

# Édition East Ferris Edition

hiver 2020

Winter 2020

*Exclusive interview with East Ferris Santa Claus: Maurice Charron*

*Entretien exclusif avec le Père Noël d'East Ferris : Maurice Charron*

**Laughter is Good for Us!**

**Meet Scientist Dr. Mary Ann Christine Perron**

**Isabelle Sauvé: A Home-Grown World Champion**

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See page 36 for details

*Contest*

eastferrisedition@gmail.com

Publication #7

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## A note from the Edition Team

This is a time for home, for family, for friends and neighbours, for community. Nestled into the northern Ontario forests and countryside, surrounded by lakes and abundant flora and fauna, our life here in East Ferris is something to treasure, now more than ever. Our proud history, our many businesses and industries, community services and facilities, and most important – our citizens who volunteer so much time – are testament to the determination that built this community, that are the strength that we can draw on now as we cross these difficult days of the COVID pandemic.

**Many thanks to our advertisers and contributors, and our many volunteers, for putting together another great installment of Édition East Ferris Edition – our magazine about the special community we call home.**

## Thank you!

Édition East Ferris Edition would like to extend sincere thanks to the writers featured in this issue, and to the contributors who submitted stories. Édition is honoured to bring forward the voices of our community, and encourages those that have not yet done so to submit an article to Édition East Ferris Edition via email at eastferrisedition@gmail.com

Our goal is to celebrate the individuals, families, organizations and businesses that make East Ferris notre chez-nous, our home! It is made possible by advertising revenue from our local businesses and organizations, and is put together by a team of community volunteers composed of Roberta Bédard, Diane Boudreau, Gérald Brochu, Gregory Brown, Maurice Charron, Marie Viviane Giroux, Catherine Howard, Jean Langlois, Gilles Lefebvre, Gisèle Reed, Bernard Rochefort, Pauline Rochefort, Michelle St-Onge, Michel Voyer and Carmen Weiskopf.

Every effort is made to ensure that the information presented is correct. We do not assume any liability to any party for any loss, damage, or disruption caused by errors or omissions, whether such errors or omissions result from negligence, accident, or any other cause.

## Une note de l'équipe d'Édition

*C'est un moment pour la maison, pour la famille, pour les amis et les voisins, pour la communauté. Nichée dans les forêts et la campagne du nord de l'Ontario, entourée de lacs et d'une faune et d'une flore abondantes, notre vie ici à East Ferris est un trésor, maintenant plus que jamais. Notre fière histoire, nos nombreuses entreprises et industries, nos services et installations communautaires et, plus important encore, nos citoyens qui consacrent tant de temps au bénévolat, témoignent de la détermination qui a permis de construire cette communauté, qui est la force sur laquelle nous pouvons compter aujourd'hui alors que nous traversons les jours difficiles de la pandémie de la COVID.*

***Merci à nos annonceurs et à nos collaborateurs, ainsi qu'à nos nombreux bénévoles, d'avoir créé un autre grand volet de l'Édition East Ferris Edition - notre magazine sur la communauté spéciale que nous appelons chez nous.***

## Merci!

*L'Édition East Ferris Edition tient à remercier sincèrement les auteurs présentés dans ce numéro, ainsi que les collaborateurs qui ont soumis des histoires. L'Édition East Ferris Edition est honorée de faire entendre la voix de notre communauté, et encourage ceux qui ne l'ont pas encore fait à soumettre un article à l'Édition East Ferris Edition par courriel à eastferrisedition@gmail.com*

*L'objectif est de célébrer les individus, les familles, les organismes et les entreprises qui font d'East Ferris notre chez-nous, our home ! La revue est rendue possible grâce aux revenus publicitaires de nos entreprises et organismes locaux et est réalisée par une équipe de bénévoles de la communauté composée de Roberta Bédard, Diane Boudreau, Gérald Brochu, Gregory Brown, Maurice Charron, Marie Viviane Giroux, Catherine Howard, Jean Langlois, Gilles Lefebvre, Gisèle Reed, Bernard Rochefort, Pauline Rochefort, Michelle St-Onge, Michel Voyer et Carmen Weiskopf.*

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# Send a Card this Christmas!

by Bernard Rochefort



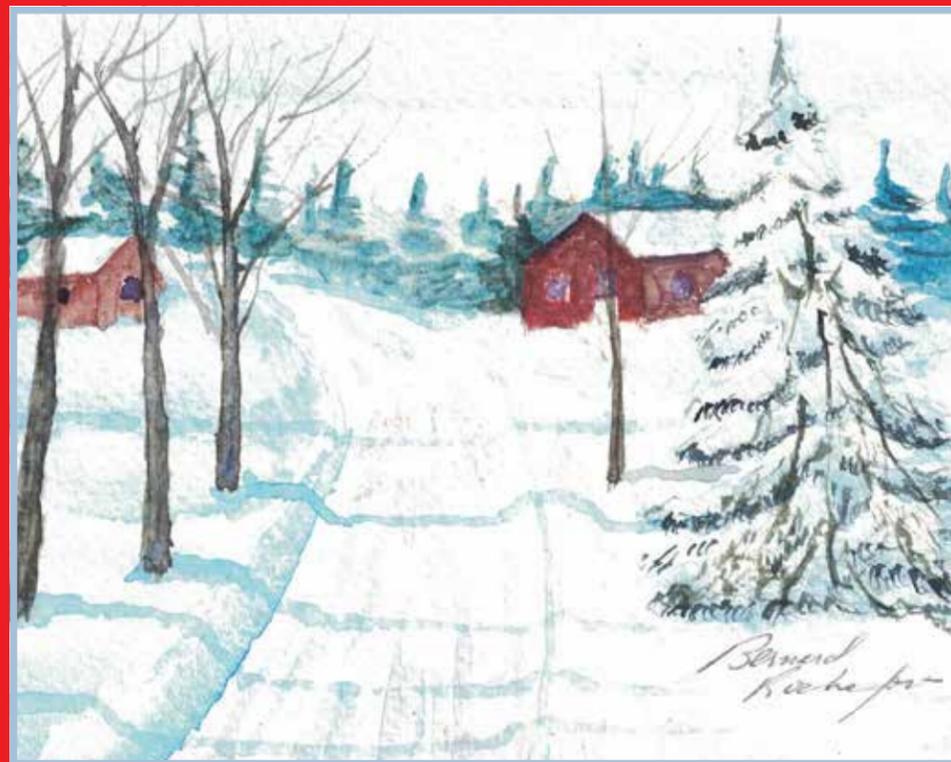
I started painting and sending Christmas cards in 1970. Every year, right after Thanksgiving, I start thinking about a Christmas scene or a special memory from my youth and I begin drawing rough sketches. From these, I progress to a water colour painted illustration on card stock purchased from King's Framing and Art Studio. Once I am satisfied with my artwork, I paint the same illustration on approximately three dozen cards. When December rolls around, I am ready to send the cards on their merry way to family and friends.

Over the years, I have continued to be surprised by the many beautiful messages of appreciation and good wishes that I received in return. In other words, what goes around comes around, and I often feel that I am the one who gets the best part of the Christmas card exchange. This coming Christmas season we will be dealing with new challenges due to the pandemic. I think that cards will be more important than ever! I encourage you to start thinking now about how to spread good will to all your friends and family with a special Christmas card made by you!



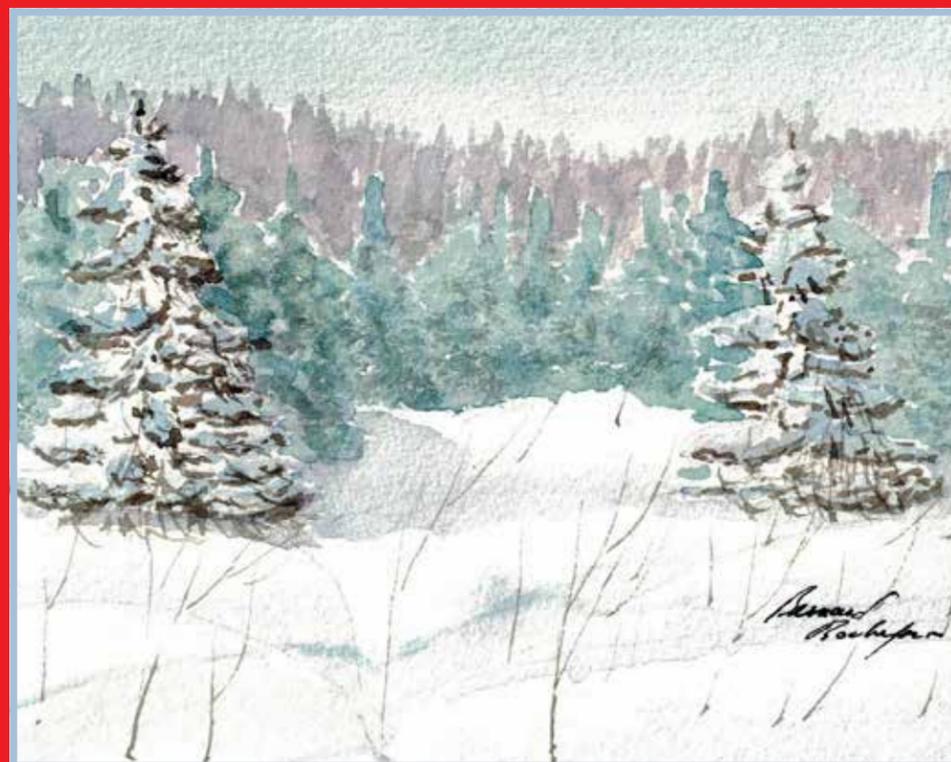
# Postez une carte de souhaits ce Noël

par Bernard Rochefort



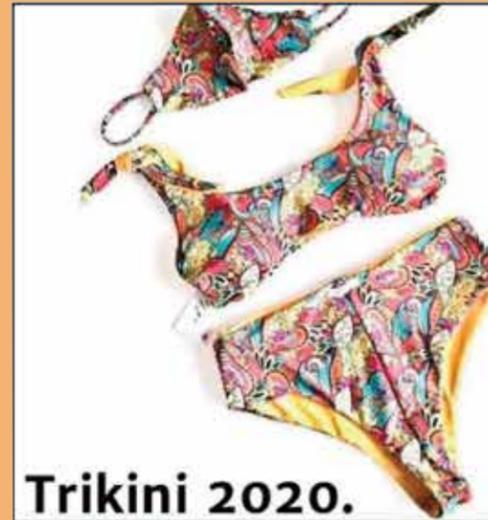
J'ai commencé à peindre des cartes de Noël en 1970. Chaque année, juste après la fête de l'Action de grâce, je commence à penser à une scène de Noël ou à un souvenir de ma jeunesse. Ensuite, je me mets à faire quelques croquis. De là, je commence à peindre sur un carton acheté chez King's Framing and Art Studio. Une fois satisfait de mon oeuvre, je peins la même scène sur environ trois douzaines de cartes. Quand le mois de décembre arrive, je suis prêt à envoyer les cartes à ma famille et à mes amis.

