

Édition East Ferris Edition

printemps et été 2018

Spring and Summer 2018

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Quartiers sympathiques d'East Ferris

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See page 2 for contest details.

Courez la chance de gagner un bon d'essence de **200 \$**.

Détails à la page 2.

Publication #3

How do you know that springtime is finally here and summer is just around the corner?

Well, because the Spring and Summer *Édition East Ferris Edition* is here!

That's right – our 3rd *Édition East Ferris Edition*, the Spring and Summer issue is here, signaling that spring and summer are just around the corner – it's time to put the snowmobiles, fishing huts, snowshoes and skates away – and get out the camping gear, the boat and the fishing rods, the gardening supplies, and the baseball and soccer gear!

This edition of *Édition East Ferris Edition* is chock-full of interesting stories and information about activities and events in our community, written by our own friends and neighbours. Do you know what xeriscaping is? Well, you can find out how to be a xeriscaper right here! Know where the Stepping Stones trails are, or where the Bald Eagles are nesting? What about the Depot Creek Restoration Project – what's that about? Got any good fishing stories or photos you want to share? Where's the friendliest neighbourhood in East Ferris? Looking for a great gift idea for Mother's or Father's Day? It's all here, and much, much more in the Spring and Summer issue!

To all of our readers of *Édition East Ferris Edition*, we want to say a great big thank-you for all of your interest and encouragement, and your comments and suggestions in helping us to make this a truly community magazine, a magazine about life in our little corner of the world – wonderful East Ferris! And, of course, thanks to everyone involved in putting this *Édition East Ferris Edition* together – our advertisers for their support, and all of our friends and neighbours who volunteered to be interviewed, to write articles, to sell advertising space, and put the photos and articles together in the final product. Enjoy! And, as you are reading the interesting articles and information found in this issue, if you get the urge to join us by writing about something you are interested in or passionate about – please do – join us for the next *Édition East Ferris Edition*!

Enter the contest

“Sounds Like A Fishing Story to Me”

for a chance to win a \$200.00 gas voucher

Do you have an amusing, interesting or a whopper fishing story and photo to share? We'd love to hear from you!

Édition East Ferris Edition is on a fishing mission. Please send us your stories, with or without photo(s), by following these simple steps:

1. The story must involve you, and respect the contest theme – an amusing, interesting or unusual story about fishing.
2. Submit your story, with or without photo(s), no later than midnight on August 15th, 2018 to eastferrisedition@gmail.com. Please ensure to include your name, address, telephone number and email address. **All entries will be entered into a draw for a \$200 gas voucher valid at Lucky 13s in Astorville and Corbeil. The winner will be notified August 18th, 2018.**
3. A selection committee will choose the best submission(s) to feature in an upcoming issue of *Édition East Ferris Edition*. By submitting a story, with or without photo(s), you accept publication in *Édition East Ferris Edition*.

Here fishy fishy...



Participez au concours

« Cela me semble être une vraie histoire de pêche »

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Avez-vous une histoire et une photo de pêche amusante, intéressante ou tout à fait incroyable à partager? Nous aimerions que vous nous en fassiez part!

Édition East Ferris Edition s'en va à la pêche. Veuillez nous faire parvenir vos histoires, avec ou sans photo(s), en suivant ces simples étapes :

1. L'histoire doit vous impliquer et respecter le thème du concours – une histoire de pêche amusante, intéressante ou inhabituelle.
2. Soumettez votre histoire, avec ou sans photo(s), au plus tard à minuit le 15 août 2018, à eastferrisedition@gmail.com. Veuillez vous assurer d'indiquer votre nom, votre adresse postale, votre numéro de téléphone et votre adresse de courriel. **Les participants et participantes verront leur nom inscrit à un tirage au sort d'une carte-cadeau d'essence de 200 \$ valable chez Lucky 13 à Astorville et à Corbeil. Le gagnant ou la gagnante sera averti le 18 août 2018.**
3. Un comité de sélection choisira les meilleures soumissions qui seront mises en vedette dans un prochain numéro de *Édition East Ferris Edition*. En soumettant une histoire, avec ou sans photo(s), vous acceptez qu'elles soient publiées dans *Édition East Ferris Edition*.

Venez, venez, petits poissons!

Les doux sons printaniers

par Bernard Rochefort

Dans les années 1970, Gordon Lightfoot a composé une merveilleuse chanson intitulée « Love and Maple Syrup » (L'amour et le sirop d'érable). Il y décrit comment l'amour et le sirop d'érable vont de pair et je suis tout à fait d'accord! Lorsque la sève commence à couler à la mi-mars, il n'y a pas de meilleurs endroits que l'érablière pour profiter des odeurs et des sons du printemps qui arrive. Depuis que j'étais tout petit garçon, j'ai eu le plaisir de profiter de la saison de renaissance et du renouveau à une érablière d'Astorville. Il n'y a pas d'amour plus pur que celui de respirer les nombreuses odeurs du printemps accompagnées du parfum que crée la sève en ébullition!



Il y a ensuite les merveilleux sons du printemps : le son de la sève d'érable qui tombe dans un seau, le chant des oiseaux et des grenouilles, et le son du passage précipité des écureuils. La fin de semaine, l'érablière s'anime au rythme de la musique et des rires, et des enfants qui s'amuse dans les flaques d'eau créées par la fonte des neiges. Mon son favori du printemps, c'est le murmure du premier petit ruisseau qui se met à couler doucement quand la neige fond. C'est pour moi un signe que les montagnes de neige sont sur le point de disparaître. Mais je ne peux m'empêcher de me demander où toute cette eau aboutira : une partie coulera dans des cours d'eau plus grands, peut-être même dans l'océan Atlantique, et une autre s'évaporerera dans l'atmosphère, se condensera sous forme de nuages et retournera sur terre au doux crépitement des pluies printanières dans des endroits que Dieu seul connaît.

The sweet sounds of spring

by Bernard Rochefort

In the 1970s, Gordon Lightfoot wrote a great song titled “Love and Maple Syrup.” He describes how love and maple syrup go hand in hand and I couldn't agree more! As the sap starts to flow come mid-March, there is no better place to be to take in the smells and sounds of the approaching spring than the sugar bush. Since I was a young boy, I've had the pleasure of enjoying the season of rebirth and renewal at a sugar bush in Astorville. Breathing in the many scents of spring mixed in with the fragrance of boiling sap is pure love!



photo by Lydia Weiskopf Tran

And then, there are the wonderful sounds of spring: the maple sap dropping into a bucket, the chirping of birds, the scuttle of squirrels and the singing of frogs. On weekends the sugar bush is alive with music, laughter and children splashing as they play in the melting snow. My favorite spring sound of all is hearing the first trickle of a gently-flowing stream as the snow starts melting. I know then that the mounds of snow will soon be disappearing. But still, I can't help but wonder where all the water will go: some seeping into the ground, parts flowing to bigger streams and maybe eventually the Atlantic Ocean, while other quantities will simply evaporate into the atmosphere, condense into clouds and then return to earth through the soft pitter-patter of spring showers in areas only God knows where.

Birds in East Ferris

by Richard Tafel

In the Fall edition of East Ferris Edition, I wrote about the many species of wild birds found in our township, including the ducks, herons, hawks, woodpeckers, and many more. It is interesting to read and learn about our wonderful wild birds. Still, we can't forget about the many 'perching' or 'song' birds so common in our own backyards – they are pretty amazing too!

To be able to identify and know something about the different species of birds around us is to so much more appreciate and discover what wonderful animals they truly are. All birds have feathers of course – and almost all of them can fly – but they are so much more than that – especially with their beautiful, sometimes haunting songs.

Which songbirds can you spot and identify in our community? Well, to begin with there are the "thrushes". The American Robin is the obvious first one; a truly wonderful harbinger of spring when it first announces its presence. But there are also the Hermit Thrush and the Swainson's Thrush, and the Veery. These birds appear in various densities of forests, singing their wonderful, organ-like melodies, mostly in early evening.

Next are the "flycatchers", like the Eastern Wood Pewee and the Eastern Phoebe. They inform us of their presence by repeating their names. The others like the Eastern Kingbird and Great Crested Flycatcher may also be found in your neighbourhood, singing very simple, but often loud calls – and catching flies with great dexterity.

The vireos are also about! Especially interesting is the Red-eyed Vireo, which is just so plain looking that it does not seem to worry about singing right from its nest site. It repeats its simple song all day, afternoon and early evening; so often in fact (and for some unknown reason) that one very illustrious, local naturalist Louise de Kiriline Lawrence (her plaque is at the highway just west of Mattawa) had the temerity (and energy) to count the Red-eyed Vireo's phrases. There were over 22,000 of them sung in just one day!

Black-capped Chickadees are so friendly and numerous that many feel they should be considered Canada's national bird. Usually we would include with them the "nuthatches". These birds like to climb down the trunks of trees head first – a tricky process for anyone else!

Then there are the two kinglets – Ruby crowned and Golden-crowned. These birds are almost as small as hummingbirds, and are so perky that it is hard to capture their full image, especially their colourful head-crowns. To get a good photo of these birds takes a lot of patience.

Gray Catbirds and Brown Thrashers are about the size of Robins, and are often found hidden in your back-yard bushes. If you listen for them, especially in early spring, their various notes and phrases will completely confound you. These birds sing hundreds of different notes, and their distinctive songs make them easy to spot and identify.

Well, I've run out of time in this edition to talk about all of the other wonderful birds we have around us in our community. I didn't get a chance to talk about the 26 or more species of wood warblers, sparrows, grosbeaks and other birds gracing our woods and backyards, especially in the spring. Perhaps they can be left to another edition of this township chronicle.

Photo by Jaynie Wallace

Quest for the Nest

The Bald Eagle nest has been found! Denis Beaulieu was the first person to report the location of a Bald Eagle's nest. Mr. Beaulieu received a beautiful pottery mug handmade by Mary Lahaie. Congratulations Denis and thank you to everyone who participated! Now we know there are actually two nests. Both are located in South Bay of Lake Nosbonsing. One is on the point about 75 feet back from the original nest, and the second is located deep in the northeast corner of the bay.



Photos by Carmen Weiskopf

Trout Lake's Bald Eagle Family

by Jaynie Wallace

As the 2017 boating season got underway, many boaters were eager to know "Would the Bald Eagle family be nesting on Trout Lake again this season?" and "Where would the nest be located?" In 2014 and 2015 the Bald Eagle family had a nest located on an island in Trout Lake, visible to those who knew where to look. In those years many boats could be found parked off the island, with boaters aiming their binoculars and cameras at the nest hoping for a view of the baby eagle, or scanning the shoreline looking for telltale signs of the distinctive white head and tail of the adult Bald Eagle.

However, in 2015 the Bald Eagle nest fell to the ground. Although during the 2016 season people still sometimes spotted a Bald Eagle on Trout Lake, no one was able to find a new nest, and most people assumed that the eagles did not nest in the area at all that year – and maybe had moved on for good. By 2017 there was a lot of interest in whether anyone had spotted an eagle on Trout Lake, and every sighting that was made was discussed in great detail – "I saw an eagle flying over Centennial Crescent heading towards Trout Lake" or "I saw an eagle in a farmer's field gathering grass and straw to use in the nest" fuelled the interest, but no one could confirm that there was a nest, or where it was. What everyone knew for sure was that the new nest, if it existed, was not where it was in 2014 and 2015.

