

# Édition East Ferris Edition

automne et hiver 2017

Fall and Winter 2017

## East Ferris Celebrates Canada's 150<sup>th</sup>

## East Ferris célèbre Canada 150

Birding in East Ferris  
Alzheimer's and Caregiving  
Le temps des Fêtes approche!  
Rencontrez vos artisans!

Remplissez le bordereau  
retrouvé dans le magazine pour courir la  
chance de gagner un bon d'achat de nourriture du temps des  
Fêtes d'une valeur de 250 \$!

Fill in the ballot found in the magazine, for a chance to  
win a \$250.00 Holiday Food Voucher!

## Welcome to the 2<sup>nd</sup> issue of Édition East Ferris Edition!

To the readers of Edition's first issue, a great big thank you! You provided so many wonderful and encouraging comments about our new community magazine.

In this Edition, the focus is on East Ferris celebrating Canada's 150<sup>th</sup> anniversary. Also featured are the people and the events of our community. As this is the Fall and Winter Issue, included are articles with ideas and information pertaining to the fast-approaching holiday season. Please take a few minutes to tell us what you think of Edition by completing the ballot – be sure to enter the draw for a chance to win a \$250 Holiday Food Voucher! Your insights and feedback will help ensure Edition is informative to you, the reader.

In closing, we acknowledge all those involved in the production of Edition: the citizens featured in the articles, the advertisers with ads throughout the publication and the volunteers in the following photograph. Their message to you is "join us in telling the East Ferris story!"

## Bienvenue au 2<sup>e</sup> numéro d'Édition East Ferris Edition!

Un gros merci à tous nos lecteurs et lectrices de notre 1<sup>er</sup> numéro! Vous nous avez fourni tellement de merveilleux commentaires encourageants au sujet de notre nouveau magazine communautaire.

Dans le présent numéro, l'accent est mis sur East Ferris et ses célébrations du 150<sup>e</sup> anniversaire du Canada. Nous vous y présentons également des personnes et des événements de notre communauté. Puisqu'il s'agit du numéro Automne et hiver, vous y trouverez des articles avec des idées et des renseignements sur la saison des Fêtes qui approche rapidement. Veuillez prendre quelques minutes pour nous dire ce que vous pensez de l'Édition en remplissant le petit bordereau qui se trouve au centre du magazine – assurez-vous de vous inscrire au tirage pour courir la chance de gagner un bon d'achat de nourriture du temps des Fêtes d'une valeur de 250 \$! Vos idées et vos commentaires aideront à garantir que l'Édition demeure une source d'information pour vous les lecteurs et les lectrices.

En terminant, nous sommes reconnaissants de tous ceux et celles qui participent à la réalisation de l'Édition : les citoyennes et citoyens mis en vedette dans les articles, les annonceurs publicitaires qui paraissent ici et là dans le numéro, et les bénévoles dans la photo suivante. Leur message est le suivant : « Joignez-vous à nous pour raconter l'histoire d'East Ferris! »



Standing from left/Debout de gauche à droite: Michel Voyer, Cécile Barham, Maurice Charron, Catherine Howard, Pauline Rochefort, Bernard Rochefort

Sitting from left/Assis de gauche à droite: Carmen Weiskopf, Gisèle Reed, Michelle Lacourse, Nancy Dobson  
Missing/Absent: Gilles Lefebvre, Jake Lacourse

## Fall Moves In!

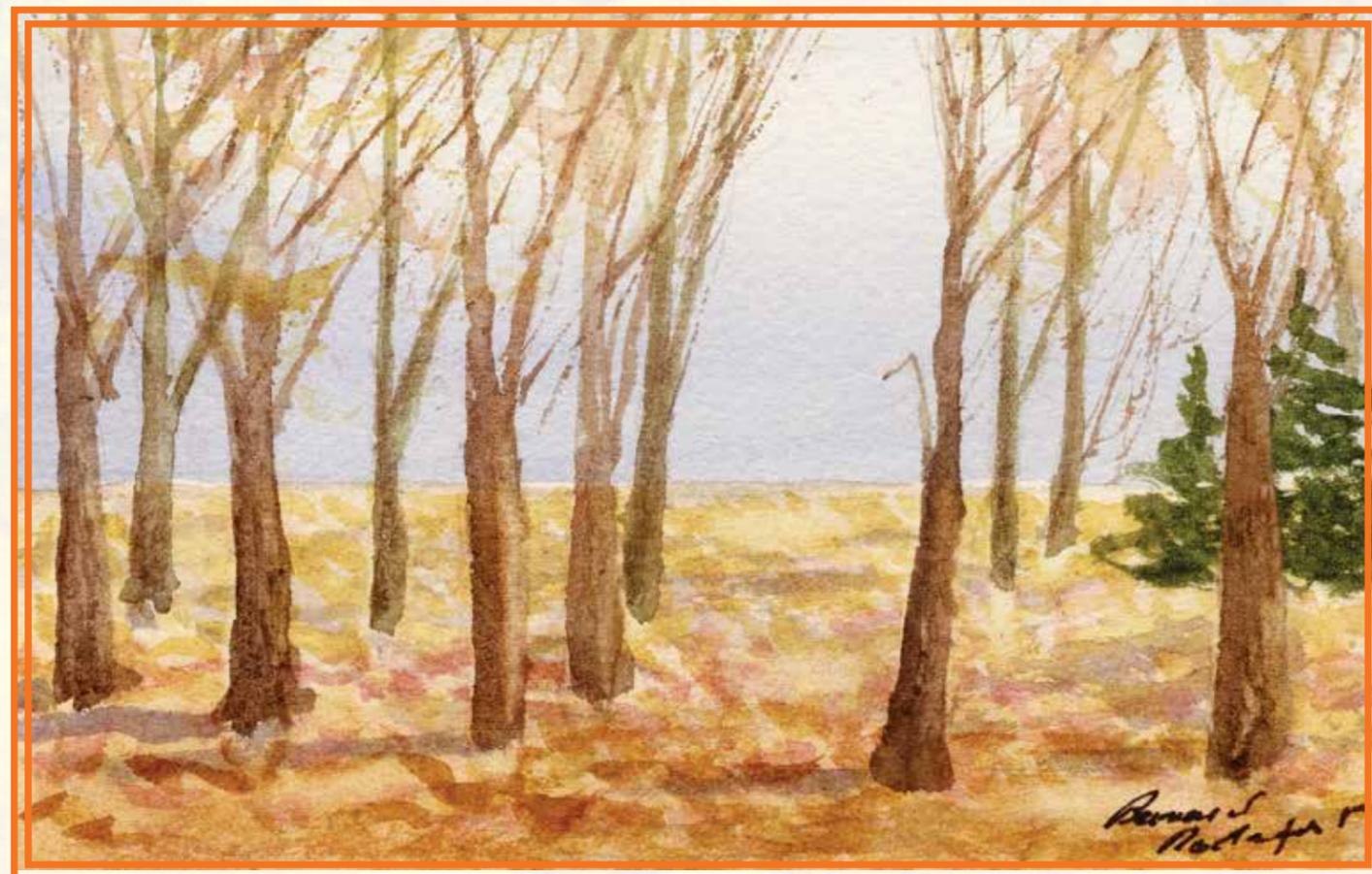
by Bernard Rochefort

Fall officially arrived in East Ferris on Friday, September 22<sup>nd</sup> at 4:02 p.m. EDT, according to the Farmer's Almanac. The first day of autumn is referred to as the September equinox and it represents the astronomical start of fall. Equinox means that on the first day of autumn, the number of hours of daylight and darkness are approximately equal. Fall was once referred to simply as "harvest" to reflect the time when farmers gathered their crops for winter storage. As people started moving to cities, the word harvest fell out of use and was replaced by fall in reference to the falling of leaves.

From sparkling Trout Lake to shining Lake Nosbonsing, fall here in our community may just be the most beautiful place on earth. It is via our senses of sight, sound, smell, taste and touch that we can truly savour this special time of the year. First there is the sight of falling leaves and the smell of burning leaves. Most of the evergreen trees keep their needles and stay green year around. A few like the tamaracks lose their needles and turn grey brown for the winter. Some trees like the oak keep their leaves longer but eventually they also fall. My parents used to say that "if autumn leaves are slow to fall, prepare for a cold winter."

A distinctive fall sound is that of the geese flying south and honking goodbye. It's also when the local ducks leave and when mergansers arriving from the north stay on our lakes until freeze up. My children would tell a joke about why birds fly south and conclude with laughter and the answer "because it's too far to walk." Everywhere we see chipmunks scurrying about gathering their winter food cache. The beavers are equally busy storing food for their winter meals. By November, the bears and other small animals start hibernating while fur animals grow long furs to a trapper's delight. Even horses grow long hair giving them a shaggy look. The rabbits turn white.

Then frost makes its way to our lawns and window panes with the first flurries of snow covers the ground. By the end of November, the lakes and creeks are frozen and by 4 p.m. darkness creeps in. At night everything is so quiet other than the occasional sound of a cold wind blowing. In the day, you may hear the dee dee of the chickadees, the toc toc toc of a wood-pecker and the odd squawk of a raven. Fall ends on December 21<sup>st</sup>, the shortest and darkest day of the year. But only 4 days later we celebrate the birth of Christ, light re-emerges and we start our journey back to June 21<sup>st</sup>, the longest day of the year.





## Seniors Villas of East Ferris



Where there is a need in the community, you will often find the East Ferris Knights of Columbus, Council 6664, hard at work helping to fulfill that need, whether by providing volunteers or through financial assistance.

In 2007, the identified need in East Ferris was affordable housing for seniors. This type of housing would ensure that our seniors could continue to live in their community, as many had no choice but to move away from East Ferris when looking after a home became too overwhelming.

Michel Champagne, a former Grand Knight of the East Ferris Knights of Columbus, became aware of the availability of provincial grants to help cover the cost of providing affordable housing for the villages of Corbeil and Astorville. After crunching the numbers, Michel formed a committee comprised of other members of the Knights and members of the business community, then proceeded to apply for the grant, as it would make it possible to provide this affordable housing. The committee incorporated in January 2008 under the name of "Seniors Villa of East Ferris". This was the first step of a journey of preparations that would last for over a year and a half. With perseverance and countless hours of time and

effort, the grant application was approved, along with a bank loan guaranteed by CMHC.

As the project progressed, the committee realized that a shortfall in funds would hinder the project. At this juncture, Michel approached the Knights to see if they could provide financial support. The East Ferris Knights of Columbus agreed and provided the Seniors Villa of East Ferris with the funds required to see the project to completion. A proud and satisfying day arrived in February 2010, when senior residents of our community could call the twenty units, ten in Corbeil and ten in Astorville, their new homes, right here in our community! Without the government grants and the financial support from the Knights of Columbus, providing these homes for our seniors would not have been possible.