Au fil des ans, j'ai continué à être surpris par les nombreux et magnifiques messages d'appréciation et de bons vœux qui m'ont été retournés. En d'autres termes, je récolte ce que je sème et je finis par être celui qui obtient la meilleure part de l'échange de cartes de Noël. Cette année, la pandémie apportera de nouveaux défis à la saison de Noël. Je pense que les cartes seront plus importantes que jamais! Quel moyen spécial de partager vos meilleurs vœux de joie et bonheur avec les membres de votre famille et vos amis, spécialement ceux qui vous ont manqué pendant cette année très étrange!





😄😄😄😄😄😄😄  
**\* WARNING \***  
**WEAR YOUR MASK**  
**AT HOME.**  
**THIS IS NOT TO**  
**AVOID THE VIRUS,**  
**IT'S TO AVOID**  
**CONSTANT**  
**EATING** 😂😂



FOR THE FIRST TIME IN HISTORY:  
We can save the human race by laying in front of the TV and do nothing.  
LET'S NOT SCREW THIS UP



# Laughter is Good for Us!

*"If we couldn't laugh we would all go insane." Robert Frost*

- Studies continue to show that laughter is as good for our health as it is for our state of mind. As frequently stated, "laughter is the best medicine." Laughter triggers the release of endorphins, the body's natural feel-good chemicals, which promote a sense of well-being. Laughing stimulates our heart and respiratory rate, increases circulation and exercises stomach and chest muscles. A hearty chuckle can actually give our immune system a boost, decrease the levels of stress hormones in the body, and hasten healing. Cultivating laughter in our life is like a garden, and like a garden, reaping its benefits often requires some conscious effort. Here are some ideas to get us started down the laughter path... remember, laughing, like smiling, is contagious!
- Try to laugh (instead of complaining) about those things we are finding frustrating. Recognize that these are often the experiences that we look back on and see the ridiculousness of them, and then laugh about them.
- Choose to include some humorous television shows in your viewing line up - sitcoms, funny or silly movies, stand-up comedy specials, etc. Create opportunities for shared laughter
- about funny episodes. Online there's no shortage of laughter, look for and bookmark a few favourite sites and visit them whenever you feel the need for a chuckle.
- We can fake it! Studies tell us that the positive effects of smiling are real, regardless of whether our smile is fake or real!
- In today's world of Zoom and Facetime, there is no better opportunity to make use of humorous props. Try a clown nose, a silly hat, over-sized glasses, a magic wand....toys aren't just for kids! Create a playlist.
- Remember fun? It might include games, playing with your kids or dog, going skating, skipping instead of walking, building a snowman, taking out a colouring book, getting out that long neglected yo-yo - anything that reduces worry, frustration, and stress.
- Lighten up your environment. Display, and share funny pictures, cartoons, posters - baby photos, pet moments, humorous birthday party snap-shots, any image that makes you smile and recalls laughter moments.

Why didn't the toilet paper cross the road?

*If got stuck in a crack!*

Why do seagulls fly over the sea?

*Because if they flew over the bay they'd be baygulls!*

What do you call a cow with no legs?

*Ground beef!*

What did one hat say to the other?

*You stay here, I'll go on ahead!*

Une pomme qui est rouge, jaune, et verte. Comment l'appelle-ton?

*On la pèle avec un couteau!*



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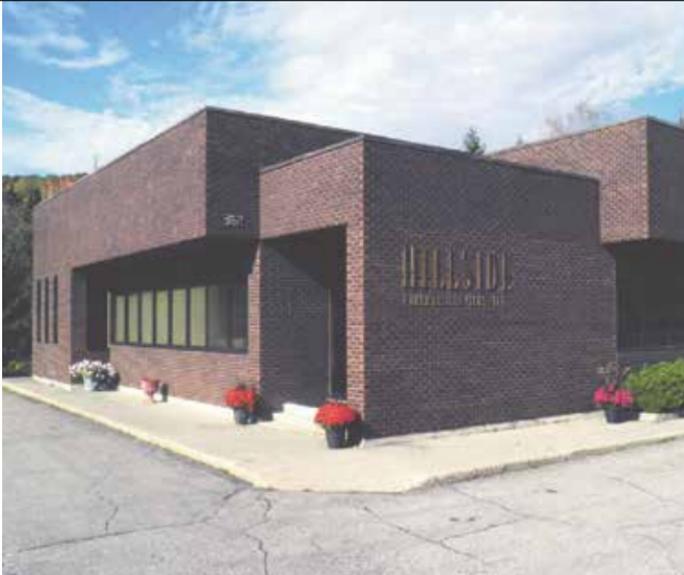
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# From the Silver Lining

The unprecedented times we've been living through in 2020 have presented all of us with many challenges, difficulties and obstacles.

Here we share just some of the comments made by residents of our community about the 'positives' they've noted, seen and thought, over the past months.

side of things...

I've had time to reconnect with my kids and consider that a gift.

I have a new appreciation and respect for health care workers.

For years now I've been wondering 'what would I look like if I didn't dye my hair... now I know!'

For as long as I can remember a frequent financial piece of advice from my grandmother has been 'have an emergency fund'. For the first time I understand the wisdom of that advice.

For the first time EVER... We've caught up on our around-the-house To Do list!

I very quickly realized that shopping had become my hobby - and I'm happy that I've been forced to change that!

In many ways this pandemic has been a wake up call! I now have a better understanding of just what is important to me.

As a family we've created an oasis in our backyard.

Our family has rediscovered the fun of board games!

This crisis has been a time of awareness for me...of so very many things; life, health, government, family, connectedness...

Zoom! Less traffic! I've learned to cut my own hair! My house has never been so clean!

Although not perfect, I am very proud of how our Canadian government, on all levels, has handled this crisis.

I've had the pleasure of reading at least a dozen novels!

Each day I am more aware, and appreciative, of what I have.

drawing by Krysten Ball

## A passion for birding in East Ferris

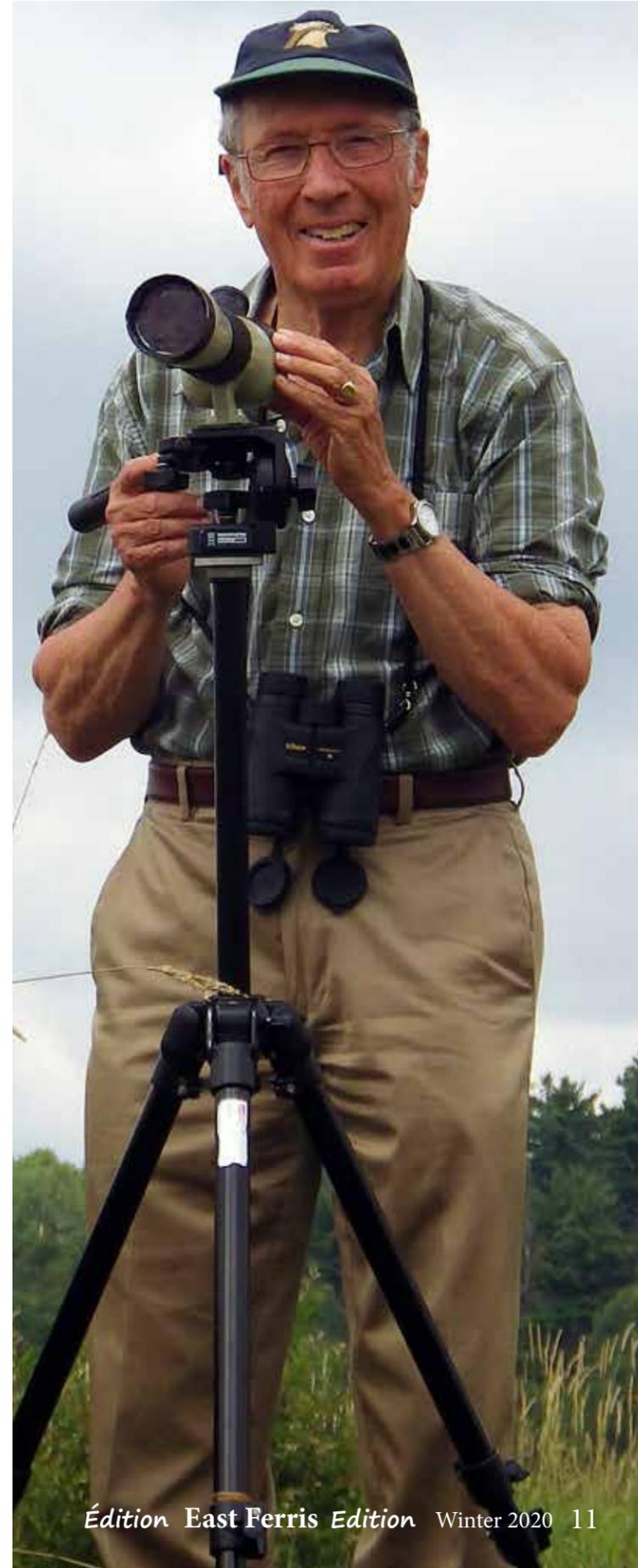
by Richard Tafel

I've often been asked, when did your interest in birds begin? and, why do you find birds so interesting? I guess the answer is that it came from early readings of books as a youngster - Burgess Bird Books, Ernest Thompson Seton's famous books of adventure, and yes, some camping hikes with naturalists. I remember well the first bird that I spotted, watched, and was able to identify - the Northern Flicker. It had such neat colourings and was right there on the ground, looking for ants, its main food. This just stood out in my mind as - wonderful!

A little later, I ran across some Black-capped Chickadees - pretty common, but so diligent, and charming. Luckily I somehow came upon a useful birding book and got hold of my elder brother's binoculars. Those two features, a pretty good bird book of birds in Eastern North America (the National Geographic one is excellent) and some binoculars (30 x 40 or better), are vital for a beginning bird watcher. I soon found that there was great excitement in discovering the never-ending array of different birds - and it is a form of recreation that can be followed anywhere in the world, including in East Ferris.

True enough, there were fairly lengthy periods when I thought I was too busy to be seeking birds (as when I began my work as a lawyer). But here in the vast nature of Northern Ontario, where I moved after law school, I could not help noticing the many new birds around me. And so, I persisted a bit, and now, according to my wife, it is a virtual obsession. In my mind, there can be no doubt that birds are, next to humans, the most amazing animals! Just think for a minute about their intelligence, nest-rearing abilities, finding of foods, accuracy of flight, migration skills, colourful feathers and numerous songs...so many extraordinary aspects!

I am not a true scientist, keen about accurate details; but am experienced enough so that I can now effect pretty good observations of the 400 or so species resident within Ontario (among the 10,000 in the world). For me, bird watching is about the thrill of discovery - seeing a different species for the first time, and discovering magical things like the meaning of their song, or the relationship between a mother and her young. At the same time bird watching is fun, inexpensive, good exercise and it is an activity which creates no awkwardnesses amidst fellow citizens; it is actually very easy to do, once you get started!



# Meet Scientist Dr. Mary Ann Christine Perron

Dr. Perron is from East Ferris, land of lakes, rivers and wetlands. No wonder she developed an interest in freshwater biology and wetland ecosystems! As the daughter of well known Trapper Joe and the granddaughter of Jules Perron and Christine Groulx, she grew up in an environment deeply rooted in a respect for nature and conservation. She explains “My dad always took me to work with him trapping, and we worked in wetlands a lot. He is the inspiration for all my work as he taught me to take care of the land because that is what takes care of us.”