Soon, more and more people were reporting they had spotted adult Bald Eagles on an island in Trout Lake, which suggested a nest was possibly close by. Still, given the dense forest and vast spaces around Trout

Lake, it was looking unlikely that the nest, if it did exist, would be located anytime soon.

Bald Eagles are very large birds, and adults can measure 30 to 40 inches in length, weigh 8 to 14 pounds, and stand two feet tall, with a wingspan of 6 to 8 feet. The adult female is about 25% larger than the male. Young birds are brown with motley white on their wings and body, and will acquire the white head and white tail at about 5 years of age. Bald Eagle nest sizes vary, but are usually about 5 to 6 feet in diameter and 2 to 3 feet deep, and are most often located in a large tree. A Bald Eagle will mate for life, and will often return to the same nest year after year. Both the adult male and female Bald Eagle will sit on the nest, and take turns hunting, feeding and looking after the young. Bald Eagles will eat almost anything that is available, either live or from scavenged carcasses, such as fish, other birds, reptiles, and even small mammals.

In 2017, the Trout Lake Bald Eagle family hid their nest well, on an island in Trout Lake, where it can only be seen from a very limited geographic vantage point – making it difficult to get a good view or a picture of the baby eagle. Bald Eagle nests and young eagles are easily disturbed. If people, animals, or other birds get too close to an active nesting area, adult Bald Eagles might abandon a nest site, or even leave the eggs or young eagles. To protect the young Bald Eagles, please respect the birds and keep your distance from an active nest so everybody can enjoy watching these majestic birds. We look forward to seeing the Bald Eagles in 2018.



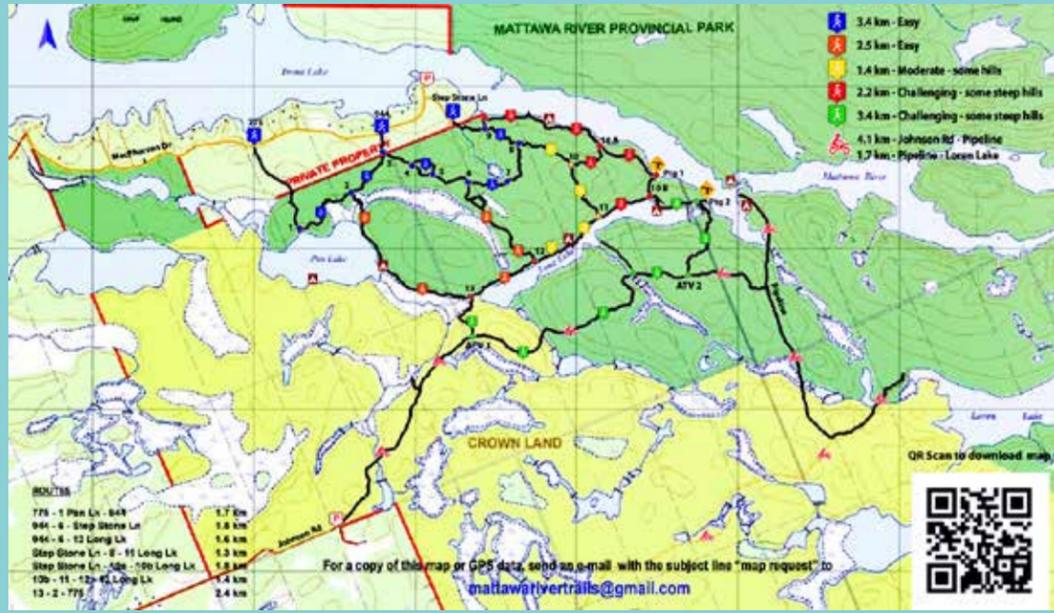
Did you know that the sound most people associate with a Bald Eagle – that majestic call – is not the sound the Bald Eagle actually makes. Television and movies have used the Red Tail Hawk's cry to symbolize the Bald Eagle. The actual Bald Eagle cry is a much softer, laughter-type sound. Look it up on the internet and listen.

Photos by Jaynie Wallace



Stepping Stones Hiking Trails

by Chris Homes



The Stepping Stones hiking trails are located in the Mattawa River Provincial Park at the east end of Trout Lake. The main access point is at the end of Stepping Stones Lane near the MacPherson Drive boat launch, and the second access point is at the end of Johnson Road in Corbeil. These two trail access points do not cross private property.

History of the Trails

The Stepping Stones trail “network” came together almost 30 years ago when a few local residents got together and connected a series of pre-existing portage trails, old logging trails and random hunters’ trails, many of which are well over 50 years old. For several years the trails remained unmarked, used only by local residents who knew the area. As time passed, and after locals ran into a growing number of lost and disoriented hikers, canoe campers and visitors unfamiliar to the area and looking for directions, maps were posted along the trails and distributed locally. Hikers can now simply take a picture of the map posted along the trails or download a map by scanning the QR code printed on the map. Over the years, the Stepping Stones trails have seen a significant increase in hikers and have been featured several times in the “BACKROADS BILL” weekly column in the North Bay Nugget Community Voices.

Hiking on the Stepping Stones Trails

The Stepping Stones trails are not official park trails, but rather local neighbourhood trails. You can enjoy the trails year round, however, they are particularly nice in the fall and winter months. In the winter, the main trails are usually hard packed allowing you to hike on them most of the time without snowshoes. The other less-travelled trails provide fantastic snowshoeing. Check them out and have fun!

The recently updated map with coloured trail markers will give you a good idea of the trail distances and difficulty levels. Having said that, here are a few pointers to help you have a safe and enjoyable day hiking on the trails:

The trail from Johnson Road to the pipeline is long and remote. There are several steep grades, a creek crossing and some wet mucky sections. In the fall, there are hunters using this area, so for safety reasons please wear some blaze orange attire.

The section along the river between #9 and #10 and the section between #11 and #12 on Long Lake are the most difficult sections of the trail network due to some steep/rocky terrain.

There is a new section of trail between #10A and portage #1 (red trail) along the Mattawa River, and a new section of trail from portage #2 up to the ATV trail (green trail) that connects to the pipeline route. It will take a few seasons to pack the trail down and define a nice walking path.

There is cell-phone coverage in the area, but you may have poor reception on some networks.

Plan ahead and allow sufficient time to complete your hike before dark.

Stay off the lakes and ponds in the cold weather as they may not be frozen. BE SAFE... Stay on the trails!

Enjoy!

by Paul-Émile Perron



The Nosbonsing Anglers and Hunters Making a Difference with The Depot Creek Rehabilitation Project

In 2016, the Nosbonsing Anglers and Hunters applied for a grant to rehabilitate Depot Creek in Boulter Township. At one time, Depot Creek was a pristine brook trout stream, but in October 1956 Hurricane Hazel destroyed the creek. Major erosion buried all of the creek bed gravel, filling the creek with sand and silt.

Early in 2017, the Nosbonsing Anglers and Hunters received word that our application for a grant to rehabilitate Depot Creek was approved. We began ordering the tools and materials we would need for the project and, working under the guidance of an expert in stream rehabilitation, we formulated a work plan.

On June 11, 2017, volunteer members from the Nosbonsing Anglers and Hunters, both men and women, started work on the first section of the Depot Creek rehabilitation project, a two-kilometer stretch at the upper

end. After clearing away years of debris and thick stands of alder trees impeding the flow of water, the volunteers constructed retaining walls, flow deflectors and catch basins using the materials at hand, including trees that had fallen across the stream and branches cut and installed behind the retaining walls to act as traps for the catch basins. More than 300 steel T-bar posts were used in the two-kilometer stretch. Nearly twenty sites along the two-kilometer stretch of the stream required major remedial work.

It took 121 days of work and a total of 1,109 hours of volunteer time to reach our goal of rehabilitating a two-kilometer stretch of Depot Creek. All of the time and hard work was worth it – each time we would return to start working on the stream, we could already see big improvements, as the sand and silt were now being deposited behind the walls of the catch basins, exposing the gravel in the stream bed where the invertebrates, like insects, snails

and worms will hatch, providing food for the brook trout. Along with witnessing the improvement in the stream, the camaraderie of everyone involved in the Depot Creek rehabilitation project was truly remarkable and rewarding.

Next year we will be tackling another two-kilometer stretch of Depot Creek. If anyone is willing to give us a hand with this worthwhile project for our area, please join us – we are always looking for new members – you are more than welcome! We have monthly meetings which start with a catered hot supper, followed by the meeting.

To join us on the Depot Creek rehabilitation project, or to get more information about our activities, you can contact Paul-Émile Perron, President, Nosbonsing Anglers and Hunters by telephone at 705-752-1171, or by email pauleperron@icloud.com.



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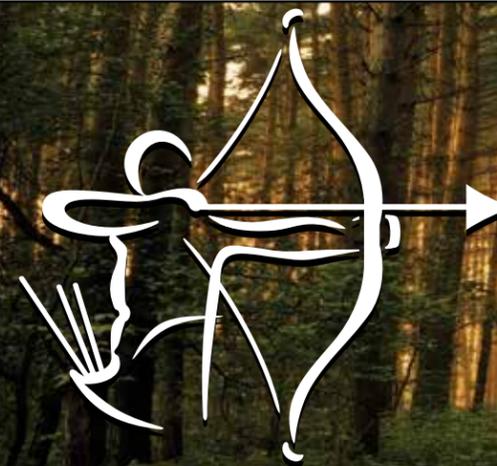
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Neighbourhood Artists

by Nancy Dobson

In an effort to illustrate the diverse artistic talent in our community, we will feature a number of local artists in each publication. From those who create with clay, wood, paint, glass, metal or fabric, we are home to a thriving community of artists hidden in our midst. If you, or someone you know, has work to be featured in future publications, contact Nancy at nancycoltas@gmail.com to arrange an interview.



