pork; seal and marinate in refrigerator for at least 1 hour, turning occasionally. Preheat grill to medium heat.

Place peaches, cut sides up, on a plate, then drizzle with remaining 2 tablespoons vinegar. Place pork on grill rack coated with cooking spray; grill 4 minutes on each side or until pork is done. Set aside.

Place peaches, cut sides down, on grill rack; grill 4 minutes or until soft and slightly browned. Turn and cook 2 minutes or until heated through. Cut each peach half into 4 slices. Slice pieces of pork into 1-inch-thick strips.

Drizzle trimmed arugula with reserved 1 tablespoon juice mixture, tossing to coat. Divide arugula evenly among 4 plates. Top with grilled pork strips and peach slices.

## Grilled Peaches

Cut peaches along the seam all the way around and twist halves off the pit. Discard pit. Brush cut sides with grapeseed oil or vegetable oil. Cook, cut side down, on a hot grill until fruit has grill marks, 3 to 4 minutes. Brush tops with oil, turn over, and move to indirect heat for a few minutes.

Top with brown sugar, cinnamon, or vanilla ice cream.

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# Peach Tempest

## INGREDIENTS

- 1/8 medium peach, plus 1 peach slice for garnish
- 1/2 ounce fresh lemon juice
- 2 dashes of Angostura bitters
- 1 1/2 ounces spiced rum
- Ice
- 3 ounces chilled ginger beer



In a cocktail shaker, muddle the peach wedge with the lemon juice and bitters. Add the rum, then fill the shaker with ice and shake well. Strain into a chilled ice-filled collins or highball glass, stir in the ginger beer and garnish with the peach slice.

## Peach Salsa

### Ingredients

- 1 lb tomatoes, diced
- 1 bell pepper (4 oz), seeded and finely diced
- 2 jalapenos, seeded and finely diced
- 1 medium onion, finely diced
- 1 1/2 lbs peaches, diced
- 1/2 bunch cilantro, chopped
- 2 Tbsp lime juice
- 1 1/2 tsp salt, or to taste
- 1/4 tsp freshly ground black pepper or to taste
- Enjoy with tortilla chips or mix with rice for a great cold salad







Sue Nielsen,  
Journalist

# Canoe Love

DISTRICT — I am not sure when it happened, all I know is it happened. I have been wilded in a good way.

My wilding is specially aligned with a canoe, the waterways, and forests of the Temiskaming region and further afield.

I am literally in love with a 16-foot teal blue fibreglass canoe and the joy it brings to my life.

From the moment I decided I would purchase the canoe from a coworker, it has been love at first launch.

Being an outdoorsy girl from a small Temiskaming community, I had canoed off and on over the years but never owned my own canoe.

That was a big step for me.

I didn't know how I was going to manage to lift the boat or how to load it onto my car but those skills came easily enough.

I had taken a four-day solo canoe skills course at Bon Echo Provincial Park with the queen of the canoe, Becky Mason.

With her love and passion for the canoe and the outdoors as my template, I realized that I could own a canoe and paddle on my own or with friends or in a group if I so desired.

This was the paradigm shift for me. It was up to me to decide when and how I was going to do it.

I was in effect taking control of my life and placing myself in the stern of my canoe and life.

After a broken marriage, the death of my parents, my fledgling daughter away from the nest living on her own, I felt my life was lacking in many ways.

The canoe entered my life at exactly the right time.

I firmly planted myself in the stern of my canoe and my life and I paddle onwards.

The canoe has been a vessel of empowerment, a strengthening force and a longed after love.

For me it has never been about conquest or domination, but rather beauty and harmony with my natural surroundings.

I am incredibly passionate about the natural world we live in and the beauty that surrounds us in Wild Temiskaming.

I'm on fire for everything to do with the canoe, the night skies with a million stars, the old growth forests, the Nastawgan hiking trails and the waterways of the region.

At times I feel I may combust with pure joy.

Maybe that's overtones of menopause, who knows?

At times I've said no to technology, to meetings, to people that are soul drainers and to structure.

I've tried to connect with my intuitive side and my inner





child to move my body away from my head and into my heart, the place where all good things start.

Seeking my own truths in my own way with paddle in hand gives me that authenticity that I've craved.

The canoe enriches my life and it truly feels magical when I paddle around a green shoreline at dusk listening to the haunting call of the loon while the sun sets in various shades of pink, orange and purple in front of me.

The canoe and being close to nature has given me ME.

With thousands of paddle strokes behind me and millions more ahead of me, I know I will always have a canoe in my life.

Is there a better place to view one's life than in the stern of one's own boat?

To float peacefully over water is indeed a privilege and to live in a natural region like Temiskaming is also a privilege.