Her mother Janet Harvey describes how walking through a wetland with her daughter is an absolutely rewarding activity. “Mary Ann can identify every plant and tell you a whole story related to one single specimen.” Both Janet and Joey are proud to see their daughter pursuing a number of research projects, including international collaborations to study insect conservation.



Earlier this year, Dr. Perron joined The River Institute’s research team, where she is developing a research program to determine and calculate the ecological health indicators that define the St. Lawrence ecosystem. She is also a Professor at St. Lawrence College where she teaches freshwater ecology, and she is a certified wetland evaluator for Ontario. Edition congratulates Dr. Perron on her accomplishments! Maybe one day our wetlands here in East Ferris will be under the expert care of Dr. Perron.

From her primary school at École Saint-Thomas-d’Aquin, Dr. Perron went on to complete a B.Sc. Honours in Biology from Laurentian University, and in 2020 a Ph.D. in Biology from the University of Ottawa, specializing in wetland ecosystems, entomology and urban ecology.

# Meet Jason Trottier



Jason is both the municipality’s Chief Administrative Officer and Treasurer. He is a northerner from Iroquois Falls with a background that is rich in both experience and education. Jason was drawn to Nipissing University where he completed a Bachelor of Business Administration and from there went on to obtain designations as a Chartered Professional Accountant, and Certified Management Accountant. Soon he will graduate with a Masters in Public Administration from Western University. We are lucky to have such a well-qualified individual serving our community! Jason met his spouse while at Nipissing and they chose to remain in the region of blue skies!

With the municipality’s 2021 Centennial year just around the corner, Trottier is excited about the plans being prepared by the Centennial Celebration Committee. He is joined on the Committee by residents Joanne St-Denis, Lianne Last, Cécile Barham, Gilles Mathon and Richard Champagne, and from the Municipality Mayor Pauline Rochefort, Councillor Steven

Trahan and Clerk Monica Hawkins. As part of the Centennial, plans are being discussed for much needed improvements to the municipal office and fire hall in Corbeil. The municipality collaborated with Canadore College Graphic Design Program students in creating a new municipal logo with the Municipality’s name more prominently featured. A new municipal website is being launched with a link to the platform Tangr, where community groups can create and manage their events. Jason encourages residents to watch for the launch of the book “Corbeil, notre chez-nous / our home” that includes the history of the Municipality. He concludes by saying that citizens should also watch for the 2021 Municipal Calendar that will outline the Centennial program.

# Isabelle Sauvé: A Home-Grown World Champion

In 2020, the Municipality of East Ferris named Isabelle Sauvé to its Sports Hall of Fame. Édition had the pleasure of interviewing this remarkable athlete following the COVID-19 outbreak.

Isabelle started running as a young student at school in Astorville. She recalls having to run up the dreaded “Côte Croche.” “To this day it is not an easy hill to climb” says Isabelle, laughing. When Edition asked Isabelle why she became involved with ultra-marathons she explains “once you complete a 10 km race, you think, I wonder if I could do a half, and then you finish a half-marathon and you say, oh I’d like to do a full marathon. You go on and you start thinking about undertaking an ultra-marathon.”

Ultra-marathons are physically and mentally very challenging, but this is where her training as an Ontario Provincial Police (OPP) officer has been very helpful. “A large part of our training as an OPP police officer teaches us to reach beyond what we think are our limits and to never give up. Being physically fit is important for my job because it can help me help someone in need. It’s important to me.” When running long distances, Isabelle explains that she remains motivated by thinking of people who can’t run. “Maybe it’s a bit strange, but I realize that there are people who can’t run. I think I’m lucky to be able to run.”

Even the COVID-19 virus has not stopped stop this motivated athlete. This past summer, Isabelle competed in a 612 mile race called Ultra Race Romania Lockdown and ranked first female. The race unfolded entirely on a virtual basis. Competitors from across the globe ran in their respective home location and then uploaded their results as well as proof captured on a GPS recording device to an online platform. Isabelle says that normally one of the perks of ultra-marathon competitions is the opportunity to travel to cool and exotic places and to meet interesting people. But, for Isabelle, it is equally important to come home to East Ferris and to see her family. Each year she tries to return home for the East Ferris Winter Carnival and participate with family and friends in the broomball family feud. Now that is a true East Ferris champion!



photos supplied by racingtheplanet.com

# Le gaspillage, un véritable fléau pour la planète

par Ève Beaudry, étudiante, École Saint-Thomas-d'Aquin

Note : Ce texte abrégé a été publié dans le journal étudiant Tapage et reproduit avec la permission du journal Le Voyageur.

Le site web MétéoMédia rapporte que 30 à 40 % des aliments sont gaspillés au Canada. Les gens jettent de la nourriture pour diverses raisons : parce qu'ils en ont trop et n'ont pas la place pour l'entreposer ou parce qu'ils croient qu'elle n'est plus bonne. D'après le journal franco-manitobain La Liberté, un total de 2 400 000 pommes de terre, 1 200 000 tomates, 470 000 laitues ou encore 450 000 œufs sont gaspillés chaque jour au Canada. Aussi, 63 % de la nourriture qui finit dans les poubelles est encore consommable.

On importe la majorité de notre nourriture de pays étrangers et cela coûte de l'argent. En somme, cela revient à commander de la nourriture pour ensuite la jeter. Le transport de cette nourriture jusqu'ici a nécessité du carburant et émis des gaz à effets de serre qui polluent la planète.

## Les emballages de plastique

Nous utilisons des emballages en plastique pour pratiquement tout. Par exemple, on achète des fruits enrobés de deux couches de plastique. D'après le site web du bureau du premier ministre du Canada, moins de 10 % du plastique utilisé au Canada est recyclé et les Canadiens jettent plus de 3 millions de tonnes de déchets plastiques par an.

Pour le plastique, il n'y a une seule façon de régler le problème : réduire notre utilisation de plastique. Par exemple, pour ne pas gaspiller de la nourriture, on peut tout simplement la congeler. La grande majorité de ce que nous mangeons se congèle tout en conservant sa saveur.

De cette façon, nous pouvons éviter de blesser notre planète et de gaspiller ses ressources. Employez ces astuces dans votre vie de tous les jours et vous contribuerez à améliorer notre environnement!



# A New Future for Recycling in Ontario

by Pauline Rochefort

This article outlines proposed changes to recycling in Ontario and in East Ferris. These changes are in keeping with suggestions that formed part of Karen Cobb's article featured in Édition's 2019 winter issue. Ontario is the birthplace of Blue Box recycling, and in 1996, Blue Box recycling found its way to East Ferris.

The Township joined Bonfield and North Himsforth to form the East Nipissing Area Recycling Association. Syndicated cartoonist Lynn Johnston, then a resident of Corbeil, drew an illustration that was used in promoting the recycling program. Since then, Blue Box recycling has become the norm across East Ferris.

In recent years, markets for recyclables have become very limited. These limitations were made more acute when China, the largest overseas market for recycled materials, passed a policy in 2018 banning a number of recyclables, including certain plastics and mixed paper. The result has been that some materials collected for recycling have ended up in landfills and waterways. That is why in August 2019, the Ministry of the Environment, Conservation and Parks announced that Ontario's Blue Box Program would undergo a transition beginning January 1, 2023, taking the responsibility and the costs for recycling away from municipalities and placing them on the companies that design, create and market plastic and cardboard packaging, paper and paper products. With this new arrangement, many believe there will be some much needed innovations in packaging and recycling, and in recycling technologies. The province is currently holding consultations as it completes a new producer responsibility model to ensure the revised Blue Box Program is affordable for producers and right for municipalities.



# Harnessing the Power of the Sun in East Ferris

by Pauline Rochefort

According to the Canadian Energy Regulator (formerly the National Energy Board), over 96% of Ontario's energy coming to our homes is clean power stemming from zero carbon emitting sources. This is up from 90% five years ago, and is due in part to a changing mix of private and government-owned entities generating clean power for all of Ontario. Following is an article describing how East Ferris is contributing to the production of clean energy via new solar technologies and applications.

## Residential Applications

Imagine a world where you no longer cringe when you look at your hydro bill. Now imagine a world where your home generates as much energy as you use each year. That is exactly what Barbara and Oscar Giroux from Corbeil experienced after adding solar technology to their home. Oscar explains "it was expensive to install our roof and ground mounted solar panels. However, now all we pay is a small delivery fee."

Residential systems fall into two main categories: off-grid and grid-connected. In the situation of East Ferris, the "grid" refers to Hydro One's infrastructure that supplies electricity to consumers. Off-grid systems are typically installed in remote locations where no utility grid is available and require storage, such as batteries, for the excess electricity generated by the solar system.

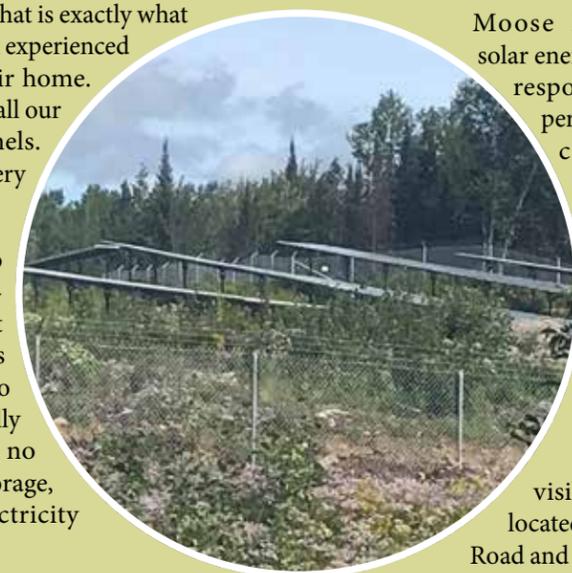
The average Ontario home uses roughly 9,600 kWh of electricity per year according to the solar industry. In many parts of Ontario, a 10,000 kWh south facing residential system can produce over 12,000+ kWh per year, enabling the home owner to return clean energy to the grid. Other benefits of residential solar systems include solar panels protecting roofs from harsh sun rays, as well as keeping a house cooler in the summer and warmer in the winter. In recent years, more affordable solar panels have fuelled a growing interest in net metering.

For more information about net metering, contact Hydro One at [www.hydroone.com/business-services/generators/net-metering](http://www.hydroone.com/business-services/generators/net-metering) for added information. It is important to not make any investments until Hydro One determines if net metering is suitable for your location and until the Municipality has issued the necessary permit.

## The Feed-In Tariff Program in East Ferris

For those Édition readers that follow our municipality business decision making, you will recall that East Ferris supported

applications for solar ground mounted projects in our community from Solaire East Ferris Solar Inc. and Moose Power Inc. Both were pursuing applications under the Ontario Feed-In Tariff #4 Program (FIT). The FIT Program was developed to encourage and promote greater use of renewable energy sources including solar photo voltaic (PV) for electricity generating projects in Ontario. It offered a standardized way to contract for renewable energy generation, and was one of North America's first guaranteed pricing structures for renewable electricity production, offering stable prices under long-term contracts. It's under the 4th round of FIT offering that the Moose Power Inc. applications for East Ferris were successful in securing approval to proceed.



Moose Power is a leading developer of solar energy projects based in Toronto. They were responsible for developing, designing and permitting the East Ferris projects. They sub-contracted Grasshopper Solar of Mississauga for the construction, operation and maintenance of the East Ferris projects. Grasshopper Solar is Canada's largest vertically-integrated solar energy company. Moose Power is continuing to develop solar energy projects across Ontario and in the US Northeast.

