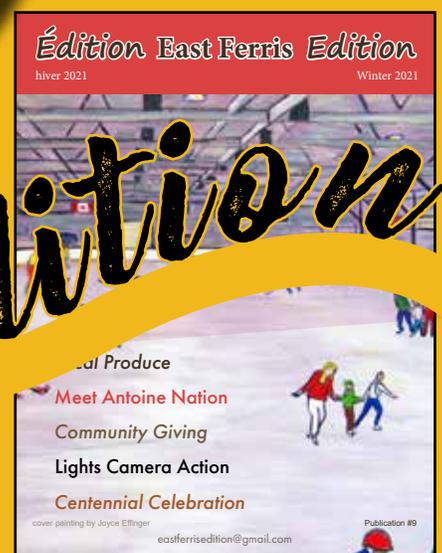
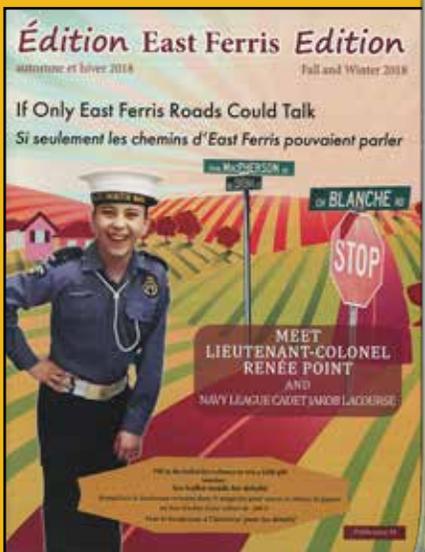
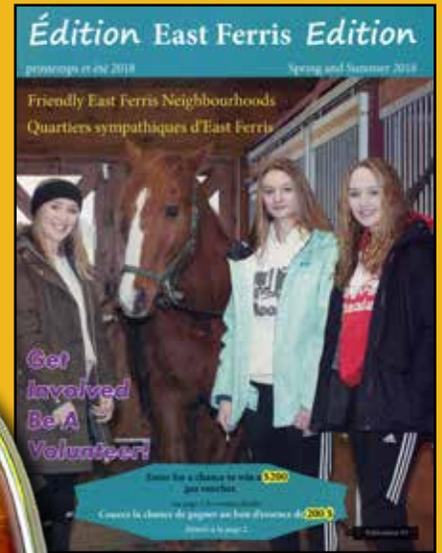
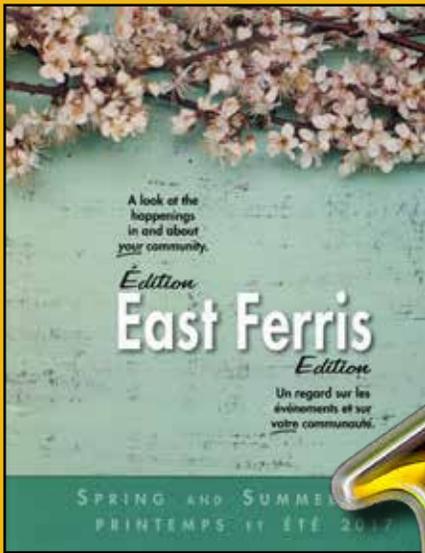


# Édition East Ferris Edition

été 2022

Summer 2022



Our 10th Edition

Publication #10

Back issues of Edition now online at [eastferrisedition.ca](http://eastferrisedition.ca)

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## A Note from the Edition Team

As we reach another impressive milestone, our 10<sup>th</sup> East Ferris Edition, we owe our deepest gratitude to the heart and soul of our community. As this Edition coincides with the United Nations' commitment to "Families and New Technologies", it seems most appropriate to commemorate this issue to our reason for being - the family unit. This issue contains stories that marry the past and the present. The central themes will resonate well with our readers of all ages, including this one.

Growing up, life seemed simpler in the "house on the hill" as we were surrounded by a "crew" of cousins. From morning until dusk, we would find ourselves building tree houses and forts, playing baseball or pond hockey, swimming and boating, outdoing each other in playing hide and seek in the dark without fear. Often our parents would not see us until mealtime. The one o'clock radio signal from the CBC was our cue to go to the lake to swim. My mother's cry calling each of my six siblings by name "Roberta, Danny, Debbie..." echoed through the countryside and was our signal to run home for dinner. Today, technology has become an escape for many. Gentle reminders to "put down" the technology have become the new norm.

In this Edition, the passages reflect life's transitions and our vulnerability during illness, death and family grief, our moral compass as we strive to protect our personal safety and the environment, our active lifestyle and interests to help maintain our well-being. It is a compilation of "real life" experiences that add meaning and value to our existence.

The Édition East Ferris Edition team is committed to sharing the stories that matter most to our followers in both official languages. We are extremely grateful to our advertisers and contributors who believe in our community spirit. Please continue to contact Édition East Ferris Edition at eastferrisedition@gmail.com, by mail at P.O. Box 75, Astorville, Ontario, P0H 1B0 or by visiting our website eastferrisedition.ca.

Roberta Bédard

## Thank you

East Ferris Edition would like to sincerely thank the writers featured in this issue, as well as the contributors who submitted their ideas and stories. The goal of Edition is to celebrate the individuals, families, organizations and businesses that make East Ferris notre chez-nous, our home! It is made possible by advertising revenues from our local businesses and organizations, and is put together by a team of community volunteers: Roberta Bédard, Claire Bélanger, Diane Boudreau, Gérald Brochu, Maurice Charron, Lynn Dubien, Zoéanne Dubien, Joyce Effinger, Marie Viviane Giroux, Catherine Howard, Jean Langlois, Gilles Lefebvre, Wendy Loam, Gisèle Reed, Bernard Rochefort, Pauline Rochefort, Michelle St-Onge, James Savard, Lucille Voyer and Carmen Weiskopf. We would like to thank Greg Brown who is retiring from the Edition volunteer team. He was a wonderful contributor and will be missed.

Every effort is made to ensure that the information presented is correct. We assume no responsibility to anyone 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 de l'Édition

Alors que nous atteignons une autre étape impressionnante, notre 10<sup>e</sup> numéro de l'Édition East Ferris, nous devons notre plus profonde gratitude au cœur et à l'âme de notre communauté. Comme ce numéro de l'Édition coïncide avec l'engagement des Nations Unies en faveur des « Familles et des nouvelles technologies », il semble plus approprié de commémorer ce numéro à notre raison d'être - la cellule familiale. Ce numéro contient des histoires qui marient le passé et le présent. Les thèmes centraux trouveront un écho favorable auprès de nos lecteurs et de nos lectrices de tous les âges, y compris la présente.