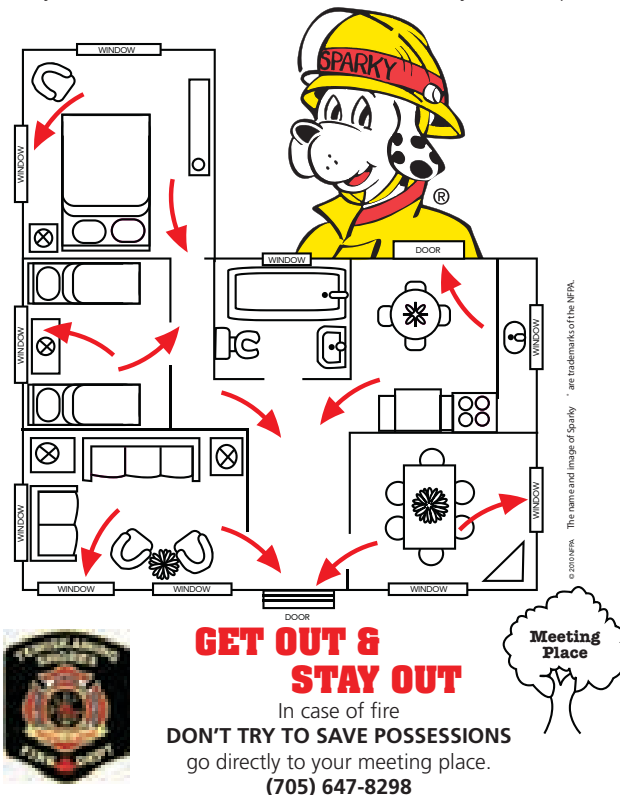
To find meaning and passion in life could come in many forms.

Many people love to kayak, to run, to sew, to sing and on and on.

When it is all said and done, the canoe does to me what the springtime does to the cherry tree.

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# In Memory of *Andy*



Summer 2016

## Living at the *Cottage* by Lois Perry

Over the years the cottage has evolved and undergone many changes.

From tear downs to re-builds to decks and docks.

I have watched the neighbourhood transform and grow.

As neighbours have become lifelong friends.

Over the years the cottage has been the place for family and friends to gather.

And the place I sing, swim and dance in the rain.

The cottage environment has encouraged me to do things that I would not have normally done and helped me to become the person that I want to be.

It has strengthened and influenced me physically and spiritually.

It is the place where I have laughed and sometimes cried.

It is the place that I love.

During these years, I was never alone.

Andy was there with me through it all!

Andy was born an only puppy and was overweight all of his life. (He was later diagnosed with a tumour on his pituitary gland resulting in Cushings disease). I loved him from the moment I met him.

When he was a few months old my youngest daughter Amy and her friend Trina took him back to university (in Windsor) for a few months. As the stories were told over the years, it became apparent that Andy was a "hunk magnet" for the girls when they walked him and took him to parties.

His "claim to fame" is that he was the only dog in the history of our family that had an university education.

As a puppy he chewed all of my shoes and he really wasn't easy to house train. In fact, it was almost impossible. He had a mind of his own and really didn't come when called unless you made it appear that it was his decision. He didn't sit on command either -- that was below him.

It didn't take him long to figure out which neighbours would give him treats and the minute my back was turned he'd waddle next door through the trail system that he had developed, visiting both the front door to get a treat from Sharon and then the back door to get one from Steve. More recently he'd summon up the treats from Ken and Norma and then head down the trail to visit the Gervais family.

In the summer he would spend all day on the dock and loved to walk along the shoreline looking for frogs. He enjoyed arguing with the squirrels and watching the birds and raccoons out the picture window. He loved to go for rides on the 4-Wheeler and co-pilot the Jeep when the top was off. In the winter he'd burrow through the snow looking for moles and come in covered in snowballs. He was not a good long distance traveler and he was petrified of thunderstorms and fireworks. I would always find him curled up in the shower before the storm started.

He didn't have a mean bone in his body, in fact very recently he put his body in the middle of a "tiff" between two other dogs.

As we on the dock, looked on in shock, Andy simply licked one and then the other.

That was it -- the fight was over! He loved everyone!

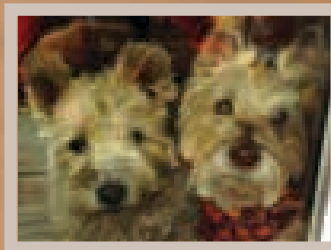
He was a character, he would simply

tilt his head, look at me with those big brown eyes and I would know what he wanted.

He always seemed to know, when I just needed to scratch his ear.

Andy went by many different names. My neighbor Jackie in his thick Scottish accent called him "Andy Pandy". My nieces and nephews called him "Foot Stool" or "Tank" and some of my neighbours called him "Andy go home".

As he aged his health declined and almost three years ago he developed an inoperable tumor on his chest. The diagnosis was not good. I changed his food and water and last year we brought 10 year old Oz, to live with us. I'm convinced that those things gave us more time together. The arrival of Oz took years off of Andy.



Andy loved Oz and Oz loved Andy, I know this because Oz who is "all about the food" has left his food bowl full for the past two days. As I write this, Oz sits beside me with his head cocked, just as Andy would have done.

Andy's breathing became labored in the early morning hours of June 19, 2016.

I followed him to his bed about 9:30 a. m. and as Tanya and I sat beside him talking to him and touching him... he left.

Andy was not "just a dog".

He was the one that got me up in the morning.

And the one that kept me company at night.

He was the one that sat at the door window waiting for me to come home every night.

And he was the reason I came home.

He was my "roomy" and often the reason that I did laundry.

He was the one that sat beside me when I was trying to get the water pump working and the one that sat on the woodpile when I was piling wood.

He was my friend and often my strength.

He was my companion and confidante.

He kept me anchored yet gave me my freedom.

He was an old soul and sometimes much wiser than I.

He knew when it was time to go.

Living at the cottage just won't be the same without him.

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# Reel 'em in!

## Conquering hostile territory



When you're not reeling in your catches as quickly as you would like to, don't hesitate to try other fishing spots that less fearless sportsmen might think of as hostile. Strewn with tree trunks and roots, these marshy zones are often home to countless watchful predators who are just asking to be caught. An experienced fisherman or woman should be able to take full advantage of this kind of site.