The need for affordable housing has continued to grow in East Ferris. Michel Champagne, President of the Board for the Seniors Villas, recently initiated a plan to build another eight units for our community. Again, after many more countless hours of preparations for the submission of another proposal for government grants, the Board of Directors, along with the invaluable help of Pauline Rochefort, were successful in

securing financial assistance for this 2<sup>nd</sup> phase. Construction of this eight-unit complex is underway and scheduled for completion by the end of November this year. These new units of the Seniors Villas are located on a parcel of land owned by the Knights of Columbus at the corner of Edmond and Village Road, in Astorville.

The need for these housing units has proven to be very real; the vacancy rate since 2010 has been 0%. All eight of the new units have already been rented, and more names remain on the wait list. The Seniors Villas' Board of Directors has managed the properties exceptionally well. The success of the East Ferris' Villas project is well known across the province and serves as a role model for other communities envisioning this type of project.

Community projects like the Seniors Villas are made possible through the efforts and hours of work put in by volunteers from our community. The East Ferris Knights of Columbus is an organization comprised of individuals selflessly volunteering their time, energy, and expertise, and dedicated to helping those in need. We as residents of this community are very fortunate to have them as our neighbours.



## Knights of Columbus Cash Calendars

The Knights of Columbus is a Catholic, family, fraternal, service organization that supports Church, community, family and youth activities. In order to do so, the organization relies on its members volunteering their time and on the fundraising activities that they hold throughout the year. In the Municipality of East Ferris, Council 6664 of the Knights of Columbus relies on three major fundraising activities: the charity bingo held every six weeks at Blue Sky Bingo in North Bay, the Steak and Auction Dinner held yearly in April, and the Cash Calendars. If you have ever attended the bingo or the steak and auction dinner, or have purchased a Cash Calendar, we wish to thank you because in doing so, you have supported the Knights and therefore supported the community and its residents. Through the daily and special month-end draws, the Cash Calendars give you a chance to win cash prizes throughout the year. If you wish to purchase a Cash Calendar, they are available from any of the Knights until the end of December.



## Les calendriers-loterie des Chevaliers de Colomb

Les Chevaliers de Colomb est un organisme catholique fraternel de service qui appuie l'église, la communauté, la famille et les activités pour les jeunes. Pour y arriver, l'organisme compte sur les heures de bénévolat de ses membres et sur les activités de financement qu'il organise au cours de l'année. Dans la Municipalité d'East Ferris, le Conseil 6664 des Chevaliers de Colomb compte sur trois principales activités de financement : le bingo de charité qui a lieu toutes les six semaines à la salle de bingo Blue Sky à North Bay, la vente aux enchères avec souper au steak grillé qui a lieu annuellement en avril, et les calendriers-loterie. Si vous êtes allé au bingo ou à la vente aux enchères, ou avez acheté un calendrier, vous avez appuyé les Chevaliers et ainsi, vous avez appuyé la communauté et ses résidents. Par l'entremise des tirages quotidiens et de fin du mois, les calendriers-loterie vous donnent la chance de gagner des prix en argent tout au long de l'année. Si vous désirez acheter un calendrier, n'importe quel Chevalier se fera un plaisir de vous en vendre un.

## Ce qu'être Chevalier de Colomb signifie pour moi...

Pour moi, être Chevalier de Colomb m'apporte la joie d'aider et de soutenir les gens de ma paroisse, de ma communauté et des communautés voisines, ainsi que les autres organismes de bienfaisance qui s'y trouvent. Que ce soit travailler au bingo, organiser la compétition de lancer libre, vendre des calendriers-loterie ou agir en tant que trésorier du Conseil d'East Ferris 6664, je prends plaisir à le faire, car c'est grâce à ces activités que nous réunissons les fonds nécessaires pour aider les personnes en difficulté. Tout cela me donne un sens d'appartenance envers ma communauté et l'occasion de m'épanouir dans ma foi catholique. Faire partie d'un organisme mondial de cette envergure, qui compte presque 2 millions de membres à l'échelle mondiale, m'apporte une sensation de bien-être sachant qu'ensemble, nous pouvons améliorer les choses dans ce monde. Il est également réconfortant de savoir qu'en étant membre des Chevaliers de Colomb, on n'est jamais seul, car tous les membres sont animés par les mêmes principes de charité, d'unité et de fraternité et s'aident également les uns les autres. Alors si vous avez envie d'aider, devenez Chevalier!

Fernand Laferrière, membre du Conseil 6664 d'East Ferris

## What it means for me to be a Knight of Columbus...

For me, being a Knight of Columbus brings me the joy of helping and supporting the people of my parish, my community and the neighbouring communities, as well as the other charities in the area. Whether it's working the bingo, organizing the Free Throw Competition, selling Cash Calendars, or being treasurer of the East Ferris Council 6664, I enjoy doing it, because it is through those activities that we are able to raise the necessary funds to help people in need. All this gives me a sense of belonging to my community and the opportunity to grow in my Catholic faith. Being part of a global organization of this size, with nearly 2 million members worldwide, brings me a feeling of well-being knowing that together we can make a difference in this world. It is also comforting to know that being a member of the Knights of Columbus means never being alone, for all members are guided by the same principles of charity, unity and fraternity, and are also devoted to helping each other. So if you want to help, become a Knight!

Fernand Laferrière, member of the East Ferris Council 6664



by Michelle Lacourse

Alain Rochefort has been living a blue life since November 2006. Eleven years have passed since Alain joined the famous Blue Man Group. Blue Man Productions is a global entertainment company best known for the award-winning Blue Man Group show. Blue Man Group is a performing arts company formed in 1991 which combines music, art, comedy and technology to inspire the audience. The show celebrates the human connection and appeals to all age groups and cultural backgrounds.

Alain tells us a little bit about his role: “The Blue Man show and the Blue Man character is difficult to describe. The Blue Man is an egoless, infinitely curious character that doesn’t speak. He is always trying to fit in and connect with others. The training for becoming a Blue Man is about returning to your true pure self. To rediscover what it means to be human and how we all crave connections with each other. My job is to bring that to the audience and help them rediscover that child-like wonder they had growing up”.

Rochefort, who grew up right here in the small community of East Ferris, remembers when he started to write little sketches with friends to perform in front of his classes and how he got hooked on making silly home videos. He states that “in watching Jim Carrey in Ace Ventura Pet Detective and The Monty Python show, I saw adults being goofy and playing around. I realised that the only place that behaving in such a way is socially acceptable is in a movie or on stage”. This thinking led him to Humber College in Toronto to study the performing arts.

Two years after a friend got him to watch a DVD of The Complex Rock Tour, Alain found himself taking part in open auditions for the Group. Making it through each call-back eventually led Rochefort to an eight-week training session in New York City. It was his first time on a plane!

“My journey started with training in NYC and Chicago, then as part of the cast in Toronto, Oberhausen (Germany), Tokyo (Japan), Sydney (Australia), aboard a cruise ship, Boston and now, I am in Las Vegas.” When asked to choose his favourite location, he immediately responds with Japan. “Japan holds a special place in my heart as it is where I met my wife Yuki.”

Alain is now captain of the Las Vegas production of Blue Man Group and this is where he has settled for the time being. Naturally, Alain misses his family and friends. “It’s not easy traveling so much and only seeing family a few times a year. The Internet does help us stay connected but it’s not the same as being there in person.”

And what does he miss the most about his hometown of Astorville? “I grew up playing in the snow and the woods. It’s where my imagination ran free, and it still does when I visit home. I miss the community, my family and my friends. I miss knowing who my neighbours are and being able to talk to them! I can’t think of a better way of growing up.”

If you have not seen a Blue Man show yet, please add this to your to-do list. The high level of improvisations and interactions with the audience make each performance a unique and unforgettable experience. Everyone needs a Blue Man moment at least once in their lifetime.

Living Life as a Blue Man

# Your Public Library

by Jennifer Laporte

The library historically has been a place of quiet study, research, fact finding and yes books. While you can still find all of those things, libraries have reoriented themselves towards public participation beyond lending and reading. Libraries now offer an increasing range of community-focused creative activities.



Our spaces have been transformed into community hubs; a place where people come to know themselves and their communities. “People may go to the library looking mainly for information, but they find each other there.”

– Robert Putnum. New parents connect at story time; people attend events and find that they make new friends; kids meet up in libraries’ spaces after school; a free meeting space for the public and reading clubs. In libraries, community-building connections are happening all the time.

The concept of the library as a “Community Hub” is a recent one; the library as a “Makerspace” is even more foreign. Makerspaces are areas where people gather to create and share. These spaces focus on creativity rather than consumerism. The library seeks to give the community a space and some tools to create and co-create; where people can explore things like coding, media creation, design and building.

In a world of ever changing technology, support for digital literacy is an evolving and engaging challenge. But what is digital literacy and what does it mean for the library? Digital literacy is the set of competencies required for full participation in a knowledge society. It includes knowledge, skills, and behaviours involving the effective use of digital devices such as smartphones, tablets, laptops and desktop PCs for purposes of communication, expression, collaboration and advocacy. The Government of Canada recognizes the importance of developing a digital-savvy citizenry in order to give Canadians the adaptive skills they need to participate fully in the global digital society. Canadians also need to be able to benefit from the digital economy by deriving new opportunities for employment, innovation, creative expression and social inclusion.

Libraries are in a good position to provide access to the tools for advancing digital literacy. Libraries have always provided access to information regardless of a person’s age, socioeconomic status, gender, race or creed. Today, and into the future, libraries are going beyond sharing information to actual hands-on teaching. The model of the library as a community hub fits well with the nature of a public library. Libraries can and need to help a community’s citizens obtain and maintain the skills necessary in the world today.

East Ferris Public Library is located at 1257 Village Road, Astorville

Visit us at [www.efpl.ca](http://www.efpl.ca)



The mural was designed and painted by Kim Paxton and Iqbal Amazi (Friends of the Library).

Painted in summer of 2016, the project was to beautify the library in memory of the founders of the Friends of the Library who have both passed away in recent years (Norma McQuoid, Sharon Freeman).

They received support from Perron Timber Mart, Rock Landscaping, Pellerin Paints, East Ferris Community Centre staff and community residents.

It's not just about books anymore

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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 [edition@howardpress.ca](mailto:edition@howardpress.ca) to arrange an interview.



**Mary Lahaie** is a potter whose work is focused on functional pieces inspired by nature. Many of her pieces convey her love of her surroundings with dragonflies, birds, moose or wolves etched in her work. She strives to make each piece both practical and pleasing to look at and likes to make things that can serve more than one purpose. While many of us drink our morning coffee from one of Mary's mugs, her favourite thing to make is bowls.

Mary moved to this area from Toronto 42 years ago with her husband Mike and their 2 children. Mary is now retired from her career in nursing and states she started working in clay 15 years ago to give her right brain something to do. Nursing occupied

her left brain and there was never room to make mistakes. Pottery has allowed her to experience her artistic side where there really are no mistakes, only learning experiences. Mary displays her work at many local art sales and works from her home-based studio here in Corbeil. She also teaches courses through The North Bay Potters Guild. To view her work contact her at [maryware.mary@gmail.com](mailto:maryware.mary@gmail.com).

