

Fall 2018

FREE

Temiskaming District Seasons Magazine

Natural Inspiration

By Sue Nielsen

The colour of **CANADA**

By Darlene Wroe

TEMAGAMI'S **RED FOX TRAIL**

by Jon Oelrichs

SPEAKER
PRINTING, PUBLISHING
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SPEAKER

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AND PROMOTIONS

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The colour of **CANADA**

By Darlene Wroe

The warm summer has transitioned into a golden fall when the harvest is being pulled in and people are preparing for the winter.

It's time to stock up on lemons and locally produced honey and garlic in order to fight off the viruses that are rampant during the colder seasons.

It's also time to join groups and enhance your participation in community events and projects because there's nothing like friendships that will help make the fall and winter season merry and bright.

It's also important to ensure that we make time for the elders in our lives, and the neighbours that we know who are older and need company, especially when it's getting chilly and the falling leaves and fading flowers pull at the heartstrings. Loneliness is easier to bear in the summer than it is in the fall and winter months.

Seniors also tend to be very particular about their properties, and a strong back and a good arm can go a long way to making an old heart feel happier when their yard has been magically cleared of fallen leaves. A good deed also goes a long way to warming your own heart as well.

Sitting and talking to a senior can also be illuminating because they have many interesting stories to tell. Seventy, 80, 90 or 100 years is a long enough time to pack in several thrilling adventures which are worth sitting and listening to over a cup of hot tea.

Throughout the area there are many things to enjoy including museum tours, art shows, sports events,

hockey games and activities leading up to Christmas.

And of course there are the children. Every day is an opportunity to have a meaningful and fun-filled time with the children in your life.

As Halloween approaches, it's a perfect time to search out some great crafting tips to help your little goblin create the perfect outfit.

An important tradition of Halloween is the creation of a jack-o'-lantern.

Works of art often result when simple pumpkins are transformed into ghoulish masks.

Decorating the front porch to welcome little trick or treaters is also a fun part of the autumn season.

When leaves skitter along the streets and children innocently go door-to-door, sinister laughter and strange lights are perfect to put the thrill into Halloween. The preparation of these scenes is all part of the autumn fun.

Autumn colours also beckon us to explore roads we have not driven before. Even the communities have trees which are the pride and joy of the people who live on those streets. Autumn is a perfect time to pay tribute to these great protectors. There are also many trails which are just waiting for people to walk, run or even photograph and paint. The colour of the season beckons.

It's also a great time to make a commitment to better



health by joining a gym or fitness group. There are several around and a better, healthier you is the best Christmas present that you can possibly receive.

The fall season is also a time to think about those who have made this life possible.

We are blessed here in Canada. We have food availability, clean air and friendly people everywhere we look. This didn't just happen but has been made possible by the sacrifice of others. Remembrance Day on November 11 is a time set aside for us all to remember together, but really it's something we should do every day. We are living a life made possible by others.

Be safe. Take care of yourself and others, and enjoy the beautiful fall season. This is a time which shows us the grandeur of nature, and also the spectacular way that Canadians work together to help each other.

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HARVEST DELIGHTS

PUMPKIN APPLE CARROT SOUP



INGREDIENTS

- 1 sugar pumpkin
- 1 large carrot diced
- 2 small apples, chopped (100 grams each)
- 1 tbsp vegetable oil
- 1" ginger, chopped (2 1/2 teaspoons chopped ginger)
- 1 small red onion chopped
- 1/4 tsp nutmeg powder
- 1/4 tsp cardamom powder
- 1/4 tsp smoked paprika
- 1/4 tsp cayenne pepper
- 1/4 tsp black pepper
- salt to taste
- 1 cups vegetable broth (or water)
- 1/2 cup milk (or coconut milk)

Instructions

1. Cut your sugar pumpkin into 2 halves. Scoop out the seeds and guts.
2. Brush little oil on top and place the pumpkin onto a baking sheet with the cut side facing down.
3. Roast at 400 F degrees for 30-35 minutes. Remove from oven and let the pumpkin cool down a bit. Then peel off the skin and scoop out the flesh. Set aside.
4. Heat 1 tablespoon oil in a pot on medium heat. Once the oil is hot, add chopped onion and garlic and saute for 2 minutes.
5. Add the chopped apple and diced carrots and mix. Also add the roasted pumpkin.
6. Now add nutmeg, cardamom powder, cayenne pepper, smoked paprika salt and black pepper.
7. Cover the pan and cook on medium heat for 5 minutes.
8. Add vegetable broth or water, cover and cook for another 5 minutes or till carrot and apple soften.
9. Then puree using your blender.
10. Add milk (or coconut milk if vegan) and let the soup simmer for 2 more minutes. Check and adjust salt at this point.
11. Pour the soup into serving bowls and serve immediately. Garnish them with some roasted pumpkin seeds.

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ROASTED HAZELNUT BRUSSELS SPROUTS

Prep Time: 10 minutes

Cook Time: 15 minutes

6 servings

Crispy brussels sprouts carmelized with maple syrup and studded with hazelnuts.