It's not always possible to reach these more inaccessible areas with a boat, but if you're not afraid of wading, you will be able to outwit those fish who, despite their cunning efforts, are fated to become your supper. The best technique to use in this situation is casting, with bait appropriate for the species of

fish you're targeting. Be ready for anything, as a hungry fish might be hiding behind every submerged obstacle.

Don't be afraid to change places every few minutes while in hostile territory; that's how you'll discover potential fish lairs. The more you move around, the more ground you will cover, giving yourself more of a chance at success. A few casts are usually sufficient for you to have a clear idea as to whether the biting is good in that spot. It's very rare that this method of teasing the fish doesn't result in rich rewards. Patience and adventurousness are the name of the game, and with those in good measure, success isn't far away! Happy fishing!

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## Blowing in the wind

During any fishing trip, the weather plays a major role in determining the behaviour of the fish. Cold fronts, heat waves, storm systems, and showers all influence the habits of fish to varying degrees. If you pay attention to these trends and adapt to them, your trip may be bountiful, even if you're drenched!

Generally speaking, weather conditions that include strong winds cause the most problems for fishermen. These winds make the fish more difficult to find and consequently more difficult to catch. Wind also complicates navigation and moving around in and on the water. There are ways, though, for fishermen to use the wind to help them increase their catch.

To find fish in a body of water, you can always rely on the direction of the wind. When the wind is blowing, it tends to push food with it, moving any underwater activity near to the shore. Waves, created by wind, will break on the shores and sweep along larvae and other insects in the direction of fish, who are just waiting to devour them. In other words, the wind produces a convergence of activity within the food chain near to the shore exposed to these winds.

Unfortunately, these same conditions can make their sport most unpleasant for fishermen. On windy days, try to fish in bays or along shores behind islands that might block the worst of the weather. This type of location will be more sheltered while still offering a good chance of success. Take care in boating, and don't hesitate to set to shore and try again later in the day. Not even the biggest fish is worth an accident. Returning to a prime windward shoreline even later on will still offer promising chances!



*There are ways for fishermen to use the wind to help them increase their catch.*





# Choosing bait

Most fishermen and women will admit that it isn't always easy to choose the correct bait at the start of a fishing trip. With precious holiday time limited, you have to be sure you select bait that will attract fish from its first contact with the water. The following information might be of help to you in your search for the perfect bait.

First of all, it is essential to know the feeding habits of the fish species in the chosen body of water. You don't want to try catching wall-eyed pike with flies, for example! On the other hand, flies make up the majority of a salmonid's diet. In order to catch one of the latter, particular attention must be paid to the flies found skimming over the surface of the water. Fishing with

an imitation mayfly is a great choice for catching salmon and some trout, especially if you see swarms of the real thing dancing over the water!

Hearing the faint croaking of frogs is an indication that there is a large population of those creatures living on the edges of a lake or river. Take advantage of the situation by fishing with bait that imitates frogs, which are more than likely a favourite prey of the fish in this area.

In short, observing your surroundings will be very revealing and will allow you to choose the right bait, one that will help you to reel in some rich rewards — hopefully on the first cast!

*It is highly recommended to choose bait that imitates the natural prey in the chosen fishing zone.*

# IRRESISTIBLE SUMMER ACCESSORIES



The longed-for warm weather is finally upon us. Ah, summer! If you want to welcome the season with style, here are a few tips for surviving heat waves with elegance.

## PURSES

First of all, let's talk about purses. These simple accessories play such a huge role in summer style. They carry around everything we need, whether for a day at the beach, a shopping spree, or a glamorous evening out. Oversized purses are always popular for daytime. Choose striped or printed cloth, as both are making a big comeback again this year. Backpacks are still fine, especially sporty packs with single crossover straps. Keep an eye out for little bags that are worn on the wrist. Clutches to go with evening wear are glittery and no bigger than you need for a small wallet and cell phone.

## HATS

Protecting ourselves from damaging UV rays is essential during the summer; that alone is enough reason to wear a hat. But hats are also great fashion statements! Wide-brimmed straw hats are a safe and very fashionable option. Their wide brims protect your face and neck and, best of all, they give you that Cote d'Azur movie-star look.

## SUNGLASSES

If you don't have a hat close by, be sure to at least protect your eyes. Grab some sunglasses with neon coloured frames for an up-to-the-minute look. Bright, flashy colours are lots of fun this summer. You prefer a retro look? No problem! Keep a pretty lightweight scarf with you and use it to tie your hair up!



*Men's & Ladies' Summer Fashion & Accessories*

- Scarves
- Dresses
- Leggings
- Skirts
- Flowing Vests
- Jewellery
- Watches
- Purses & Wallets
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*For The Men:*

- "Dude" briefs
- Wallets
- Watches

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# 5 Surefire Summer Fashion Tips

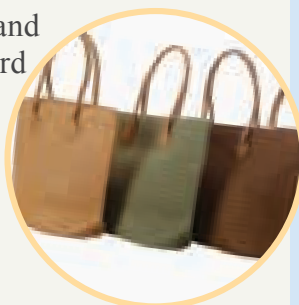
1. Loosen up! - loose palazzo pants & harem styles which sit above the ankle are a on-trend and super comfortable

2. Print-perfect - maxi or mini matters less as long as your dress is printed! Try florals and don't worry about over-doing the jewelry.

3. White is right - timeless and dramatic, the white blazer rocks any look. Try it with your favourite jeans.

4. UV groovy - stop forgetting your sunglasses! Bold colours and thick frames are summer staples and available anywhere, from yard sales to high-end boutiques.