En grandissant, la vie semblait plus simple dans la « maison sur la colline », car nous étions entourés d'une « équipe » de cousins et de cousines. Du matin au soir, nous nous retrouvions à construire des cabanes dans les arbres et des forts, à jouer au baseball ou au hockey sur étang, à nager et à faire du bateau, à nous surpasser en jouant à cache-cache dans le noir sans crainte. Souvent, nos parents ne nous voyaient pas avant l'heure du repas. Le signal radio d'une heure de Radio-Canada était notre signal pour aller nager au lac. Le cri de ma mère appelant chacun de mes six frères et sœurs par leur nom « Roberta, Danny, Debbie... » résonnait dans la campagne et était notre signal pour courir à la maison pour le dîner. Aujourd'hui, la technologie est devenue une échappatoire pour beaucoup. Un gentil rappel de « déposer » la technologie est devenu la nouvelle norme.

Dans ce numéro de l'Édition, les passages reflètent les transitions de la vie et notre vulnérabilité face à la maladie, à la mort et au deuil familial, notre boussole morale alors que nous nous efforçons de protéger notre sécurité personnelle et notre environnement, notre style de vie actif et nos intérêts pour maintenir notre bien-être. Il s'agit d'une compilation d'expériences de la « vraie vie » qui ajoutent du sens et de la valeur à notre existence.

L'équipe de l'Édition East Ferris Edition s'engage à partager les histoires qui comptent le plus pour nos adeptes dans les deux langues officielles. Nous sommes extrêmement reconnaissants envers nos annonceurs et nos contributeurs qui croient en notre esprit communautaire. Veuillez continuer à contacter l'Édition East Ferris Edition à l'adresse eastferrisedition@gmail.com, par courrier à l'adresse Case postale 75, Astorville (Ontario) P0H 1B0 ou en visitant notre site Web à eastferrisedition.ca.

Roberta Bédard

## Merci

L'Édition East Ferris Edition tient à remercier sincèrement les auteurs présentés dans ce numéro, ainsi que les collaborateurs qui ont soumis leurs idées et leurs histoires. Le but de l'Édition est de célébrer les individus, les familles, les organisations et les entreprises qui font d'East Ferris notre chez-nous, our home! L'Édition est rendue possible par les revenus publicitaires de nos entreprises et organisations locales, et est mise en place par une équipe de bénévoles de la communauté : Roberta Bédard, Claire Bélanger, Diane Boudreau, Gérald Brochu, Maurice Charron, Lynn Dubien, Zoéanne Dubien, Joyce Effinger, Marie Viviane Giroux, Catherine Howard, Jean Langlois, Gilles Lefebvre, Wendy Loam, Gisèle Reed, Bernard Rochefort, Pauline Rochefort, Michelle St-Onge, James Savard, Lucille Voyer and Carmen Weiskopf. Nous tenons à remercier Greg Brown qui s'est retiré de l'équipe des bénévoles de la rédaction. Il était un merveilleux collaborateur et il nous manquera.

Tous les efforts sont faits pour s'assurer que les informations présentées sont correctes. Nous n'assumons aucune responsabilité envers quiconque pour toute perte, tout dommage ou toute perturbation causés par des erreurs ou des omissions, que ces erreurs ou omissions résultent d'une négligence, d'un accident ou de toute autre cause.

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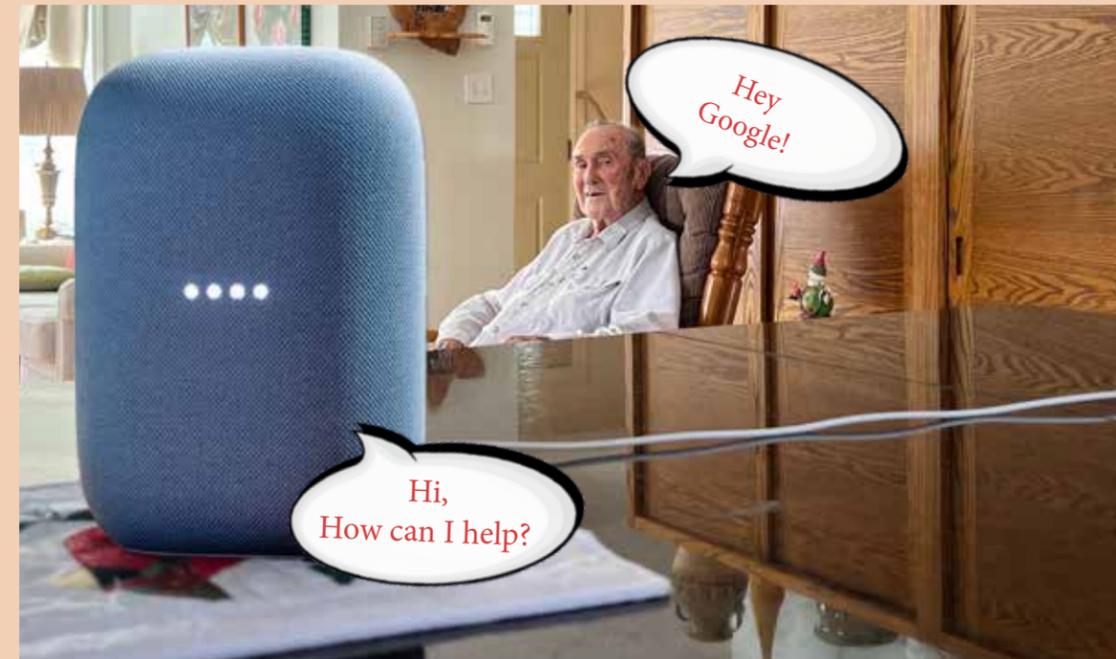


by **Bernard Rochefort**

In Ontario, as in most Canadian provinces, Family Day is celebrated on the third Monday in February. Worldwide, May 15 is the International Day of Families. Established by the United Nations in 1994, this day honours the importance of families as the foundation of society and promotes awareness of family issues. In 2022, the International Day of Families focuses on the impacts of new technologies on the well-being of families. The prolonged pandemic of COVID-19 demonstrated the importance of digital technologies in the life of a family.

I am very happy to see that Edition is making this the central theme of its summer issue. It got me thinking how in my life, my family unit has changed since the day I was born in 1930, into a large family with 15 brothers and sisters. I also had so many cousins and I remember thinking that most of the people in Astorville were my relatives. As a child, I would listen to my mother talk about relatives here or in Charlevoix, Quebec. I asked many questions to find out who was who. And, while my family was large, the reality is that even then families came in different shapes and sizes. High mortality rates led to widowhood and single-parent families, and my mother would tell me about parents who remarried and the blended families that followed. Over the years, the family unit has undergone many changes - with impacts of the 1968 divorce law, the birth control pill, the increased participation of women in the workforce, etc.