**Aline Coote** is a self-taught artist and the creator of Wearable Treasures, a line of jewellery made from objects found on the shores of Lake Nipissing.

Since starting her own business in 2004, her work has evolved to include intricate hanging pieces which abound with stones, driftwood, glass and wire.

Aline describes spending hours walking the shoreline looking for things that speak to her and make her work unique. Crafting items comes naturally to Aline and is a need as well as a passion for her. She describes growing up in a creative family, her father built furniture, her sister quilts and her brother builds birch bark canoes using traditional tools. Aline has lived in her family built home in Corbeil since 1984. Her husband Jamie is very supportive of her work and this is reflected in their home which is filled with beautiful and inspiring objects which await her artistic touch. Aline's treasures can be purchased at the North Bay Farmer's Market every Saturday during the summer and through Facebook from which she has been commissioned by people as far away as Alaska and South Korea. You'll also find her at many of the local winter craft shows.



The North Bay Parry Sound District Health Unit is moving to 345 Oak Street West in North Bay later this fall. Residents of East Ferris are welcome and encouraged to visit us. We offer services such as parenting classes, vaccines, dental care, birth control, and much more. We are your lifetime partner in healthy living!



# Birding in East Ferris

by Richard Tafel

What "animal" could be more interesting, more beautiful, more wild than a bird? Their flying abilities, their navigational instincts, their voices, all inject an adulation, a wish by human kind to emulate them, to want to learn more about them.

And, they are widespread so that even in little East Ferris some 250 or more different species exist, among the some 10,000 present in the world. They are, therefore, not too numerous to learn, but present as they are (mostly) during daylight hours, and readily visible in the air, to cause many "birders" to seek them out – to "discover" them. "Discovery" is such an enjoyable activity; what can be more exciting than to discover a new thing – in the case of "birding" a new bird – for the year, for the district, for a "life" list.

And so just what birds are there around here? Let us begin with the habitats. Birds appear only within their favourite habitats. One does not find the iconic, exciting, well-recognized Common Loon in a back yard – but only within our large lakes, – Trout,

Nosbonsing, that is where they find their food, (fish), their nesting location. Their nighttime calls are like a wolf, or even crazier in mid of night, like a wild spirit.

The Oprey is found all over the world – within all continents (except Antarctica), and nests upon hydro poles, or baseball light standards, or almost anywhere that it can somehow stack sticks, adding each year to the year before. The dramatic, imperious Bald Eagle nests in our area also – and can even be found here in the winter, where it finds food at the landfill site – or scattered about ice-fishing huts.

But there are so many birds, all of them with different, interesting aspects, one cannot describe them all in such a short piece as this. There are the three, very different species of long-legged herons, and the Kingfisher. There are the widely soaring Turkey Vultures, ten species of owls, eleven hawks and falcons, over 20 species of ducks, all with their own, distinctive appearances and nesting habits. There are two species of the graceful swans,

one the Trumpeter, which was just a few years ago extirpated from Ontario, but has been re-introduced and is now expanding in numbers, aided by such avid individuals as resident Bev Kingdon.

There are the inimitable, once heard, never forgotten, Whippoorwills, Ruffed Grouse (or as some call them – partridge), newly appearing, huge, Wild Turkeys, Mourning Doves (their song is truly "mournful"). There are super-flying Chimney Swifts, and Ruby-throated Hummingbirds. There are in the area nine species of hole-creating woodpecker-like birds.

But, I have not even touched upon the "perching" birds - of our back yards, of the farm fields, of the marshes and forests. That will have to be left, perhaps, to another edition.

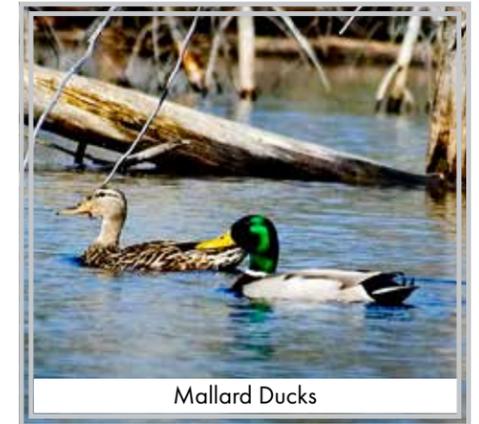
**"Birds – study them a little, then discover their presence, here in your bird-loving, home – East Ferris."**



Common Loon



Ruffed Grouse



Mallard Ducks



Common Merganser



Trumpeter Swan



Barred Owl

Photographs by Carmen Weiskopf



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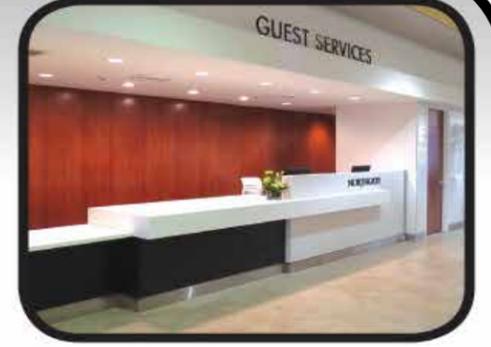
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# Monitoring water quality within the Municipality of East Ferris



The North Bay-Mattawa Conservation Authority monitors the water quality of a number of lakes and streams throughout our region.

Surface water quality monitoring allows us to identify potential sources/causes of poor stream health and target effective strategies for improvement. Long-term monitoring allows us to evaluate the effectiveness of best management strategies over time. It also helps us to identify healthy and ecologically important areas that require protection or enhancement.

Water samples are collected at 10 locations in East Ferris (see map below). Some are collected as part of the Ministry of Environment and Climate Change's (MOECC) Provincial Water Quality Monitoring Network and Lake Partners Program. Samples are analysed for total phosphorus (TP), water clarity, dissolved oxygen and water temperature.

Samples are collected in Trout Lake from June to August and in Lake Nosbonsing each May. They are also collected on the Wasi River as part of the sampling program from the Callander-Wasi subwatershed and on the La Vase River.

Data collected over the last ten years (2006-16) show that Trout Lake is 'ultra-oligotrophic' or very low in TP. Algal blooms are generally very rare in lakes like Trout Lake. The water clarity in Trout Lake is fairly high.

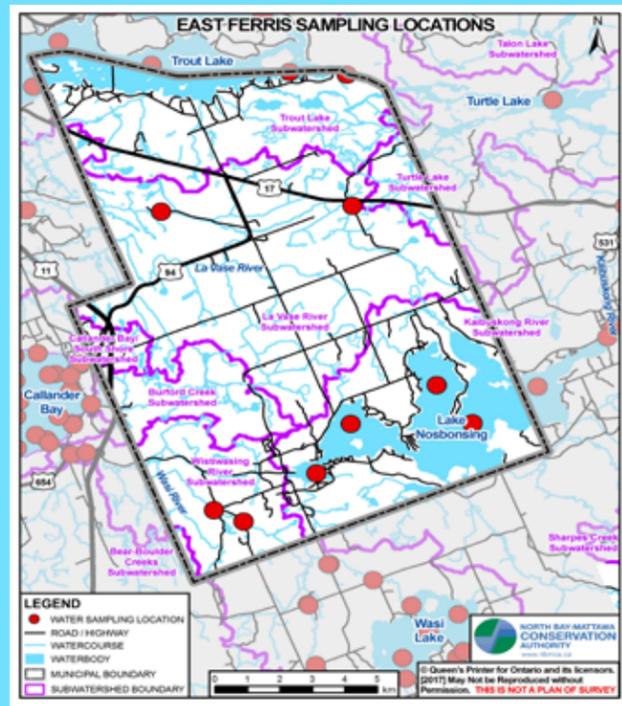
Lake Nosbonsing samplings since 2006 show the lake has 'oligo-mesotrophic' status, with low to moderate nutrients. There is little variation across the lake, with the exception of the westernmost bay (near Astorville) where TP was almost 50% higher than the average for the rest of the lake. Based on NBMCA's spring sampling, average TP concentrations at all sites were below the MOECC's Interim Provincial Water Quality Objective for preventing nuisance algal growth.

As water moves across our watershed, its quality is altered. Geology and soils affect the mineral content; organic matter changes the nutrient composition. Its quality can also be changed by fertilizers, pesticides, organic matter, oils and fuels, chemicals, and metals.

Reporting on Total Phosphorus is one of the simplest and most common methods of tracking water quality. Phosphorus occurs naturally, but is increased from natural levels by the addition of soaps, detergents, fertilizers and pesticides. Phosphorus contributes to excess algae growth and low oxygen in streams and lakes, degrading their appearance and decreasing their ability to support aquatic species.

## What is a watershed?

A watershed is an area of land that is drained by a river or stream. Streams flow into rivers which eventually flow into a lake. Everything is connected in a watershed. Watersheds don't stop at municipal boundaries. Actions within a watershed affect the quality of water downstream. There are seven subwatersheds that flow through the Municipality of East Ferris including: Trout Lake, Turtle Lake, La Vase River, Kaibuskon River (including Lake Nosbonsing), Wistiwasung (Wasi) River, Burford Creek and Callander Bay subwatersheds. (see map)

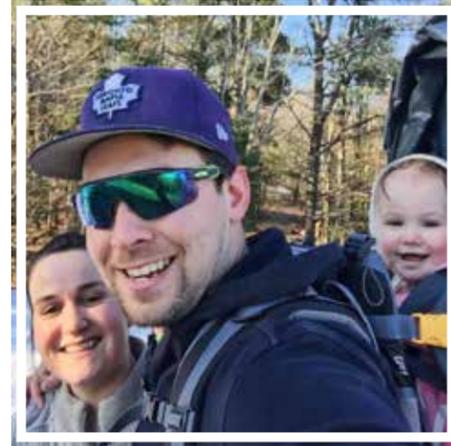


## Quest for the Nest

For years we've watched the Eagles raise their babies on the shores of Lake Nosbonsing. A favorite boating or kayak destination on warm summer days to watch the young eaglets grow. A couple of years ago the nest was blown down on a particularly windy day. We still see the eagles gliding overhead but no new nest has yet to be found. So, on your winter outing on the lake, snowmobiling, hiking or fishing, see if you can spot the new nesting tree. The first person to submit the new location will WIN a handmade pottery mug to hold the hot drink you'll need after your search. Email your find to [edition@howardpress.ca](mailto:edition@howardpress.ca)

# We moved to a northern paradise!

by Jolinne Kearns



Surrounded by nature and a trail system in our backyard, we are quite literally living in a northern paradise. Lake Nosbonsing is a five-minute walk from our home, and the loons serenade us to sleep at night. In my past life, I would leave Toronto every Friday in the summer to experience this lifestyle that is now my daily life. I feel grateful to no longer suffer through the bumper-to-bumper traffic of Highway 400.

I've also been enjoying the slower pace of life. I'm home at a reasonable hour from work, and that gives me time to play with my daughter when she returns from daycare. I am very present in her life and she is in mine.