The East Ferris projects are not very visible from the road as they are in fields located at the rear of properties at 1666 Corbeil Road and 2040 Highway 17 East. They are approved for a 20 year FIT contract from the IESO for 500kW of power and will continue to generate clean electricity well beyond the contract period. Each project is expected to produce over 950,000 kWh of electricity annually. Single-axis solar tracking technology was used for the installation meaning that every day the panels follow the sun from east to west and they also have a snow shedding mode for snow storms. The projects connect to the Hydro One Trout Lake Transmission Station and from there electricity is carried back into East Ferris and other neighbouring communities via pole-top transformers through power lines.

And so, despite our area's cold climate and high latitudes, with less direct sunlight than other regions in Canada, solar power technologies are making headway into East Ferris. From household rooftops to private generation plants, it is expected that energy from solar and other renewable sources will continue to be of interest to all Canadians. That is why the Canadian Energy Regulator expects solar power to make up 3% of Canada's total electricity generation capacity by 2040.

# Corbeil, notre chez-nous/our home

by Lynn Dubien

The municipality's Centennial Celebration Committee commissioned a book that captures the history of the municipality and Corbeil, the village where the municipal office is located. The book titled *Corbeil notre-chez / our home* together with *Astorville notre chez-nous / our home*, published in 2016, will provide a complete overview of our community's history and heritage. Both books, French and English, will be available for purchase at the East Ferris Public Library.

*Corbeil notre chez-nous / our home* tells the story of Corbeil from the perspective of the families who founded the village. It builds on the history of the Algonquins, who were the first occupants of the territory, and documents the first European visitors who traveled through the region. The book describes how it was the logging and railway industries that substantially paved the way for a more permanent settlement. Government land grants also helped increase the population of the budding settlement nestled between lakes Nipissing, Trout, and Nosbonsing.

Today, Corbeil and the neighbouring village of Astorville form the Municipality of East Ferris. The Municipality has a colourful past, and it has had different historical names. It was surveyed as a geographic Township in 1880, in 1885 it was incorporated as the Corporation of the Township of Ferris. In 1921, the Township of Ferris was split into the Township of West Ferris (which was amalgamated as part of the City of North Bay along with the Township of Widdifield in 1968) and the Township of East Ferris. In 2010, the Township of East Ferris was renamed the Municipality of East Ferris. It's a great story to read!

*Au début de l'année, le comité de célébration du centenaire a commandé un livre qui capte l'histoire de la municipalité et du village de Corbeil. L'objectif était de lancer la publication de l'histoire de Corbeil lors de la célébration du 100e anniversaire de la municipalité. Un comité du livre a été formé et est composé de Laurette Taillefer, Suzanne Taillefer Boland, Michelle St-Onge, Shirley Marasse, Oscar Giroux, Rolland Boissonneault, Derek Hagard, Jean Langlois, Richard Champagne, Pauline Rochefort et de moi-même.*

*Le comité du livre de Corbeil a rassemblé une collection impressionnante de documents provenant de Corbeil Ancestry, de nombreux auteurs, chercheurs, conteurs et photographes. Le comité est incroyablement reconnaissant de la participation remarquable des membres de notre communauté, qui ont volontiers contribué à raconter l'histoire de Corbeil et de la municipalité.*

Contact our  
municipal library  
to purchase the book

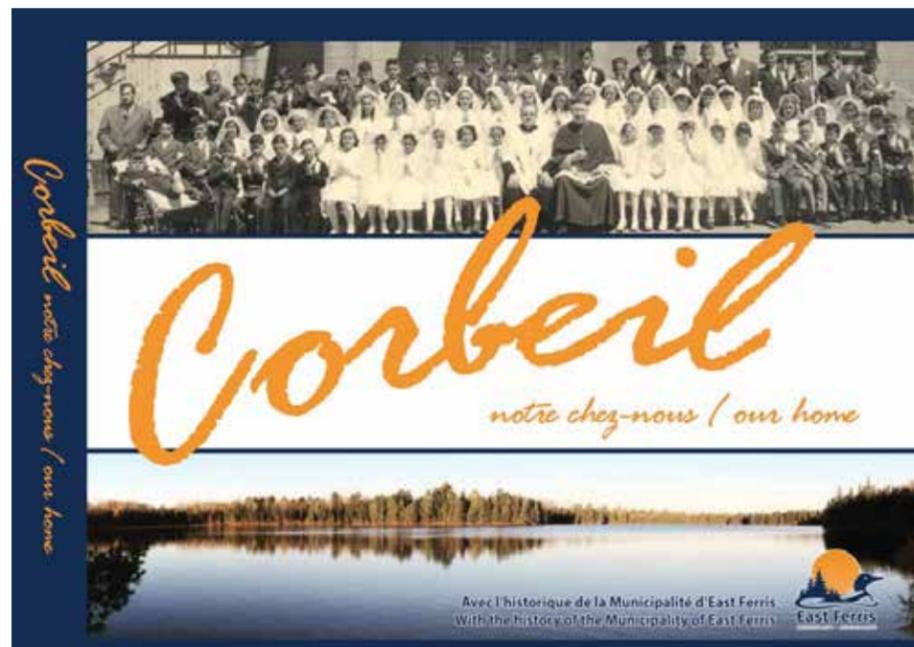
*Corbeil, notre chez-nous / our home*

including the history  
of our municipality.

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pour l'achat du livre

*Corbeil, notre chez-nous / our home*

y inclue l'historique de notre  
municipalité.



# Inspirations du passé pour notre communauté!

par Jean Langlois

Si vous m'aviez demandé, quelques mois passés, de deviner les plus grands défis imposés à l'humanité pendant les décennies à venir, je n'aurais jamais imaginé la pandémie qui nous accable présentement. C'est une situation incroyable! Cependant, quand je pense aux événements pénibles que notre village a subis au fil des années, je suis grandement réconforté.

En 1890 le village de Clint, maintenant nommé Corbeil, connaissait des jours de gloire grâce à un moulin à scie et une industrie forestière en plein essor. Au printemps 1893, une grande sécheresse s'était installée dans la région. Le moulin à roue, Corbeil's Mill, avait manqué d'eau pour son fonctionnement. Les propriétaires, Jean-Baptiste et Joseph Corbeil, avaient acheté un moteur pour remettre leur moulin en marche. Mais éventuellement, la crise du marché du bois avait forcé la fermeture du moulin créant un énorme taux de chômage pour les villageois. La même chose s'était produite à Astorville avec la fermeture du moulin Benard.

En 1918, la grippe espagnole avait mis à l'épreuve le système de santé de la communauté. Heureusement, le père Sloan, curé responsable des paroisses de Corbeil et d'Astorville, avait joué un rôle important dans la lutte contre cette grippe très contagieuse. Il avait réconforté les mourants tandis que les villageois qui avaient échappé à la maladie s'étaiententraînés pour traverser la crise. Ils avaient soigné les malades et les gens âgés. En plus, ils s'étaient occupés des fermes et des animaux des personnes affligées.



Pendant les années suivantes, en plus du chômage, notre pauvre village avait enduré les défis des terres qui ne subvenaient pas aux besoins des familles. Mais, le 28 mai 1934, un événement extraordinaire s'était produit à Corbeil. Oliva Dionne et Elzire Legros, déjà parents de cinq enfants, avaient accueilli la naissance de cinq petites filles identiques. La nouvelle avait fait le tour du monde et, malgré la dépression économique mondiale, les touristes étaient venus en très grand nombre pour voir les quintuplées. Le village de Corbeil avait joui d'une très grande renommée! Ce phénomène avait apporté des investissements gouvernementaux et un élan économique sans pareil dans la région. Les visiteurs avaient eu besoin de nombreux lieux services comme les postes d'essence, les hébergements, les restaurants, les magasins, les lieux de loisirs et bien d'autres. Malheureusement, l'exploitation des quintuplées avait causé des problèmes pour la famille Dionne. Mais, heureusement, elle avait permis au village de Corbeil de retrouver la prospérité.



On ne sait jamais ce que la vie nous réserve, mais si on se fie au principe que l'histoire se répète, on peut espérer avec confiance que les beaux jours suivront la pandémie de l'année 2020.

# Ad Astra Stables

Larissa Brown has loved horses all her life. For more than 43 years she has worked with horses on a personal and professional basis. With her husband Robert, she launched Ad Astra Stables in 2018, a beautiful, serene 5-acre property and certified Equine-Assisted Learning Centre (EAL) situated on the north shore of Lake Nosbonsing.

Ad Astra means “to the stars” and comes from the motto of the Royal Canadian Air Force (RCAF) “Per Ardua Ad Astra”, which is Latin for “through adversity to the stars.” The use of the term Ad Astra implies that EAL is a path forward for those who have experienced some adversity and seek to regain the reins of their life. Both Larissa and Robert were previously in leadership positions with the RCAF, and each holds a number of specialized skills and credentials related to personal development, leadership training and life coping programs.

A question that is often asked of Larissa is “what can I possibly learn from a horse?” She explains that EAL is about helping you recognize opportunities for learning from within yourself. Larissa adds: “when we learn how to communicate, lead and work effectively with a horse, we learn valuable skills to apply to our relationships. Horses provide instant and honest feedback. They help us recognize and understand our own behaviours and feelings often before we do.”

If you want to be a better friend, a better leader or simply a better person, Ad Astra has a variety of programs from which to choose. These unique and unforgettable programs can transform the way a person communicates and interacts with people.

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- **Leadership Development and Corporate Team Building:** To improve communication and collaboration while improving morale and employee engagement for a specific group, team or company.
- **Building the Foundation:** To aid active military, veterans, police officers, firefighters and all other first responders who have experienced stress and health challenges. It can involve the whole family and help them connect by teaching improved communication skills.

For more information visit the Ad Astra Facebook page or contact Larissa Brown at [larissabrown1@outlook.com](mailto:larissabrown1@outlook.com) or by telephone at 705-477-5289.



# If Only East Ferris Roads Could Talk

Driving around East Ferris, you come across many types of roads: streets, lanes, courts, ways, drives and crescents, each with its own unique story to tell. Here we continue with our series of ‘If Only East Ferris Roads Could Talk.’

## CH SOUTH SHORE ROAD

by Roberta Bédard and Bernard Rochefort

Southshore Road’s 12 km stretch offers breathtaking vistas of Lake Nosbonsing from the tops of its rolling hills before stretching into the interior of East Ferris, Chisholm and Bonfield. During winter, travellers along the road look for the ice huts surrounding Perron Island. Later in spring, attention shifts to watching the thawing lake ice in anticipation of an early boating season. In summer, favoured fishing spots are recognizable by the boats clustered around weed beds and shoals. Hugging the road are towering trees producing early spring maple syrup and a spectacular array of autumn colours. Fruit trees are concealed by the surrounding overgrowth. Plentiful deer and beaver are a sometimes nuisance to hosta lovers and property owners bordering Southshore Road, Depot Creek Wetlands and the 36.7 hectares covered by Mink Lake. Travellers along the road are always greeted with a friendly wave by local residents out on their morning stroll.