5. Wild weaves - Life's a beach, and this straw waterfront classic is now a day-to-day must.



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# My thirst for adventure

## *Following in my mother's footsteps*

By Darien Sauve

Darien Suave is in her graduating year at Timiskaming District Secondary School and is spending part of her last semester as a Co-Op student with The Temiskaming Speaker.

Travel is in my blood.

I looked down on the clouds from an airplane window before I learned to walk. My parents are from two separate countries and I have crossed the always intimidating border more times than I can count. I have swam in the crystal clear lakes of Northern Ontario and visited the salty ocean beaches of the sunshine state both in the same week. All my life I have travelled. The thrills of travelling stretch far and wide. I have posed with massive statues and walked

the halls of buildings with robust history. I have climbed to the very top of lighthouses overlooking the ocean and gone deep into tunnels under the ground. Even pit stops in small towns yield up interesting conversations with residents and on the odd occasion a unique souvenir that cannot be purchased in any store.

For me, travel is just as natural as breathing. I venture for three days every summer to visit a whole other culture through the backroads of Georgia, United States where

my grandparents greet me with open arms. Twenty-two years ago, my mother departed from that very same place, leaving the moss hanging trees behind her as she embraced her thirst for adventure, the thirst for adventure that she so lovingly passed on to me.

My mother, when she left her home and her family to embrace what the world had to offer learned something that has shaped who she is today. She learned that distance means nothing, that no matter how far away something



is, if she wanted it she could get it. She has taught me all my life that I could go wherever I wanted to go. She encouraged me as I dreamt of gliding along the canal in a gondola in Italy or making my way through the Amazon rainforest to discover a new species. She filled my young mind with adventures and exciting possibilities that I hope to someday grasp in reality. She told me I could go anywhere I wanted to go, be anything I wanted to be.

From her life and her insight I have learned a multitude of things, but most importantly I have learned that there is nothing, no distance, that can come between me and my goals. She showed me that I could do everything I dream of doing – if I put my best effort forward I can find a way. She taught me that I should never give up on what I want just because it's not easy; that I should work hard and do my best because that is what will propel me places that I want to go. She taught me to be independent and proactive, strong, determined, and that the sky would be the limit if no one was ever determined enough to set foot on the moon.

As Eleanor Roosevelt brilliantly said “The purpose of life is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience.” I intend to do exactly that, to experience every minute to the utmost and to approach new and exciting experiences with courage and curiosity. There are endless possibilities to what can be learned, and as my mother always told me, if there is a will there is a way.



Pictured here are a few of Darien's family photos during their travels.



### How Does Cooperative Education Benefit Students?

#### COOPERATIVE EDUCATION GIVES STUDENTS THE OPPORTUNITY TO:

- Customize their high school experience and build on their strengths and interests through a variety of new and enhanced learning options.
- Develop the essential skills and work habits required in the workplace and acquire a direct understanding of employer and workplace expectations.
- Gain valuable work experience to help build their résumé for postsecondary programs and future employment.
- Experience authentic and purposeful learning outside a traditional classroom setting.

#### THE GOALS OF ONTARIO YOUTH APPRENTICESHIP PROGRAM ARE:

- To provide students with the opportunity to start training in a skilled trade while completing the requirements for an Ontario Secondary School Diploma.
- To enable students to make the school to work transition by direct entry into apprenticeship training.
- To provide employers with the opportunity to train the skilled workers they require.
- To provide a viable solution to address the problem of skilled tradespeople shortages in general, and specifically the lack of young people joining the trades.



# Cottage Fire Safety Tips

Office of the Fire Marshal



To minimize the risk of fire and burn injury, the Savard & Area Fire Dept. recommends the following cottage fire safety tips:

- Install smoke alarms on every storey and outside all sleeping areas. It's the law for all Ontario homes, cottages, cabins and seasonal homes to have working smoke alarms.
- Test smoke alarms at monthly or each time you return to the cottage. Pack a new smoke alarm and extra batteries in case they need replacement.
- Install and ensure carbon monoxide alarms in your cottage if it has a fuel-burning appliance.
- Develop and practice a home fire escape plan to ensure everyone knows what to do if the smoke alarm sounds.
- Know your cottage's emergency sign number, in case of emergency.
- Clean BBQs before using them. Keep an eye on lit barbecues and ensure all combustibles, children and pets are kept well away from them. Fires can happen when barbecues are left unattended.
- Keep BBQ lighters and matches out of sight and reach of children.
- Remember to bring a flashlight with extra batteries.
- Check heating appliances and chimneys before using them.
- Check with your local fire department, municipality, or Ministry of Natural Resources to determine if open air burning is permitted before having a campfire or burning brush. If open burning is allowed, fires should be built on bare soil or exposed rock. Remove leaves and twigs from around the fire to keep it from spreading. Always keep a bucket of water, sand, or even a shovel close by and supervise the fire at all times.
- If you must smoke, do so outside. Keep a large can with water nearby so cigarette butts can be safely discarded. If you drink, do so responsibly. Tobacco use and excessive alcohol consumption are contributing factors in many fires.
- Burn candles in sturdy candleholders that will not tip and are covered with a glass shade. When you go out, blow out!

## Make it all count!

Talk to us about the best financial plan for you and your future.



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## Have a safe, Happy Summer!