INGREDIENTS

- 1 lb brussel sprouts, cut in half lengthwise (or cut into quarters if the sprouts are particularly large)
- 1 cup hazelnuts
- 3 tbsp olive oil
- 3 tbsp maple syrup
- 2 tsp apple cider vinegar
- 5 cloves garlic, crushed
- ½ tsp salt

INSTRUCTIONS

Preheat oven to 425 degrees Fahrenheit. Measure all ingredients into a medium sized bowl.

Stir thoroughly to coat.

Spread in a single layer on a rimmed sheet pan.

Flip the brussel sprouts over so that they are all cut side down on the pan.

Bake for 15-20 minutes. They will be ready when the bottoms turn a golden brown. Watch carefully towards the end because there is a fine line between done and burnt!




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A hiker is seen from behind, wearing a red jacket, a blue and black plaid shirt, and olive green cargo shorts. They are using trekking poles and walking on a trail covered with fallen leaves. The background is a dense forest with green foliage.

*"We, like many we know, love our visits to Temagami and loved this recent experience."
- Jon Oelrichs*

THE RED FOX TRAIL

by Jon Oelrichs

Setting out is delayed by multiple checks and little adjustments. Is my wallet safely stashed? Did I remember my hat? Do I need one more washroom visit? Really? Double knot my bootlace. Touch the bear spray. Water bottle? Each adjustment is a ploy to delay the inevitable, to delay the risk of departure. Eventually I run out of ploys.

Ter, my wife, leads. I follow. The route from parking lot to trailhead is downhill, and paved. The trailhead is roughly where I expected. This is all reassuring.

We set out on the trail proper. The Red Fox trail. Only rated 2 on a three point scale for difficulty. Just a couple of hours, five kilometres - should be a cakewalk. Again, did I bring the bear spray? They had it at the grocery store in town. The grocery store! That either means it is a frequently needed item around here or that a lot of anxious tourists ask for it. I'm more comfortable with the second explanation.

We arrive at the Beaver Pond. Great! The map is working. The water is a dark, dark umber. Tannins is what, our outfitter said, colours the water. Sounds harmless enough. I drink it in tea and red wine. I don't sip the Beaver pond. Grey trunks of erect tree corpses punctuate the pond and line the horizon. Greenish blue/grey lichens stain the rock where it emerges from the water. A sturdy looking boardwalk extends straight out from shore to a small island, a little rock in the pond. It calls. We decide to visit. Golden brown crunchy pine needles add themselves underfoot to the greys and greens and umbers already in the landscape. Ter exclaims in surprise and delight at the brilliant greens and reddish brown edges of the lily pads floating on the surface. We realise that we have effectively delayed the start of the hike proper again but think it important

to establish the priority that being side tracked must take over making good time and departure times and arrival times. Meandering trumps fast and direct. At least today it does.

Two hours , or five kilometres does not seem like a lot. But look on a map, compare the half an inch with the half hour we have travelled, multiply all the half inches of the trail on the map with the half hours remaining to travel and as we hike I start to think, (for 'think' read obsess) about our arrival time. I don't have a huge imagination but it is in situations like this that it starts to loom large. First there is the bear encounter. Ter is leading. So she is the first to meet it. I coach from the rear " hold up your jacket...make yourself look big". Then I rush forwards to the rescue, struggling to pry the head off the bear spray, guessing at the wind direction. If we stand side by side we will seem bigger, like some huge four legged four armed predator. Confuse the bear. But then I wonder if I would actually turn tail and run the other way. So I kick a loud stone, sing a verse of Alfie, what you gonna do Alfie. That should keep them at bay.

An hour and a half and we haven't seen or heard a trace of other beings, human or other sentient types. I again start to imagine as I walk, a trip – a broken bone, a slip and a sprained ankle. Why is it that my panic attacks are always most fierce on the outward leg of a loop trail. It is then that I am engaged in debate about whether to turn back and cut the risk of all these awful things happening. It is

the balance between loss of face/ admission of cowardice and the relief of getting closer to a safe conclusion of the adventure. Up until the halfway point turning back, aborting the exploit, is still an option. Carrying on just lengthens the return leg of an aborted trip. Carrying on we are just getting deeper and deeper into the difficulties of being injured in the wilderness, not knowing how to stem the flow of a severed artery or how to fashion a splint from a cedar sapling (darn, I forgot to pack a hatchet). The awful prospect of hobbling back over a distance I have barely been able to walk looms larger with every step further away from the start and closer to the half way point. Hmm.

Now we are lost. No, no, not in imagination. We are actually lost. We took the left fork, and it was roughly where I expected it to be but that little red picture of an elderly hiker with a stick (which neither of us has) is no longer appearing on the trees as we pass. Eventually we arrive at a lake but it is the end of a lake and there is no trail beyond this point – just an abandoned aluminium canoe. The map clearly shows the trail continuing along the north shore of the lake, or possibly a little way back from it. There is no such trail. No mention of a canoe on the map. We decide to back track to the hydro lines and venture a bit further along that clearing as it dekes to the right around a swampy area. This just takes us deeper into the swamp and further off in the opposite direction to the one we want to be in. My mind is still ticking over and I figure that we may have missed a turning in the trail further back

and this would have brought us to the North shore of (the now ironically named) Lake Pleasant. Once again we turn around and backtrack, wade through swamp and mud back up the Hydro line hill, past our first wrong turn and there sure enough is a very clear sign, complete with little red stick man, right where neither of us saw it. The trail leads off, promising to pass on the north side of Lake Pleasant.