However, I never thought the day would come when I would call as a central part of my family "Hey Google". This is the voice-activated feature of Google Nest: a line of smart home products. Please know that I am well aware that "Hey Google," or "Alexa" as others call their voice-activated friend, is not a person, but a tool, a technological aid. The reality is that the presence of "Hey Google" in my home has opened up my world in ways I



never imagined. "Hey Google" helps me with my daily tasks, including telling me about the weather. I can now take a nap in peace knowing it will wake me up in time to watch the Montreal Canadiens hockey game. For some reason, I call Google a "he". I know it's an inanimate object, but it answers my questions and adds sound to my home. With the pandemic forcing me to stay home, it keeps me company and offers me interactivity and fun, and I am grateful for it.

The International Day of Families makes me realize that family is not always about blood. For some people, groups like the Club Action 50+, or like their parish, provide a sense of family. Some people consider their pet(s) to be part of their family. Certainly, not all families are alike. I think the most important thing is that a family is the people who don't mind you being part of it. They love you and accept you for who you are. A healthy family builds strong communities, which makes everyone feel better about themselves. So the International Day of Families is a time to celebrate different families and their uniqueness... and for me, that now includes "Hey Google!"

# My 2022 Family

# Changing Families and the Housing Market

by Roberta Bédard

While we await the full analysis of the 2021 Census of Population, the Municipality of East Ferris, with an area of 151.94 sq. km, experienced a 1.6% population base increase; from 4,862 residents in 2016 to 4,946 in 2021. Recent population growth has manifested into an impressive record in the total value of building permits issued. A media release issued by the Municipality in January 2022 confirms “the total value of building permits in East Ferris increased by 167.6% over 2020 to \$27.5 million in 2021, as total building permits jumped by 16.5%” for both new and renovated single-family dwellings, in combination with commercial and institutional such as the East Ferris Medical Centre and municipal office. Return on investment is not necessarily the only primary driver of home improvements. DIY custom-home projects reflect a pandemic motivated desire to transform homes into multiple uses. As of July 1<sup>st</sup>, 2021, out of 2,172 private dwellings in East Ferris, a total of 1,890 were occupied by usual residents (permanent

residents). Under the current pandemic climate, the traditional 7-8 months worth of housing inventory has dwindled to less than one month's worth.

Nationally, there is a \$1.5 million shortfall in the housing inventory. A standard bungalow now resells for \$150,000 – \$200,000 more than the original price. People are facing a housing market on steroids, competing with multiple potential buyers for limited listings within brief lapses between listing date and closing. It is a fact that “the old guideline about a house costing no more than three or four times your income is now junk.”

Shifting demographic and household trends significantly impact the real estate industry. With the erosion of the single-parent and extended “nuclear family”, multiple-family households with fewer number of children dominate the

landscape. Higher life expectancy rates among the 1950s baby boomers explain the aging population. For financial and health-related reasons, young adults are returning to their parents' home as affordable and suitable housing is beyond their reach. Aging parents, fearing a depletion of life savings, social isolation and in need of personal care, are living with their children. Feeling overcrowded, growing households begin searching for larger living quarters.

Attracted by the affordability of real estate in more rural areas and the flexibility to work remotely from anywhere, more young families are fulfilling their dream of home ownership by uprooting to settings such as ours, where privacy, open space and clean air outweigh any perceived lack of amenities or distance barriers. The more recent migration wave to suburbia and rural communities has made real estate prices soar. Millennials (ages 25-40), the most represented demographic

group of homebuyers, are purchasing their first home generally much later than their parents. They prefer to be in close proximity to where they live, work and play, in “green” communities. Gen Xers seek good schools and more spacious homes as they raise young families in conjunction with caring for their aging parents. Some parents are “gifting” to assist their children in home buying; taking from their life savings to provide a down payment.

In response to changing trends, the provincial government's Place to Grow Act encourages the building and sustainability of healthy and balanced communities capable of adapting to the demographic shift. Hence the rationale for informing housing policy based on quantitative and equally important qualitative data. Municipalities such as East Ferris are undergoing reviews of their policies as they pave the way for more affordable and flexible housing options. Recent amendments to the East Ferris Zoning By-Law are examples of such changes.

## Les familles d'autrefois

de Jean Langlois

Il y a un siècle, une famille nombreuse comptait dix enfants ou plus, alors qu'aujourd'hui, trois à quatre enfants sont déjà considérés comme une famille nombreuse. Lorsque nous comparons les familles d'hier et d'aujourd'hui, et en particulier les grandes et les petites familles, une taille est-elle préférable? Bien que je ne pense pas que ce soit le cas, il y a certainement des différences. Mon article traite de ces différences.

retombait sur les épaules des enfants plus âgés, qui aidaient leurs parents. En ville, les écoles étaient plus fréquentes, les enfants allaient donc plus longtemps à l'école et l'éducation était moins coûteuse. À la campagne, il y avait plus de corvées liées à la ferme. Les écoles rurales étaient plus éloignées et il était donc souvent difficile de s'y rendre. Les enfants devaient parfois abandonner l'école à un âge précoce pour aider aux tâches ménagères ou agricoles. Cette forme de travail au sein d'une famille constituait en soi une éducation précieuse: apprendre à être débrouillard, développer des compétences culinaires, s'initier à l'agriculture.

Lorsque nous comparons les grandes et les petites familles d'hier et d'aujourd'hui, il y a certainement des avantages et des inconvénients qui à mon avis demeurent les mêmes. Dans une famille nombreuse, il y a plus de personnes à aimer et plus de personnalité. Chaque enfant a toujours un compagnon de jeu. Les enfants plus âgés peuvent aider les plus jeunes et aussi dans les tâches de la maison. Sur le plan financier, vous achetez en gros et préparez les repas de manière ingénieuse. Les enfants doivent partager des chambres. Les vêtements qui sont trop petits pour l'un vont au suivant. Les enfants de la famille nombreuse apprennent généralement à travailler en équipe, à partager, à jouer et à

interagir en groupe. À l'âge adulte, les enfants ont également l'avantage d'avoir des relations avec leurs frères et sœurs adultes, et il y a plus de mains pour aider les parents plus âgés.