Winter is now an anticipated season where we can enjoy the beauty of the snow. I remember on one of our first nights in our new home we sat by the glow of our outdoor fire, taking in the huge sky peppered with stars and a moon that reflected brightly off the ice, periodically saying, "can you believe we live here?!"

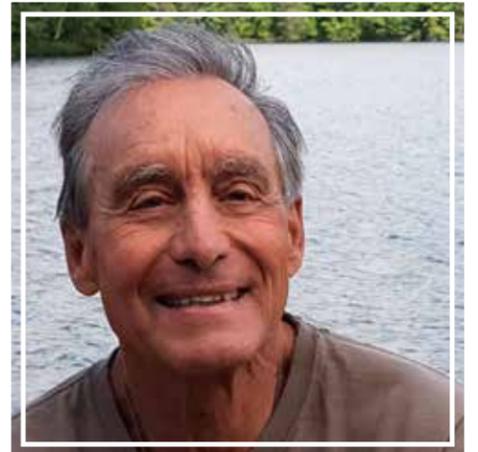
One of the biggest attractions to East Ferris for us was the sense of community we had been experiencing for years at Le Carnaval. I imagine my daughter one day participating in the curling bonspiel or broom ball tournament and get excited for her to be a part of something great.

I have always been an arms-length member of this community. My mom's family lives in Astorville and I would visit often throughout the year. I got married in St-Thomas-d'Aquin church, which has always been a pillar of our family. There is a powerful feeling of kinship and support within its walls and I am proud to now be a member of the congregation.

We always felt welcome here long before relocating. We miss the hustle and the bustle of the city, that's for sure, and visit Toronto quite often. At the end of a weekend in the city, when it's time to pack up and hit the road, we are so happy to return to our northern paradise in East Ferris.

# Doug Armatage: Shaping our community for over 30 years!

by Pauline Rochefort



Doug Armatage recently retired from the East Ferris Planning Advisory Committee after serving for 32 years (1984 to 2016) of highly regarded service. The Planning Committee is established by the Municipality of East Ferris to hear applications, hold public meetings and make recommendations to Council regarding Official Plan Amendments, Zoning By-law Amendments and any other land use matters. John O'Rourke, Committee Chair said "I would like to thank Doug for all of his dedicated work over such a long period, during which time East Ferris experienced significant growth. He has worked tirelessly and with dedication, and always had the best interest of the Municipality and its citizens at the forefront of his mind."

According to John Fior, our Municipality's Chief Administrative Officer, Doug's background in engineering, his professionalism and his thoughtfulness were invaluable to the Committee, Council and staff. "Doug brought his wisdom and calmness to the Committee

table which helped to make planning-related decisions that were good for the whole of our community. His efforts have helped us to grow into the great community that we are today", said Fior.

During his tenure on the Planning Committee, Armatage witnessed first-hand strategic land issues East Ferris faced as it evolved from a township with a rural setting, to a semi-urban municipality. He fondly remembers the bumpy narrow road that he and his wife Dianne used some forty years ago to access their new home on the east end of Trout Lake. "Back then there were but a few cottages near our home. Today our bumpy road has become Macpherson Drive on which, along with Centennial Crescent, we find many new homes popping up" said Armatage.

He adds in his modest style that "I got more out of serving on the Committee than the time and energy I put into it. I got to know every

part of the Municipality, parts that I never knew existed as East Ferris is quite decentralized. I started on the Committee that was then called the Planning Board and I truly enjoyed every meeting and file I worked on." He concludes by explaining that good leadership and good planning has made for good development in East Ferris and he encourages newcomers to get involved, as it is a great way to get to know other residents and our community.

### The Wasi Cross Country Ski Club

The Wasi Cross Country Ski Club is a volunteer-run club located at 907 Lake Nosbonsing Road, Astorville.

We have 43 km of classically-groomed ski trails with 7.5 km of double-tracked trails. 7 km of snowshoe trails meander through a mix of hardwood and conifers. Our expanded network of snowshoe trails is in its fourth year. Access skiing and/or snowshoeing on your day pass or yearly membership. Day fee is \$8 for adults, \$3 for kids 12 and under. Memberships cost as little as \$55. Our facilities include a heated chalet and outhouses, and warm-up hut with a wood-stove and outhouse.

You can use the trails and chalet all week long during the winter season. A bulletin board with trail conditions and other announcements is posted on the building along with a thermometer and trail map. Trail maps are posted at the chalet and at each trail intersection. A sign-in sheet, maps, membership applications, and a daily fees drop box are available inside the chalet

Events include Ski Backwards Day where we ski all the trails in reverse or the popular Moonlight Ski & Snowshoe! Bring a headlamp or travel in the moonlight. Stop at the fire-pit to enjoy toasting a marshmallow or bannock.

For more info, please contact Kerry at 705.752.4215 or president@wasiski.com



## Nosbonsing Curling Club

New members are always welcome!

No experience necessary. The club has an ample supply of sliders and brushes for anyone who'd like to try the game! Members are available to help you along and provide pointers.

#### Our club's main functions

Learn to Curl sessions.....October  
Curling season starts.....October 30<sup>th</sup>  
Annual Fundraiser Prime Rib Dinner & Dance.....November 18<sup>th</sup>  
Carnival Family Curling Bonspiel.....February 16<sup>th</sup>-18<sup>th</sup>

#### The club's goals and objectives

- To promote the game of curling.
- To offer a program that is affordable to any person wishing to participate.
- To promote interest, participation, and enjoyment in its programs and activities by its members.
- To cooperate with other curling clubs and associations in the interest of curling.

The Nosbonsing Curling Club is a not-for-profit organization. Our club also rents the ice or club house.

For more information, please contact  
Paul Marier 705.499.2611 pmarier@comsatec.com  
Kevin Morphet 705.471.1289  
Christine Hampton 705.358.2320 nosbonsingcurling@gmail.com

We're looking forward to seeing you on the ice

# BIG BUCK NIGHT

by Wilfrid Weiskopf

Every year on the 3<sup>rd</sup> Saturday in January, the Nosbonsing Anglers & Hunters hold their annual Big Buck night at the Community Centre in Astorville. It is a night to admire the local crop of deer and moose antlers, a celebration of the hunting season which has just passed, and a chance to get together with friends and family to plan future adventures.

So who really comes to Big Buck night? Of course the easy answer would be: anybody who harvested a big buck or a bull moose and wants to show it off to his buddies. But there is more to it than that. There is a band, dancing, raffle prizes and last but not least prizes for the different categories.

Not everyone gets a big buck or a bull, but a lot of us have an almost genetic desire to see and admire antlers. This is something that goes as far back in human history as cave paintings. Anyone who has ever harvested an antlered deer or been part of a hunt where one was harvested has felt the need to look at, admire and even touch the antlers of that animal. So when the chance to see dozens of antlers in all shapes and sizes in one place comes along it's hard to resist that temptation.

It's not just about big antlers either. The club has a random draw into which the names of anyone who brings a set of antlers to Big Buck night goes. This encourages hunters to bring in anything from a little spike to a

full blown monster which also adds variety to the table and makes for some interesting conversations.

Of course even for the hunters there is more to this gathering than just the antlers. There is also the whole discussion phase of the evening where you see groups of people standing around talking. Everyone wants to learn as much as possible about how the other guy got his deer without giving away too many of their own secrets. After all when it comes to hunting we are all still a bit territorial.

A lot of interesting discussions are centered around new products and there is always a lot to learn. Everything from types of bows, firearms, trail cameras, blinds, stands, new bullets & arrows and much more. So for everyone from the novice to the seasoned veterans this is an important part of the experience.

Over the years there have been a lot of changes in the hunting world and not the least of these is that hunting is no longer the domain of just the "guys". Women are now a big part of the scene. They have lead to a much improved state of the average hunt camp (no longer a mouse infested shack), and have proven that they can hold their own when it come to marksmanship, getting around in the bush and most certainly they have shown most men a thing or two about patience. So at Big Buck night the guys are no longer just



bringing their wives or girlfriends to a dance, they are now bringing their hunting partners to enjoy an evening out.

Categories for prizes now have a women's division along with the traditional prizes for Archery Deer, Gun Deer, Archery Moose and Gun Moose.

But even if you or someone in your group has no interest in hunting, has no part of their DNA that has them craving to see or touch antlers, don't despair, you could win at the raffle table, and there is still enough fun to be had on the dance floor. The entertainment is usually supplied by a good band with music that is easy to dance to. Some of the bands have a following of fans that show up regardless of the venue or occasion. It's a great place to meet people (maybe those new neighbours you've been meaning to stop in and see).

Tickets can be bought at the door or at the Perron TIMBER MART in Astorville.

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

The Club resides at 392 Highway 94, known as the Corbeil Park Hall. It is air conditioned and wheelchair accessible. Your \$10 per year membership fee will provide you with a newsletter listing upcoming activities and social events. You do not have to be a member to participate in the following activities but why not join or volunteer, it provides opportunities to meet and make new friends in a bilingual environment!

Tuesday – crafts (wish to learn to knit, crochet, stitch, etc.? Someone can help)

Wednesday – social, card games, and line dancing

Friday – euchre

Pickleball – (summer East Ferris Arena, winter École-St-Thomas-d'Aquin)

Technology classes self-help group (learn more on how to use cell phones, tablets, laptops, internet, Facebook, Twitter, etc) every 2<sup>nd</sup> and 4<sup>th</sup> Friday of the month

VON smart program (chair exercises) improves balance, flexibility and mobility on Monday and Friday mornings

VON Foot clinic on the 1<sup>st</sup> Tuesday of the month (by appointment)

Various card tournaments, dinners, music evenings and trips during the year.

Fall General Membership meeting on Oct. 18 at 3:00-5:00 pm

You can check out our Facebook page East Ferris Golden Age Club d'âge d'or.



## East Ferris Supports the Nipissing Serenity Hospice

The East Ferris Knights of Columbus were delighted to support the Nipissing Serenity Hospice at its April dinner. "Our community needs a hospice, and that is why we were pleased to donate just under \$10,300" states Guy P. Fournier, Grand Knight. On hand to receive the cheque was Nipissing Serenity Hospice Chair Mathilde Bazinet. According to Bazinet, while many dying patients would prefer to die at home, it often becomes difficult for family members to provide the necessary care. At the Hospice the terminally ill will find the comfort and tranquillity of a home-like environment. It's a goal that is supported by the East Ferris Golden Age Club d'âge d'or. Club President Terry Way-White explains that following the passing of a member, the Club makes an in memoriam donation of \$50 to the Hospice. Mathilde Bazinet points out that there are a number of East Ferris residents who support the Hospice, either as a volunteer or a contributor. For example Lucie Laperrière of East Ferris volunteers as a Director on the Hospice Board of Directors. She encourages residents to continue their great support of the Building Dignity Campaign by visiting the website: nipissingserenityhospice.ca



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# East Ferris celebrates Canada's 150<sup>th</sup>



**CANADA 150**

Over the past months East Ferris citizens engaged in celebrating Canada's 150<sup>th</sup> birthday. Participating in events that pay homage to such an important milestone is believed to result in enhanced national pride. However, it is often only in retrospect that we can appreciate its true benefits. Take for example the gift of Canada's Centennial in 1967. For those of us old enough to remember, it provided a kind of unfettered optimism and promise about our nation, its place in the world and its unrealized potential.