*This message brought to you by*

# SAVARD & AREA FIRE DEPARTMENT



# *spring pulse poetry festival*

## SUMMER

Summer, you've been a long  
time arriving,  
but now that you are here,  
we will not waste a moment of  
your warmth and brightness.  
Out come the play clothes, the  
bats and the balls,  
tennis shoes will slap around  
the courts.

Oars peacefully stroke the  
waters passing forested shores,  
as nature's children view  
the parade of mankind, and  
curious,  
but cautiously watch our  
progress as we trek along their  
marshes.

No matter where we wander,  
Summer, you'll be there,  
from peaks to picnics we have  
planned.

Your breezes will carry our  
sailing ships,  
your sunsets we'll strive to  
describe as we gaze, amazed,  
on your glorious days, making  
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# Ultimate is coming to a park near you

Tossing the Frisbee at the beach is for kids and dogs; a game of ultimate is for the hardy of heart and body. Think you're made of the right stuff? Then join a club or start a pickup league for men, women or kids, because ultimate is coming soon to your neighbourhood.

Formerly known as ultimate frisbee, this football-inspired sport stands apart for its informality, camaraderie and self-refereeing. But don't mistake ultimate for the garage band of sports. The IOC officially recognized it in 2015, paving the way,



perhaps, for an Olympic appearance in the not-too-distant future. In the meantime, players' associations around the world give the game the structure and credibility it needs to get to that holiest of events.

In pickup matches players call their own fouls, which makes for gentlemanly and gentlewomanly behaviour on the field. But that doesn't mean this is a sport for dilly-dalliers. Getting the disc to the opposing team's end zone is a highly competitive undertaking, and the pursuit of excellence is the motto of many players. See you on the field!

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Weekend Pass in Advance Available only until July 24 <sup>th</sup>	Adult	\$50.00
	Youth	\$20.00
AT THE GATE		
	Adult + 18	\$60.00
	Youth under 17	\$25.00
Weekend Pass		\$80.00
Friday		\$30.00
Saturday		\$50.00
Sunday		\$30.00
Children (3 yrs and under) Free		
All children (17 yrs and under) must be off the festival grounds by 11:00 p.m.		

**FOR MORE FESTIVAL INFORMATION**  
 819-827-3455 or www.kvth.ca  
 or Facebook (Kipawa Countryfest)

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# RV FUN

If you are like most people you lead a very hectic life. You feel like you are working harder now than you ever have before. The end result is you have less leisure time to spend with your family. So, once it is time for your vacation you are ready to get away from it all, relax and spend quality time with your family. Going camping in an RV is an option you should consider for your next vacation. The reason is simple, it will allow you to slow down and unwind. When you go RVing you don't have to worry about missing a flight, losing your luggage or renting a car. You do not even have to worry about unpacking your luggage,

as everything you need is already in the Recreation Vehicle. If you are a pet owner you no longer have to worry about kenneling your pet because they can go RVing with you.

An RV is a vacation home on wheels with one exception. One day you are in the mountains; the next day you could be at the beach. Try that with a vacation centre. Recreation Vehicles come in all shapes and sizes. If you are looking for upgraded accommodations you may want to look at a Class A Motor Home or Fifth Wheel Trailer. If you want a more rustic expe-



*You'll love  
the freedom!*

rience, you might want to look at a Tent Trailer. Regardless of which type of Recreation Vehicle you choose, you may find that vacationing in an RV provides more time to relax and bond with your family. While traveling in an RV, getting to your destination is half the fun. You will be surprised by some of the interesting places and people you run into along the way.

For fun, relaxation and stress-free good times, try RVing.....you'll love the freedom!

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# SUMMER IN TEMISKAMING

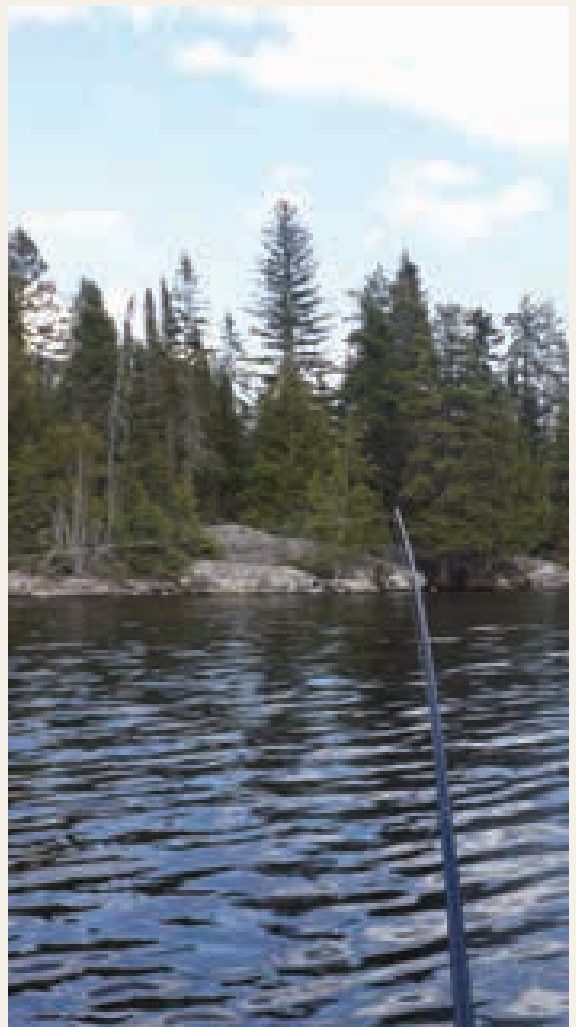
By Emma Browne

Campfires ablaze, marshmallows and chocolate create a mouth-watering treat. Fishing rods in the lake from dawn until dusk. An array of pink, orange and blue at sunset. Kids packing for summer camps or families heading out for vacation. But why would they want to leave? It's all here in Temiskaming Shores.