Dans une famille plus petite, l'avantage très net, à mon avis, est lié à l'éducation. Les enfants ont plus de possibilités d'aller à l'école et cela peut conduire à plus de possibilités dans la vie. Les coûts financiers liés à l'entretien d'un ménage, à l'achat d'une voiture, aux voyages et aux loisirs sont moins élevés. Il est plus facile pour les deux parents de combiner carrière et vie de famille. La relation entre un parent et un enfant peut être plus étroite, mais je dirais qu'il n'est pas toujours vrai que chaque enfant reçoit plus d'attention de ses parents dans une famille plus petite. Personnellement, j'ai vu des familles grandes et petites très unies, tandis que d'autres où les membres se tournent malheureusement le dos l'un à l'autre.

À mon avis, c'est l'esprit de famille qui prime sur la taille de la famille. Une chose est sûre, il ne faut jamais oublier que ce n'est jamais l'enfant qui a demandé à naître. Et donc, faire en sorte que l'enfant soit écouté et qu'on lui donne tout ce dont il a besoin pour devenir un bon citoyen est la clé du succès d'une famille, qu'elle soit grande ou petite, d'hier ou d'aujourd'hui.

## East Ferris Climate Change

by Lynn Dubien

In recent years, climate-related incidents have increased at an unprecedented rate, with fires, floods, droughts and windstorms ravaging many parts of the globe. This has been accompanied by an increase in research and climate modeling to determine the risks and effects of climate change. For this article, I looked at the Climate Atlas of Canada and specifically at the North Bay area section.

Temperature and precipitation are fundamental climate variables that directly affect natural and human systems. In our region, the climate data shows a clear trend towards warmer and wetter conditions. It suggests increased risks of flooding and heat waves. In recent years, East Ferris and area residents have observed more incidents of flooding. We cannot unequivocally say that climate change has caused these cases of flooding, as there were many factors at play, including snow and ice cover, soil moisture content, frost depth, and specifically to East Ferris, there was uncontrolled beaver activity at play.

Whatever the reason for the flooding, East Ferris homeowners need to protect their properties. Fortunately, the Intact Centre on Climate Adaptation (Intact) at the University of Waterloo has identified risk management and mitigation tools that property owners can use to reduce flood risks. They include suggestions on how citizens can help by participating in local projects that focus on creating rain gardens and restoring riverbanks and shorelines. They also include very specific recommendations for homeowners to protect their homes as outlined in the following document.



### THREE STEPS TO COST-EFFECTIVE HOME FLOOD PROTECTION

Complete these 3 steps to reduce your risk of flooding and lower the cost of cleanup if flooding occurs. For items listed under step 3 check with your municipality about any permit requirements and the availability of flood protection subsidies. \*Applicable only in homes with basements

**Step 1: Maintain What You've Got at Least Twice per Year**

Do-It-Yourself for \$0



Remove debris from nearest storm drain or ditch & culvert



Clean out eaves troughs



Check for leaks in plumbing, fixtures and appliances



Test your sump pump\*



Clean out your backwater valve

**Step 2: Complete Simple Upgrades**

Do-It-Yourself for Under \$250



Install window well covers (where fire escape requirements permit)\*



2 m (6'6")  
Extend downspouts and sump discharge pipes at least 2 m from foundation



30 cm (12")  
Store valuables and hazardous materials in watertight containers & secure fuel tanks



Remove obstructions to floor drain



Install and maintain flood alarms

**Step 3: Complete More Complex Upgrades**

Work with a Contractor for Over \$250



10-15 cm (4-6")  
Install window wells that sit 10-15 cm above ground and upgrade to water resistant windows\*



2 m (6'6")  
Disconnect downspouts, cap foundation drains and extend downspouts to direct water at least 2 m from foundation



2 m (6'6")  
Correct grading to direct water at least 2 m away from foundation



Install backwater valve



Install backup sump pump and battery\*

Note: Not all actions will be applicable to each home. Completing these steps does not guarantee the prevention of flooding.



For additional resources visit:  
[HomeFloodProtect.ca](http://HomeFloodProtect.ca)



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Kelly Brown

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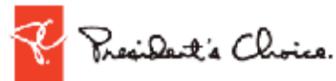
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# A Friendship of a Lifetime

by Roberta Bédard



Though continents apart, Lorene Hill Kroger and Dorothy Riley Sheather's friendship has blossomed over the years. It was 1946, the year following the Second World War, when Lorene became enthralled with the idea of finding a pen pal. She was inspired by her grade 6 teacher, Mr. Griffith, who truly brought geography to life. His vivid depictions of unfamiliar landscapes and distinctive cultures were fascinating to a young girl who already enjoyed picturing foreign places in her mind. At home, Lorene's dad, a veteran of the Battle of Vimy Ridge, had long been nurturing his children's inquiry mindset through "eye mind" games and geography trivia. Lorene felt she had been "born to entertain her siblings" during these family times, memories of which she treasures to this day.

From the push of a pin on a world map (a map which later would be altered based on the new geopolitical order), Lorene embarked on a quest to find a pen pal. Her pin landed on a region some 15,564 km away from her childhood home on Klock Avenue, North Bay. Lorene penned a letter addressed to the "Principal of Any Public School in New South Wales, Australia" at the cost of a 4-cent postage stamp. Dorothy, a 12 year-old girl living on a sheep farm in "the land down under" replied several weeks later. Lorene vowed that receiving a letter from Dorothy always made her day. The girls would correspond for several years before they lost touch. Fortunately, they managed to reconnect with the help of Dorothy's daughter via Facebook.



Through 4 decades, Lorene and Dorothy have shared countless personal narratives about likes/dislikes, family comings/goings, and generalities of their respective homelands including the obvious perennial interest in the weather. Occasionally, small gifts have accompanied their letters; including a lovely pair of hand knitted bed socks sent by Dorothy to keep Lorene warm on those cold Canadian nights.

Discovering a kindred spirit has undoubtedly enriched both these young at hearts' lives. Lorene and Dorothy share a mutual trust and respect, which accounts for their openness in confiding their joys and sorrows, and offering well wishes to each other's families. They treasure an enduring friendship that feels more like a sisterhood. They acknowledge that friendships that survive the test of time must be nurtured. Lorene and Dorothy's deep friendship is a testimony of how a stroke of a pen, a tap dance on a standard/electric typewriter, and later a computer keyboard have preserved their friendship. Much like the avid reader who prefers the feel of a hard cover, the faithful writer longs for the rich texture of paper stationery stamped with the beauty of the wax seal. Today, moving out of their comfort zone has led both octogenarians to the world of email. "You've Got Mail" has taken on new meaning. Foremost, the writer's craft is an art that introduced Lorene and Dorothy to a friendship such as those featured in a classic "feel good" novel or movie.