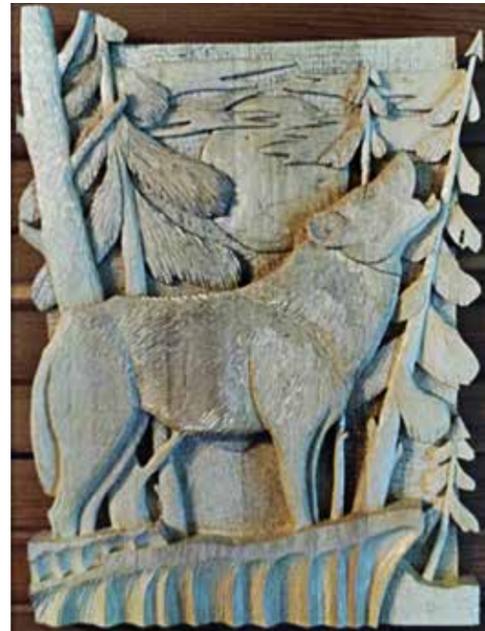
Kerry Somerville of Lids for Kids

is a milliner living and working from her studio in Astorville. Born and raised in North Bay, Kerry moved to Astorville 6 years ago with her husband Steve. Kerry is also President of the Wasi Cross Country Ski Club and the host and organizer of the Artisans in Astorville arts and crafts show for the past 5 years. A graduate of the Sheridan College Fashion and Design program, Kerry has continued to enhance her skills and, and has spent 6 summers attending courses at the Shaw Millinery school in Niagara-on-the-Lake. In 2013, she travelled to England to study the art of trimming hats, a gift from her husband that she states “changed her life” with her millinery work. Kerry has been designing and creating beautiful hats for

over 20 years. She started with children’s hats and has evolved through the years to include adult hats and one of a kind creations for special events which can be purchased or rented. Kerry’s hats and fascinators are available at the North Bay Farmer’s Market every Saturday during the summer. Kerry’s creations can also be viewed and ordered through her website at www.lidsforkids.ca

John Groom, The Artful Carver

is well known in East Ferris for his amazing wood-carving skills. Many of John’s carvings are inspired by nature with chickadees, loons and wolves captured in his intricate work. John and his wife Ann moved to Corbeil 24 years ago, drawn here by memories of cottage life and wanting to raise their children in this beautiful area. John has spent his life working with wood carvings, having started as a young boy. He states that he does it for the love of the art itself. John has designed and built his own computer-controlled router system which allows him to carve intricate precision designs which he then finishes by hand. In recent years, he has been designing and carving signs which grace many a home in the East Ferris area. At almost age 60, John’s skill as a carver is readily apparent in his work. Many of his pieces can be seen on his website at www.artfulcarver.com.



When you want to get to know someone, ask about their hobbies and interests. Talking about hobbies means you can share details about yourself and discover shared interests and free-time activities.



The East Ferris Golden Age Club d'âge d'or

by Terry Way-White

The East Ferris Golden Age Club d'âge d'or does many activities throughout the year, including at least two out-of-town trips. Since 2017 was Canada's sesquicentennial year, the club decided to go to one of Canada's oldest cities. A four-day-long trip was planned to Quebec City. Fifty people boarded a Tisdale coach on October 10, 2017, and set out on a journey to take in the wonderful sights and customs of Quebec. The afternoon of day one was spent in Gatineau on a walking tour of 'MosaïCanada 150 Horticulture', depicting 150 years of Canadian history in flowers. All the statues and animals along the route were made entirely of flowers. Next, we visited the Museum of History and took in an IMAX movie of the building of the Canadian Pacific transcontinental railway. As the first day of our trip drew to a close, we stayed overnight at the Hilton Casino Lac Lemay in Gatineau. Quite a busy day we had!

On day two of our trip we travelled along the north shore of the Saint Lawrence River to Quebec City. After lunch, we visited the 'Musée du Fort' in upper town Quebec City, where we saw a miniature re-enactment of the historic battles of Quebec City. Following the re-enactment presentation, we boarded the coach for a tour of Quebec City, followed by a visit to a sugar shack at Lac Beauport for a presentation on the making of maple syrup, complete with samples. At the sugar shack, we had supper which consisted of baked beans, tourtière, ham, couenne de porc, maple syrup, potatoes and sugar pie for dessert. During the meal we were entertained by a coureur de bois playing some very lively music on his fiddle, and some of the members of our group joined him on stage and accompanied him on the spoons. A square dance then broke out and we had to pry ourselves away when it was time to leave! Later that evening, those who weren't too tired went to the Citadelle for an 'Unsuspected Tour'. This presentation was given by three 'ghosts' who gave an historical account of the characters they portrayed. This presentation was very well done.

On day three of our trip we travelled to the Montmorency River and went by cable car to the top of the falls. The Montmorency Falls are 83 meters high, which is 30 metres higher than Niagara Falls. We had a superb lunch in the dining room at the top of the falls then walked over a suspension bridge to view the falls from the other side. After lunch we boarded the coach and went to the port of Quebec for a 2.5-hour cruise up the Saint Lawrence on the ship 'Louis Jolliet'. The ship even took us to the base of the Montmorency Falls where we could now get a look at the falls from the bottom. After the cruise we were dropped off in the lower town of Quebec where we were able to walk along the narrow cobblestone streets, visit the many shops, and go to one of the many ancient outdoor pubs to wet our whistle before returning to L'Hôtel Québec.

On day four, we left Quebec City for an enjoyable return ride home, entertained by our superb driver, commentator and wannabe comedian Tim Hendry. Lots of stories, lots of jokes and a real camaraderie and shared experience makes the travelling days so much fun. For us, the trip to Quebec City was a fantastic way to celebrate Canada's 150th birthday and made us even more proud to be called Canadians!



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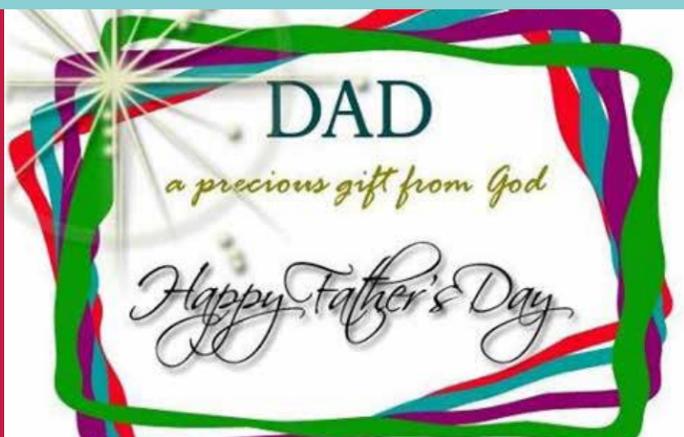


Come to the Corbeil Four Seasons Club to Celebrate Mother's Day and Father's Day 2018!



The first special woman in almost everyone's life is their mother, so this Mother's Day, show how much you appreciate all she has done for you. The most important thing you can do is to treat her with all the love and kindness she deserves. The second thing you can do is take her out to the Corbeil Four Seasons Club for their special Mother's Day Dinner and Dance on Saturday, May 12th. Those who attended last year's Mother's Day Turkey Dinner were delighted with the celebration. Claire Periard of the Club says "it would be very nice to see a lot of people with their mother or grandmother at the event." You can contact the Club by email, or on their Facebook page, or call 705-752-1186 to reserve a spot for you and your mother.

Father's Day is that special day of the year that we set aside to honour our dads. In many families, this is a celebration that is often marked with dad overseeing a grilled dinner on the BBQ. But isn't that a lot of work? So why not take him out for a great meal? Last year, all who attended the 2017 Father's Day Fish Fry Dinner had a great time. This year, book your table for the Father's Day Dinner and Dance scheduled for June 16th at the Corbeil Four Seasons by contacting the Club by email, or on their Facebook page, or call 705-752-1186. Your father will surely thank you for doing so!



The year 2018 will be busier than ever in the East Ferris Golden Age Club.

The following events are scheduled:

- March 24 'Lost in the 60s Tonight' dance, an evening of dancing and fun
- March 15 Nipissing Manor luncheon, Manor residents are invited to the Park Hall for an outing and lunch
- April 18 Spring General Meeting (3-5 pm)
- April 22 Spring Card Euchre tournament
- June 3 Over 80s dinner where our honorary members are invited to a scrumptious dinner and social
- June 9 Annual Senior 50+ Games
- October 17 Fall General Meeting (3-5 pm)
- October 21 Fall Bid Euchre Card Tournament

New this year, we will be offering painting as part of our crafts. For more information, call Lyne at 705-474-4655 or check out our Facebook page.

The Busy Bees

Had another busy year. In 2017, they served a lunch to a total of seven Corbeil families after the funeral of a loved one and assisted the Cenotaph Memorial Committee in serving refreshments after the Remembrance Day Ceremony on November 10.

The Busy Bees are a non-profit dedicated volunteer group and provide this service in exchange for a donation. They hold Rummage and Bake Sales twice a year. The next sale is being held at the Corbeil Park Hall on May 5th and the Fall sale is on September 29th. Drop off your gently used goods the day before from 9:00-12:00.

In the Garden

by the Memorial Park Gardening Group

What is xeriscaping? The word xeriscape (pronounced 'zeriscape') is a combination of two words, "xeros" derived from the Greek word meaning dry, and the word "landscape". Xeriscape means to landscape in a way that doesn't require extra irrigation.

The principle behind xeriscaping is using plants that don't require a lot of extra watering. This principle doesn't mean choosing "desert" plants. It simply means choosing native and drought-resistant plants then ideally applying a layer of mulch. Imagine sitting back, enjoying the beauty of a low-maintenance, hassle-free, and drought-tolerant perennial garden and landscape. It's easier than you think! And, xeriscaping isn't all about water conservation, many aspects lend themselves to solving problem areas like steep slopes and sandy soil.

Perennials

In general, drought-resistant plants will have broad roots and small, thick leaves, often with a waxy, glossy or fuzzy coating on the leaves. Here are a few examples:

- Waxy/fuzzy leaf coverings like Sedum and Lamb's Ear;
- Deep tap roots like Daylilies and Peonies;
- Silvery, finely-divided foliage like herbs and Artemisia;
- Compound leaves like Lupins, Astilbe, Goatsbeard and False Indigo.

Ask a local landscaper or at a garden centre about native species of drought-resistant perennials, shrubs, and trees that are best suited for growing on your property. If you'd like more information on xeriscaping, or ideas to help you create a more environmentally friendly and lower maintenance landscape for your home and property, check out www.landscapeontario.com.

Planting native plants, those indigenous to our local soil and climate conditions, will also attract more butterflies, birds and native (read beneficial) insects to your natural oasis.

Here are just a few practical tips to get you started thinking about xeriscaping for your garden beds:

- Extend downspouts to direct water into perennial & shrubs beds, to the base of trees or onto the lawn;
- Garden, shrub and perennial beds surrounding the lawn will maximize run-off;
- Grouping plants by their moisture needs will not only cut back on water usage, it will ensure that you won't be over-watering drought-tolerant perennials (like Rubeckia) and shrubs (like Junipers). Over-watering drought-tolerant plants causes them to become limp and flop over;
- Mulching perennial and shrub beds means less moisture lost to evaporation; the bonus: mulching not only conserves water, it means fewer weeds! Mulching perennial and shrub beds to a depth of 5 to 10 cm (2 to 4 inches) means less moisture lost to evaporation; the bonus: mulching not only conserves water, it means fewer weeds!
- Water efficiently! Water infrequently but water deeply to promote extensive root systems. A deep watering means giving perennial and shrub beds 5 cm (2 inches) of water;
- Consider adding a rain gauge to your landscaping and get into the habit of monitoring mother nature before getting out hoses or turning on the sprinkler system!

If you're wanting to start xeriscaping your gardens or property and would like a more comprehensive listing of perennials and shrubs best suited to our conditions here in East Ferris, contact us at catherine@howardpress.ca - we'd be pleased to help you get started!