From the freedom ride in the early summer and excellent performances at the Classic Theatre in Cobalt, to the warm water of the local lakes, historical museums everywhere, and the camping sites all across the tri-towns.

You wouldn't think of Temiskaming Shores as the Paradise you dream to get away to, or the towns with the luxurious hotels and sandy beaches accompanied by clear blue waters. Temiskaming Shores is different. It has special outdoor features that other places do not provide. Summer here, in my opinion, is the best you can get.

Ever since I was young, I remember coming with my family to watch the bikers roll on by. We always watched alongside the main road going through North Cobalt. A few years ago, we drew signs to show our support for the



*Photo by Mark Tasse - St. Anthony Lake.*





**Emma Browne won first place  
in her age category with her  
story entry in the Ghost of The  
Hardy Boys' Short Story Writing  
Contest entitled 'The Legend Of  
The Portage Bay Prospector'.**

**Emma is thirteen years old and  
attends St. Patrick School in  
Cobalt.**



breast cancer foundation, and to the bikers. The whole weekend of the bikers reunion I always enjoy. The fair by the Riverside place, the fun games, and even the bouncy castles they have.

In the summer, each year, the whole community gathers around the edges of the lakes, to watch the fireworks. Either in the comfort of your car, to sitting in fold-up, or even watching from a blanket laid on the grass. Some people even watch from their boats in the lake. Every year the fireworks are different. But, the grand finale is always the best part. The colours and fireworks are extraordinary, and each year they get better and better!

Temiskaming Shores has many special qualities, especially in the summer. Many activities go on during the hot days of that season. But summer here means a lot to me. It is not just the events that



happen here. In the summer you see kids having a blast at the newly installed skate park. Children laughing and running around the parks. Families gathered together to see these events. Friends playing and doing their best in the sports events held. People having a great time preparing to perform a play at the Classic Theatre. The excitement on everyone's faces as they sing along to campfire

songs and snack on homemade campfire treats. Sleeping bags rolled out, sleeping under the stars.

**Campfires ablaze.  
Fishing rods in the lake  
from dawn until dusk.  
An array of pink, orange  
and blue at sunset.**

What summer in Temiskaming Shores means to me: All of the fun people have. The bonding of family and friends. Learning about your town through the museums. Having annual campfires and inviting all your relatives and close friends to join in the fun. Temiskaming Shores is a great place to spend this Summer and that is why!



# In the water **PLAY IT SAFE**

## Five tips for safe boating

Taking care and being aware are just as important when boating as they are when driving. Many boating accidents are preventable, so take a look at the following tips before your next boating trip in order to reduce your risk of having an accident.



### 1. ALWAYS WEAR A PERSONAL FLOTATION DEVICE (PFD)

A brightly coloured PFD is much like a seat belt; it greatly increases your chances of survival in many situations. It prolongs your body's ability to fight hypothermia by reducing heat loss, and it keeps you afloat if you're knocked unconscious or are feeling weak. Make sure the fit of your PFD is appropriate for your weight and activity (fishing, jet ski, kayak, etc.).

### 2. DO NOT DRINK ALCOHOL

Alcohol slows down your reflexes and dulls your ability to react to the unexpected.

The effects are amplified by the sun, wind and movement of the water, which in turn affects your vision and balance. Not only does alco-

hol increase your chances of an accident or falling into the water, it reduces your chances of survival in an emergency.

### 3. TAKE A BOATING COURSE

For your own safety and for the safety of other boaters, you should know the proper driving techniques, rules to follow and navigation basics for your type of boat.

### 4. BE PREPARED

Make sure you have on board all the necessary equipment for your type of vessel, such as anchor, radio, buoys and navigation lights. Know where you're going and respect the maximum load capacity of your boat.

### 5. NEVER SAIL ALONE

No one can help you in an emergency if you're alone. If you do go out by yourself, tell someone the route you plan to follow and take a cell phone, whistle or navigation lights with you so you can call for help or send a distress signal if necessary.



# Fire on board!

Many people are surprised to learn that fires on pleasure boats are fairly common. Around the world, hundreds of watercraft catch fire and burn every year. That is why it makes sense to get informed and take precautions.

The first line of defence against fire on a boat is prevention and good maintenance. Don't keep oil-soaked rags, highly inflammable products, or charcoal briquettes on a boat, and be sure to check electrical connections on a

regular basis. Ensure that storage batteries and electrical outlets are fixed permanently in place, carefully inspect gas lines, and never leave a heating device, even one powered by electricity, without supervision.

Most pleasure boats are not equipped with smoke detectors. However, some insurance companies, marinas, and fire protection services have begun to require or strongly recommend smoke detectors in all boats with sleeping facilities.

A second line of defence is to stow fire-fighting equipment in order to extinguish flames on board. The essentials are extinguishers, fire-retardant blankets, fire buckets, and pumps and hoses for larger vessels. Depending on the area and current laws, you are required to have a certain number of extinguishers on board. Any serious boater should sail with double the amount required, as extinguishers can empty quickly — some are used up in as few as five to thirty seconds.

If you ever have to fight the beginnings of an on-board fire, be very cautious about opening or entering any enclosed spaces or cabins, as a sudden influx of fresh air can rekindle the flames. Plan an emergency exit, and if you have to abandon the boat, always put on a life vest and send a distress call beforehand.