The untamed lands bordering Lake Nosbonsing were claimed in the late 1880s by settlers from Quebec, drawn by promises of clear title if they completed the clearing of land over consecutive years. In 1904, Father Astor, a man with good business acumen, persuaded the Benard brothers to replace a mill abandoned by the founder of Astorville, J.A. Levesque. The mill site moved from Levesque Creek to “le coin des Ethier,” with lodging erected nearby for the lumbermen. Boats owned by the Booth Lumber Company and the Benard brothers helped stock the general store and supplied local farms specializing in breeding rabbits and mink. Unfortunately, financial hardship led to the demise of this second mill.

Following the 1913 decline of a lumber industry, Father Astor encouraged some of his parishioners (the Guillemettes, Perrons, Ethiers, Houles, Gaudreaults, Rancourts, Rocheforts) to expand their farming operations and reach out to markets in the North Bay area. Believing the south shore contained a rich mineral deposit, Louis Guillemette used a rudimentary drill and later dynamite to reach the depths of the Canadian Shield. Years after his death, the abandoned excavation remained treacherous. Not until two horses succumbed to the hazard did the perilous hole get filled in. Merrill Ethier, another parishioner, took to gold prospecting. For others,

tourism proved to be a profitable business, including Lionel Beaulieu, owner of Balsam Bay Beach Camp (1934), Jules and Christine Perron, operators of Nosbonsing Marina (1963) and Bob and Sandra Workman, owners of The Narrows Kamp (1973). Daytonia Lodge is still in operation today, and Trapper Joe’s Live Bait caters to anglers directly from his dock.

Many aspects of the south shore area’s history and charm have been preserved. Settlement patterns and the road’s natural beauty have influenced the naming of several laneways, including MacDonald and Morris (long-time cottagers), Turgeon and Souliere (long-time residents), Marina and the Narrows (tourist destinations) and Perennial and Bayview (reflecting the landscape’s beauty). Segments of old barb wire fence and aged barn structures remind us of the road’s agricultural origins. Logs resting at the bottom of the lake are remnants of an era gone by when the steam tug NOSBONSING dragged huge log booms with its 8 hp. engine from the Booth yards at the “Tête-du-lac” to Bonfield, in transit to the Ottawa River. Many of the submerged logs in Ream and South Bay originate from Chisholm. These logs would have traversed the seven sluice locks along Depot Creek/Nosbonsing River before being discharged into the lake.

Southshore Road acts as a gateway for anglers, offering two boat launches to Lake Nosbonsing, long touted as an angler’s paradise, and to Mink Lake. The road winds its way to Depot Creek, a popular fishing hole which was part of restoration work by the Nosbonsing Anglers and Hunters beginning in 2017. The restoration work was carried out to repair the damage from 1956 Hurricane Hazel and, hence, revive the brook trout population.

Currently, there are two lakefront subdivisions accessible from Southshore Road. To this day, an imposing home can be found at the entrance to the Narrows, on land owned by one of the original settlers, Jacob Guillemette. The house would later be transferred to Armand and Caroline Guillemette. If walls could speak, the Guillemette homestead would surely have many stories to tell and memories to share about the early days along South Shore Road.







Kelly Brown



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# Allumage de l'arbre des anges de Noël Angel Christmas Tree Lighting

★ Église St-Thomas-d'Aquin Church ★ Astorville ★

Le dimanche 6 décembre à 18 h ★ Sunday December 6<sup>th</sup> at 6pm

Réservez vos lumières en mémoire de vos êtres chers - 5 \$ par lumière  
Reserve your lights in memory of loved ones - \$5 per light  
payez en ligne / pay online - [www.ourabcparishes.com](http://www.ourabcparishes.com)  
communiquiez / contact  
[paroissestthomasdaquin1389@gmail.com](mailto:paroissestthomasdaquin1389@gmail.com)



Venez admirez les lumières ... l'ambiance sera planifiée en fonction des consignes COVID en vigueur ce jour-là

Come admire the lights ... ambiance will be planned according to COVID restrictions in effect that day

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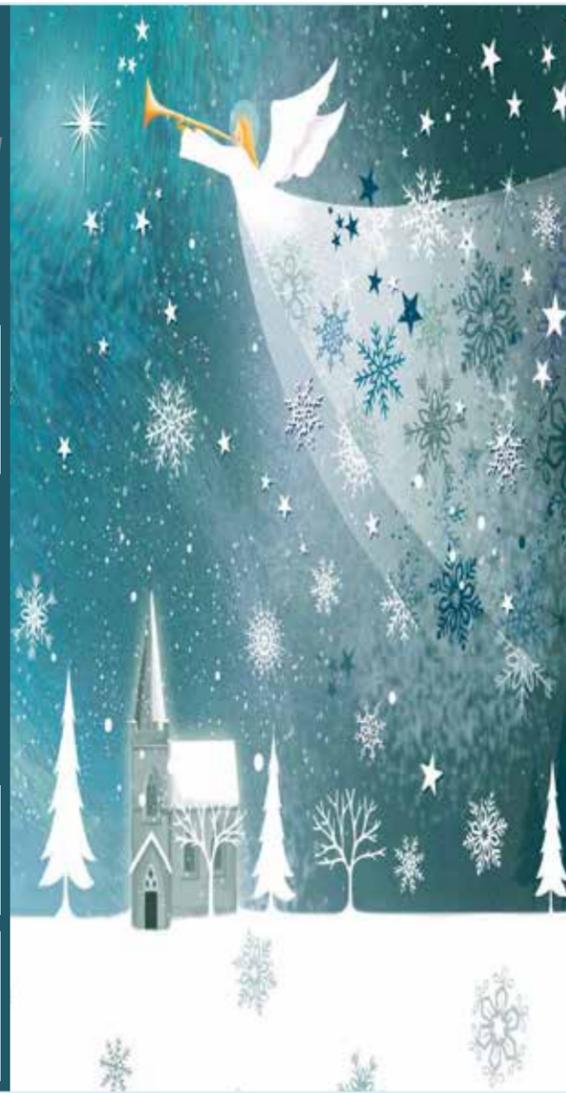
## You Are Invited to "Lighting of the Angel Christmas Tree"

by Marie Viviane Giroux

I think we can all agree that the year 2020 has thrown many bumps in our path. We were "robbed" of Easter, Mother's Day, Father's Day and many more events. Our seniors were shut in, deprived of visitors. Yet, we have reason to be grateful. Our first responders did a fabulous job and so did we. We listened and followed the rules of isolation and bubbles. But I do believe that our loved ones, already departed, also played a role in keeping us safe.

It is in their honour that on Sunday December 6th, at 6pm we will light up the Angel Christmas Tree with 4,900 lights, right in the heart of Astorville in front of Église St Thomas D'Aquin. It's a magnificent tree; over 40 feet tall. Come for a COVID friendly stroll along Village Road: it's outside with Christmas music and lots of room for social distancing. You can further participate in the event by purchasing a bulb or strand of lights in the name of a loved one.

Reserve your lights for \$5 a bulb via online  
Réservez vos lumières pour 5 \$ l'ampoule en ligne  
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[paroissestthomasdaquin1389@gmail.com](mailto:paroissestthomasdaquin1389@gmail.com)



## Vous êtes invités à «L'Allumage de l'arbre des anges de Noël»

par Marie Viviane Giroux

C'est en mémoire de nos proches défunts que le dimanche 6 décembre, à 18 heures, nous allumerons l'arbre de Noël des anges avec 4,900 lumières au cœur d'Astorville, devant l'église St Thomas d'Aquin. C'est un arbre magnifique ; plus de 40 pieds de haut. Venez faire une balade conviviale COVID le long du chemin du Village : c'est à l'extérieur avec de la musique de Noël et beaucoup de place pour la distanciation sociale. Vous pouvez également participer à l'événement en achetant une ampoule ou un faisceau de lumières au nom d'un être cher.

## Entretien exclusif avec le Père Noël d'East Ferris : Maurice Charron

## Exclusive interview with East Ferris Santa Claus: Maurice Charron

Depuis plusieurs années, Maurice Charron porte le costume du Père Noël et, avec le Grand Chevalier Guy Fournier, ils apportent des salutations de Noël aux résidents au Manoir Nipissing, aux Villas d'East Ferris et à ceux qui assistent aux événements organisés par les Chevaliers de Colomb. Le Père Noël Maurice a eu la gentillesse de trouver un peu de temps pour s'asseoir avec Édition et partager avec nous quelques secrets des coulisses.

«Je me souviens d'avoir dû être persuadé de jouer le Père Noël. J'ai pensé que je devais maintenant avoir atteint le stade de ma vie où je ressemble au Père Noël. Il y a une grande blague qui décrit les quatre étapes de la vie d'un homme : l'étape où il croit au Père Noël; l'étape où il ne croit plus au Père Noël; l'étape où il est le Père Noël et; l'étape où il ressemble au Père Noël. J'ai vite découvert que revêtir le costume magique est non seulement très amusant, mais que cela comporte de nombreuses récompenses personnelles.

Dans l'ensemble, j'aime à penser que nous faisons une petite différence en apportant un peu de joie et d'espoir. Il est évident que pour être un bon Père Noël, une barbe de qualité est essentielle. Il est également important d'avoir le bon rire "ho ho ho" qui est rempli de l'esprit de Noël. Sur le plan personnel, le fait d'être le Père Noël a donné une plus grande signification à ma propre célébration de famille à Noël. J'encourage les gens à se déguiser en Père Noël et je peux vous garantir que vous ne serez pas déçus.»



For several years now, Maurice Charron has been wearing the Santa Claus costume and, along with Grand Knight Guy Fournier, they bring Christmas greetings to the residents at Nipissing Manor, the East Ferris Villas and to those attending events organized by the Knights of Columbus. Santa Claus Maurice was kind enough to find some time to sit down with Édition and share with us a few behind the scene secrets.

"I remember having to be persuaded to play Santa Claus. I thought I was being asked because I had now reached the stage in my life where I look like Santa Claus. There is a joke that describes the four stages of a man's life: the stage where he believes in Santa Claus; the stage where he no longer believes in Santa Claus;

the stage where he is Santa Claus; and the stage where he looks like Santa Claus. I soon discovered that putting on the magic costume is not only great fun, but also has many personal rewards.

Overall, I like to think that with my helper Guy, we make a small difference in the lives of people by bringing a bit of joy and hope. It is obvious that to be a good Santa Claus, a good beard is essential. It is also important to have the right "ho ho ho" laugh that is filled with the Christmas spirit. On a personal level, being Santa Claus has given greater meaning to my own family Christmas celebration. I encourage people to dress up as Santa Claus and I can guarantee that you will not be disappointed.»

# Have Fun Making a Santa Claus Suit

by Laura Salter

Why buy a Santa Claus suit when you can make your own? Dressing Santa really isn't mysterious. According to Laura Salter of East Ferris, Santa's clothes have a generous cut (all those Christmas Eve cookies), so no real fitting is necessary. Laura works at Fabricland on Lakeshore Drive and is well known by those residents from Astorville and Corbeil who love to sew. She suggests that if you have average sewing skills you can make Santa a great outfit – and it all starts with McCall's pattern # 5550! Following are the steps to follow as described by Laura.

The key to making any great-looking suit is starting early so you won't be rushed. I've always found that haste really does make waste when it comes to sewing; plan ahead and enjoy the project. I recall when making my first Santa Claus suit that it took 2 to 3 days.