# My Family in the Movies!

by Michelle St-Onge

My niece Lisa Soper is the reason we got into film. If you search for Lisa on IMDb, you will see all of her accomplishments, which are too numerous to mention in this article. Suffice it to say, her award-winning work as an animator, production designer and director has allowed many of our family members to participate and even have careers in the fickle film industry. Lisa has won 5 awards and 3 Directors Guild of Canada nominations for her work on *The Chilling Adventures of Sabrina* (Netflix TV series), *Best Laid Plans* (CBC mini-series) and *Awakening the Zodiac* (2017 film). She was a production designer for the pilot of the television series *Batwoman*. Most recently, Lisa directed 4 episodes of the HBO series *Pretty Little Liars: Original Sin* (2022) and is currently a production designer for the television series *Peacemaker* (2022). Alongside Lisa is her husband Francis Lapierre and Tonie St-Onge (daughter of Michelle and Daniel St-Onge). Tonie works with Francis in Lisa's art department as concept artists and set designers.

As a set designer, Tonie creates working drawings (technical drawings) of sets and set elements so that set designers, decorators and other departments can build, paint and sculpt the drawings into practical

film sets. After attending high school in North Bay, Tonie graduated from Algonquin College in Ottawa with a degree in Interior Design. She worked for an interior design firm for a few years and was leading a design team by the age of 21. Looking for something a little more creative, she turned to her cousin Lisa, who was just getting started in the film industry, and who was looking to build an art department team.

Tonie has never looked back. "Filmmaking can be very interesting and rewarding, but most of your time is spent trying to get all the tasks done on time off set, or quietly waiting for your moment to shine on set. Everyone works together and helps each other out, so it's a great collaboration. It was great to be a part of this side of things for 7 years, but the schedules, locations, and weather were constantly changing and it took some dedication and energy to keep up. Today, I have the advantage of being creative and seeing the results of my efforts first hand, while still having a fairly regular schedule and working from the comfort of my home. The days are still long, but I can listen to music and have most weekends free!"

The job also has its perks - as Tonie rubs shoulders with talented

artists. "There was the time when Michael Keaton popped his head in the door when I was painting a set. He looked at me, then looked at his coffee, then back at me and asked "Did you drink my coffee?"; before leaving with a smirk on his face. On another occasion, as I was waiting in line for lunch, he overheard me saying I didn't like mushrooms. He told me I needed to cure my aversion to mushrooms. The next day, he came in with a mushroom omelet he had made and told me I had to try it. I asked Tonie if she had tried it. She replied, "When Batman tells you to eat mushrooms, you eat mushrooms."

To anyone considering entering the film industry, Tonie offers the following advice. "It takes a lot of time and energy. During a project, it takes over your life because the hours are long and you often think about your work during the off hours. The reward is working as a collaborative unit, which can feel like a family when you're with the right group, and seeing all your efforts combine into something people can appreciate. We hope that our hard work allows viewers to enjoy themselves for a short while as they forget the stresses of their lives. The free lunches are a nice bonus."

There are other members of my family who have also benefited from working in this industry.

- My sister Magalie, Lisa's mother, is a screenwriter/writer. Here's what she has to say about living in a family that works in the film industry. "You get used to the weird, so much so that you're surprised when people are shocked to see monster parts and skulls all over your house. Lisa's early films were low-budget productions, and to help out, I would loan out some of our household items. I remember coming home from work to find half the furniture and household items gone, including our phones. My collectible books are permanently stained with fake blood and I've experienced the pain of seeing a scene in a movie where an actor literally kicks in my truck door."

- My sister Lise works as a film production accountant with her son Aleric, and her husband Jacques is a set carpenter.

- My niece Lisa's siblings, Norm and Mariah, are a prop maker and actor, respectively.

- Finally, my husband and I who have both worked with Lisa and Tonie on building sets and props for their shows, round out the family gang.

As an extended family that helms from Lavigne Road in Corbeil, we have all benefited and still benefit from Lisa's encouragement and leadership in this field. She never takes enough credit for all that she has done, and is still doing, for us.



Lisa directing - Sabrina



Tonie



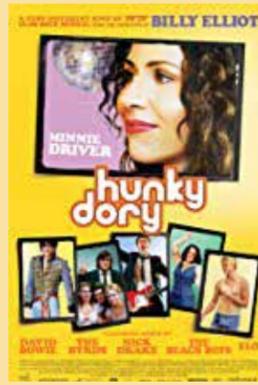
Sabrina - Lisa with some of her team



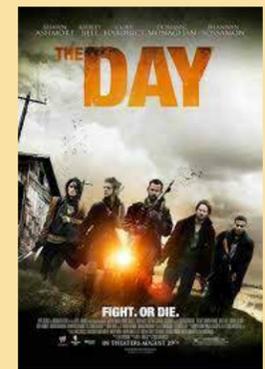
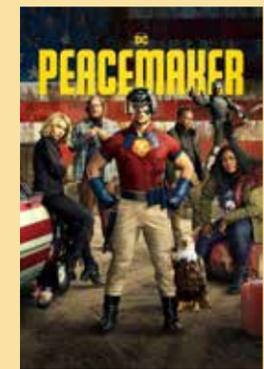
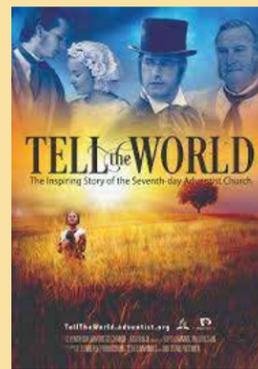
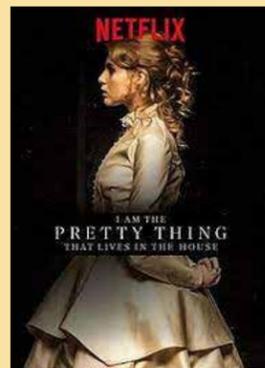
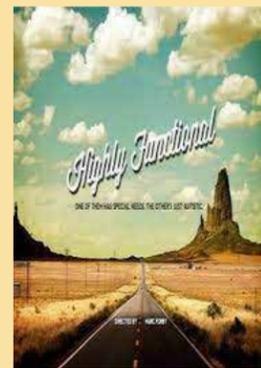
Lisa directing - Sabrina



speaker box- Sabrina



If you search for Lisa Soper on IMDb, you will see all of her accomplishments, including these movies and much more.



# Garder un parent âgé

de Jean Langlois

Ma femme et moi avons récemment dû faire venir sa tante âgée pour vivre avec nous. Cette dame de 103 ans, qui est comme une seconde mère pour ma femme, ne pouvait plus s'occuper d'elle-même. Nous comprenons qu'il y a peut-être des lecteurs de cette publication qui sont confrontés à de telles situations et doivent prendre une décision. Voici l'histoire de ce qui nous a poussés à agir. Mais sachez que prendre soin d'un parent vieillissant n'est pas une mince affaire. Vous éprouverez probablement des sentiments inavouables.