*Take precautions and be prepared to fight fire on board your boat.*

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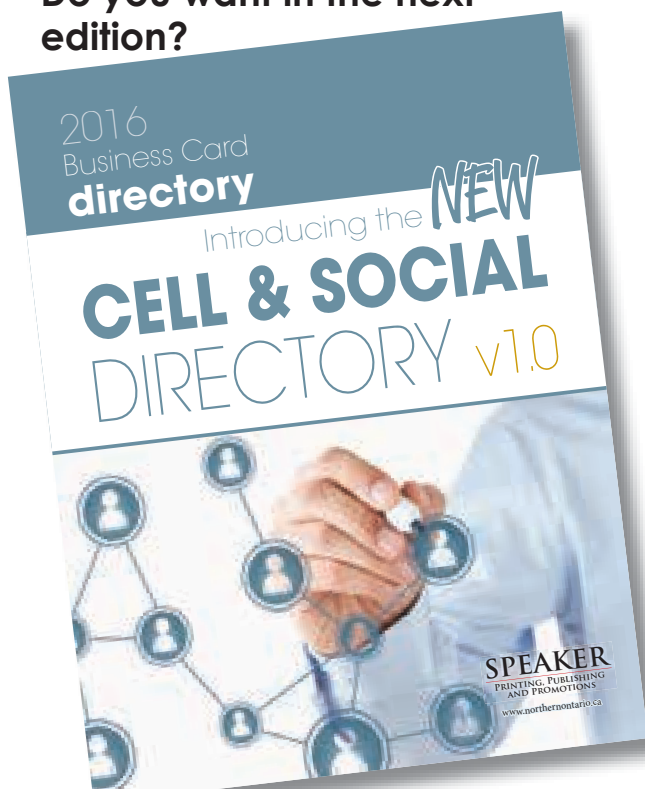
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# Planning a Party?



## Theme ideas to set the mood

Are you planning a special gathering or summer party? Here are some theme ideas to inspire you.

- **Beach party.** Invite some friends to gather around your pool; set up colourful beach umbrellas and provide lots of inflatable beach balls. Everybody loves beach volleyball, so why not get some sand delivered and organize a friendly game? Provide your guests with refreshing, colourful cocktails served in glasses decorated with bright flowers.

- **Western party.** Checkered tablecloths, country music, polka dot scarves, cowboy hats, bales of hay and wagon wheels: it's everything you need for a real Texas barbecue. Why not give line dance lessons to your guests — fun and laughter, guaranteed.

- **Rio-style carnival.** Get out feathers, sequins and extravagant head ornaments and celebrate summer to groovy

Latin music. Teach a few samba moves to put everyone in the South American vibe.

- **Hawaiian luau.** Host a traditional Hawaiian party with rum and pineapple cocktails and a delicious pork barbecue. Decorate your tables with coconuts and organize a limbo contest. Polynesian skirts and leis are a must!

- **Mexican fiesta.** Tacos, burritos and guacamole are on the menu, along with cold Mexican beer and fruity cocktails. Set the mood with Mexican flags, sombreros, maracas and a big piñata. And the perfect centrepieces for your tables? Small cacti, of course.

Last but not least, think about lighting up your party after the sun has set. Put floating candles in the pool and light up some flame retardant paper lanterns weighted down with sand. And don't forget to have a plan B in case of rain.

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# August is Get Ready for KINDERGARTEN month

The secret to your child's smooth transition on the first day of kindergarten is smooth preparation by Mom and Dad. August is Get Ready for Kindergarten Month, so we've prepared a handy guide for you to help the whole family get ready for this new step in your child's life.

**Talk about starting school.** Signs of the back-to-school season are all over the stores and on TV, so if you've been trying to spare your child the worry about it, your time has run out.

**Confirm that your child is registered.** Don't wait too long, because the teachers will soon get busy labeling cubby holes and cloakroom hooks.

**Focus on the positives.** Read books together about kindergarten and play games that will familiarize your child with procedures and social cues for the playground. Listen to and accept your child's worries, while focusing on what you think he or she will love to do there.

**Visit the school.** See if it's possible to introduce your child to the kindergarten teacher. Ask if you can have a daily classroom schedule so you can prepare your child at home.

**Go shopping together.** If possible, and if it doesn't increase your child's anxiety, allow your child to help choose the clothes and supplies they'll need.

**Adjust your schedule ahead of time.** A week or two before the first day of school, start going to bed and waking up earlier. Being well rested will help your little one feel strong and capable for the new challenges of kindergarten.



SUMMER 2016

## Mini-Putt + Big Scoops

### Toonie Tuesday:

All Mini-Putt games are \$2

### What's cooking Wednesday:

Every Wednesday we will feature a food item that is not on our regular food menu. Check our facebook page for updates.

### Thursday Evenings:

Fish & Chips for only \$8.49

### Sunday Fun-Day:

Children 6 and under can play free mini-putt with purchase of Adult game.