Next, you need to make some basic decisions. Will your Santa be standing outside in the winter? What is your budget? Will you need to frequently clean the suit? Answers to these questions will determine the type of fabric you will require: velveteen, fleece, stretch velour or heavy broadcloth. If you need assistance with selecting fabric, just drop in to see me at Fabricland.

I would highly recommend that you add a lining to your suit. A proper lining will serve many functions – it will give support and shape to the outer fabric, it will help Santa slip into the suit, and it provides warmth and coziness.

You need to consider attachments, maybe buttons, snaps or easy to use zippers. Keep it simple.



The white trim on Santa's coat, hat, and pants can be made with white fleece or fake fur. It can also be made with felt, but personally I think splurging on the trim will make the costume more authentic looking.

For the boots and belt, while you can purchase vinyl and make your own, an easier option might be to purchase these items from a salvage, party or dollar store. The same applies to gloves, the hair and beard and round glasses. Borrow some jingle bells from the tree and you are good to go!

Even if you don't have the ability or materials to make a full costume, use these ideas to make your version of a Santa Claus suit. The nice thing about a Santa Claus costume is that it's easily recognizable. Buy red pants and a shirt, glue on white trim, add in a big black belt, black boots, the white beard, and a classic hat. You will not be mistaken for anyone else. I look forward to hearing about your project!

# The Origin of Lighting Christmas Trees

by Marie Vivianne

From where and when did the custom of the lighted Christmas tree originate? It appears that it was in Germany dating back to the 16<sup>th</sup> century. Back then the trees were lit with small candles that were glued to the branches with melted wax to symbolize Christ being the light of the world. Electric Christmas lights were introduced beginning in the 1880s. It is said that Thomas Edison, credited with inventing the electric light bulb, introduced the first outdoor electric Christmas light display outside of his laboratory in 1880. In the Manitoba Electric Museum's All That Glows Then and Now display, Christmas trees from various time periods are located throughout the museum. Guess where my next vacation will be? Winnipeg is definitely on my list! For now though, I will enjoy driving around our community where many beautiful Christmas decors with lights can be viewed.



# Upcycle... a Christmas Wreath

If you're like many of us, over the years you have amassed quite a collection of storage bins stuffed full of treasured Christmas decorations, so much so that you may not have unpacked some of them for years now! If this sounds like you, here's a great idea shared with us by Denise Point, who upcycled from her collection and created some beautiful wreaths!

*Denise's advice...*

Early in the season, now is a great time, get out your Christmas decor collection (you'll soon be decorating anyway).

Sort and put aside ornaments, ribbons, garlands, bows, bells, berries... all the various items which you haven't used in years, or are planning to replace, or just those you feel would be nice collected together on a wreath.

Once you've completed this sorting, go back through the items you've collected and put them into groupings that appeal to you. These groupings can be by type or size of decoration, or colour, or style, or whatever combination strikes your fancy!

At this stage you'll have an idea whether you'll be making one wreath - or like Denise tells us - *you may well have enough decorations to make several! and remember, a holiday or winter season wreath makes a lovely gift!* Need some inspiration?, pictured here are just a few of the wreaths Denise has made.

Evergreen wreath bases, in a variety of sizes, textures, and price ranges, are readily available at this time of year at numerous local retailers.

For those not wanting to create their own wreath, Denise has several of her 'upcycled' Christmas wreaths for sale.

For more information  
Denise  
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## Stepping out in style this Christmas

This holiday season, what with social isolation and physical distancing, not to mention concern for the welfare of loved ones and oneself — it can be tempting to postpone or even skip Christmas and New Year altogether. The experts, however, suggest that this would not be the right thing to do. They explain that people who nurture daily celebratory and gratitude habits are in better physical and mental health. Celebrating even the smallest of things at home may be more important now than ever.

Ultimately, following the pandemic quarantine rules doesn't mean giving up the things you love or the healthy habits you've formed. It simply means doing them differently - starting with dressing up. Many Christmas and New Year celebrations have been marked by what we wear and this year doesn't have to change that. Start planning now to dress up in order to enjoy this unique holiday season.

It won't be easy to set aside the comfortable sweatpants you have become used to these past few months. To get motivated, try starting with a little bit of pampering. Each of us needs a moment to breathe deep, relax, and recharge. By doing so, we are better ready to take on the challenges of life and love our families more since we don't feel drained and exhausted. For such pampering, East Ferris residents simply have to turn to KRMT Wellness Studio in Corbeil where Brandy Labonté, Katey O'Hanlon, Jana O'Hanlon, Alyssa Stapley and April Chief await you. At KRMT clients will enjoy massage therapy, spa and hair salon services. It's a one stop shop that will start you on your way to putting those sweatpants aside and dressing up to celebrate Christmas and New Year's at home!



## Where are my pyjamas?



by Michelle St-Onge

This is the question that greeted me one Christmas Eve a few years ago. This was the year I decided that my adult children did not want pyjamas on Christmas Eve. Little did I know my decision would cause such a raucous!

I wondered to myself - when did this tradition start? Did other families hold to this expectation every year as well? Apparently, unknowingly, I had stumbled upon a tradition that many other families practice at Christmastime.

After a little research I discovered that oftentimes pyjamas are handed out on Christmas Eve. People want to open one present in the evening, and often these are pyjamas. They can then be worn on Christmas Eve and the person is still wearing them when they awake on Christmas morning for the full gift exchange and a special breakfast.

Many French Canadian families like mine are used to opening gifts after midnight mass and during the "réveillon", a feast and party that follows long into the night. Nowadays we only open one gift on Christmas Eve that consists of pyjamas, socks, candies and a small toy or game for the children.

Looking for just the right pyjamas is always a fun thing for me. I usually shop early in the season to get the best selection. Trying to determine the sizes required for the ten adults (my husband and I included) and the six grandchildren is often a little harrying. I used to hold the pyjamas up from the floor to get an idea of the right height for the individual. Now I send out an email and ask them for their preferred sizes.

When I get ambitious and I have the time, I like to make everyone pyjama bottoms and buy them t-shirts they can decorate with the fabric paint I also include with their pyjamas. I can still remember way back to when our first two daughters were little and money was scarce, and making them lay down on sheets of brown paper, tracing around them to create a pattern for nightgowns. I still have the pattern, and I recreated nightgowns for my little girl grandchildren when they were that age. I think they use them for their dolls now!

So I learned a lesson that Christmas Eve, don't forget the pyjamas.



# Lucky 13

 **country style**



*Proud to be serving the Community!*



## KRMT Wellness Studio

Yoga   
Massage Therapy 



**New Service!**  **Esthetics**  
Reiki   
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**226-220-1929**  [www.krmt.ca](http://www.krmt.ca)  
[krmtwellnessstudio@gmail.com](mailto:krmtwellnessstudio@gmail.com)

For a full list of our services visit [krmt.ca](http://krmt.ca)

**CDS de North Bay Branch**  
630, rue Cassells St. North Bay ON PIB 4A2  
705 474-5650

**CDS de West Ferris Branch**  
390, prom. Lakeshore Dr. North Bay ON PIA 2C7  
705 474-5650

**CDS de Mattawa Branch**  
370, rue Main St. Mattawa ON POH 1V0  
705 744-5561

**CDS de Bonfield Branch**  
230, rue Yonge St. Bonfield ON POH 1E0  
705 776-2831



 **Caisse Alliance**  
[caissealliance.com](http://caissealliance.com)



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Single, couple, and family memberships are available. Registration is open all winter long, but register by December 15th for an early bird discount.

**Due to COVID-19, registrations must be completed online. To register and to learn about our new COVID precautions, go to [www.wasiski.com](http://www.wasiski.com).**

For questions about registration, call 705-499-0057 or email [president@wasiski.com](mailto:president@wasiski.com).



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CONTACT US FOR YOUR CONGRATULATORY CERTIFICATES  
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MP / Député

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 [AnthonyRota2019](https://www.facebook.com/AnthonyRota2019)



# Up for a Challenge?

by Marie Vivianne



This past March a new generation was born - a generation that has been eating more home-cooked meals than fast food!. As a result, our grocery stores have been raided; our baking aisles emptied, and staples like flour, sugar and yeast are disappearing from shelves in the blink of an eye. I can just imagine the aromas of baked bread and homemade cookies and pies seeping from many homes in Astorville and Corbeil and I can picture the satisfaction of bakers admiring the fruits of their hard work. That is why I believe all bakers are now ready for a baking challenge: Christmas cake, aka 'gâteau de Noël'.

First, a bit of history is in order. The Christmas cake survived WWI, WWII, the Great Depression and the recent recession, even though it is not a cheap cake to make. It appears to have evolved from traditional plum porridge in England. Dried fruit, spices and honey were later added and the porridge mixture eventually turned into Christmas pudding. In the 16<sup>th</sup> Century, oatmeal was removed, and butter, wheat flour and eggs were added to give us the Christmas cake recipe we know today.

Many of us remember seeing our mother or grandmother making Christmas pudding, but for most of us the most vivid memory was that of baking a Christmas cake. Some have a preference for the darker version of the cake while others prefer the lighter version. Some recall the cake being wrapped in a cheese cloth soaked in rum, while others remember it wrapped

in a white cloth and placed in an airtight container. Some remember how the cake would continue to be fed with rum, whiskey, cognac or brandy over a prolonged period of time. The exact quantity of spirits seemed to be a well-kept secret. One person I talked to said it was a two-day affair for her mother and grandmother to bake a Christmas cake, and at the end was decorated with icing or almond paste.

While making the Christmas cake still forms part of holiday preparations for many, increasingly it is store bought. And so, with the pandemic still with us, and for some of us having more time on our hands, it seems a perfect opportunity to acquaint ourselves with the tradition of making a Christmas cake. Are you ready for the challenge? First, you will be happy to learn that all of the required ingredients are available at Perron Freshmart:

- 2 kg of fruits and dried nuts;
- flour and white or brown sugar;
- molasses or cocoa if you are doing the dark version;
- nutmeg, allspice, salt and baking soda and
- ingredients for making royal icing.

There are numerous recipes available on the internet for you to choose from. Ideally your cake should be baked by the first Sunday of Advent and stored to allow flavours to blend. We look forward to getting a picture of your cake and a brief description of your Christmas cake making experience at eastferrisedition@gmail.com

# HAND UPS

by Josée Lefebvre



NOTE: When writing this article, who could have guessed that controversies related to COVID programming would negatively impact WE. It is unfortunate, because as you read this article, you will discover an organization doing good work in many parts of the world and we felt it important to share Josée's story with our readers.



I am fortunate to have had significant opportunities to create real change in the world, thanks to the organization "WE", as well as to the supportive people in my life. "WE", formerly known as "Me to We", empowered youth to make positive impacts locally, nationally and internationally. When I was 18 years old, I embarked on my first mission trip with WE to Kenya. When I was there, I helped build a surgical unit alongside community members and other world travellers, while at the same time being immersed in the Kenyan culture.



2020, as a student in the final semester of the Dental Hygienist program at Canadore College, I travelled with other dental and healthcare professionals on a weeklong mission to the Municipality of Chisec, in Guatemala. Our group provided free dental and health services to people in and around this municipality. Accompanying this article are photos of this recent mission.

knowledge. It made me better appreciate how such giving is an incredible tool that can lead to sustainable change. I witnessed the power of this movement once again when I participated with WE on another mission, this time to Ecuador. In Ecuador, I helped build a school and a pathway to a medical center, as well as headquarters for doctors.