## The Year 1967

The year 1967 is remembered not only as one of the most notable years in Canada but also in Astorville and Corbeil. Many citizens from our community attended the World Fair in Montréal – Expo 1967. An excellent example of this participation can be found in the book “Astorville – notre chez-nous / our home” where former resident Sister Marie-Reine Gauthier explains that the nuns at St-Thomas-d'Aquin school decided to take the older students to Expo 1967. It cost a lot of money and so the students were encouraged to raise money by holding a winter carnival. The carnival was a great success and off went the students by train to attend Expo for one week.

At a municipal level, East Ferris marked the event with an expanded road that was baptized Centennial Crescent providing residents with improved access to the south shore of Trout Lake. On Big Moose Road, a new boat launch and dock were added for the many boaters and anglers of Lake Nosbonsing. Then there was the opening of a new Township office building in Corbeil. To this day, the Expo logo can be viewed near the office's front door.



## The Year 2017

Fast forward to fifty years later, and we find not only a country that has grown but also our community that has evolved from a township with a rural setting, to a semi-urban municipality with the villages of Astorville and Corbeil as centres. The year 2017 provides a great opportunity for residents to examine the community's progress as well as celebrate its achievements. Following are a few stories of how East Ferris residents and friends have celebrated and commemorated Canada 150. For those who have not yet had a chance to do so, you have until December 31<sup>st</sup>, 11:59 pm to mark Canada's 150<sup>th</sup> birthday.

## East Ferris célèbre le 150<sup>e</sup> anniversaire du Canada

Au cours des derniers mois, les citoyens d'East Ferris ont participé aux célébrations du 150<sup>e</sup> anniversaire du Canada. Il y a lieu de croire que la participation à des événements qui rendent hommage à une étape aussi importante augmente la fierté nationale. Cependant, ce n'est que par une rétrospective que nous pouvons apprécier ses véritables avantages. Prenons par exemple le don du centenaire du Canada en 1967. Pour ceux d'entre nous qui sont assez vieux pour se souvenir de cet événement, il nous a donné une sorte d'optimisme inconditionnel et de perspectives illimitées à l'égard de notre pays, sa place dans le monde et son potentiel non réalisé.

## L'an 1967

L'an 1967 est reconnu comme étant l'une des années les plus remarquables, non seulement au Canada, mais aussi à Astorville et à Corbeil. De nombreux citoyens de notre communauté se sont rendus à Montréal pour assister à l'Exposition universelle de 1967 – Expo 67. On retrouve un excellent exemple de cette participation dans le livre intitulé *Astorville – notre chez-nous / our home*, dans lequel l'ancienne résidente sœur Marie-Reine Gauthier explique que les sœurs de l'école St-Thomas-d'Aquin ont décidé d'amener les élèves plus âgés à l'Expo 67. Il fallait beaucoup d'argent pour réaliser ce voyage, alors on a encouragé les élèves à organiser un carnaval d'hiver comme collecte de fonds. Le carnaval a connu un énorme succès et ainsi, les élèves ont pu s'y rendre en train pour passer une semaine à l'Expo.

À l'échelle municipale, East Ferris a souligné cet événement en construisant un chemin qui a été baptisé le croissant Centennial, lequel donnerait à ses résidents un meilleur accès à la rive sud du lac Trout. Le long du chemin Big Moose, un nouveau quai et une rampe de mise à l'eau ont été ajoutés pour les nombreux plaisanciers et pêcheurs du lac Nosbonsing. Ensuite, à Corbeil, il y a eu l'ouverture du nouveau bureau du Canton d'East Ferris. Encore aujourd'hui, on peut voir près de la porte d'entrée le logo d'Expo 67.

## L'an 2017

Cinquante ans plus tard, nous retrouvons non seulement un pays qui a grandi, mais aussi notre communauté qui a évolué d'un canton rural à une municipalité semi-urbaine ayant pour centres les villages d'Astorville et de Corbeil. L'an 2017 offre aux résidents une excellente occasion d'examiner les progrès de la communauté et de célébrer ses réalisations. Les quelques récits qui suivent rendent compte de la façon dont les résidents et les amis d'East Ferris ont célébré et commémoré l'initiative Canada 150. Pour ceux qui n'ont pas encore eu l'occasion de le faire, vous avez jusqu'au 31 décembre, à 23 h 59, pour souligner le 150<sup>e</sup> anniversaire du Canada.



### Canada Day Fireworks

The Municipality of East Ferris invited residents to attend the July 1st fireworks display to mark Canada's 150th birthday. The fireworks were put on by the East Ferris Volunteer Fire Department. There was a great turnout and to everyone's delight the mosquitoes stayed away. And while waiting for dark can be a tall order in the long days of summer for the Municipality's little residents, to the organizers' delight, many were in attendance. Residents were treated to a wide range of fireworks and an overall spectacular show.



### Tennis & Pickleball Court Opening

Who would have suspected that pickleball would become so popular in East Ferris. As part of the Canada 150 celebration, the Municipality of East Ferris received monies from the Canada 150 Infrastructure Grant Program to revamp its Astorville Tennis Court with Pickleball courts and equipment. Many residents attended the court's official opening that saw Member of Parliament Anthony Rota and Member of Provincial Parliament Vic Fedeli join Mayor Bill Vrebosch and the pickleball league organizers Claude and Lyse Cardinal in providing congratulatory remarks.

### Senior Games

In early June, the East Ferris Arena, Curling Club and Library as well as *École St-Thomas-d'Aquin* and surrounding roads were transformed into a sports arena where seniors demonstrated their skills in archery, bocce ball, cribbage, crokinole, euchre, floor shuffleboard, big break golf, horseshoes, pickleball, tennis, poker walk and texas horseshoes. Participants also had their knowledge of Canada's history tested as they completed trivia games over breakfast and a BBQ lunch. The event closed with a Canada 150 celebration. North Bay and Area Community Foundation dignitaries were present to remit team awards, including 1st place Team Yukon and members Barbara Giroux, Sandra Lachance, Paul Marier, Terri Moore, Linda Schmidt, Liz Shakell, Charles Stock, Bernice Thompson, Gordon Thompson, Noreen Vivian and Lucille Voyer. The Foundation represented by Elaine Burrows and Kate Merritt-Dupell provided Canada 150 funding in support of the East Ferris Golden Age Club *d'âge doré's* 1st Annual Seniors Game.



### Canada 150 Picnic Tables

Perron Freshmart took part in a competition, put on by Loblaws, where they were asked to decorate a picnic table using paint, to celebrate Canada 150. Store owner Denise Beaupré explained that it's part of the Loblaws #Eat Together campaign which encourages neighbours to sit at each others' tables and get to know one another. "It's celebrating Canada's 150th birthday and that we're a very diverse country and that everybody is welcome at our dinner table. It truly represents life in our lovely community of Astorville as well as our wonderful country Canada." The store joined forces with students from *École St-Thomas-d'Aquin* under the direction of school principal madame Marleau and monsieur Ryan to paint a table with a community theme. Perron Freshmart customers are very proud of the table that has been named the "Masterpiece."



### Les tables de pique-nique Canada 150

Perron Freshmart a participé à un concours organisé par Loblaws, où les participants devaient décorer une table de pique-nique avec de la peinture dans le cadre de l'initiative Canada 150. La propriétaire, Denise Beaupré, explique que ce concours fait partie de la campagne #MangerEnsemble qui encourage les voisins à s'asseoir aux tables des autres pour apprendre à se connaître. « C'est pour marquer le 150<sup>e</sup> anniversaire du Canada et que nous sommes un pays très diversifié et que chacun est bienvenu à notre table. Elle représente réellement la vie dans notre belle communauté d'Astorville ainsi que dans notre merveilleux pays qu'est le Canada. » Pour peindre la table avec un thème communautaire, le magasin a fait équipe avec l'école St-Thomas-d'Aquin, sous la direction de la directrice d'école, madame Marleau, et de monsieur Ryan. La clientèle de Perron Freshmart est très fière de la table qu'on appelle maintenant « le chef-d'œuvre ».

2017 Senior Games Participants



The Sloan-Keats Family Celebrates Canada 150

As part of Canada 150, the Sloan-Keats family of East Ferris set a challenge for themselves to learn more about Canada by visiting all ten provinces and three territories together. To start things off close to home, they decided to explore part of the historic path of the Huron, Ojibway and Voyageurs. On July 29, they competed in the 13-kilometre family portion of the 41<sup>st</sup> North Bay-Mattawa River Canoe Race. The family entered two canoes in the race: one with the mother and her eldest daughter and the second with the father and his two youngest children that included daughter Cora. All family members were delighted to be the first and second canoes to place in their division at the finish line. Following is a brief account of the race by daughter Cora.

Une course en canot

Le 29 juillet 2017, j'ai fait la course de canot de la rivière Mattawa pour célébrer le 150<sup>e</sup> anniversaire du Canada. Il y avait au moins sept bateaux où on a commencé la course en famille. Après quelques minutes, notre bateau était en arrière. Mais même si notre bateau était en arrière, j'ai quand même apprécié la nature et le paysage. Après une demi-heure, nous avons rattrapé le bateau en avant de nous [celui de ma mère et ma sœur]. Quand on est arrivé au portage, on était juste derrière un autre concurrent. Mais on a arrêté de le poursuivre, car on ne savait pas si on était à la bonne place. On a découvert qu'on était sur une piste qui nous amenait à la bonne place, mais il y avait une autre piste qui était nouvelle et moins difficile. On aurait pu aller dans notre canot pour arriver à la fin plus tôt, mais on est resté pour aider les autres à trouver le bon sentier. On a aidé les gens juste assez longtemps pour que ma mère et ma sœur nous rattrapent. Après, nous avons travaillé très fort pour arriver à la fin avant eux. Il y avait plusieurs personnes sur le lac et quand on les passait, ils nous encourageaient. Quand on est arrivé à la fin, il y avait tellement de personnes qui nous applaudissaient que je ne pouvais pas m'empêcher de sourire! Après que ma mère et ma sœur sont arrivées, on a mangé quelques collations, on a nagé dans la rivière Mattawa et par après nous sommes allés au banquet. La nourriture était délicieuse! Après qu'on a fini de manger, un monsieur organisateur a annoncé les prix et... mon équipe avec mon père et mon petit frère a gagné la première place dans notre catégorie! Cette journée était merveilleuse! Cora



Voyer Trails Awash In National Pride

On Sunday September 24<sup>th</sup> the Corbeil Catholic Womens' League hosted a delicious pancake breakfast at the Corbeil Park Hall. Breakfast was followed by activities and hayrides that were organized by the East Ferris Knights of Columbus along the Voyer Trails. Canada's colours were in full display as participants enjoyed the fall colours, pumpkins and the many Canadian flags floating about. Voyer Trail was a perfect place to celebrate Canada's anniversary. The trail that was originally known as the Mattawan-Nipissing Colonization Road connected the present day communities of Mattawa, Eau Claire, Rutherglen, Bonfield and Corbeil, and then dipped southward at Thorncliffe Station to connect to Callander and North Bay. Following the incorporation of the Township of East Ferris in 1921, the road was renamed the Voyer Road in honour of the Voyer Family that were early settlers of the area. The road remained the key route until around 1932 and the arrival of Trans-Canada Highway #17. Over time, the road has receded into a great recreational trail that forms part of the area's Discovery Routes.