### HOURS OF OPERATION

WEATHER PERMITTING

Monday-Friday • 11am-10pm  
Saturday • 11am-10pm  
Sunday • 11am-10pm

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## Big Scoops Menu

### Slush Puppie

Sm \$1.29+tx Md \$1.79+tx Lg \$2.29+tx

### Beverages

Can Pop/ Bottle Water \$1.29  
Bottle Pop/ Gatorade \$2.29  
Juice \$0.87

### Hard Ice Cream

1 Scoop \$2.29 2 Scoops \$3.69 3 Scoops \$5.19  
Waffle Cone or Bowl .75c EXTRA

**Waffle Bowl Sundae** \$3.99  
1 Scoop of ice cream  
2 toppings of choice

**Super Bowl Sundae** \$5.79  
2 Scoops of ice cream  
3 toppings of choice

BOTH COME WITH WHIPPED CREAM & A CHERRY ON TOP

**Frozen Yogurt** Sm \$3.79 Lg \$6.49

4-Berry • Strawberry • Blueberry • Raspberry • Banana

**Banana Split** \$6.49

2 banana halves with chocolate, vanilla, & strawberry ice cream topped with chocolate syrup and pineapple capped with whipped cream, peanuts (optional) and 3 maraschino cherries.

**Chocolate Lovers** \$6.49

2 banana halves with 3 scoops of chocolate ice cream, chocolate syrup over all, topped with whipped cream, peanuts (optional) and 3 maraschino cherries.

**The Heart Attack** \$19.99

10 scoops of ice cream, hot chocolate fudge and all your favourite toppings

**Milkshakes** Your choice of vanilla, chocolate or strawberry. 16oz. \$3.99

Biggie Size \$9.00

**Floats** Your choice of soft drink, 1 scoop of ice cream & whipped cream. 20oz. \$3.99

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Hot Caramel Hot Choc. Fudge Oreo  
Reese Pieces Smarties Brownie  
Ki Kat Chopped Peanuts Aero  
Swedish Berries Sprinkle Candies Gummy Bears  
Cherries Pineapples Bananas

### Snacks

Hot Dog \$2.29 • Jumbo Hot Dog \$3.59  
Debrezini Sausage \$3.59  
Pogo \$2.29 • Fried Pickles \$3.59  
Pizza Finger \$2.29 • Mr. Freeze \$1.00  
Mushroom caps \$4.99  
Onion Rings Sm \$4.19 Lg \$6.49  
Cross Trax Sm \$3.99 Lg \$5.99  
Chicken Finger Platter \$8.49

### Kids Combo

Hot Dog, Pizza Finger, Pogo or Chicken Finger with Fries and Juice \$4.99

### Fries

Small \$3.29 Large \$4.99 Family \$6.99  
Small Gravy \$1.00 Large Gravy \$2.50

### Poutine

Regular Baby \$3.49 Sm \$5.99 Lg \$7.99

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**Cheezzy** Sm \$6.99 Lg \$8.99

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Chicken, Cheese, BBQ Sauce & Gravy

**Pizza Poutine** Sm \$6.99 Lg \$8.99

Mushrooms, Onions, Pepperoni, Cheese & Gravy

### Burgers

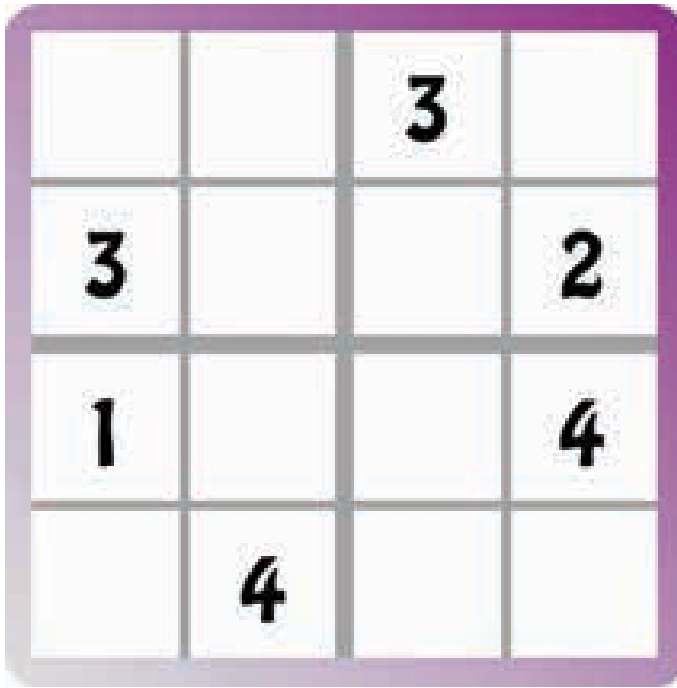
Hamburger \$5.49  
Cheeseburger \$6.29  
Bacon Cheeseburger \$6.99  
Poutine Burger \$6.99  
Ring Burger \$6.29  
Triple Bypass Burger \$12.99  
Add Bacon \$0.79 • Add Cheese \$0.79  
Extra Meat \$1.49  
with Fries \$2.49 • with Poutine \$3.49

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## Sudoku 4 x 4

COMPLETE EACH GRID WITH NUMBERS FROM 1 TO 4, 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 4 squares

## JUST kidding

Q: What has one head, one foot and four legs?

A: A bed



## How Does Learning Happen? Comment apprend-on?



Parents and Caregivers ought to know...

Check out the link at the updated Timiskaming Best Start website  
[http://timiskamingbeststart.com/resources\\_en.html](http://timiskamingbeststart.com/resources_en.html)

It's about quality childcare in Timiskaming.

Parents et tuteurs savez-vous que...

Veuillez utiliser ce lien pour accéder au site web actualisé de  
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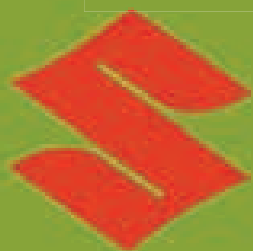


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