Celebrating 5 Years of the East Ferris Tradeshow

The Municipality of East Ferris is delighted to host the 5th Annual East Ferris Tradeshow on Saturday, May 26th, 2018. This exciting event will be held from 8 a.m. to 4 p.m. at the East Ferris Community Centre in Astorville, and offers many activities for adults and children alike. Over the past 5 years, this community event has attracted thousands of local and regional participants and showcased hundreds of indoor and outdoor vendors.

Karen Jones, Chair of the Economic Development Committee, notes that “this annual event has been successful in showcasing local businesses and organizations. It is a true testament to the entrepreneurial strength of the East Ferris community. The goal is to provide opportunities to network with local businesses, residents and participants while creating a family-focused event.”

Claude Champagne, a member of the Economic Development Committee, states “this event is a great way to kick off the spring and bring the community together. Furthermore, it serves as a great way to network with potential clients, suppliers and partners. While walking around the tradeshow last year, we heard people making sales at their booths and connecting to clients throughout the whole region!”

Booth registration and sponsorship opportunities are now available and can be viewed at www.eastferris.ca.

If you're interested in participating in the 5th Annual East Ferris Tradeshow by becoming a vendor, sponsor or volunteer, please contact Natasha Penn, Karen Jones Consulting Inc., at 705-492-3216 or at natasha@kjco.ca.



Célébration de la 5^e foire commerciale annuelle d'East Ferris

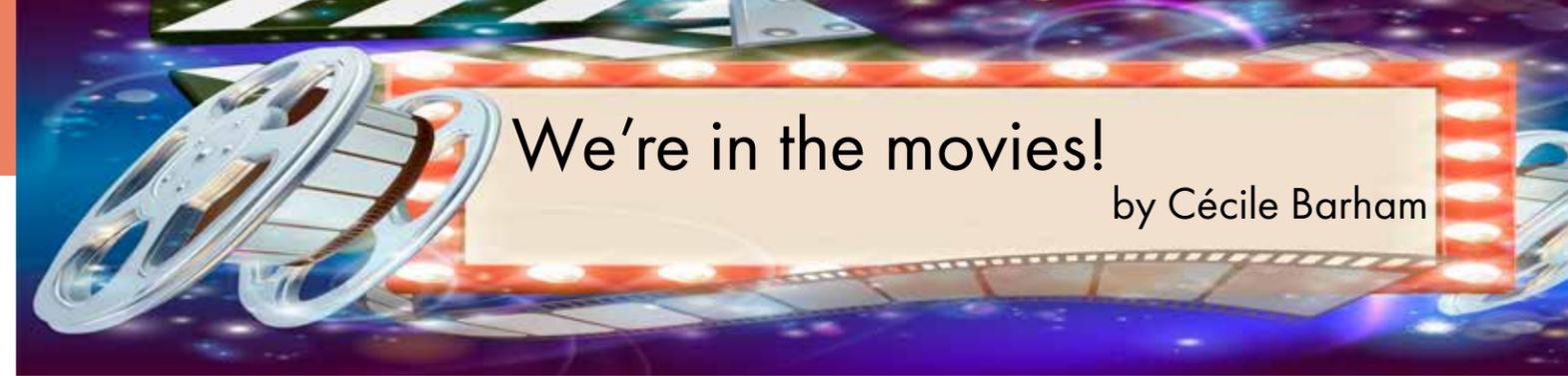
La Municipalité d'East Ferris est très heureuse d'accueillir la 5^e foire commerciale annuelle d'East Ferris qui aura lieu le 26 mai 2018. Cet événement majeur se déroulera de 8 h à 16 h et offrira de nombreuses activités aux adultes comme aux enfants. La foire aura lieu au Centre communautaire d'East Ferris à Astorville. Au cours des cinq dernières années, cet événement communautaire a attiré des milliers de participants de la région et a permis de mettre en vedette des centaines de marchands tant à l'extérieur qu'à l'intérieur du Centre communautaire.

Karen Jones, présidente du Comité de développement économique, indique que « cet événement annuel réussit très bien à mettre en vedette des entreprises et des organismes. Il est un véritable témoignage de la force entrepreneuriale de la communauté d'East Ferris. Son but est de fournir des occasions de réseautage avec les entreprises de la région, les résidents et les participants, tout en créant une activité axée sur la famille. »

Claude Champagne, membre du Comité de développement économique, dit que « cet événement est une merveilleuse façon de marquer le début du printemps et de rassembler tous les membres de la communauté. De plus, c'est une très bonne occasion de réseauter avec des clients, des fournisseurs et des partenaires possibles. En circulant parmi les kiosques à la foire l'an dernier, on pouvait entendre des gens effectuer des ventes et établir des rapports avec des clients à l'ensemble de la région! »

Le formulaire d'inscription des marchands et les possibilités de commandite sont maintenant offertes et peuvent être affichées au www.eastferris.ca.

Si vous souhaitez participer à la 5^e foire commerciale annuelle d'East Ferris en tant que marchand, commanditaire ou bénévole, veuillez communiquer avec Natasha Penn, Karen Jones Consulting Inc., au 705 492-3216 ou à natasha@kjco.ca.



East Ferris has been a very welcoming area for film crews these past few years.

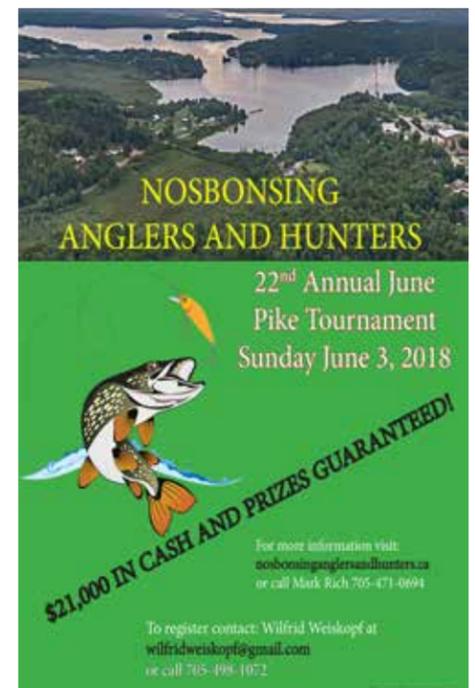
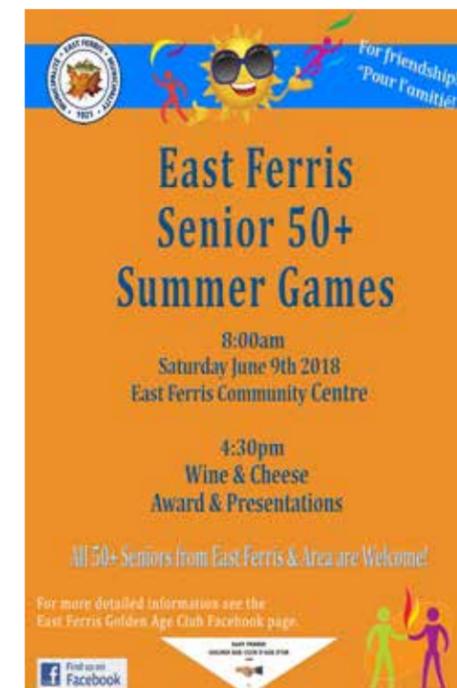
You might have noticed transport trucks and other strange vehicles parked at the corner of Highway 17 and 94 in mid-September 2017. This fleet of vehicles carried equipment, actors and production crews to an address on One-Mile Road, just off of MacPherson Drive, to film an episode in Series 3 of Cardinal with actor Billy Campbell as Detective John Cardinal and Drummondville, Quebec native Karine Vanasse as his partner, Detective Lise Delorme. This crime thriller series is based on Giles Blunt's Cardinal Mysteries books; this one titled Blackfly Season. The residence was the scene of a murder and boats roamed the bay. This series is to be aired in fall 2018.

In the spring, a couple of scenes of another film titled *A Song for Christmas*, were shot at a residence on Durrell Road. It created a lot of excitement and traffic. The MacPherson Drive Park was a hustle and bustle of activity and overflowing with travel trailers with film production staff for a couple of weeks. I personally viewed the film that was aired mid-December. The story was about a young singer in the middle of winter running away from the tour bus and her controlling manager. She was taken in by a family that lived on a dairy farm. It really warmed the heart, it was Christmas season and this family under stress of losing their home and family business welcomed a stranger in need and she repaid their kindness in what she does best.

The year before, another movie was filmed at a cottage on Trout Lake on Centennial Crescent and in 2015, Astorville opened up to the movie makers for the biblical film of Mary and Joseph.

East Ferris is no stranger to being in the movies. It was part of the movie scene in the early 1940s. Hollywood Warner Brothers produced a movie to publicise a training program that trained Northern Ontario bush pilots to become RCAF pilots when war pilots were needed. I remember my parents and some local long-time residents talking about the making of this movie. It was called *Captains of the Clouds* starring James Cagney and Brenda Marshall. Some of the scenes were shot at Camp Woodcliffe and in Croskery's Bay on MacPherson Drive.

You never know when watching a Canadian movie that some of it may have been shot in your own neighbourhood!





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WoodofaKind by Brooks

The North Bay Parry Sound District Health Unit is moving to 345 Oak Street West in North Bay.

We offer services such as parenting classes, vaccines, dental care, birth control, water testing and more.

Visit our website for more information
www.myhealthunit.ca

We are your lifetime partner in healthy living.



The Health Unit is MOVING
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myhealthunit.ca/345Oak
1-800-563-2808 | 705-474-1400  

KICK OFF THE SUMMER WITH CANADA DAY!

In 2017, the Municipality of East Ferris hosted great events to celebrate Canada's 150th anniversary, such as the Skate Day, the 1st Annual Seniors Summer Games, the fall pancake breakfast with hay rides on historical Voyer Trail and the opening of the Astorville tennis court which is now also equipped for playing pickleball.

Celebrating Canada Day is important and again, a great celebration is planned for 2018 in East Ferris. On July 1st, citizens of East Ferris will celebrate Canada... rain or shine! It is a time for friends and families to come together to celebrate the fact that there is no better place in the world to live, work and raise a family than in East Ferris. So start planning your July 1st wardrobe now to include a red rain poncho so that nothing can hold you back from celebrating, and bring a lawn chair.

Canada Day Celebration

Come to Corbeil Park Hall on July 1st. You are not going to want to miss a thing. A great lineup of talented local performers is brought to you by the East Ferris Knights of Columbus, with a mix of genres sure to please everyone in the crowd which includes the Wayne Miller Band (A Tribute to Johnny Cash and the Tennessee Three), Roadhouse, the Dégagnés, Fiddle 'N Country, and Billy Vrebosch.

The event will feature the Knights of Columbus Charity Ribfest with 5 local amateur ribbers competing for the title of East Ferris BBQ King or Queen. Some of the confirmed ribbers include Mike Gone Wild, Smoking HOT Willy Ribs & RR LICKING GOOD. Craft beer and homemade lemonade will be available to wash down a great meal for the great price of \$10.00. Children can enjoy a Play Zone, hay rides, the Fire Truck Station, a marshmallow pit, an ice cream shop and famous East Ferris sucre à la crème (fudge). At 10 p.m., the East Ferris Firefighters will launch the fireworks show.