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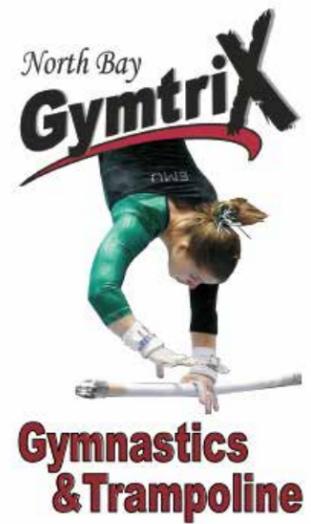
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It's that time of year again. The holiday season is fast approaching and the Christmas rush will soon begin. To avoid the stress imposed by Christmas, you may want to do some upfront planning. It's become so easy to plan Christmas with many checklists and countdowns now available online e.g. [Ultimate Christmas Countdown Checklist by Real Simple](https://www.realsimple.com): <https://www.realsimple.com>. These lists cover many of the things you can do to get ready for Christmas. Some of the initial tasks on most lists starting in mid-October include:



- ✓ updating your holiday card list and shopping for cards and wrapping paper
- ✓ supplies and items to purchase and the gifts you wish to make;
- ✓ events to attend and
- ✓ preparing your baking list and starting to bake items you can freeze.

Following are ideas to help you with these tasks as you plan your East Ferris Christmas.

## Holiday Cards

There is no better time than the middle of October to start updating your holiday card list. According to the Greeting Card Association, sending and receiving a greeting card is still a prized form of communication as there's an emotional connection between people by something that is handwritten and expresses a personal message.

This trend explains why Roberta Bédard of East Ferris started Chayce Your Dream Studio. Roberta Bédard is a former principal at Ferris Glen Public School. In 2016, she retired in order to fulfill other dreams. Her company Chayce Your Dream Studio offers consumers the opportunity to present a loved one with a personalized greeting. She points out that consumers want to purchase more personalized cards, often hand made by small-scale artisans. "People are increasingly willing to spend considerably more on individual cards which capture the essence of the personality of the recipient", said Roberta. Her cards range from humorous to inspirational. Gift tags and bags are some of her other creations. She takes great pride in making a connection with the recipient through her designs. Her cards often "tell a story" which will bring a smile to the recipient when that person recollects that special moment. During the holiday season, Roberta offers workshops in her home.

For a more detailed overview of her card offering, please view: <https://www.facebook.com/chayceyourdreamgreetings> or contact Roberta at [southshore871@gmail.com](mailto:southshore871@gmail.com). These personalized cards can either be hand-delivered or sent by mail. Contact Canada Post outlet by telephone 705-752-4462 or in person between 8 a.m.-5 p.m. at the East Ferris Community Centre, 1267 Village Rd, Astorville, for updated 2017 information on rates, mailing dates, online services and mailing supplies.



## Shopping

Whether we like it or not, the reality is that the holidays often bring us to spend more than we normally do. We buy more food, beverages, decorations, gifts, games, special events, clothing, travel, music, etc... Unfortunately, when the calendar turns to January, the negative effects of this spending begin to set in: higher than expected credit card statements, tighter finances and regret over the amount of money spent. To avoid overspending, the cardinal rule is to decide, before the holiday season even begins, on how much money you want to spend. You may not have every detail filled in, but you can at least start listing what you need to purchase and you can set a ballpark figure.

You can also consider buying locally in order to cut down on gas and shipping expenses. In many communities across Canada, we hear of "buy local movements" that encourage shoppers to keep their dollars in their communities. These movements point out that in an age where we're bombarded with thousands of corporate advertisements, the emphasis on cheapness above all other values leads many people to overlook the values provided by local independently-owned businesses.

When you buy local, you're keeping your money close. And the cool part is the money can eventually make its way back to you. There is a surprisingly large community of businesses, artisans and service providers in East Ferris, many home-based, each offering their own unique selection of goods and services. In this issue of Edition, we are featuring 3 local artisans who are good examples of the excellent merchants and artisans in East Ferris: Mary Lahaie Potter, Wearable Treasures from the shores of Lake Nipissing and Chayce Your Dream Studio. You can reach other local merchants via the ads in the spring / summer and fall / winter issues of Edition or by consulting the East Ferris Municipal Business Directory at <http://eastferris.ca/BusinessDirectory.aspx>

## The Gift of Giving

This year, there can be no better way to celebrate Christmas than by giving to the East Ferris Santa Claus Fund. Paul Gauthier, Fund Chair, reminds us that the magic of Christmas is in giving and doing good things for others. He is asking for your help to raise the \$15,000 needed to bring Christmas cheer to those in need. Last Christmas, the Fund brought holiday cheer to 41 families and 33 children. The children's gifts were generously supplied by the Lions Club from monies raised at their annual telethon.

This year will be the 47<sup>th</sup> annual Santa Fund which was started by George Stevens, Helen Gauthier, Hector Perron of Perron's Freshmart and Leo Voyer of Voyer's Red and White. From the beginning, it was a tradition that the food was supplied by Mr. Voyer one year and by Mr. Perron the next. This is how it was done for 40 years. Now the food is generously provided by Perron Freshmart. Following are the details pertaining to the 2017 Santa Fund.

- Basket applications to be mailed to the East Ferris Santa Fund, 74 Voyer Road, Corbeil, Ontario, P0H 1K0 by December 4<sup>th</sup>. Baskets will be delivered on Sunday December 17<sup>th</sup>.
- Donations can be mailed to the East Ferris Santa Fund, 74 Voyer Road, Corbeil, P0H 1K0 or given in person in Astorville at the Post Office or Perron's Freshmart, and in Corbeil at Lucky 13 or at the Municipal office. For more information, call Paul Gauthier in the evening at 705-498-7423.

Again in the spirit of giving, the East Ferris Knights of Columbus take part in the *Knights of Columbus Coats for Kids* program, whose goal is to provide winter coats to kids in need. This year, the East Ferris Knights will be providing coats to four schools in our area: MT Davidson, St-Theresa, Ferris Glen and St-Thomas-d'Aquin.

## Events to Attend

The holiday season brings a flurry of events and East Ferris is no different. Following are some of the planned events scheduled in and around Astorville and Corbeil.

- November 16<sup>th</sup>: The Knights of Columbus are holding their Christmas Supper and Dance at \$30 per person and music by Don Delorme and Friends. For more details contact Michel Voyer at 705-752-2362.
- December 3<sup>rd</sup>: This year Église St-Thomas-d'Aquin and its Village Choir are delighted to welcome back the wonderful musical duo of André Varin and Marie-Claude Gagnon at 6:30 pm. "André Varin is one of the best acts I have EVER seen in my life", said a number of attendees at last year's event. Featured will be new and traditional Christmas songs (some English) that are sure to delight young and old alike. Tickets, \$20 for adults and \$5 for youth, will be on sale from local merchants and at the East Ferris Public Library 705-752-2042 starting October 15<sup>th</sup>.
- December 9<sup>th</sup>: The East Ferris Golden Age Club dinner and dance will be held at the East Ferris Community Centre. Tickets are \$20 for members and \$30 for guests. For further details contact Bernard Rochefort 705-752-2238.
- December 12<sup>th</sup>: The Knights of Columbus will be holding a Christmas Party at Nipissing Manor. For more details, contact Michel Voyer 705-752-2362.
- The Catholic Women's League also has a number of planned events that include a Sing-Along at Nipissing Manor on October 28<sup>th</sup>, a Penny Sale at the Corbeil Park Hall on November 5<sup>th</sup> and a special 20<sup>th</sup> anniversary celebration in January. For further details contact Debbie Corriveau 705-752-0099.



# Recipes perfect for the Christmas Holidays.

Two different easy-to-use pie crust. Your family and friends will love these!

Recipes by Nancy Dobson

## Spinach Pie

This is easy and a family favourite.

Ingredients and Directions

For the filling:

Cook 1 package of fresh spinach in olive oil with a diced onion, add a garlic clove to that and salt and pepper and a little nutmeg.

In a bowl beat:

4 eggs,  
1 cup (240 ml) of plain yogurt,  
1/2 cup (120 ml) of skim milk powder,  
Whisk that together and add cooled spinach mixture.

A few green onions add a nice flavor, just chop and sprinkle them through the mix.

For the crust:

Mix the following in a small bowl with a fork:

1 cup (240 ml) of flour,  
1/4 (60 ml) cup of olive oil,  
1/2 tsp (2 ml) salt,  
4 tbsps (60 ml) of milk.

Press evenly into a pie plate. Pour filling into crust, top with any cheese you like and bake at 350 °F (180° C) until brown, about 25 minutes



## Butter tarts for sharing

Makes 12 butter tarts

Ingredients

### Pastry

2 1/3 cups (560 ml) all-purpose flour  
4 tsp (20 ml) granulated sugar  
1 tsp (5 ml) salt  
1 cup (240 ml) cool unsalted butter  
1 large egg  
2 tbsps (30 ml) cold water

### Filling:

3/4 cup (180 ml) dark brown sugar, packed  
3/4 cup (180 ml) corn syrup  
1/2 cup (120 ml) unsalted butter, melted  
2 large eggs, room temperature  
1 tsp (5 ml) white vinegar  
1 tsp (5 ml) vanilla extract

Directions

In a mixer fitted with a paddle attachment, combine flour, sugar and salt. Cut butter into small pieces (you can pull the butter from the fridge 30 minutes before adding) and add to flour, mixing until dough is a rough, crumbly texture. Whisk egg and water and add at once, mixing until dough comes together. Shape dough into 2 logs, wrap in plastic and chill for at least one hour. Preheat oven to 400 °F (200 °C) and lightly grease a 12-cup muffin tin. Lightly dust a work surface with flour and unwrap pastry logs. Slice each log into six pieces. Roll each piece to about 1/4-inch thickness and line each muffin cup. Chill lined muffin tin while preparing filling. Whisk sugar, corn syrup and butter in a bowl by hand until combined. Whisk in eggs, then vinegar and vanilla. Sprinkle a few raisins



in the bottom of each muffin cup (if you like raisins) pour filling over the raisins. Bake the tarts for 5 minutes, then reduce oven to 375 °F (190 °C) and continue baking until butter tart filling starts to dome, about 20 more minutes. Cool tarts in the pan.