Now we have a decision. Do we follow this promising new trail, getting further and further from our point of departure or do we turn back and cut our losses after the time wasting detours. We decide to go a bit further and see how it goes and how we feel and hopefully we won't get lost again. Ter leads. I follow. We have lots of time before it gets dark. Lots if we don't get lost again.

Somewhere it said that you should have a whistle. Is this to serenade your hiking partner, to terrorise the bears, or to call for help to all the fellow humans who aren't there? Whatever, we don't have one.

When one of you breaks a leg is it best to stay together hoping for rescue, split up and seek help, build a bivouac with the thermal blanket and hatchet you didn't bring? I try to enjoy the scenery, simply stand in awe at the old growth white pines. "Old growth" Ter chuckles to herself " Great title for a photo" she says. "Why don't you stand in front of that big tree, Jon" "Old growth, that's funny – emphasis on growth of course" O.K for her, 10 years my junior at 60.

Hey! Halfway point. Just as

the map says, where the trail touches the lake. Now everything gets easier because there is no longer any debate about turning back. We have to keep going forward because that is the shorter option. Then I look at the map again and see that the trail actually touches the lake twice and the second one is the halfway point. We are still not there yet, but head off again, up the hill, along the top for a while, down the other side to the water's edge a second time. Now we are half way. We celebrate with dried apricots, one each. We've been gone two hours. The whole hike was supposed to take about two hours. Oh well, we 'll be fine as long as we don't get lost again.

Apart from a couple of steep cliffs, which Ter embraces with courage and an acceptance of the inevitable, sliding down them gracefully on her rear end, the return half of the loop was much more relaxed. There was lots of amazing old growth, of the pine kind. I started to relish, in anticipation, a warm mid-afternoon lunch, maybe a cold beer. (Imagination has its positive side). Anxiety faded as the endpoint drew closer. Steep climbs became mere physical exertion, no longer fodder for panic attacks.

Thanks to imagination. Without it we would not have enjoyed any warm lunch or cold beer. It was Monday and every restaurant in town was closed. But my need for safety was satisfied and, after a short drive, so were the other appetites.

Living at the Cottage

by Lois Perry

"It is a gut-wrenching experience looking into the eyes of these creatures and knowing that they can snap a tree the size of your waist."

I have a beaver problem!

A huge part of the enjoyment of being at the cottage is watching the creatures that have their homes around mine. From the turtle who laid her eggs in my neighbour Steve's garlic garden to the mother squirrel who had her young in the barrel over my bed, I have always respected and protected the vulnerable.

I have watched with caution as a mother bear and her 2 cubs played in a field close to the cottage. I have had a large timber wolf cross my path not far down the road. I have laughed as a family of raccoons taunted my dog Andy through the window. I have spent a day watching a young otter who played, fished and napped on the dock. Every fall I smile at the partridge when they eat the very potent berries that grow on the

vine over the arbor and my jaw drops whenever I spot a deer in the clearing while out for a walk or drive. I love them all both great and small.

I feel privileged to have watched so many different creatures so close to home and to co-exist with each and every one... until now!

I have a beaver problem!

It started gradually a couple of years ago when I noticed a couple of small trees had disappeared. It grew to a much larger problem when they chewed a huge poplar tree and it fell on my neighbour's roof. (Whoever said that beavers know exactly where a tree is going to fall has definitely not spent enough time observing

them.) Over the last two years they have managed to remove the majority of trees on not only my property but on the property of my neighbours.

We have tried wrapping trees with tarpaper, sandpaper and wire. We have destroyed their houses and put obstacles in their paths to our property. Nothing works. The beavers get bigger. It is a gut wrenching experience looking into the eyes of these creatures knowing that they can snap a tree the size of your waist. I tried talking to them directly and calmly and I have sat for hours sipping on a glass of wine, waiting, talking to them, trying to convince them not to eat my trees. Only to be rewarded with a loud splash as they hammer their tail in the water, taunting me.



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My Woodland Friends Have Returned



I am not proud of what this is doing to me and I would prefer if it would just go away but I cannot ignore it. Some say that I have “beaver fever”. It’s all I think about, talk about. Beaver this and beaver that.

I have spent the past year studying these creatures and this is certainly not scientific but this is what I have learned about beavers:

- They are family oriented.
- They work in groups of 2 or 3 hundred.
- They are workaholics and they stay up all night.
- They don’t care if you know that they are on your property, chewing your trees.
- They prefer Poplar, Birch and Maple trees but they will eat anything that looks or tastes like a tree.
- They know that you can’t see them because its dark and you can’t see in the dark.
- They know that you can hear them and they like that.
- They know that you are not going to sic the dog on them, because they know that you know that the dog will not win.
- They know that you are not going to shoot at them after dark as that is illegal.
- They know that you are a law abiding citizen.
- They will not leave your property until they have removed every possible food source, (including the one-of-a-kind hand-carved paddle that you left leaning against the canoe).
- They know that you are not going to set a trap because you don’t know how.
- They know that you cannot stay up night after night shouting obscenities at them, (you can’t drink that much wine).
- They know that they can snap the handle of the broom that you shake at them with one bite.
- They know that you have called Mike and Pete at the M.N.R. and that they can’t do a damn thing about your problem.