Je suis moi-même un parent vieillissant. Mes enfants ont tous quitté la maison, et maintenant ma femme et moi sommes libres de faire quelques activités et de profiter de la vie. Toutefois, ce répit a été de courte durée car nous avons dû nous occuper de la tante adoptive de ma femme. Elle vivait dans un appartement et il était évident, d'après ses appels à l'aide, qu'elle n'était plus capable de vivre seule. S'occuper d'elle à distance est devenu une corvée presque quotidienne lorsqu'elle appelait pour des problèmes, souvent auto-infligés, liés aux vêtements, à l'épicerie ou à des appareils tels que la télévision et le téléphone. Nous devions mettre de côté nos propres projets pour nous précipiter à ses côtés. Ce que nous devions faire est devenu évident.

Dès le début, notre tante a refusé d'aller dans une maison de soins de longue durée. Après des semaines de réflexion, nous avons donc décidé de l'inviter à vivre avec nous en transformant le salon de notre maison en chambre à coucher et la pièce d'en face en kitchenette avec la salle de bain juste à côté. Pour garantir l'intimité, nous avons ajouté des portes, des stores, des rideaux et une armoire. Nous avons dû aménager une chambre confortable avec un bon lit, un fauteuil et une télévision plus récente et plus grande.

L'avantage d'avoir notre tante chez nous est que nous sommes tout près pour la surveiller et la garder en sécurité. Au début, elle préparait son petit-déjeuner et son déjeuner tandis que nous supervisions le repas du soir car nous voulions être sûrs qu'elle dîne avec nous. Nous avons accepté de faire sa lessive. Elle est heureuse lorsque je programme ses émissions de télévision, et encore plus lorsque nous lui rendons visite dans sa chambre. Mais rapidement, la réalité de la situation s'est imposée et les défis ont fait surface.

La perte de notre salon était évidemment un sacrifice pour nos propres enfants et la famille élargie qui nous rendait visite à l'occasion. Nous avons ressenti une perte d'intimité dans notre propre maison. Nous avons dû acheter plus de produits d'épicerie et passer plus de temps à préparer des repas spéciaux. Nous avons dû nettoyer les dégâts et le désordre. C'est particulièrement stressant pour ma femme qui doit constamment vérifier la salle de bain pour s'assurer qu'elle est propre. Il est également difficile d'aider la tante à prendre une douche. La modestie et le respect sont en jeu. Vous devez vous assurer que les médicaments sont pris en quantité suffisante et au bon moment. Vous devez également parler fort et veiller à placer les objets de manière à ce qu'elle puisse bien les voir. L'inactivité, l'ennui et la solitude doivent également être abordés. Elle dort les trois quarts de la journée, vous devez donc veiller à ne pas la déranger. Il y a des moments où elle ne s'intéresse à rien. Elle se désintéresse même de la prière et surtout de la prière pour que le bon Dieu vienne la chercher. Son seul soulagement semble venir de notre présence près d'elle. Puis vint son incapacité à marcher. Cela nous a obligés à réduire nos sorties et à rester plus près de la maison. Il n'est pas facile de continuer à traiter la personne comme un adulte et non comme un enfant.

Nous commençons alors à nous demander s'il n'est pas temps de placer notre tante. Cependant, il n'est pas toujours facile de trouver le bon endroit qui fournira le même niveau de soins. Mais finalement, pour nous, il s'agit surtout de ne pas vouloir que notre tante soit abandonnée, oubliée. Pour ma femme, elle ne peut pas oublier que cette tante adoptive mère s'est bien occupée d'elle quand elle était plus jeune et maintenant elle estime que c'est à nous de le lui rendre. En conclusion, je pense qu'elle est plus heureuse et que nous sommes plus heureux avec elle parmi nous : sa famille!



# Family Dealing With Death and Grief

by Nancy Dobson

Taking care of an aging parent or family member is one of the most difficult tasks you will ever have to do. It can also be one of the most rewarding tasks. You have the opportunity to develop a meaningful relationship with the person for whom you are caring, or to strengthen an existing relationship. At the end of your caregiving days, you want to look back and know that you did your best for your loved one.

Having been a caregiver for my mother when she had cancer and wanted to stay at home, for my father, first in our home and then in a nursing home due to his dementia, and then for my sister who was caring for her husband with complex medical issues in our home, I think I can speak with some experience. I should note that I did all of this before COVID, a reality of our lives today that makes caregiving much more difficult.

Caregiving doesn't come with a manual, although one would be helpful. It is a learning curve and a skill that all family caregivers must learn through trial and error. Circumstances and needs can change daily, requiring flexibility and a good deal of your time and emotional energy. I cannot stress enough the fact that there is no substitute for preparation, knowledge and support from family or friends.

Being a retired RN has been an advantage for me that I know not everyone has. I am fortunate to have a very caring and supportive husband, and a sister and brother who, even though they didn't live nearby, made a constant effort to help me and make sure I had breaks to recharge. I will always be grateful for the fact that the experience brought my sister, brother, and I closer than we had ever been. In addition to family, I have good friends. Some of these friends volunteer with me at the Memorial Park here in East Ferris (an activity I needed badly during these times) and they have always been there for me, listening and offering support.

You have to remember that you will have a life to go back to, with friends and activities that you love - so preserve those things. Your original plans for retirement, volunteering, travel, hobbies all get put on hold, which can feel like a real loss of freedom, so maintain those connections to return to in the future. Make sure you take care of yourself or you won't be able to take care of your loved one. I found that aging and ill parents and family members struggle to retain some control in their lives; it cannot be stressed how much this needs to be

remembered. It helped me think about how I would want to be treated. Taking care of aging parents can be a major role reversal. They have taken care of you and now must accept that you are taking care of them. Maintaining dignity when you need to discuss incontinence issues or help with diaper changes presents challenges for which we are ill prepared. No son or daughter has ever imagined having to bathe or change his or her mother or father.

Caregiving usually starts slowly: doctor's appointments, picking up medications or groceries, and helping around the house. This stage is not too difficult and allows some time to prepare for the inevitable: failing health and decreased mobility. This is the time to find resources, information and plan the time you will need to provide the hands-on care needed to meet the feeding, dressing and hygiene needs that arise over time. Caregiving responsibilities can become increasingly complex over time. It is crucial to assess these needs and research how to get help. Family members are often expected to perform medical tasks without training - this is where you may need help and support through some of our community agencies.