*I tried the spinach pie recipe. I was used to a traditional pie crust and I was a little leery about trying it. I mixed everything together, but used 4 eggs instead of two. Baked it in an 8" pie plate. To my surprise the crust turned out great. The texture was a little different but the flavour of this spinach pie was very good and it was very easy to make. We enjoyed eating it both warm and cold. This would be excellent recipe for a Christmas Brunch.*

*I also tried the butter tarts. If you don't like to roll out pie crust this is another alternative. While they looked good and tasted great, they unfortunately were a little runny. I'm afraid I may not have cooked them long enough. I suggest to check before removing from the oven. I had chilled my lined muffin tin overnight and for this reason the crust might have been too cold and this is what caused them to be under-baked. Carmen*

Try these recipes and let us know how they turn out or share your recipe with us at [edition@howardpress.ca](mailto:edition@howardpress.ca)

# Carole Perron crée une belle courtepointe pour son neveu vivant au loin

par Marianne Perron-Gadoury



À l'automne 2016, la belle-sœur de Carole Perron lui a demandé si elle pouvait fabriquer une courtepointe, un jour, quand elle aurait le temps. Marianne et Richard Gadoury auraient voulu l'offrir en cadeau à leur fils Pascal qui habite et travaille à Sheffield, en Angleterre. Carole était d'accord, en principe, et on échangea des idées vagues : un thème touchant à l'héritage canadien, aux racines ou quelque chose du genre... Quelques mois plus tard, l'habile couturière entreprit la confection d'une belle grande douillette capable de réchauffer corps et cœur contre le climat humide et pluvieux du Yorkshire.

La courtepointe est magnifique en tout point. Carole n'a pas utilisé de patron pour réaliser son œuvre, car elle n'en a pas trouvé à son goût : c'est sa création originale et personnelle. Alors qu'elle visitait London, en Ontario, Carole s'est sentie inspirée par la collection de textiles que Northcott a créée pour le 150<sup>e</sup> du Canada. Elle commença à coudre le 6 mars et le projet tira à sa fin le 7 avril. Au total, la courtepointe mesure 74" x 92". L'originalité de l'œuvre et sa complexité viennent du fait que les images de la mosaïque sont de différentes dimensions. Une autre courtepointière, Marie-Claire Groulx, décrit le travail en ces termes : « L'agencement des carreaux fait danser l'œil sur l'ensemble, tout en laissant place à des endroits plus sobres, ces espaces dégagés permettant de faire ressortir le motif en vedette. C'est un travail chic, bien équilibré où le mouvement, les textures, et l'agencement de couleurs s'unissent pour évoquer le thème du patrimoine. »

Le piquage réalisé en forme de feuilles d'érable a été exécuté par Kelly Shroeder, une artisane de Corbeil et propriétaire de la boutique The Cottage Quilter. L'étiquette d'identification a été brodée à la machine par Michelle Séguin, propriétaire de Stitch Row. Au revers de la couverture, on peut lire la dédicace : « Ô Canada! Pascal, reste fidèle à tes racines canadiennes-françaises, car ça fait partie de qui tu es. Tante Carole, mars 2017, Astorville. »

En mai, les parents de Pascal ont transporté la courtepointe en Angleterre lorsqu'ils lui ont rendu visite pour sa fête. Pascal a été touché par la beauté de ce chef d'œuvre. D'ailleurs, après l'avoir examiné d'un bout à l'autre, il a soulevé un coin de son beau couvre-lit neuf, puis en inspirant profondément, il a déclaré : « Il doit encore y avoir de l'air d'Astorville là-dedans. » À part sa valeur en tant qu'objet esthétique, le bel édredon aidera Pascal à surmonter la mélancolie quand il s'ennuie de ses proches et du pays.

# Carole Perron creates a lovely quilt for her nephew living abroad

by Marianne Perron-Gadoury

In the fall of 2016, Carole Perron's sister-in-law asked if she could someday make a quilt, eventually, when she had the time. Marianne and Richard Gadoury wanted to offer it to their son Pascal, who lives and works in Sheffield, England. Carole agreed in principle and vague ideas were tossed around: something about Canadian heritage or such... A few months later, the crafty sewer took it upon herself to put the plan in motion and began creating a beautiful warm quilt covered in iconic images of Canada, to guard against the wet, damp climate so typical of Yorkshire.

This was a labour of love, crafted magnificently with attention to detail. Carole did not use a pattern since none could be found to her liking: it is an original and personal piece. While in London, Ontario, Carole spotted fabrics in the Northcott Canadian Sesquicentennial Collection and felt inspired. Carole started sewing on March 6<sup>th</sup> and completed the project on April 7<sup>th</sup>. The finished quilt measures 74" x 92". The uniqueness of the piece comes from the intricate patchwork, the design of which was a challenge to execute given that the images chosen for the border were not of the same dimensions. Marie-Claire Groulx who also quilts, commented the technique: "The design makes the eye dance in some areas, while creating restful spaces elsewhere, allowing a particular motif to stand out. It is a well-balanced piece where movement, texture and coloured patterns play off one another to express a patriotic theme."

The quilting was done in a maple leaf motif and was executed by Kelly Shroeder, owner of The Cottage Quilter. The personalized label was machine-embroidered by Michelle Seguin, owner of Stitch Row. On the label stitched into the quilt's back, the dedication reads: (translated from French) "Stay true to your French-Canadian roots, because they are part of who you are. Tante Carole, 2017, Astorville."

In May, Pascal's parents brought the quilt to England when they visited him for his birthday. Pascal was very surprised to receive such a precious gift. After carefully examining the beautiful quilt, he lifted a corner and inhaling deeply, he declared: "There must still be some air from Astorville tucked in there." Apart from its esthetic qualities, the exquisite blanket will surely help Pascal overcome the melancholy when he longs for his family and friends back home.



Caring for a loved one with Alzheimer's can seem like a never-ending roller-coaster. Whether you are a grown child taking care of an elderly parent or a spouse caring for his or her lifelong partner, there is no doubt that the role of caregiver is stressful.

Nancy D., a writer for the Edition, is looking after her father who has Alzheimer's. She believes that laughter and humour go a long way into getting through the day. Understanding the disease and knowing how it presents itself is also essential for anyone taking on the role of caregiver. Knowing what is taking place inside the person's body and mind will certainly help any caregiver establish a meaningful relationship with the person in their care.

Often, the words dementia and Alzheimer's are used interchangeably. However, we need to realize that dementia is a general term referring to many neurocognitive disorders. Some of the forms of dementia include vascular dementia, frontotemporal dementia, Lewy body dementia and Alzheimer's. Alzheimer's is the most common form of dementia. Alzheimer's occurs when the nerve cells deteriorate in the brain due to a build-up of plaques and tangles resulting in the death of a large number of brain cells. Those afflicted with Alzheimer's present with losses in cognitive functioning and intellectual reasoning. Changes in the person's memory, personality and behaviour occur. Alzheimer's is a progressive disease and it is not reversible.

For someone with Alzheimer's, repetitive questions, becoming disoriented in familiar places, neglecting personal hygiene and nutrition, and being confused about people and time are just some of the daily challenges he or she will face. As a caregiver, try to enter you're loved one's world and see life the way they see it.

Nancy writes about the time she was visiting her dad at the Retirement Home. "He once introduced us to another resident and the two of them started to talk, each about something different. It was totally bizarre to watch. One would wait for the other to stop talking and then continue on with the subject they had in their mind, assuming the other was on the same topic."

Communication and comprehension are a definite struggle for someone with Alzheimer's. They have difficulty finding words, and difficulty organizing words into logical sentences. The vocabulary shrinks until there are no words left. Needs cannot be communicated the way they used to be. Learn to interpret your loved one's message by looking for non-verbal cues. Do they seem comfortable or anxious? Common signs of distress can be from hunger or thirst, pain, fatigue or the need to go to the bathroom. With Alzheimer's, a person will lose their short-term memory but their long-term memory will remain. They will not remember a meal or a conversation that took place an hour before but they will be able to recount stories from their childhood. Certain stories will be told over and over and over... How many times have you heard "did I ever tell you about that time...?" Also, a familiar story may change over time. Nancy states that her father's stories become a "bizarre combination of true memories, stories he read, dreams he has had or snippets of news reports or TV shows he recalls from the 70's that his brain has folded together to form a 'memory'. If conversation turns to someone who is no longer living, or if they make statements that seem strange, do not try to correct them. Instead, be in the moment with them. "My father once told my sister that my mother was an alien", Nancy says with laughter. Go along with it!

A good caregiver will also promote and encourage as much independence for their loved one as possible. The inability to remember simple tasks such as dressing or brushing teeth may become sources of frustration for anyone with a cognitive deficit. Simple prompts can make all the difference, turning frustration into success. Giving simple directions and breaking down larger tasks into smaller tasks are easier for someone with Alzheimer's to comprehend. A caregiver should only step in and take over when the individual's well-being is at risk.

Most importantly, we cannot forget the need for physical touch. "Spend that minute giving him a hug rather than making sure his socks match. He knows I'm hugging him but he doesn't know his socks don't match".

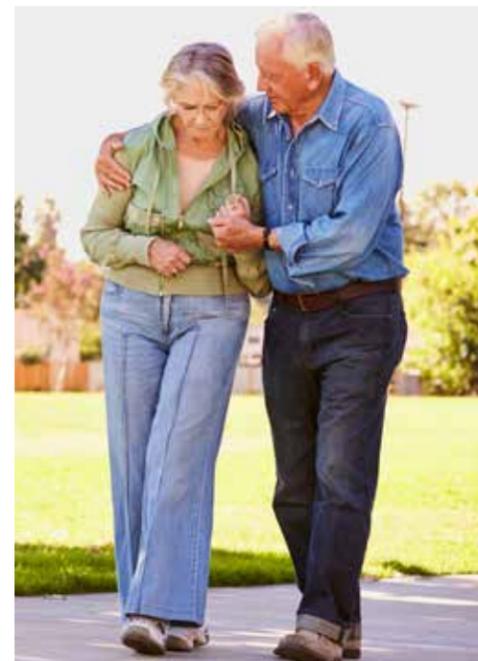
Nancy reminds us that a hug, a smile, a gentle nudge is all that is needed to feel loved and safe.

Although the journey of caregiving can be quite rewarding, it can also be emotionally and physically draining. Signs of caregiver stress include exhaustion, sleeplessness, and irritability. Recognizing when additional help is needed is imperative to avoid complete burnout. Seek assistance early by enlisting friends or other family members to help out in any way they can. Speaking to your family doctor, and contacting community support groups are also good options. As care becomes increasingly demanding and time consuming, even the best-intentioned caregiver will need to take a step back. Looking into long term care may be the best thing to do for yourself as well as your loved one.