I know that it won’t be long until the ice will cover the lake and I will have all winter to plan the battle of the beavers for next summer. So for now I will just accept the fact that they have out-witted me. I will respect the fact that they are the ones that have their image imbedded forever on our Canadian nickel and now I know why.

Natural inspiration

By Sue Nielsen

Fall is here in all its magnificence.

After a hot, hot summer, we've had a somewhat cool fall and for many, this is refreshing.

I am not one of the many.

I loved the heat of summer and I wish it extended until December of each year.

Yes, that's right, give us months and months of glorious summer in which I can swim, canoe and take photographs to my heart's content.

I was made for summer.

However, the main story of the summer of 2018 was the forest fires and the devastation they caused.

Fall is a time of transition and for some a welcome beginning of the winter season.

I've been driving around the region watching the fall colours change and enjoying every minute of it.



Photo By Sue Nielsen



I slipped away to Algonquin Provincial Park on my last week of holidays as Ontario Parks are celebrating 125 years in 2018.

The maple forests here and further south in the North Bay area and of course in Algonquin Park literally take my breath away, they are full of colour and vibrancy.

It was a soul-nourishing mini-vacation.

I was reminded of the line from the poem Indian Summer, "Along the line of smoky hills, the crimson forest stands, and all the day the blue-jay calls throughout the autumn lands."

Being in nature is a humbling experience.

Leisure has become a dirty word hasn't it? In our texting, email-obsessed nine-to-nine workday, we've forgotten the importance of relaxation.

I have learned after half a century or so to sleep in, to pass by those dust balls on the floor and even eat the cheesecake without the guilt.

There are tons of good housekeepers in heaven don't you know?

I have learned the important

narration of my story is to take large gulps of air while paddling slowly and methodically around a northern lake at sunset.

Nature is the salve, the elixir, the medicine, the magic and the balance.

On a typical day I try to avoid the noise - the phones, televisions, radios, cars and endless talk.

I run to the lake and the forests because I know there will be silence. Silence is the stuff of life.

I agree with Canadian author, Richard Wagamese, "There is such a powerful eloquence in silence."

Wagamese also said, "It's all that we are in the end. Our stories."

I love that line as a writer and because I feel grateful to share my thoughts in this forum.

Our stories help to remind us of who we are and where we come from.

On my way back from Algonquin Park I listened to Rita Chelli's CBC radio program called Ontario Today.

The show was held in Sudbury, her hometown, to help celebrate

the 40th anniversary of CBC's presence in the nickel city.

She asked listeners to call in and tell her how being raised in a certain community has an imprint on a person's life.

I thought of how my hometown of Cobalt has shaped the person I am today.

We sure lived a life and then some.

I remember listening with fascination to my grandmother, Orpha Smith, tell stories of the rough and tumble days of life in Cobalt circa 1906.

She described the time she went out to the woodshed one cold winter morning and pushed the door open only to find right there in front of her that a man had hanged himself.

Brrr - what a story.

Now she could tell a story like no one else and to her grandchildren's delight, we loved to listen.

Take care everyone, hope you can get outside to see the fall colours!





spring pulse poetry festival

TRANSITION

The sun rises bright and warm
After heavy nighttime frost.
Leaves snowing from trees,
Carpets grass with red and yellow.

I, in the autumn of my years,
Enjoy the warmth of the sun
As I stretch out on my Lazy-Boy,
Surveying through my patio doors,
Knowing nature is readying us
For a final transition.

Jerry Jordison

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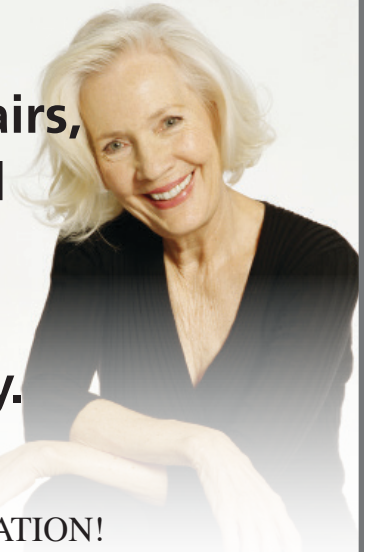
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We Serve

The Earlton Lions Club was founded in 1982 with 26 members, the only francophone Lions Club in Ontario at the time. We presently still have 26 members, including one of the founding members, and recently welcomed 4 new members.

Our motto is "We Serve" and that is exactly what we do, in our community and throughout the region. The Lions have had a positive effect on the community right from the start.

We support sports, school, cultural, and health

organizations. We also help with specific causes or individuals, and this with the utmost discretion. This past year, we gave in excess of \$75,000.

We work hard as a group and we are also grateful for the Lions' families and friends who generously give us a helping hand at our events.

All of this good that we do in the community depends in large part on all of you and we do appreciate your constant support. Here is a brief look into our recent and upcoming activities...

As you are probably already aware, the Earlton Lions raise funds in order to be able to give to various organizations.

DONATIONS: This past year, as always, we gave donations to the regional hospitals- Englehart (\$2,000), New Liskeard (\$10,000 as part of our \$50,000 pledge over 5 years), Kirkland Lake (\$2,000), North Bay (\$1,000), Timmins (\$1,000), Sudbury (\$1,000). This year we also made a donation of \$2,000 to the Hearst hospital -the population of Hearst always supports us very well for our annual draw, it made sense to support them in turn.