Célébration de la fête du Canada

Venez au Corbeil Park Hall le 1^{er} juillet. Vous ne voudrez rien manquer. Un excellent programme d'artistes talentueux de la région vous est offert par les Chevaliers de Colomb d'East Ferris, avec un mélange de genres qui plairont sûrement à la foule entière, notamment la Wayne Miller Band (A Tribute to Johnny Cash and the Tennessee Three), Roadhouse, les Dégagnés, Fiddle 'N Country and Billy Vrebosch.

L'événement mettra en vedette la Foire aux côtelettes des Chevaliers de Colomb, avec 5 chefs amateurs locaux qui se disputeront le titre de Roi ou Reine du BBQ d'East Ferris. Certains des chefs dont la présence est confirmée sont Mike Gone Wild, Smoking HOT Willy Ribs et RR LICKING GOOD. Vous pourrez vous procurer une bière artisanale ou une limonade maison pour arroser ce merveilleux repas offert au prix modique de 10 \$. Les enfants peuvent profiter de la Zone de jeu, d'une randonnée en charrette, du camion de pompiers, du poste de guimauves, du kiosque de crème glacée et du fameux sucre à la crème d'East Ferris. À 22 h, les pompiers d'East Ferris se chargeront du lancement des feux d'artifice.



MARQUEZ LE DÉBUT DE L'ÉTÉ AVEC LA FÊTE DU CANADA!

En 2017, la Municipalité d'East Ferris a organisé de grands événements pour célébrer le 150^e anniversaire du Canada, comme la merveilleuse journée de patinage, les premiers Jeux d'été pour personnes âgées, le déjeuner aux crêpes d'automne avec des promenades en charrette sur le sentier historique Voyer, et l'ouverture du nouveau terrain de tennis d'Astorville maintenant équipé pour aussi permettre de jouer au pickleball.

Célébrer la fête du Canada est important, et encore une fois, une grande fête est prévue en 2018 à East Ferris. Le 1^{er} juillet, les citoyens et citoyennes d'East Ferris célébreront le Canada... beau temps, mauvais temps! C'est le moment de se réunir en famille et entre amis pour célébrer le fait qu'il n'y a pas de meilleur endroit au monde pour vivre, travailler et élever une famille qu'à East Ferris. Commencez donc à prévoir votre habillement du 1^{er} juillet, notamment un poncho imperméable rouge, afin que rien ne puisse vous empêcher de célébrer, et apportez une chaise de jardin.



SOCCER WITH HEART

by Sharon Kitlar

Manager, Parks, Recreation and Facilities, Municipality of East Ferris

It is important for children to be exposed to different movement skills. The development of these physical skills stays with a person over the course of their life. Playing soccer develops a number of skills in children. These include running, kicking, jumping, passing, balance, and coordination to name just a few. Outside of the physical skills, participants also develop cognitive skills by learning to read the environment and make decisions based on what is happening – e.g. pass, shoot, run to open space, etc.

The non-competitive approach and philosophy of the game is in keeping with Soccer Canada's Long-Term Player Development model. Soccer Canada's model is based on the idea that young children will compete even in the absence of league standings. All young players understand that soccer is a game for scoring goals and "winning". Simple observation of children's soccer around the world shows that the absence of a trophy or league title does nothing to diminish each player's desire to compete every time they step onto the soccer pitch for a match.

At the same time, when coaches in children's leagues chase trophies and titles, and when parents criticize and pressure their children, poor player development is the most frequent result. Coaches tend to play only their strongest players, leave their "weak" players on the bench, specialize players in positions prematurely, and use game tactics aimed solely at guaranteeing a win (e.g. kicking the ball down the field, not trying to create controlled buildup), while promoting a general attitude of "don't take chances – don't experiment with your skills or decisions – just play safe by kicking the ball far and away".

Following are interviews with some of the East Ferris Soccer coaches and their comments in support of this recreational, non-competitive, fun-based approach to teaching our kids the game of soccer.

For more information on how to register for the East Ferris/Callander Soccer League, please call the East Ferris Parks and Recreation Department at 705-752-3566.



Tina Foster

I have been coaching recreational non-competitive soccer in East Ferris for a number of years. It is a great league. Both of my children play as well as many of their friends and they all have a lot of fun, all while being active and not having to worry about winning and losing. As a coach, I can ensure equal playing time for all players, experiment with positions, and promote a general willingness among players to try their skills in a game setting without being preoccupied with winning. Even though standings are eliminated in children's soccer in East Ferris, friendly competition still takes place among the players. With the non-competitive model for teaching and coaching soccer, it is easier for me to pursue a broad-based approach to player development, and all players gain experience in a variety of positions. If you are unsure about enrolling your child in East Ferris Soccer, just come out and give it a try!



Tina Foster & Jeremie Corbeil

Marielle Rochefort and Sophie Laperrière

We have coached for two seasons. The first year we worked with players aged 5 and 6 years of age, and the second summer we coached a team of 9- to 12 year olds. Overall it has been a great experience! At the outset we thought that coaching kids' soccer would be simple and a lot of fun, but we soon learned that it demanded a lot of thought and attention. Coaching, especially at the youth level, involves accepting a huge responsibility, as you are basically in a position of trust as parents put their kids in your care. The youth soccer coach wears many hats. First and foremost you have to be able to communicate positively with the players, the parents, and all involved. This is in fact a critical part of the job that we had not realized, especially in coaching younger players only 5 and 6 years of age. When teaching a sport such as soccer in a non-competitive format, it's important to communicate that it's just a game and you want to be sure your players have fun. Therefore, helping all players be the best they can be by creating a fun and productive practice environment is something that has been most important for us as coaches. That does not mean that we don't incorporate real game elements – on the contrary, we introduce soccer skills, techniques and rules by incorporating them into our instructions. We touch on fitness and tips on how to avoid injury, and focus on being caring and respectful of other players on the field. What is critical in our view is focusing on the fact that every player is an individual, and it's our job as coaches to provide a wholesome environment so that each child has the chance to learn how to play the game without fear and while having fun.



Charlee Sasyniuk



Ella Cloutier and Garratte Tran



Charlee Sasyniuk, Mollie Wanner and Francis Morneau



Jamie Coote has been playing soccer since before he was in high school, and continues to enjoy playing adult soccer today after 45+ years, having had the opportunity to coach and play alongside each of his children Gabrielle, Dominic and Benoît. Jamie and Benoît currently play in the Nipissing District Adult Soccer Second Division Club for Men League aged 20+. In recent years, they have enjoyed playing once or twice weekly at the new Steve Omischl Sports Complex. As Jamie explains, moving into our adult years makes staying in shape more important – not only for our physical health but also for our mental well-being. Staying active keeps us young at heart, healthy, and improves our vitality. Having fun while exercising is also the most successful way to ensure we maintain our exercise routine. Jamie points out "while pounding the pavement during a jog or sweating it out in a gym are possible options and can teach you individual discipline and determination for staying in shape, personally, I like to get in shape by playing soccer and being out on the soccer field with my team, children, family and friends."



In 2017, Jamie was joined on the soccer field by Father Cyril Okebanama. Father Cyril is the new parish priest at Sacred Heart Church in Corbeil and St-Thomas-d'Aquin in Astorville, and Sainte-Bernadette in Bonfield, coming to us from Nigeria. In Nigeria, soccer is called football and for Father Cyril it is his birth country's most popular sport. The Nigerian national football team competes regularly for international titles, and many Nigerian footballers compete in Europe, particularly in England. Nigeria has one of the finest national teams in Africa and has produced many notable footballers. As a youth, Father Cyril played at advanced soccer levels in Nigeria, and he continued to play throughout his seminary education and since coming to Canada four years ago. In the words of his teammates, Father Cyril has brought speed and agility to his sponsored team Moore Propane. In 2017, the team went to the NDASC Second Division Championship, but lost 4-1 to The Station. Both Father Cyril and Jamie Coote can't wait for the start of the 2018 season – but be assured that their anticipation is not so much to avenge their 2017 loss as it is to rediscover once again the game they have enjoyed playing since they were young kids. Soccer is a game that can be played with no expectations, no high stakes, and just pure fun.

“Home Sweet Home”

by Pauline Rochefort

There's no doubt that becoming more energy efficient is a smart business decision in order to save money and increase productivity, but what about the cost required to make these upgrades?

That's where Hydro One's Save on Energy Retrofit Program comes in – they offer significant financial incentives to encourage businesses and industries of all types to better manage their electricity use.

“We're committed to helping our customers maximize their productivity and save money to benefit their communities and local economies,” says Ferio Pugliese, Executive Vice President, Customer Care and Corporate Affairs, Hydro One. “Our energy efficiency programs are designed to help local businesses and organizations save on electricity and invest in programs and products that matter to their customers.”

The East Ferris Community Centre (EFCC) was quick to realize that Hydro One was offering a winning proposition. An application was submitted to upgrade the ice temperature controller at the centre in order to reduce energy and maintenance costs, and in May 2016 the work was completed.

“Making these upgrades made perfect business sense,” explains Sharon Kitlar, Manager of Recreation and Facilities. “These incentives from Hydro One were a big part of securing Council approval.”

Under the Hydro One Save on Energy Retrofit Program, the amount of the incentive is based on the difference between the amount of electricity the equipment currently uses and the amount that the new equipment will use. Before businesses are approved for any upgrades and incentives, Hydro One completes a site visit to inspect an applicant's old equipment and provides pre-approval before any changes are made or new equipment is purchased.

For the EFCC, the Hydro One financial incentive was important, as hosting hockey and curling can be expensive. With the use of this incentive to upgrade the ice temperature controller, they were able to keep the cost of ice time at a reasonable rate by lowering operating costs and making maintenance easier.

The new system uses a floating head pressure control to save energy, and includes monitoring software that allows the maintenance team to regulate the ice temperature in real-time and day/night settings, something that couldn't be done before with a simple thermostat.

“With our new temperature control system, it's easier to maintain the ice at the ideal temperature for the type of activity – that's why EFCC can claim to have the best ice around,” says Tom Slack, Facilities Foreman at EFCC.

Both Kitlar and Slack encourage East Ferris businesses to look into the Hydro One Save on Energy Retrofit program for businesses.

The program is for municipalities, business owners and managers of commercial buildings, institutional buildings, industrial facilities, agribusinesses and multi-residential buildings. Incentives are available for replacing inefficient equipment with high-efficiency equipment as well as control monitoring.

There is a handy checklist on Hydro One's website to guide a business through the Retrofit program application process, and members of the Hydro One team are available to assist. Business customers can contact Hydro One to learn more at:

Toll Free: 1-866-650-4709

Email: saveonenergy@hydroone.com

But Hydro One doesn't just offer incentives for businesses and industries; they have programs for residential customers in addition to helpful tips on how to save energy. For example, you can earn up to \$5,800 in rebates for heating and cooling upgrades, obtain an LED buying guide, and get tips on how to save up to 10 per cent by eliminating phantom power.

To learn more about Hydro One's Save on Energy programs for business and home, visit www.hydroone.com/saveenergy.

Save on Energy is powered by the Independent Electricity System Operator and brought to you by Hydro One.