My father, Alfred Coltas on his 95<sup>th</sup> birthday

I also had to think about legal issues such as wills and the need for a power of attorney to pay bills, and purchase things needed, such as mobility aids. Our local Legion brought in a free speaker to talk about these issues, advice that I really appreciated. These are difficult subjects to broach as they represent another step in the loss of independence for your loved ones, but it is something that cannot be overlooked. But how do you discuss these things if they weren't preplanned? Do you know their views? It's important to involve them in these decisions as much as possible. With my mom, I was able to do that; my dad had dementia and it was an almost impossible task. He was very proud and never discussed finances with his children. At his best he could be a difficult man, I'm sure he would say something similar about me. I found myself wanting to take control and tell my dad what to do. It didn't work out well. I rebelled as a child and he was repaying the favour. Nobody wants to be told what to do, another challenge. How do you get someone to accept your help? For me, the answer was open discussions, time and patience, trial and error, sometimes lots of errors.

There are many resources online that can be very helpful in finding the information you need. I personally spent hours on the internet. Another thing that was helpful to me was the community volunteers that came to keep me company and give me emotional support. Just knowing that there will be someone there can help you tremendously and give you the breaks you need to maintain your own emotional and physical health. I knew a wonderful woman, a university professor, who volunteered her time to sit with elderly people such as my father. My father enjoyed her company and loved having her read to him because he could no longer read due to his failing eyesight. When she was around, I knew I could take time to relax and not worry. I wish I could have talked to her after my dad passed away, but some things, while important, get lost in the chaos of all that needs to be done when your loved one passes away. My mother passed away over 10 years ago, my father 2 years ago and my brother-in-law last year. I feel a deep sadness for having lost them in my life, but also an infinite gratitude for having had the chance to be a part of their care during their last years. A quote from an Irish gravestone: "Death leaves a heartache no one can heal, love leaves a memory no one can steal".

# Granny Suites

by Pauline Rochefort

The Municipality of East Ferris' new zoning by-law describes that residents can now add a secondary dwelling unit to a property. The full by-law is posted online and includes a section entitled "Secondary Dwelling Unit and Coach House". The by-law states that a maximum of one second dwelling unit per lot is permitted, but is not permitted on a lot with frontage on Lake Nosbonsing, Trout Lake or Mink Lake. A second dwelling unit must have a separate entrance from the entrance to the principal dwelling unit, and sufficient water and sewer facilities for the dwelling unit and the second dwelling unit.

In the construction industry, various terms are used to describe a secondary dwelling unit, including coach house or carriage house, granny suite or pod, and mother-in-law or in-law unit. These dwellings fall into the category of tiny homes. Designed for one or two people, they are self-contained living spaces best suited for elderly parents or young adults. In addition to providing living space, other benefits of these units include greater security with another resident on the property, especially if the unit faces the side or back of the lot. It is also possible to share the costs associated with transportation, childcare, home and garden maintenance and other upkeep.

Of particular interest to East Ferris is the opportunity it provides for aging adults. For seniors who are not ready to give up 100% of their independence, to live in a nursing home or move in with their adult children, secondary housing offers a balance. In recent years, more and more high-tech monitoring devices have emerged, allowing the homeowner to be monitored remotely for falls and other accidents. There are also a growing number of voice-activated services, programmed alarms and medication dispensers, toilets that check temperatures and perform simple urine tests, and the list goes on. If you are interested in such a residential option, you can access many great design options online.

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# When Illness Strikes

by Catherine Hinz

This article is intended to help community members identify strategies for coping with a life-changing illness.

I got sick when I was twelve years old. Every time I ate, I had to go to the bathroom immediately. It started with diarrhea, but soon there was blood in my stool. I wasn't sure what was happening to me. At first, I thought it was my period. I kept going to school, but the teacher had to take me outside to get some fresh air because I was either tired or sick. I was in sixth grade. Soon after, I started losing weight and my parents took me to the emergency room at the North Bay Hospital. Dr. Rochefort, my family doctor, immediately arranged for me to be sent to Sick Kids in Toronto.

At Sick Kids, I was diagnosed with ulcerative colitis. I weighed only 60 pounds and I felt like I was on my deathbed. Ulcerative colitis is a chronic disease of the large intestine. It develops open ulcers. In 1969, this disease involved undergoing a colectomy: the complete removal of the large intestine. I had no choice but to have emergency surgery. Today, this disease is controlled with medication if diagnosed early enough. To follow, I had to have an ileostomy, which is another medical procedure that connects the lowest part of your small intestine to the outside of your body. Your doctor does this by creating an opening and connecting a pouch that you wear externally. This pouch collects your digested food. I was hospitalized for three and a half months, and while it was a very difficult period in my life, I thank Dr. Rochefort and the surgeons at Sick Kids for saving my life.

As you can imagine, it was not easy getting used to the idea of having a permanent ileostomy. I worried about sleepovers with friends, the type of clothing to wear, whether I would have a boyfriend, a husband, or children. My self-esteem was at an all-time low. I had to face some mean comments about my body being ugly. It changed my life. I became very shy, and I still am today, but I am working on it.

I didn't pass sixth grade that year. Fortunately, my parents were able to convince the teacher and the principal to give me a chance. I remember my parents saying "She's smart and she needs to be with her peers from previous years." To this day, I thank my parents and my school for their support. In turn, I became an honour student and went on to college where I graduated with honours as a dental assistant. I was determined.

This determination is what helped me to go on and do things. I played baseball, ringette, broomball, soccer, field hockey, and I participated in track and field and curling. I got married and today I have three amazing children, all born naturally thanks to Dr. Zeman. I am now 65 years old and have lived with this so-called impediment for 53 years. I still suffer from small bowel obstructions due to numerous adhesions, and on occasion, I have to be hospitalized.

Today I understand that it is not my fault that I have a chronic disease. I believe it was a sign from God to show me strength and determination. I am proud of my journey and most of all I consider myself very lucky to still have my mom and dad near me so that I can thank them for giving me the courage to be strong. I encourage all readers who are facing an illness, and especially women like me, to not let people judge you or criticize you. Remember, as a very good friend of mine said, "You are beautiful inside and out."

If you are living with ulcerative colitis, you can contact Crohns and Colitis Canada at [crohnsandcolitis.ca](http://crohnsandcolitis.ca) or please write to me as I would welcome the opportunity to speak with you.