We also contributed to various other causes...Here is a very partial list: \$400 to the Terry Fox Run, \$1,800 to Sr Margot's Jamaica Project, \$500 to MADD-Mothers Against Drunk Driving, \$500 to the École catholique Assomption towards their graduation, \$1,000 to the March of Dimes which provides services to people with physical disabilities, \$500 to the Grouille ou Rouille Theatre group for their annual play, \$500 to the Franco-fun Festival promoting French Canadian culture, \$1,500 to the New Liskeard Lions Midget Hockey towards the OHF Midget "A" Championships, \$1,000 to the CJTT

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Christmas Wish Drive, \$1,000 to ÉCSSM towards their 50th anniversary, \$557 to the Earlton Recreation Committee for the purchase of baseball sweaters, \$500 to the Little Claybelt Museum to help in their continuing preservation of our regional history, \$500 to Bassin' for Kids who in turn support organizations dedicated to sick children, \$5,000 towards the Tri-Town Ski and Snowboard Village chalet construction, \$1,000 to Camp Dorset, a camp specialized in patients with kidney failure, etc.

2018 DRAW:

Early Bird Winners of \$1,000 each:

May – Gisèle's Catering & Staff

June – Steve Mathews

July – Paul Klockars

August – Jerry Pockle

September – Lisa Laxton

September 16th Main Draw winners:

2018 Toyota CH-R--Jason Robert

Motorhome or \$100,000–Diane Morin, Jeannine Gélinas, Johanne Brouillard, Angèle Lefebvre, Manon Roy, Martine Arpin, Carole Baril, Sylvie Arpin

Congratulations to the winners and great thanks

to all who participated...see you in 2019!

BINGO: Our Monster Bingo with prizes worth \$25,000 took place on September 16th and it was a success! ...There were 420 participants and electricity was in the air! Congratulations to all the winners and good luck next year!

BREAKFAST: Once again this year the Lions hosted the breakfast during the winter festival. It was a great occasion for many to eat well and meet friends. Thank you for your support!

LIONS' TRADE SHOW: Again this year our Trade Show was very well attended with over 2700 visitors and 73 exhibitors (53 businesses and 20 artisans). All present had lots to see and enjoy! We hope to see you again on April 5th, 6th, and 7th 2019. New this year: All who participate in the Trade Show, exhibitors and spectators alike, will have a chance to win a travel gift certificate worth \$3,000! A great first outing after the long winter!

CONFERENCE: This past March, many Lions



members went to Sudbury for the District Conference. This happened in part with some of your toonie donations at the Trade Show, helping our Lions members to attend this worthwhile convention. The rest has been used for donations. We attended workshops, and learned a lot, such as on services rendered by the Lions throughout the world, dogs trained to help epileptics etc. We also established ties and exchanged ideas with Lions from other Northern Ontario Lions Clubs.

CHRISTMAS DRAW: Winter is getting near, whether we like it or not! Your Lions Club in association with different area merchants, is giving you the chance to win \$2875 in merchandise (food, gasoline, clothing), also a second prize of \$500 or a second prize of \$250. Just on time for Christmas! Tickets are only \$2 each and are available at different outlets or from any Lions

member. Get yours soon!

GARAGE SALE: Our garage sale returns next spring! Keep us in mind if you have articles to give us. But please help us by donating only articles in good working order. (Lions have to dispose of stuff that is not in good shape). And please don't forget that things that you don't use anymore may well be just what someone else needs! We thank you in advance.

BECOMING A MEMBER: Your Lions Club is always recruiting new members. ..If you are looking for ways to do a bit of volunteer work and contribute to your community's well-being, come see us! The time that you put in, whatever suits your schedule and/ or your capabilities, will be welcome...plus, it's great fun!

OTHER PROJECTS: As always, we are looking into organizing different events! Stay tuned...!

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2019 FORD ESCAPE





Must-do maintenance for your heating appliances

Using a heating appliance that isn't connected to your home's central heating system always presents a certain amount of risk. To be both safe and warm this winter, make sure to maintain your heating appliance. Not only will you rest easy, but the appliance itself will work more efficiently.

WOOD-BURNING OVEN OR FIREPLACE

Get your chimney inspected and swept once a year. Always remove ashes once you're done with the fire and keep the glass and walls of the unit clean.

WOOD PELLET STOVE

Use high quality pellets — they leave less ash than inexpensive

brands — and always empty the ash trap before it gets full. Keep the burner, glass and exterior of the stove clean and free of dust.

NATURAL GAS OR PROPANE STOVE

When it comes to these appliances, yearly inspections are a must. However, when combustible gases are involved, it's best not to attempt to do maintenance or repairs yourself: always hire a professional.

PORTABLE HEATER

Before using it for the first time of the season, and then periodically over the winter, wipe the heater with a damp cloth; just be sure it's unplugged and cool to the touch. If there's a filter, keep it clean.