Photo by Pauline Rochefort

Bill Houlder played 17 years in the NHL before retiring to East Ferris on beautiful Trout Lake. From a young age, Houlder loved playing hockey. Raised in Thunder Bay, he recalls his classmates bringing their hockey sticks to school and at recess picking teams to play outdoor boot hockey. The game would continue after school until his father would pick him up for a quick supper and an evening of hockey practices and games.

Bill's love for the game turned into a full-time career. In 1984, he joined the North Bay Centennials and scored 24 points in his rookie year. He developed a great fondness for North Bay where he stayed for three years. In his last season with the Centennials he received the OHL's Award for “Most Assists by a Defenseman.” This was the year of the 1987 super series between the North Bay Centennials and the Oshawa Generals, arguably among the best hockey ever played at Memorial Gardens.

In 1987, Houlder was drafted into the NHL by the Washington Capitals. In the years that followed, Houlder would play 846 games with the Capitals in addition to the Buffalo Sabres, Mighty Ducks of Anaheim, St. Louis Blues, Tampa Bay Lightning, San Jose Sharks and Nashville Predators. He was a much sought after player who was committed to the game.

Houlder's career had him travelling throughout North America, living in some of the most beautiful American cities. When asked what city he enjoyed living in most, he ponders and then responds “San Jose was wonderful – it's where my daughter was born. We lived in a suburb of the city where in the evening we could stroll down to the ice cream shop and mingle. But a few years later, I can also remember thinking how lucky I was to be living in Tampa Bay, when I was returning from Edmonton where the weather had been super cold. And then, I have a special place in my heart for Nashville where my son was born.”

Like the famous Hank Snow song, Houlder can rightly claim “I've been everywhere man, travel I've had my share man!” Also, as a professional athlete, he met many famous people with names such as Sylvester Stallone, Wynonna Judd, Michelle Pfeiffer, Pete Sampras and Alan Thicke. “While I really enjoyed the travelling and meeting lots of people, after nearly 20 years I was longing to settle down in one location. For me, it was North Bay. It felt like home. Both my parents are from small Canadian communities – my mother Joan is from Mulgrave, Nova Scotia, while my father is from Grimshaw, Alberta. North Bay is a central location for our extended family. Living on Trout Lake in East Ferris is perfect.” Houlder explains how his family loves Trout Lake, the snowmobile trails and all the space for the family Labrador. His mother often talks of the wonderful pies and pancakes made with wild blueberries picked fresh from the land.

Houlder now has time to give back to the game that has given him so much. He is President of the North Bay & District Girls Hockey Association, serves as Assistant Coach to the North Bay Battalion, and is an Assistant Coach with a boys' AAA Midget team. He is inspired by young players emerging from the region and points to both Colton Point, whose father is from East Ferris, and Danika Ranger from Astorville. He is proud to have coached Danika and he hopes to watch her play for Canada's Olympic Team in the future. And so, on so many levels, East Ferris is truly “home sweet home” for Bill Houlder!



Friendly East Ferris Neighbourhoods

Quartiers sympathiques d'East Ferris

In today's world, many people don't have any idea who their neighbours are. But that's not the case in East Ferris as the following stories highlight. Featured are the following subdivisions: Catherine Drive, Hillside Park and Treadlightly. These local neighbourhoods highlight how great it is to live in East Ferris!

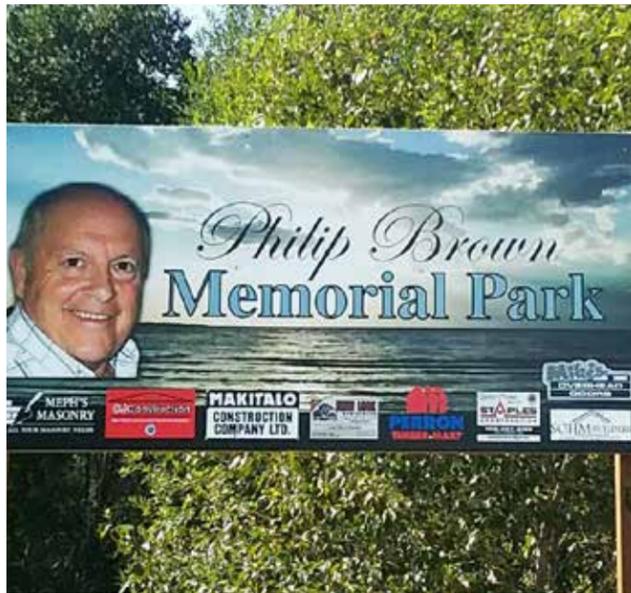
Dans le monde d'aujourd'hui, beaucoup de gens ne connaissent même pas leurs voisins. Cependant, ce n'est pas le cas à East Ferris, comme le soulignent les courts récits suivants qui mettent en vedette les lotissements résidentiels de la promenade Catherine, du parc Hillside et de Treadlightly. Ces quartiers sont un témoignage d'à quel point il fait bon vivre à East Ferris!

Catherine Drive – Walking Loop

In the mid-1980s, contractor André Rochefort developed the residential subdivision behind Perron's Freshmart with the addition of forty new properties. In 2010, Seniors Villa of East Ferris constructed ten villa-style homes for senior residents at the end of Catherine Drive. The construction of the seniors' villas resulted in the clearing of a lot of brush, giving improved access to an old bush trail, which has now become a popular trail for leisurely walks that take residents around the community, enabling them to stop and chat with neighbours. In 2018, the addition of new seniors' villas at the corner of Village and Edmond Roads will lead to further developments of the walking loop linking Catherine Drive, Edmond Road and Village Road. These new developments on the trail will shorten the distance for residents walking to the East Ferris Community Centre and for children attending École Saint-Thomas-d'Aquin.

La boucle de randonnée pédestre de la promenade Catherine

Au milieu des années 1980, l'entrepreneur André Rochefort a aménagé le lotissement résidentiel derrière l'épicerie Perron's Freshmart en y ajoutant quarante nouvelles maisons. En 2010, le groupe responsable des Seniors Villa of East Ferris a assuré la construction de dix logements de style villa pour les personnes âgées, à la toute fin de la promenade Catherine. La construction de ces villas a mené au défrichage des terres avoisinantes et d'améliorer l'accès à un ancien sentier forestier, lequel est maintenant un sentier populaire pour des promenades sereines qui permettent aux résidents de circuler dans la communauté et de s'arrêter et de discuter avec leurs voisins. En 2018, l'ajout de nouvelles villas pour personnes âgées, à l'angle des rues Village et Edmond, mènera à d'autres aménagements de la boucle de randonnée pédestre de la promenade Catherine et des chemins Edmond et Village. Pour les résidents qui se rendent au Centre communautaire d'East Ferris et pour les élèves qui fréquentent l'école élémentaire catholique St-Thomas-d'Aquin, ces nouveaux aménagements permettront de raccourcir la distance qu'ils ont à parcourir.



Hillside Park – Philip Brown Memorial Park

Neighbours are often very supportive of each other's family needs, especially when kids are concerned. That is exactly the case at Hillside Park subdivision where residents joined forces to develop the Philip Brown Memorial Park. An undeveloped lot in the subdivision had been reserved for a children's park. Residents oversaw the addition of a culvert and bridge, and picnic, softball and soccer areas. The residents erected a large sign in honour of the subdivision's founder Phil Brown, who unfortunately passed away in 2017. His spouse Jennifer Brown states that "Phil would be so happy to see children playing together in a safe setting. It was his dream to establish a community where families could establish roots and watch their kids grow. More importantly he would be proud of the residents being supportive of each other's family needs."

Treadlightly Subdivision – Soapbox Derby

Neighbourhood get-togethers can be a lot of fun. That is the case in the Treadlightly subdivision developed by Dégagné Carpentry, where residents have enjoyed neighbourhood BBQs, movie nights and even a soapbox derby. Many residents feel that the soapbox derby was one of the most exciting and fun events to date. Families participated by building and customizing a soapbox race car. "The creativity was awesome" states organizer Tim Price, "and so we handed out awards for the most creative cars in addition to the racing awards. We also raised funds for the local food bank. The fun day was capped off with neighbours getting together and holding a BBQ followed by an outdoor evening movie night." Treadlightly resident Jamie Corbeil describes his subdivision as "an old-fashioned type of neighbourhood where you know your neighbours and you enjoy socializing with them." Both Price and Corbeil conclude by saying that Treadlightly it is a great place to live and raise kids.



Get Involved – Be A Volunteer!

by Michelle Lacourse

Helping others, making a difference, and giving back to your community are just a few of the reasons why people choose to volunteer. For others, volunteering can provide opportunities to develop new skills, and to build on existing experience and knowledge. Regardless of the motivation, giving a little of yourself and your time to others can be very rewarding and inspiring.

If you are thinking of taking on the role of volunteer, there are some things to consider before getting involved. Ask yourself these questions:

How much time can you give? Commitments can vary from helping with one or two events a year to putting in several hours each week or each month. Be realistic about how much time you can spare and do not over-commit yourself.

What do you want to do? Consider what your interests are, what you are passionate about and what you enjoy doing.

What skills do you have to offer? There are all kinds of volunteer roles out there to suit your special talents – whether it is singing with residents in a retirement facility, planning fundraising events in your community, or setting up tables for an arts and craft show.

Why do you want to volunteer? Only take on this type of commitment if you have the time, the energy and the true desire to give back to others. Volunteering should bring you a sense of well-being and enjoyment.

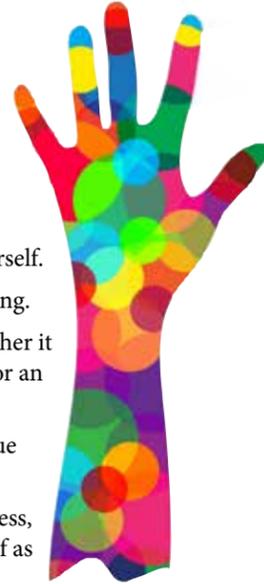
Not only can volunteer work give you a sense of purpose and fulfillment, but research shows that it can reduce stress, decrease depression, keep you physically and mentally active, and boost your self-confidence. Why not benefit yourself as you benefit others?

If you would like to get involved in your community, visit the Municipality of East Ferris website at eastferris.ca for a list of community organizations that may interest you.

For high school students looking to complete their 40 hours of community service in East Ferris, the following places may be just right for you:

- East-Ferris Library
- Ferris Glen School
- École St-Thomas-d'Aquin
- Nipissing Manor

On the next page, see how Jenna Couch, a young high school student, was able to fulfill her 40 hours of volunteer service and pursue her passion for horses.



Sacred Heart Catholic Women's League

continues to be active in East Ferris and beyond. We celebrated our 20th anniversary on January 20, 2018, with Mass, with special presentations to our charter members and other members for their years of service. A light supper followed, attended by all the parish and former council members. Our special guest was the diocesan council representative who assisted in our council's formation.



In order to carry out our good works and provide opportunities for our members to develop their leadership skills as well as their faith and spirituality, we have two major fund-raisers planned for 2018.

On May 5, 2018, at the East Ferris Community Centre, we will have two tables of "treasures" at the Flea Market organized by the Friends of the Library.