In conclusion, I would like to extend a very special thank you to the East Ferris Knights of Columbus for helping to fund my trips to Kenya and to Guatemala. Also, thank you to those in the community who support the Knights in their fundraising efforts. This financial support has helped me apply here at home what I learned abroad: giving any amount of my time to another human being always has an impact and it can be as simple as making time to help a child learn to tie his or her shoes. Making time can be difficult when life gets in the way - but I have learned that it is important to do so.

Back here at home, I helped the WE club at Canadore College organize "Kindness Week" in 2018 and "Mental Health Week" in 2019. In February of

What I soon learned about WE is that it encouraged "hand ups" over "handouts". At first, I did not fully understand what this meant because I grew up in a society that constantly encourages people to donate to charitable organizations. Not to say that this type of charity is not good, but sometimes giving people items can create dependability instead of fixing an issue at hand, such as poverty. WE encouraged individuals to donate their time and



## East Ferris Santa Fund

by Paul Gauthier

The legacy of the founders of the East Ferris Santa Fund keeps on going strong! For the 52<sup>th</sup> year, we plan on delivering food boxes & toys to the less fortunate families in our community. Last Christmas we sent food boxes to 37 families. We also provided toys for 37 children. We would like to thank the many generous individuals and businesses that donated money and gifts. Special thanks to the Langlois family who donated 7 hand-made and hand-painted rocking horses for the little ones.

We are all aware that the Corona Virus brought financial hardships to East Ferris residents, especially those who lost their jobs. In the spirit of caring and sharing, this past spring The East Ferris Santa Fund donated money to the local food bank. We also gave food to several families in our area. Christmas 2020 may bring extra challenges with more families than usual who will need our help. Also, many of our donors who have been impacted financially by the pandemic may not be able to be as generous this year. We are hoping that our supporters will give according to their means to make sure that the less fortunate in our community are taken care of. Every dollar donated will be greatly appreciated.

For more information contact Paul Gauthier at 705- 498-7423.

# Library Corner

by East Ferris LEAD Team



**Our library: an engaging place to share, learn, access, discover, meet up, play**

Since its inception in 2018, the East Ferris LEAD Team has been working hard to enhance the East Ferris Public Library's amazing services. LEAD stands for Library, Evolution and Development and our mission is to create opportunities for community connections and growth, while at the same time supporting the well-being of our library and the patrons that access its many services. Our latest project is a coffee bar and if you have not yet had a chance to enjoy a coffee at the library come for a visit and discover all the library has to offer.

*Please note: The coffee bar is closed until COVID-19 directives advise otherwise.*



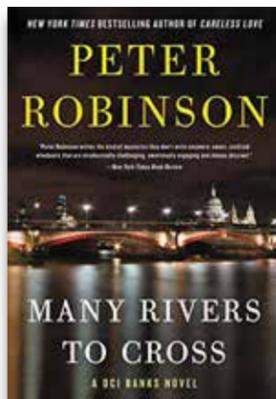
**Notre bibliothèque: un lieu de partage, apprentissage, interaction, découverte, jeux**

La bibliothèque d'East Ferris est gérée par une équipe dynamique qui se dévoue pleinement afin de fournir de nombreux services et de créer des activités qui favorisent le bien-être des gens de la communauté. À cette fin, un café-bar est maintenant disponible à la bibliothèque. Si vous n'avez pas encore eu la chance de jouir d'un café à la bibliothèque, venez pour une visite. Vous serez sans doute ravis de voir tout ce que nous pouvons vous offrir!

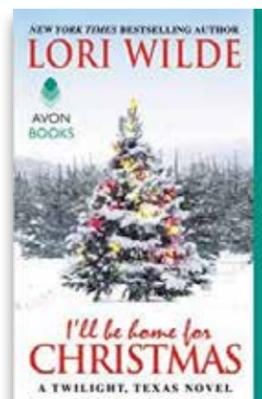
*Veuillez noter que le café-bar est fermé jusqu'à ce que les directives COVID-19 en décident autrement.*

## Books to Read

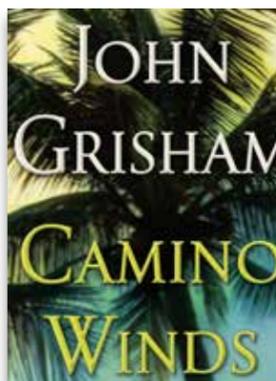
by Marie Vivianne



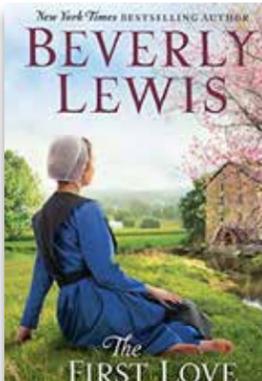
Peter Robinson, the acclaimed author of the best-selling series returns with a gripping, emotionally charged mystery in which the revered detective Alan Banks must find the truth about possible racial overtones and save a friend from ruin...



Christmas in Twilight, Texas, is all merriment and Mistletoe. The Cookie Club is whipping up their most festive sweets, they are scrambling to get their holiday shopping done, and Joe, a hometown guy with a restless heart, is dreaming about the woman he wants to kiss most...



An odd assortment of mystery and crime authors, some of them felons themselves, discover one of their colleagues has been murdered during the fury of a massive hurricane – the perfect crime scene...



It's the summer of 1951, and Maggie Esh is in need of some hope. Sweet-spirited and uncommonly pretty despite chronic illness, she is used to being treated kindly by the young men of the Old Order Amish church district...

# East Ferris Knights of Columbus

by Gilles Lefebvre



At their annual 2019 Christmas Dinner, the Knights revealed the year's recipients of the Knight of the Year Award and the Citizen of the Year Award. Michel Voyer and Frank Corbeil were presented with the Knight of the Year: Michel for his leadership in the organization of the Corbeil Country Ribfest, and Frank for his leadership in the organization of the Steak Dinner and Auction. The Citizen of the Year Award was presented to Timothy and Suzanne Foster for all the work they did in getting many East Ferris residents to participate in ParticipACTION's Community Better Challenge.



Michel Voyer, Jerry Betik, Guy Fournier, Frank Corbeil

The Knights were also very proud to hand out donations totalling \$22,500. There were two new recipients on the Knights' list this year: One Kids Place and Light It Up Blue for autism (Mark Lyons). The Knights have it in their mandate to support organizations that help children, so in donating to both these organizations, the Knights did just that.

Chevaliers de Colomb d'East Ferris

Lors de leur dîner annuel de Noël 2019, les Chevaliers ont révélé les noms des lauréats du prix du Chevalier de l'année et du prix du Citoyen de l'année : Michel Voyer et Frank Corbeil ont reçu le prix du Chevalier de l'année : Michel pour son leadership dans l'organisation du Corbeil Country Ribfest et Frank pour son leadership dans l'organisation du Steak Dinner and Auction. Le prix du Citoyen de l'année a été décerné à Timothy et Suzanne Foster pour tout le travail qu'ils ont accompli pour amener le plus grand nombre possible de résidents d'East Ferris à participer au défi Ensemble, tout va mieux de ParticipACTION.



Tim and Suzanne Foster

Les Chevaliers étaient également très fiers de distribuer des dons totalisant 22 500 \$. Deux nouveaux bénéficiaires ont été ajoutés à la liste des Chevaliers cette année : La Place des enfants et Faites briller en bleu pour l'autisme (Mark Lyons). Les Chevaliers ont pour mandat de soutenir les organisations qui aident les enfants, c'est donc exactement ce qu'ils ont fait en faisant un don à ces deux organismes.

- Following are the organizations receiving donations. / Ci-dessous sont les organismes récipiendaires de dons.
- Callander Food Bank / Banque alimentaire de Callander: \$1000
- East Ferris Santa Fund: \$500
- Paniers de Noël de l'école St-Thomas-d'Aquin : \$500
- North Bay Regional Health Centre Foundation / Fondation du Centre régional de santé de North Bay : \$2500
- Programme PADDLE program: \$2500
- Paroisse St-Thomas-d'Aquin Parish: \$7000
- Paroisse Sacré-Cœur Parish: \$5000
- L'hospice Serenity Hospice: \$2000
- Near North Palliative Care: \$1000
- One Kids Place / La Place des enfants: \$1000
- Light It Up Blue for autism / Faites briller en bleu pour l'autisme (Mark Lyons): \$500
- Busy Bees: \$1000

# Winter Driving Ahead!

It's that time of year once again! If you haven't done it already, it's time to get your vehicle ready for safe driving in our northern Ontario winter driving conditions! This checklist from Kelly Brown at East Ferris Auto will serve to remind us how important this annual chore is.

- **Snow Tires**

Four good-quality snow tires are your best and safest choice for winter driving conditions. Snow tires are about 'stopping' your vehicle, quickly if necessary. And yes, snow tires also provide better traction on slippery roads, in snow, and on ice. Be sure to check tire air pressure regularly as pressure goes down in cold temperatures.

- **Check your Battery**

Test your battery - you'll want to know it has the juice to start your vehicle on a frigid morning. Check cable connections and remove any corrosion.

- **Check your Block Heater**

If you park your vehicle outdoors, ensure your block heater is working! Setting a timer to warm up your engine for a couple of hours before starting up your vehicle will ensure the engine starts and your vehicle warms up faster.

- **Windshield Wiper Blades**

Winter wiper blades are a good idea, as they are specifically designed to handle heavier snow loads, slush and ice.

- **Coolant and fluid**

Check that coolants and fluids are topped up - be sure to change to a winter washer fluid before freeze-up and it's a good idea to carry some extra in the trunk.

- **Floor Mats**

Rubber floor mats are a good idea for winter months. With their heavily grooved ridges they allow water from melting snow and slush to pool away from your feet and footwear and protect and preserve carpeting. Floor mats are easily removed and drained - and this should be done frequently.

Have questions, need advice or some help getting your vehicle ready for winter? Don't hesitate to check in with any of the auto service suppliers conveniently located right here in East Ferris - for a complete listing visit the East Ferris Business Directory at [eastferris.ca](http://eastferris.ca).

## DID YOU KNOW

\* Snow and ice are more slippery at 0°C than at -4°C or colder.

\* Watch for black ice at temperatures between +4°C and -4°C, where the road surface ahead looks black and shiny. It is often found on shaded areas of the road, bridges and overpasses long after the sun has come out.

\* The flashing blue light on snow removable equipment can be seen from 150 metres. Blue was chosen for snow removal equipment because blue is the most conspicuous colour both day and night. Flashing at a rate of one flash per second, the blue light subconsciously indicates to motorists that the vehicle is moving slowly.



\* If you're driving and see a vehicle with a flashing green light on its dash, grill, or pull-down visor - would you know what to do? Volunteer first responders/firefighters use flashing green lights in their personal vehicles to indicate that they are responding to a station or the scene of an incident, such as a fire or accident. Drivers should pull over or give the first responders the right-of-way, as every second counts when responding to an emergency.



### House Book

Keep important information about your home, appliances, major purchases, repairs and other services (including roof work, plumbing, etc.) in plastic sheet protectors stored in a 3-ring binder. Your 'House Book' can hold receipts, instructions, warranties. You'll know exactly where to look to order a part, get service, or check a warranty.