How to upcycle fireplace ash

After snuffing out the embers in your fireplace, you safely store the ashes outside in a metal container. But then what? Instead of sending them to the local landfill, put them to good use around the house. First, make sure the ashes are completely cool and then employ them in one of the following ways:

TO DE-ICE

Sprinkle ash on the ice covering your balcony, stairs and driveway. In moderate conditions, it works as well as rock salt for melting snow and providing traction. It's a more affordable and eco-friendly option.

TO CLEAN UP

Ash works well to polish silver and copper and to clean windows. All you need to do is dip a clean, damp cloth in some ash and scrub. Make sure there's no trace of dirt or sand to avoid streaking your glass.

TO GARDEN

Just like lime, wood ash works well to neutralize the acidity of soil. Use it only once a year and sparingly — no more than one third of a cup per square metre on your flowerbed, vegetable patch or lawn.

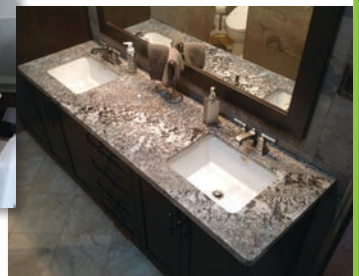
Pro tip: measure the pH of the soil before adding ash. If it's higher than 7, it doesn't need to be neutralized.



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FASHION TRENDS

What does fall have in store for us?

Four hot women's fashion trends for fall

Is the onset of fall fanning the flames of your inner fashionista? If so, and you're hoping to add one or more new stylish pieces to your wardrobe, here are some runway trends to inspire your look.

1. ECHOES OF THE 80s

Black leather vests, curve-hugging minidresses, bulky shoulder pads, exotic animal prints, flashy colours — apparently, the 80s haven't uttered their final cry. This fall, dare to flaunt a look that evokes this extravagant era — a mood-lifting solution to keep gloom at bay.

2. HANDKERCHIEF CLOTHING

We're not talking about handkerchiefs for runny noses, but rather the fun and flirty fashion trend. For their fall-winter 2018 collections, renowned designers created dresses, skirts, tops and more with creative mixes of scarves and coloured handkerchiefs. This look is fresh, airy and romantic.

3. SYNTHETIC FUR

Days getting shorter and cooler? Perfect! Fall is all about draping yourself in cozy layers. This season, bundle up in a synthetic fur coat that's brightly coloured or naturally tinted — choose how fashion-forward you want to be! Either way, you're sure to get noticed.

4. 3D SEQUINS

This fall, sequins are taking the road less travelled. No longer just for eveningwear, glittering beads and baubles are adorning both short and long fringes, and some are even being supersized. Are you ready for all eyes to be on you? Adopt 3D sequins: not only do they sparkle, but they also gently chime as you move. Wallflower, you are not!



Best of men's fashion for the fall

Wondering what to wear this fall? Here are a few men's style suggestions based on the most up-to-date runway looks.

1. WESTERN

Saddle up: Western-inspired fashion is laidback, ultra-masculine and just right for fall. To create a suave "urban cowboy" look, designers are combining denim, leather and fringe. Don't forget the boots!

2. THE BALACLAVA

Baseball caps, berets and tuques have each had their shining moment. This season, the accessory of note is the balaclava. Designers are taking a forward-thinking approach and giving the ski mask a whole new twist. Whether it's a standalone piece or a feature tailored

right into a sweater, the balaclava will instantly give you a sporty, futuristic and slightly rebellious look — all while keeping your head warm!

3. SHADES OF BROWN

Taupe, beige, maroon, hazelnut and chocolate: shades of brown are prevalent in the fall wardrobes of well-dressed men. On pants, coats, belts, shoes and bags, earth tones are seductively subdued and stylish.

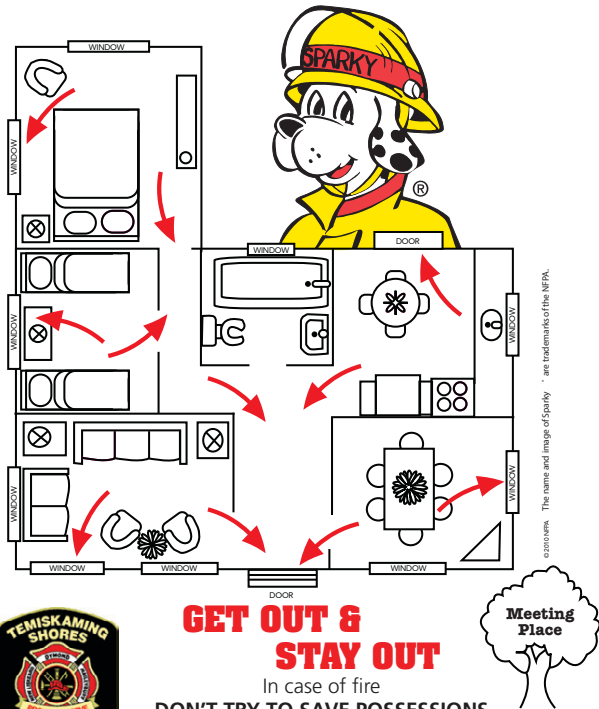
4. PLAID JACKETS

Whether hip- or thigh-length, single- or double-breasted, belted or with pockets, plaid jackets are an ideal choice for cool and breezy fall days. The colours to favour this year? Black, white, grey and, you guessed it: brown!



KNOW WHERE TO GO.