Our largest fundraiser of the year is the Tea and Penny Sale held the first Sunday of November at the Corbeil Park Hall. Besides the very popular penny sale, there will be an overflowing bake table, crafts table, a White Elephant corner with something for everyone, and special draws. Enjoy a relaxing luncheon in the tea room while you enjoy the sale and meet with your friends and neighbours... Join us Sunday, November 4, 2018, from 11 a.m. to 2:30 p.m.

Joyce Lafontaine
Secretary

For the Love of Horses

by Michelle Lacourse



Jenna Couch, Charlie Grose, Jessica Couch and Jamey Couch

Jenna Couch has always had a passion for horses. She remembers fondly the different riding camps she attended while growing up. "We would go to my grandmother's cottage in the summer and I would spend my time at the riding stables not too far away."

Now in her teens, Jenna has found a spot closer to home where she can continue working with and caring for horses. Knowing her daughter had to fill in 40 hours of volunteer service, Renata Couch gave her daughter the name and number for Charlie Grose.

Charlie Grose and Gay Smylie are owners of the Smylie Farm Bed and Breakfast in Callander. Charlie and Gay own 3 miniature horses and 2 full grown horses. They also board up to 10 other horses and even dogs while their owners are away. Jenna did not hesitate to give Charlie and Gay a call and ask if they needed help around the farm. Of course, the answer was yes.

Jenna's mornings with Charlie began at 7:00 a.m. The first chore of the day was to feed the dogs and let them out for a run. Next job was to move on to the barn and feed the horses. After that, each horse would be brought outside and led to their section of the yard. Jenna would then muck out the barn, fill each stall with hay and finish cleaning up. One of the last chores to do before she could head home at 11:00 a.m. was to check on the dogs. Jenna also tells of a time where she assisted Charlie in fixing a fence.

Jenna has a twin sister Jamey, and an older sister Jessica and a brother Johnny. Jenna describes her family as a hockey family – the three sisters hold positions on the same team and Johnny plays for another. Although Jenna is the only sibling with a passion for horses, the girls have all spent time at the Smylie farm. Jessica animatedly describes how they once helped Charlie move 150 bales of hay to the barn. She says, "Jenna is the horse girl, but Jamey and I don't mind doing the heavy work."

Even though Jenna's volunteer hours have long been completed, she continues to visit the horses at the Smylie Farm, and helps out whenever she has the time. When asked if she wants to pursue a career involving animals, she replies "I'm actually thinking of being a police officer. But I would like to train and work with the dogs."

Jenna is a student at École secondaire catholique Algonquin and has always lived in East Ferris.



Photos by Carmen Weiskopf

Keep in mind, it's never too late
to get involved!

Furry Friends of East Ferris—Therapy Animals

Animal lovers already know how good it feels to interact with their pet. Whether trained or not, owning and caring for a pet provides a certain amount of therapy and proven health benefits. Now research has shown that this positive effect can also be applied in a therapeutic setting. Leveraging the power of pets and animals is becoming a vital tool in the treatment of medical conditions.

Animal therapy is defined as a guided interaction between a specially trained animal and an individual or group, facilitated by the animal's handler. Also known as animal-assisted therapy, pet therapy interactions are used to help improve patients' mental, social, emotional, and physical functions. Therapy can take place in a wide range of settings including hospitals, care homes and treatment centers, and can involve different activities such as walking, looking after, and grooming the therapy animal.

Therapy Dogs

The most common animals involved in therapy are dogs. In Ontario, the St. John Therapy Dog Program was established in 1992. East Ferris resident Roseland Phillips brought the program north to North Bay and to other northern communities in 1995. She enrolled volunteer handlers and therapy dogs as well as numerous therapy sites such as the North Bay hospitals and East Ferris' Nipissing Manor. In 2001, she was awarded an Outstanding Achievement Award as part of the International Year of the Volunteer in recognition for her pioneering work with therapy dogs. The program has continued to thrive and following are the stories of two East Ferris residents and their dogs who are involved with the Pet Therapy Service at the North Bay Regional Health Centre.

Therapy Dog Boo and Handler Jackie Larouche

Boo is a male Shih Tzu who has been a therapy dog at the NBRHC for seven years. Jackie Larouche explains that Boo works throughout the hospital, bringing comfort, companionship and stress relief for patients and staff alike. In his spare time, he also brings smiles and comfort to the residents of Seniors Villa in Corbeil.

Jackie became active in dog therapy in 2007, following a prolonged hospital stay due to illness. She thought the program would be a good way to give back to the hospital for the excellent care she had received. She enrolled along with Precious, Boo's predecessor. Together they had to undergo training and certifications to ensure Precious, and later on Boo, had the skills, aptitude and teamwork necessary to work effectively in therapeutic settings.

"It's very self gratifying," says Jackie. "For example, with elderly patients, they open up and start talking about what they used to do in their life and how much dogs meant to them. With children you can see that the dog helps with distraction from pain and has a comforting and calming effect." It is demanding work for a dog, but Boo has proven to have outstanding stamina and charisma. Patients look forward to his bi-weekly visits.

Renée Lacourcière et son chien Dually

Les bienfaits de la zoothérapie (thérapie par les animaux) ne sont plus à prouver selon Renée Lacourcière. Une rencontre avec Renée nous fait comprendre qu'il ne s'agit pas d'un remède pour la guérison de maladies, mais plutôt d'une thérapie à part entière. Son utilisation a des effets positifs et complémentaires aux autres thérapies et traitements. Elle peut procurer à la personne un bien-être psychologique et physiologique.

Renée et Dually ont commencé leur travail au Centre régional de santé de North Bay au mois de juillet 2015. Renée explique « on visite les patients au premier plancher et les enfants et les ados au deuxième plancher, le samedi après-midi à chaque 2 semaines. On aime beaucoup ça le bénévolat à l'hôpital. Nous sommes chaleureusement accueillis par le personnel, les patients et leurs membres de famille. Notre travail consiste de brefs visites pour amener du confort et aider les patients à changer leurs idées. »

« Dually aime tout le monde – les enfants et les grands. Il fait ses bonjours avec tous. Il a tendance à s'accoter contre ceux qui le caressent. Il se couche au pied des lits quand on jase trop



longtemps. De temps à autre, il lèche lentement et doucement la main ou bien la joue de celui ou celle qu'il rencontre. Il est un excellent thérapeute – il a un vrai sens de ceux qui en ont besoin. » Il est évident que Renée est très fière de son beau pitou et du précieux travail qu'il accomplit.

Therapy Dogs at School

Andrew Girard from Astorville is very proud of his dog Molly. They participate in the St. John Ambulance Therapy Dog program along with twenty-five other teams. It is the fifth year that St. John Ambulance volunteers have partnered with the university and the college. The dogs and their owners visit the college, university and student residences a few times a week throughout the academic year. Andrew explains "the students are very enthusiastic about the program, many having had to leave their favorite pet back at home in order to pursue their education. Students are particularly keen to see Molly at exam time as she has a calming effect on students. It's a very rewarding program for all involved!"



Equine Therapy and Horse Ability

While the most common therapy animal is dogs, the use of other animals such as horses is on the rise.

Meet Horse Ability! Last year Horse Ability joined our East Ferris community. Owned and operated by Lori Burns who specializes in equine-assisted therapies, it's located at North Star Acres, on the north side of Highway 17 heading from Corbeil to North Bay. Sessions are primarily done on the ground – not riding – with trained horses, both miniature and full-sized. Services are aimed at benefiting adults and children with a range of needs – from people living with disabilities, managing PTSD (common among veterans, first responders, abuse survivors, etc.), mood and anxiety disorders, to individuals with a variety of special needs.



Burns explains that in equine-assisted learning sessions, "Working with a horse shows immense benefits for all parties involved. It requires your full attention, and offers a break from whatever disruptive thoughts or behaviours are taking place. Additionally, learning the skills and trust necessary to care for a horse helps promote patience, confidence and eases overall stress. People also benefit physically from the work that builds core strength, body awareness and muscle memory." According to Burns, equine-assisted care work is scientifically proven to lower blood pressure, and horses' curious and social nature helps enhance clients' interpersonal skills. Therapeutic sessions also aid in anger management and behavioural concerns. Burns adds, "Our clients benefit panoramically from the connection and the relationship-building with the horses and their environment. Overall it amazes me how it helps people progress from session to session in such a range of ways. It's truly extraordinary work!"



A little laughter

A friend wanted me to enroll in an aerobics class. "No. Absolutely not!" I exclaimed. "I tried that once." "What happened?" she asked, looking puzzled. "I twisted, hopped, jumped, stretched and pulled," I replied. "And by the time I got those darn leotards on, the class was over!"

When Francis hit his late 40s, he started jogging. A few weeks later the familiar figure was no longer going past our house. "Have you stopped running?" I asked him. "The first week I ran one block and walked one block," Francis began. "The next week I ran two blocks and walked a block. The third week I ran three blocks and walked two blocks. "The fourth week," Francis concluded, "the math got so darned hard that I just gave it up."

Petite blague

*Un père et son fils sont sur la plage.
- Oh! papa, regarde le beau bateau.
- Fils, ce n'est pas un bateau, mais un yacht
- Ah! oui, et comment ça s'écrit?
- Heu!...attends ..., non c'est toi qui a raison, c'est un bateau.*

*Que dit le 0 au 8?
Tiens! tu as mis ta ceinture...*

Les Chevaliers et Chevalières à l'oeuvre – Mission : un Noël heureux!

Une belle tradition se fait vivre d'année en année à l'école élémentaire catholique Saint-Thomas-d'Aquin, à Astorville. La communauté scolaire de l'école se rallie pour venir en aide à certaines familles de la région d'East Ferris qui vivent des moments difficiles. Afin d'embellir leur Noël, nous parrainons ces familles en recueillant des articles dont elles auraient besoin ou des cadeaux qu'elles souhaiteraient recevoir, et des dons monétaires pour compléter les achats de cadeaux pour les paniers... Tout cela dans une optique de service et de générosité pour rendre cette fête plus heureuse.

Nos élèves du club de pastorale, accompagnés de M^{me} Monique Foisy, l'enseignante responsable du club, organisent les activités de cueillette. Les élèves plus âgés du club, c'est-à-dire ceux qui sont membres depuis la 4^e année, ont l'honneur de participer à l'activité de magasinage pour les articles recherchés. C'est une expérience sans pareille, qui leur permet de vivre ce projet et les valeurs qui y sont rattachées, de façon particulière et personnelle.

Un tel projet ne peut jamais se faire seul. Nous comptons d'année en année sur la contribution de nos familles, des membres de la communauté ainsi que des partenaires communautaires. Nous sommes aussi très reconnaissants de l'appui annuel des Chevaliers de Colomb d'East Ferris et de l'entreprise East Ferris Bus Lines, qui contribuent énormément au succès du projet.

Ensemble, nous contribuons à mettre plus de joie dans le cœur des gens... C'est vraiment ce que représente le vrai sens de communauté!