### Cleaning Grout

Grout is one of the hardest surfaces to clean in a home. Try this method. Sprinkle or spread a thick coating of baking soda over dirty grout, then pour some peroxide into an old plastic mustard bottle - the kind that squirts (or some similar type of bottle). Wet the baking soda with the peroxide, then using a scrub brush, scrub it vigorously for a few seconds. Let the mixture sit for about half an hour, wipe off the solution with a damp cloth, then rinse with clear water. The combination of baking soda, peroxide, and scrubbing should make the grout look brand new!

### Secret code

If you have trouble remembering your lock combination, try this... pick a secret number and add it to each of the combination numbers. Mark the numbers on the lock itself with a label or etching tool. When you need to open the lock, simply 'add' your secret number to each of the numbers listed on the lock! Example: Label the lock with the numbers: 10 - 20 - 30 The 'secret number': 6 Add the secret number...combination is: 16 - 26 - 36 H.

## Tip Talk

Watch for more 'Tip Talk' from Edition Readers!

Send your tips to [eastferrisedition@gmail.com](mailto:eastferrisedition@gmail.com) for publication in an upcoming issue.

### Lost and Found

If you never know what to do with the screw you come across while vacuuming the carpet or the game piece you find wedged between the couch cushions - here's a good idea. Designate a shoebox for UFOs (unidentified found objects). Keep the box on a shelf in your laundry room, in the linen closet, or your home office. Let all members of your household know where to locate the UFO box - if a remote cover or puzzle piece goes missing, everyone will know where to look for it!

### Spring ahead

Now is the time to think about next spring! Consider reducing the size of your lawn. Vast amounts of time, money and natural resources are allocated to maintaining lawns. Think about converting some of your lawn expanse into a garden using indigenous plants - they're hardy and drought-tolerant which translates into less maintenance and lower water consumption.

### Hanging wall art

Don't hang artwork or photographs on brick, concrete or unfinished wood. These materials hold moisture and over time will transfer condensation into your artwork or photos. The moisture will cause a 'wrinkling' effect - ruining or damaging your artwork as well as creating an environment for mould.

# Taking Care of Your Drinking Water

Most residents of East Ferris obtain their drinking water from a privately owned well. Wells come in many different types such as drilled, dug, bored and, less often, a sand point. It is important to know how to protect your well, including how to properly take and submit a water sample, and how to interpret your results.

## Protect your well

The first thing you need to know is exactly where your well is located and how to keep potential sources of contamination away from it. Make sure that the ground slopes away from the well, and make sure that the well cap and the sanitary seal are secure and in good condition. Never cover your well to hide it.

## Taking and submitting your water sample

You will require a proper water sample bottle and these are available at the North Bay Parry Sound District Health Unit, 345 Oak Street, North Bay and the East Ferris Municipal office. The information on the form is required to be completed accurately. You will be required to provide your name, mailing address and full location of the water source. The public health unit number for North Bay is 2247. You also need to fill in the date and time the water sample was collected, your daytime phone number and how you wish to receive your results. If you indicate that you wish to pick up the results, be prepared to drive to Sudbury to get it as no testing of the water is done at the local health unit.

The NBPSD Health Unit accepts water samples from 7:30 am to 3:00 pm, Monday to Thursday, and never on Fridays. It is best to take the sample first thing in the morning and drop it of at the Health Unit the



same day, as soon after taking the sample as possible. Water samples received Monday to Wednesday after 3:00 pm sit in the fridge overnight and are shipped the next day, running the risk of the sample being lost or rejected. The last thing you want is to drive for an hour in to town to drop your water sample off and an hour back home only to have the sample rejected because of incomplete paper work or samples received 48 hours after collection. If you have any questions call the Environmental Health intake line at 705-474-1400 x 5400 for assistance.

## Taking a water sample

If at all possible take the water sample from the kitchen tap removing the aerator, screen and any other attachments. Disinfect the faucet spout with an alcohol swab or a diluted bleach solution. Do not use a flame as it may damage the faucet. Run the cold water for 3 to 4 minutes, remove the sample bottle lid, do not touch the inside of the lid, do not put the lid down and do not rinse the bottle out. Fill the bottle to the 200 ml fill line and close the lid tightly. Keep the sample cool, but do not

freeze, and transport it to the Health Unit in a cooler with an ice pack.

Once the water sample has been received and analyzed, you are ready to receive and interpret your water sample result. Check in with the next issue of Edition as we discuss how to interpret what your results means.

**Contest**

## Play our Ad Word Search

by December 14th for a chance to win 1 of 2  
'3-month Couples Memberships' to the East Ferris Fitness Centre

You'll find the words to the contest sentence in the Advertising Pages in this Issue.

Here's the word search sentence...

**We are proudly serving the community of East Ferris**

Here's how to play...

- 1 Search through the Ads to find each word of the contest sentence
- 2 List each word followed by the Ad in which that word appears
- 3 email your word search answers to [eastferrisedition@gmail.ca](mailto:eastferrisedition@gmail.ca)

Contest deadline is December 14th

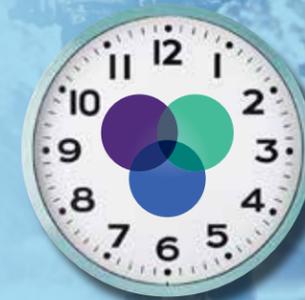
The draw for 2 Prize Winners will be held and announced on December 18th

**Contest**

# Make your whole day matter.

## The Canadian 24-Hour Movement Guidelines for Adults (18-64 years)

integrate recommendations for physical activity, sedentary behaviour and sleep. Following the guidelines can help you obtain health benefits and live your best life!



## MOVE MORE

Add movement throughout your day, including a variety of types and intensities of physical activity:



At least 150 minutes of moderate to vigorous physical activity per week



Muscle strengthening activities at least twice a week



Several hours of light physical activity, including standing



## REDUCE

### SEDENTARY TIME

Limit sedentary time to 8 hours or less:



No more than 3 hours of recreational screen time per day



Break up long periods of sitting as often as possible



## SLEEP WELL

Set yourself up for 7 to 9 hours of good-quality sleep on a regular basis, with consistent bed and wake-up times.

Learn more at [csepguidelines.ca](http://csepguidelines.ca)

Replacing sedentary behaviour with additional physical activity and trading light physical activity for more moderate to vigorous physical activity, while preserving sufficient sleep, can provide greater health benefits.





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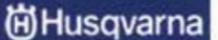
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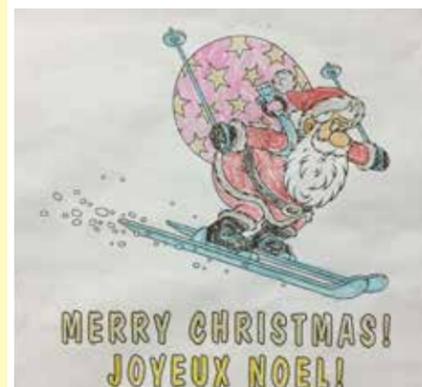
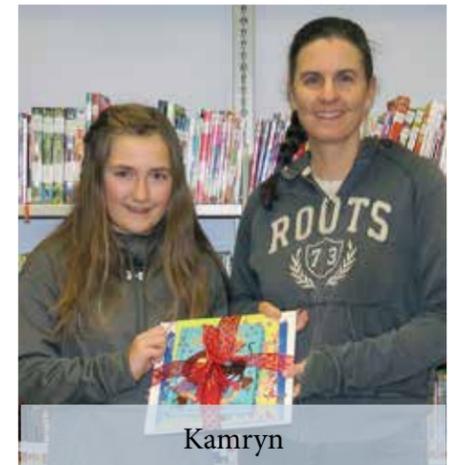
In memory of deceased members of our community and on behalf of our readers, Édition East Ferris Edition made a \$300.00 donation to the Angel Christmas Tree.

En mémoire des membres décédés de notre communauté et au nom de nos lecteurs, Édition East Ferris Edition a fait un don de 300 \$ à l'arbre de Noël des anges.

**Contest winners / Gagnants du concours**

We would like to thank all the participants who took part to the "Colour this Christmas Greeting!" contest. The winning names were drawn from the entries received.

Nous tenons à remercier tous les participants qui ont pris part au concours "Coloriez ce vœu de Noël!". Les noms des gagnants ont été tirés au sort parmi les contributions reçues.



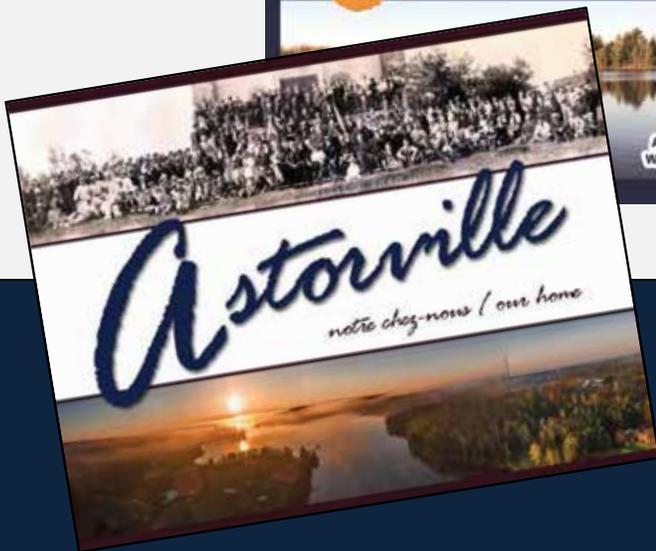
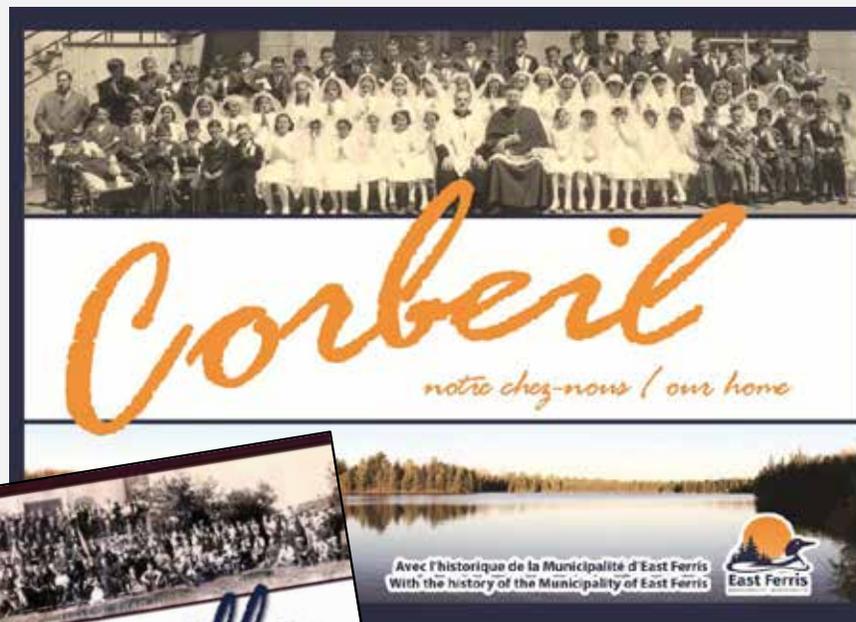


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