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



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November

Men's health: five good practices to adopt

The Movember Foundation encourages men to attend to their health, not only this November, but throughout the year. Here are some of the best ways men can take care of themselves.

1. GET MOVING

Regular physical exercise boosts your overall health and wards off a host of medical problems. So get active! Both low-intensity and high-intensity exercise offers an array of benefits; simply choose the type of sport or activity that suits you best. Yoga, hockey, running and swimming are among the many possibilities.

2. SPEAK UP

When times are tough, many men suffer in silence. If you're feeling anxious or down, talk with someone you can trust. Consider reaching out to a non-profit organization, a counselling centre or a mental health service provider nearby.

3. GET INFORMED

Know your family's medical history: you'll be able to adopt a lifestyle that keeps potential health problems at bay. In addition, this information will be invaluable to your doctor, as it will give him or her a more complete understanding of your health.

4. STAY CONNECTED

Keep in touch with friends and family. This will help to stave off or combat mental health problems like depression and generalized anxiety disorder.

5. SEE A DOCTOR

Don't delay in attending to health concerns. If you have symptoms that are worrying you, visit your doctor right way. In the case of a serious illness, an early diagnosis can significantly increase your chances of making a full recovery.

To learn more about the Movember Foundation and about men's health, visit the site ca.movember.com.

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* Fiore MC, et al. Treating Tobacco Use and Dependence. 2008 Update
**Ontario only / Seulement en Ontario.



The Public Health Agency of Canada suggests waiting to shovel after eating because a full stomach can put pressure on your heart during physical exertion. You might also want to avoid shovelling in extremely cold weather.

Don't let SNOW slow you down! Top tips for safe shovelling



Snow removal is risky business. It can cause back injuries, exacerbate heart problems or even lead to frostbite. To stay safe when shovelling, follow these tips.

USE THE RIGHT EQUIPMENT

Wear warm, non-slip boots and dress in layers of warm clothes that dry quickly. Make sure your head, ears and hands are covered. If it's really cold outside, also cover your face.

Choose a shovel that's lightweight, made of plastic or aluminum and has a curved shaft that reaches your chest. In fact, it's best to have two shovels — a larger one to push the snow and a smaller one to lift it.

EMPLOY THE PROPER TECHNIQUE

Don't wait until too much snow accumulates before you start to remove it and give yourself ample time to complete the chore. If you rush through the task, you're more likely to injure yourself. Also, take a few minutes to warm up and stretch before going at it full force.

Be sure to use abrasives like sand and salt to minimize your chances of falling.

To push the snow, place your feet and hands hip distance apart and keep the shovel close to your body. When you lift the snow, remember to bend your knees and walk to put it down instead of trying to toss it over your shoulder. Find a good rhythm and don't forget to take regular water breaks.

Ten facts ABOUT SNOWFLAKES

1. The word **snowflake** is often used to refer to what's technically a snow **crystal**. Snowflakes can be made up of hundreds, or even thousands, of individual snow crystals.
2. Snow crystals grow fastest in temperatures around -15 °C, but no one knows why.
3. Almost all snowflakes are six-sided, or hexagonally symmetrical.
4. It's virtually impossible for two naturally occurring snowflakes to be exactly alike.
5. The shape of a snowflake is determined by atmospheric factors such as temperature and humidity.
6. Sticking out your tongue to catch a few falling flakes is fine, but eating snow off the ground is a bad idea, as it may contain pathogenic substances.
7. In the 19th century, an American named Wilson Bentley developed a method for photographing snowflakes in great detail with the help of a microscope. He took more than 5,000 photos during his lifetime, many of which are now on display in various museums.

Buying a snowblower:

types and features



Are you on the hunt for the perfect snowblower? Wondering which one you should buy? Here's what you should know about the different available types.

- **Electric shovels:** ideal for small areas like balconies, side-walks or very small driveways. They can remove snow up to 10 centimetres deep.
- **Electric snowblowers:** best for small, flat driveways. They're typically unable to remove icy or heavy snow.
- **Single-stage snowblowers:** also best for small driveways with trouble lifting icy and heavy snow. They can remove up to 20 centimetres of snow.
- **Two-stage snowblowers:** suited for long, wide or sloped driveways. They have no problem moving over 20 centi-

metres of snow, even if it's heavy or mixed with ice. However, they take up a lot of room, so make sure you have sufficient storage space.

- **Three-stage snowblowers:** perfect for large driveways and areas that regularly get huge amounts of snow. They can be up to 50 per cent more powerful than two-stage snowblowers.

Now that you've determined the type of snowblower you need, you can start looking at the different models that are available. Some have heated handgrips. Others come with power steering, a feature that makes using a big machine much easier.

It's best to invest in a popular brand because if replacement pieces are ever needed, they'll be more readily available.

Always buy the best model of snowblower you can afford. Inexpensive ones tend to require more in the way of maintenance and repairs.

8. In 1951 the International Commission on Snow and Ice devised a system for categorizing snowflakes according to their shape. The seven main shapes according to this classification are plates, stellar crystals, columns, needles, spatial dendrites, capped columns, and irregular forms.
9. Individual snowflakes form when water vapour freezes around a tiny airborne particle (e.g. dust or pollen).
10. The largest individual snow crystal ever photographed was 10 millimetres wide.