Tasha Marleau Directrice d'école
École élémentaire catholique Saint-Thomas-d'Aquin
1245, chemin Village Astorville (Ontario), P0H 1B0
Téléphone : 705 752-1200 Télécopieur : 705 759-2927



Ferris Glen Public School and Community Connections

Since 1985, families from Astorville, Corbeil, Rutherglen and Bonfield have been connected by having their children attend Ferris Glen Public School in Corbeil. Students travel on school buses from these communities and surrounding areas to attend this Junior Kindergarten to Grade 6 school which has an enrollment of almost 180 students.

There are many connections that exist between home, school and communities. When it was learned last year that dogs in the area were in need of homes, Junior students at Ferris Glen Public arranged a visit from local veterinarian Dr. Neil Lawrence, and then organized a collection of pet dog-related items that they donated to All Hearts Pet Rescue in Powassan to assist their efforts in helping dogs.

One recent connection linking our local communities was the annual Remembrance Day Ceremony held on Wednesday, November 8th, at the Ferris Glen Public School. Armed Forces veterans and currently serving personnel were invited to the school for the student-led ceremony. Students were involved in reading selections, sharing poems and performing songs as a choir to honour those who served and continue to serve. On Friday, November 10th, students attended the East Ferris Township Remembrance Day Service held at the East Ferris Memorial Park. On both occasions there were numerous comments received about how respectful and honorable Ferris Glen students were in participating in these events.

In the weeks leading up to the Christmas Break there are several events held at the school every year when parents/guardians and community members visit the school. In keeping with the spirit of giving, those attending these events are asked to bring in non-perishable food items. The items collected are then transported to the Callander Food Bank (which also services East Ferris) and the Bonfield Food Bank.

Students from Ferris Glen Public School are proud of the community where they go to school, and embrace opportunities to support our local communities that in turn do so much for students of the school.

Scott Dunn
Principal
Ferris Glen Public School
30 Voyer Road, R. R. #2
CORBEIL ON P0H 1K0 Phone: 705-475-2323 Fax: 705-752-2733



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Every year, the East Ferris Knights of Columbus host a Christmas Dinner and Dance for its members, their families and friends. It is a way of thanking the members for their fundraising and charity efforts, and to thank the community for their generous support. The evening is dedicated to announcing the major donations the Knights offer to groups in the community and area every year, and to announce the recipients of the Knight of the Year Award and the Citizen of the Year Award. The first is awarded to a Knight that stands out among the rest because of his efforts and participation inside and outside of the organization. The second is awarded to a citizen deemed to have given above and beyond in terms of volunteering and support to the community. The photos and captions that follow offer an overview of these donations and awards handed out. Unfortunately, our citizen of the year, Catherine Howard, was not able to attend the evening to receive her award, so we take this opportunity to recognize and thank her once again for all the time she has devoted to making the Memorial Park gardens look so fabulous and to making the East Ferris Edition a reality.

Chaque année, les Chevaliers de Colomb d'East Ferris organisent un souper et une soirée de Noël pour leurs membres, leurs familles et leurs amis. C'est une façon de remercier les membres pour leurs efforts de collecte de fonds et de charité, et de remercier la communauté pour son généreux soutien. La soirée est consacrée à l'annonce des dons majeurs que les Chevaliers offrent chaque année à divers groupes de la communauté et de la région, et à l'annonce des lauréats du prix Chevalier de l'année et du prix Citoyen ou Citoyenne de l'année. Le premier est décerné à un chevalier qui se distingue parmi les autres en raison de ses efforts et de sa participation à l'intérieur et à l'extérieur de l'organisme. Le second est décerné à une citoyenne ou un citoyen réputé avoir consacré de nombreuses heures de bénévolat et de soutien à la communauté. Les photos et les légendes qui suivent offrent un aperçu de ces dons et des prix décernés. Malheureusement, notre citoyenne de l'année, Catherine Howard, n'a pas pu assister à la soirée pour recevoir son prix, alors nous profitons de cette occasion pour la reconnaître et la remercier encore une fois pour tout le temps qu'elle a consacré à rendre si fabuleux les jardins du Parc commémoratif et à faire de l'Édition East Ferris une réalité.



On behalf of the Busy Bees, Lurette Taillefer accepts a \$2000 donation from the East Ferris Knights, presented by Guy Champagne, Deputy Grand Knight. The Busy Bees have been active in the community for approximately 30 years. Members of the group prepare and serve a luncheon at the Corbeil Park Hall for any grieving family in the community at the time of a funeral. This service is available to everyone in Corbeil and the East Ferris Knights are happy to help with this donation.

Au nom des Busy Bees, Lurette Taillefer accepte un don de 2000 \$ des Chevaliers de Colomb, présenté par Guy Champagne, député grand chevalier. Les Busy Bees sont actives depuis plus de 30 ans dans la communauté. Les membres du groupe préparent et servent un dîner à la salle Corbeil Park Hall à toute famille en deuil au moment des funérailles. Ce service est offert à toute la population de Corbeil et les Chevaliers de Colomb sont heureux de pouvoir les aider avec ce don.



On behalf of the Callander Food Bank, Michel Martel accepts a \$500 donation from Deputy Grand Knight Guy Champagne. The Food Bank now services the residents of East Ferris and, therefore, the East Ferris Knights have been financially supporting the Callander Food Bank for several years now.

Au nom de la Banque alimentaire de Callander, Michel Martel accepte un don de 500 \$ du député grand chevalier Guy Champagne. La Banque alimentaire offre maintenant des services aux résidents d'East Ferris et, ainsi, les Chevaliers offrent un soutien financier à la Banque alimentaire de Callander depuis plusieurs années déjà.



The Knights donated \$2000 to PADDLE. Seen holding the cheque is Megan, alongside Jeff, Dakota and Renée, and Deputy Grand Knight Guy Champagne. PADDLE helps young adults with special needs transition from school to the community.

Les Chevaliers ont fait un don de 2000 \$ à PADDLE. Chèque en main, Megan est accompagnée de Jeff, Dakota et Renée, ainsi que du député grand chevalier Guy Champagne. PADDLE aide les jeunes adultes ayant des besoins particuliers à faire la transition entre l'école et la communauté.



On behalf of the North Bay Regional Health Centre Foundation (NBRHCF), Meaghan Byrnes (left) and Annie Brousseau (right) accept from Deputy Grand Knight Guy Champagne, a \$2000 donation towards the purchase of a second CT Scanner. The East Ferris Knights have been supporting the NBRHCF for many years, including for the GreenLight laser for prostate treatment.

Au nom de la Fondation du Centre régional de santé de North Bay (FCRSNB), Meaghan Byrnes (à gauche) et Annie Brousseau acceptent du député grand chevalier Guy Champagne, un don de 2000 \$ pour l'achat d'un deuxième tomomodensitomètre. Les Chevaliers appuient la FCRSNB depuis de nombreuses années, y compris pour le laser GreenLight pour le traitement de la prostate.



On behalf of the St-Thomas-d'Aquin and Sacred Heart parishes, Father Cyril accepts from Deputy Grand Knight Guy Champagne, another \$5000 for each of the two parishes. This donation is the second of a 5-year \$25,000 commitment made to each parish by the East Ferris Knights of Columbus.

Au nom des paroisses St-Thomas-d'Aquin et Sacré-Cœur, père Cyril accepte du député grand chevalier Guy Champagne, un autre don de 5000 \$ pour chacune des deux paroisses. Ce deuxième don fait partie d'une promesse que les Chevaliers d'East Ferris ont faite aux deux paroisses, selon laquelle ils se sont engagés à donner à chacune d'elles la somme de 25 000 \$ sur cinq ans.



On behalf of the East Ferris Memorial Park, Frank Corbeil accepts from Deputy Grand Knight Guy Champagne, a \$2500 donation for the park maintenance.

Au nom du parc commémoratif d'East Ferris, Frank Corbeil accepte du député grand chevalier Guy Champagne, un don de 2500 \$ envers l'entretien du parc.

Thank you to our citizen of the year, Catherine Howard, for all the time she has devoted to making the Memorial Park gardens look so fabulous and to making the East Ferris Edition a reality.



On behalf of the East Ferris Public Library, Pauline Rochefort accepts from Deputy Grand Knight Guy Champagne, a \$500 donation towards the library's Forest of Reading program. It encourages a love of reading in children of various age ranges. This is the second year that the East Ferris Knights of Columbus have supported this program.

Au nom de la Bibliothèque publique d'East Ferris, Pauline Rochefort accepte du député grand chevalier Guy Champagne un don de 500 \$ envers le programme Forêt de la lecture. Il a pour objectif de susciter l'amour de la lecture chez les enfants de différentes tranches d'âge. C'est la deuxième année que les Chevaliers de Colomb d'East Ferris appuient ce programme.



Maurice Charron and Michel Voyer both received the Knight of the Year Award presented by Advocate Michel Champagne and Grand Knight Guy Fournier. Every year, one or more knights are selected from their peers to receive this award based on their involvement within and outside their council. This year, Maurice and Michel were chosen for the role they played in helping make the East Ferris Edition a reality.

Maurice Charron et Michel Voyer ont tous les deux reçu le prix du Chevalier de l'année, lequel leur a été présenté par l'avocat Michel Champagne et le grand chevalier Guy Fournier. Chaque année, un ou plusieurs chevaliers sont choisis parmi leurs pairs pour recevoir ce prix en fonction de leur participation au sein même de leur conseil et à l'extérieur de celui-ci. Cette année, Maurice et Michel ont été choisis pour leur rôle dans la réalisation de l'Édition East Ferris.



For many years now, the East Ferris Knights have donated money to Nipissing Manor, to help it cover in part the costs of the Christmas gifts it provides to its residents. The Knights also provide Santa and the elves for the distribution of these gifts. Seen here in the photo, from left to right, are Carol Bourque, Michel Martel, Maurice Charron, Joan Rousseau and Hector Larochelle. The residents are always delighted to receive their gifts from Santa and the elves.

Depuis plusieurs années maintenant, les Chevaliers font un don d'argent au Manoir Nipissing, pour l'aider à couvrir en partie le coût des cadeaux de Noël qu'il offre aux pensionnaires. Les Chevaliers fournissent également le père Noël et les lutins pour la remise de ces cadeaux. On aperçoit ici sur la photo, de gauche à droite, Carol Bourque, Michel Martel, Maurice Charron, Joan Rousseau et Hector Larochelle. Les pensionnaires sont toujours ravis de recevoir leur cadeau du père Noël et des lutins.



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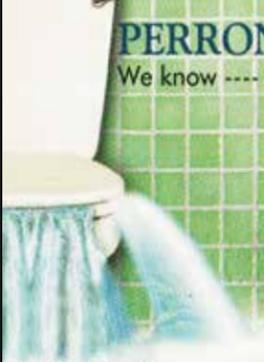
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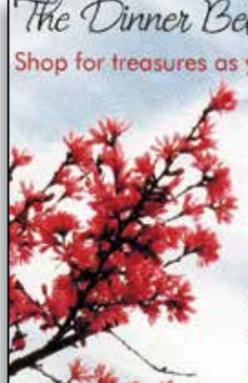
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Submission guidelines

Don't be disappointed, please take careful note of the deadline for submissions. Space in the magazine is limited and is reserved on a first come, first included basis.

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