**"What the mind can't remember, the heart never forgets"**

-Fresh Quotes

Alzheimer Society  
Sudbury-Manitoulin North Bay and  
Districts  
[www.alzheimer.ca/sudburymanitoulin](http://www.alzheimer.ca/sudburymanitoulin)



S'occuper d'un bien-aimé atteint de la maladie d'Alzheimer prend parfois des allures de montagnes russes. Peu importe si vous êtes un enfant adulte qui s'occupe d'un parent âgé ou d'un conjoint qui s'occupe de son partenaire, il n'y a aucun doute que le rôle d'aidant est stressant.

Nancy D., journaliste de l'Édition, s'occupe de son père atteint de la maladie d'Alzheimer. Elle croit que le rire et l'humour contribuent grandement à sa capacité de bien terminer la journée.

Toute personne qui joue le rôle d'aidant doit d'abord comprendre la maladie et savoir comment elle se manifeste. Savoir ce qui se passe dans le corps et l'esprit de la personne atteinte aidera l'aidant à établir une bonne relation avec la personne dont il s'occupe.

Les mots démence et maladie d'Alzheimer sont souvent utilisés de façon interchangeable. Cependant, il convient de souligner que démence est un terme général qui décrit de nombreux troubles neurocognitifs. Certaines formes de démence incluent la démence vasculaire, la démence frontotemporale, la démence à corps de Lewy et la maladie d'Alzheimer. La maladie d'Alzheimer est la forme la plus fréquente de démence. Elle se caractérise par la détérioration de cellules nerveuses dans le cerveau, causée par l'accumulation de plaques et d'enchevêtrements, entraînant la mort de nombreuses cellules cérébrales. Les personnes atteintes présentent des déficits au niveau du fonctionnement cognitif et du raisonnement intellectuel. Des changements se produisent au niveau de la mémoire, de la personnalité et du comportement de la personne. La maladie d'Alzheimer est une maladie progressive et irréversible.

Toujours répéter les mêmes questions, devenir désorienté dans des endroits familiers, négliger son hygiène personnelle et sa nutrition, et être confus quant aux personnes et aux choses temporelles ne sont que quelques-uns des défis du quotidien d'une personne atteinte de cette maladie. En tant qu'aidant, essayez de vous mettre à la place de votre bien-aimé et de voir la vie comme il la voit.

Nancy écrit au sujet d'une visite chez son père à la maison de retraite. « Un jour, il nous a présentés à un autre pensionnaire. Les deux se sont mis à jaser, chacun parlant d'un sujet distinct de celui de l'autre. C'était bizarre de les voir comme ça. L'un attendait que l'autre cesse de parler, puis reprenait la parole et continuait à parler du sujet qu'il avait à l'esprit, tenant pour acquis que l'autre parlait du même sujet que lui. »

La communication et la compréhension sont des défis pour les gens atteints de la maladie d'Alzheimer. Ils ont du mal à trouver les mots justes et de la difficulté à les organiser en phrases logiques. Leur vocabulaire devient plus petit, au point où tous les mots disparaissent. Ils n'arrivent plus à communiquer leurs besoins comme autrefois. Apprenez à interpréter les messages de votre être bien-aimé en recherchant des indices non verbaux. Est-ce qu'ils semblent à l'aise ou anxieux? Les signes communs de détresse peuvent résulter de la faim, la soif, la douleur, la fatigue ou de la nécessité d'aller aux toilettes.

Pour ce qui est de la maladie d'Alzheimer, une personne perdra sa mémoire à court terme, mais sa mémoire à long terme restera intacte. Elle ne se souviendra pas d'un repas qu'elle a pris ou d'une conversation qu'elle a eue une heure auparavant, mais elle pourrait raconter des histoires de son enfance. Certaines histoires seront racontées à maintes reprises... combien de fois avez-vous entendu « est-ce que je t'ai déjà raconté l'histoire où j'ai...? » De plus, une histoire habituelle peut changer avec le temps. Nancy affirme que les histoires de son père deviennent un « mélange bizarre de vrais souvenirs, d'histoires qu'il a lues, de rêves qu'il a eus ou d'émissions ou de reportages qu'il a vus à la télé au cours des années 70, que son cerveau a remaniés pour former un "souvenir" ». Si la conversation glisse vers une personne décédée ou s'ils font des affirmations bizarres, n'essayez pas de les corriger. Au lieu, placez-vous dans le même endroit et la même époque qu'eux. « Un jour, mon père a dit à ma sœur que notre mère était une extra-terrestre, dit-elle en éclatant de rire. Jouez le jeu! »

Un aidant aidera à favoriser et encourager autant d'autonomie que possible pour leur proche. Être incapable de se souvenir de tâches simples comme s'habiller ou se brosser les dents peut être frustrant pour toute personne atteinte d'un déficit cognitif. Des astuces simples peuvent faire toute la différence et transformer la frustration en succès. Pour aider une personne atteinte de la maladie d'Alzheimer à mieux comprendre, donnez des consignes simples et décomposez les tâches longues en tâches plus courtes. Un aidant ne devrait intervenir que si le bien-être de la personne est menacé.

Il ne faut surtout pas oublier les contacts physiques. « Profitez de l'instant pour lui donner une caresse plutôt que de vous assurer que ses bas sont de la même couleur. Il sait que je suis en train de lui donner une caresse, mais il ne sait pas que ses bas ne sont pas de la même couleur. »

Bien que l'aventure de l'aidant puisse être enrichissante, elle peut aussi être émotionnelle et physiquement épuisante. Les signes de stress chez l'aidant sont notamment l'épuisement, l'insomnie et l'irritabilité. Il importe de reconnaître quand une aide supplémentaire est nécessaire, afin d'éviter l'épuisement complet. Obtenez de l'aide tôt en recrutant des amis ou d'autres membres de la famille pour vous aider de quelque manière qu'ils le peuvent. Parler à votre médecin de famille et prendre contact avec des groupes de soutien communautaires sont également de bonnes solutions. Au fur et à mesure que les soins deviennent plus exigeants, même le meilleur aidant au monde doit parfois prendre un certain recul. Songer à l'idée d'utiliser un établissement de soins de longue durée peut être ce qu'il y aura de mieux pour vous et votre bien-aimé.

**« Ce que l'esprit oublie, le cœur s'en souvient toujours. »**

La Société Alzheimer du Canada  
Sudbury-Manitoulin North Bay et districts  
[www.alzheimer.ca/fr/sudburymanitoulin](http://www.alzheimer.ca/fr/sudburymanitoulin)

# Our Volunteer Fire Department

by Nancy Dobson



Back Row, left to right: Mike Boyle, Mike Paterson, Terry Kelly, Andrew Howe, Chief Frank Loeffen, Peter MacDonald, Justice Clancy, Robert Rochefort, Doug Howe, Edward Wozney, Tim McKenzie

Front Row, left to right: Stephan Amyotte, Verda Jeff, John Gauthier, Joshua Rhodenizer, Blair Devolin, David Carley, Tim Corbeil.

Members missing from the photo: William Ball, Dave Brousseau, Kailan Fish, Dwight Floyd, Kayla Howe, Thomas O'Donoghue, Mike Palmieri, Jason Partridge, Steve Trahan, Dawn Wiseman.

Chief Loeffen has been a member of our local fire department since 1991: he served as a volunteer until 2001, was promoted to Captain, then Chief in 2004. When speaking with him, the pride and appreciation he has for our team of volunteer firefighters shines through.

As residents of East Ferris, we know we have a team working to keep us safe but many of us may not be aware of exactly what that entails. Currently there are 30 members on the team, 28 volunteers along with The Chief and Deputy Chief.

All volunteers live in our community. Along with all the emergency call outs which may involve fires or medical issues such as chest pain, injuries, accidents, or infants in distress, our local firefighters do door-to-door safety calls every 2<sup>nd</sup> Thursday evening. If they're not knocking on doors, they spend Thursday evenings maintaining equipment and working on fire prevention. Add to this Saturdays spent in training and you have an appreciation of the amount of time and dedication these volunteers give to the community – without monetary return – just the personal satisfaction of serving the community in a meaningful way.

Being a volunteer firefighter involves constant training; new guidelines, new equipment, ongoing education programs in our schools and throughout the community. Chief Loeffen points out that even though his team is a volunteer fire department they must follow the same mandated rules and regulations, governed by the Office of the Fire Marshal, as other full-time fire departments. Regular monitoring of sites for compliance and public education represent just two of these requirements. The monthly fire drills at the schools in our community are observed by the Fire Department twice a year.

As people are the most common cause of fires, Chief Loeffen states that education is the key to prevention. Helping new residents and the aged understand the various risks inherent to country living such as lightning, bonfires, BBQ's, wood-burning stoves and furnaces, is an important aspect of the education program.

Chief  
Loeffen recommends  
that every resident take the time  
to check out the Fire Marshal's and the  
Municipal web site. Both sites offer advice  
on designing escape routes and a plan on  
where to meet up in the event of evacu-  
ation. Remember, smoke alarms and  
carbon monoxide detectors save  
lives and they are the law.

# Funniest questions asked of Bonhomme Carnaval

by Pauline Rochefort top photos by Guy Cloutier



1970's Bonhomme Carnaval

There is no better way to enjoy the frigid month of February than by attending the many events of the East Ferris Winter Carnival – le Carnaval d'East Ferris. The upcoming 2018 Carnival will run from February 10<sup>th</sup> to the 18<sup>th</sup>...so mark your calendar and come experience one of the area's best winter carnivals. Every year, hundreds of residents and visitors flock to Lake Nosbonsing, the East Ferris Community Centre and the Library to enjoy a host of activities for all ages, including the hockey and broomball family feud, the curling bonspiel, the fishing derby and the baking competitions.

One of the Carnival highlights is meeting Bonhomme Carnaval, the long standing ambassador of this winter celebration. There is always lots of fun to be had, by both young and old participants, at guessing the identity of the smiling snowman mascot. Residents even engage in some friendly wagers regarding the Bonhomme's identity. A brief discussion with some of the Bonhomme's of the past and of more recent years has revealed some pretty funny questions and exchanges. But it's the children who steal the show, because as we all know, kids say the darndest things. Here are some of the funniest.

- As a young girl touched the Bonhomme's tummy she asked "are you having a baby?"
- "Do you come down the chimney like Santa?" was a question that made many laugh back in the seventies.
- "My mommy says that when people don't talk it's because the cat ate their tongue, is that what happened to yours monsieur le Bonhomme?"
- "Maman let me have the telephone so I can take a selfie with Bonhomme" insisted a young boy.
  - "Can you put on skates to come skating with me?" asked a 4 year-old as they waited for the Carnival's public skating event.

Jennifer Laporte, the 2017 Bonhomme Carnaval, recalls her visit to the local school. "I was literally mauled by the kids at St-Thomas-d'Aquin! It was great fun and I was honoured to participate in this long-standing tradition." For information on the upcoming 2018 Carnival, contact Jennifer at [efpl@ontera.net](mailto:efpl@ontera.net) or Stacey Teal at [stacey.jeanne@yahoo.ca](mailto:stacey.jeanne@yahoo.ca)

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