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Three moose hunting mistakes

Ah, the moose. With its majestic antlers and high-protein meat, this largest member of the deer family is highly coveted by big game hunters. However, it isn't easily fooled. To hunt this king of the forest, you'll need to be well prepared. Here are three mistakes to avoid when hunting the noble moose.

1. IGNORING THE WIND

Moose use their sense of smell to identify other moose and detect potential predators. For instance,

if a male approaches you after hearing your calls, it will try to locate the female you imitated by relying on the scents spread by the wind. If it smells you, you may lose the catch. This is why it's always a good idea to hunt upwind.

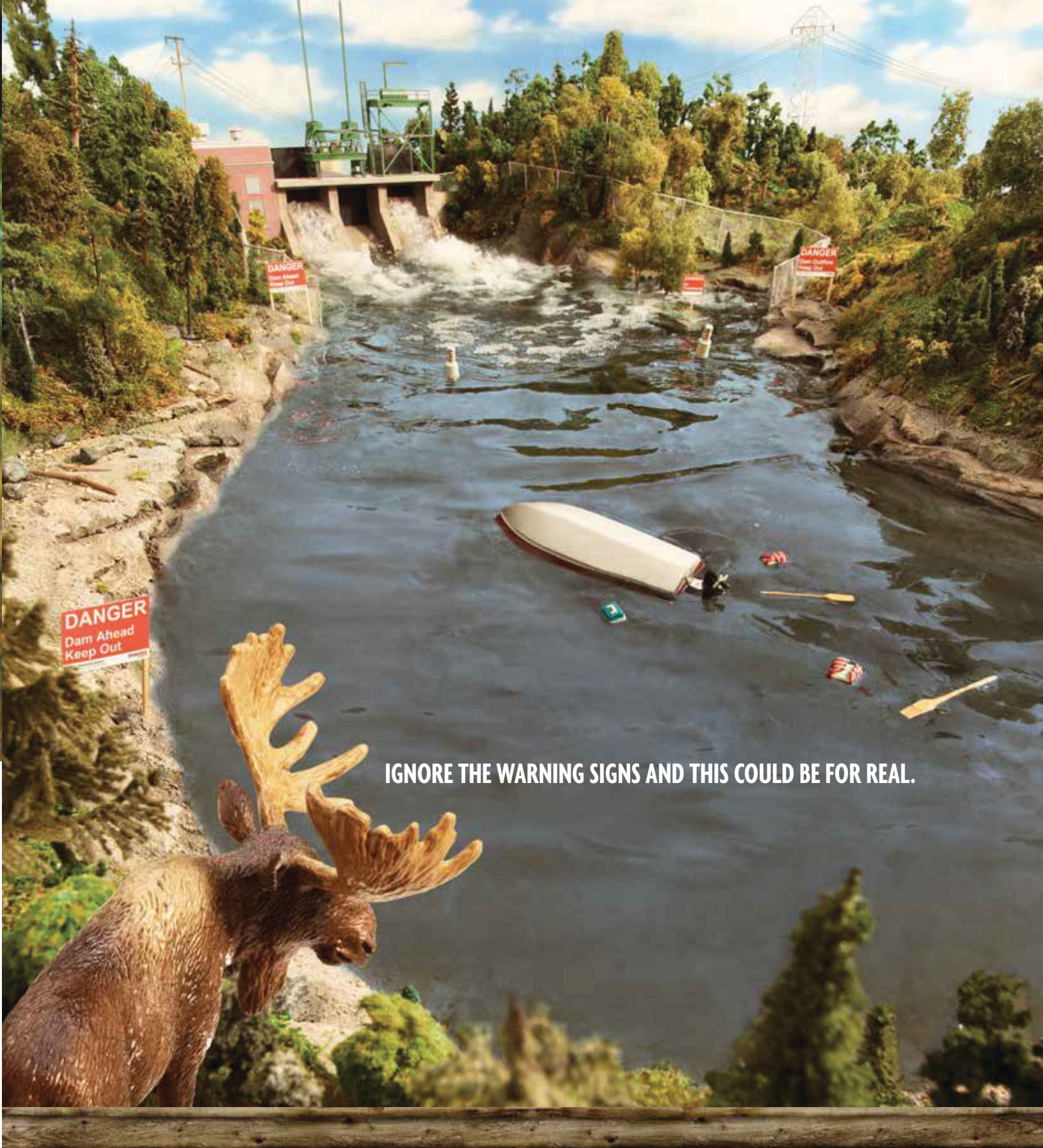
2. STAYING OUT IN THE OPEN

If you call the moose from a place that's too out in the open, your target will be afraid to come near you — even if you're well-hidden — and may not enter your line of fire. Avoid areas such as clearings or the bare shores of a pond. A well-covered spot will make camouflaging yourself a lot easier.

3. SMELLING LIKE A HUMAN

Moose can smell you better when your clothes are damp, so try to remain as dry as possible. Additionally, if you find fresh moose urine, use it to mask your scent. Admittedly, you won't be very clean anymore, but there isn't a more efficient way to cloak your scent.





IGNORE THE WARNING SIGNS AND THIS COULD BE FOR REAL.

Watch for the warning signs and don't fish or swim near dams and hydroelectric stations. Water levels rise rapidly and currents can become deadly in seconds.

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