Catherine Hinz  
 cathyahinz64@gmail.com



# La femme prend le nom de son conjoint

de Jean Langlois

Lorsque je faisais partie du comité éditorial du livre « Corbeil notre chez-nous », certaines de mes collègues féminines travaillant sur le livre ont mentionné qu'elles n'avaient jamais réalisé l'impact des femmes prenant le nom de leur conjoint du point de vue de leurs ascendances (ancestry). En particulier, ce sujet est survenu lors de recherches sur l'histoire de la famille Champagne en relation avec les frères Prosper et Alphonse qui sont venus avec leur famille à Corbeil à la fin du 19<sup>e</sup> siècle. Ils se sont installés sur des propriétés adjacentes à ce que l'on appelle aujourd'hui l'angle des chemins Champagne, Corbeil et Taillefer. Prosper a épousé Delphine Corbeil et ils ont eu 17 enfants. Le frère Alphonse a épousé Marie Cordelia Gravel et ils ont eu 9 enfants. En recherchant les ancêtres des deux frères, il était frappant de constater qu'il y avait beaucoup d'informations en ligne sur les générations qui ont suivi les traces de Prosper et Delphine, mais peu sur Alphonse et Marie Cordelia. Ce n'est que lorsque nous avons réalisé que 8 des enfants d'Alphonse étaient des filles et qu'elles avaient pris le nom de leur mari que nous avons compris pourquoi nous avons perdu les liens avec leurs ancêtres. Nous avons alors pu trouver les informations manquantes. Néanmoins, cela m'a inspiré à écrire le poème suivant.



## Pour toi femme

Pour toi les oubliées des écrits  
 Pour toi à cacher pourquoi ai-je dis  
 Toi pourtant une maman  
 Qui donne tous tes moments  
 Toi qu'à la table comme servante  
 Les mets à plaire t'inventent  
 Toi qui frotte du matin au soir  
 Toi qui pries demandant espoir  
 Pour tes enfants et même le mari  
 Encore tu trouves à oublier l'ennui

Femme qui soutient la famille  
 Femme qui fait briller la charmille  
 Femme dernière le succès de l'époux  
 Femme de protocolaire et de doux  
 Inventrice de créations et d'idées  
 Toi qui dois les garder les cacher

Juste, qu'as tu es femme  
 Faut tricher l'écrit de la trame  
 Alors personne sera d'histoire  
 Personne ne saura ton histoire

Toi femme pour t'oublier  
 L'on a de ton nom mué  
 Fidèle à ton époux comme esclave  
 Son nom auparavant prend l'espace  
 Pourtant le tien a-t-il pas importance  
 Qu'il soit à la même balance  
 Aux affaires devenues qu'une mère  
 Rien de droit pourquoi secondaire  
 Alors tu as droit au crédit  
 À l'équité et égalité au mari

20220102jl

## What is Crime Stoppers?

by Wendy Loan

Crime Stoppers is a non-profit, charitable, incorporated organization administered by a civilian volunteer board. The program combines the police, media and the public working together in a crime-solving effort. The program's mission statement is "Working Together to Solve Crime". It is a way for citizens to provide information on criminal activity while remaining completely anonymous and offers cash rewards to anyone who supplies information that leads to the successful conclusion of an investigation.

### How Does It Work?

If a crime is committed and you know who is responsible, call Crime Stoppers at 1-800-222-TIPS (8477), or submit a tip online at [nearnorthcrimestoppers.com](http://nearnorthcrimestoppers.com). Your information will be taken in strict confidence. Your anonymity is guaranteed. You never have to give your name or testify in court. Crime Stoppers does not subscribe to call display or call tracing. If your tip leads to a successful conclusion of a case, you become eligible for a cash reward of up to \$2000.

### 2021 Statistics for East Ferris, North Bay and area

- Total # of Tips received – 967
- Arrests – 27
- Property and Drugs seized - \$532,900

### Statistics Since Crime Stoppers Inception (June 1988) for East Ferris, North Bay and area

- Total # of Tips received – 20,909
- Arrests – 1747
- Property and Drugs seized – \$56,684,099



# Covid-19 and Domestic Disturbances

by Wendy Loan

In recent months, reports from Statistics Canada and front-line officials have shown that domestic disturbances increased in communities throughout Canada, due to the isolation, frustration and stress caused by the pressures of COVID-19. The United Nations has called the problem a "shadow pandemic." Domestic violence and mental health are often closely connected, and from what has been reported worldwide, the pandemic has had a profound effect on people's mental health.

Domestic disturbances can range from simple verbal quarrels to emotional abuse, intimate partner violence, sexual assault, child abuse and elder abuse. In East Ferris, resident calls for service to the OPP related to domestic disturbances increased from 14 in 2016, to 26 calls in 2020 and then to 45 calls in 2021. Over a five-year period, this represents a 221% increase in calls for aid. Unfortunately, many of these domestic disturbance cases occur in front of children and the children themselves may be victims of abuse and assault. They raise concerns about the safety and well-being of families in East Ferris. That is why Edition thought it important to bring this issue forward and to point out that if you are experiencing domestic problems of any kind, know that you are not alone. There is help available for you, starting with, if in danger, calling 9-1-1. The OPP has added specialized resources to respond to calls for service related to family conflict and mental health, both in its communications center and in its mobile crisis response team. In addition, the following is a list of organizations that victims can turn to for support services.

## Victims of Sexual Violence

- The Amelia Rising Sexual Assault Centre of Nipissing - [ameliarising.ca](http://ameliarising.ca), 705-840-2403, the 24-hour crisis line 705-476-3355
- The Assaulted Women's Helpline (AWHL) - [awhl.org](http://awhl.org), toll free 1-866-863-0511, text #SAFE (#7233) (Bell/Rogers/Fido/Telus)

## Victims of Domestic Violence

- Nipissing Transition House - [nipissingtransitionhouse.com](http://nipissingtransitionhouse.com), 705-476-2429
- Canadian Centre for Men and Families - [info@menandfamilies.org](mailto:info@menandfamilies.org) 1-844-900- 2263
- Fem'aide - [femaide.ca](http://femaide.ca), French 1-877-336-2433, English 1-866-863-0511
- Senior Safety Line by Elder Abuse Ontario - [eapon.ca](http://eapon.ca), 1-866-299-1011
- Talk4Healing - [talk4healing.com](http://talk4healing.com), 1-855-554-4325



# Gardening and Wildlife

by Michelle St-Onge

I never claimed to be good at keeping animals out of my vegetable and flower gardens. In fact, after years of trying, I think I've resigned myself to the one-third rule in gardening: 1/3 for Mother Nature (the weather), 1/3 for the animals, and 1/3 for me to harvest. That being said, and having no control over Mother Nature, who has been quite temperamental lately, it's worth thinking about how we can better manage the 1/3 that is consumed by the animals.

The first thing to think about is who are the bandits? In my area, I've identified several culprits: deer, gophers, rabbits, raccoons, squirrels, chipmunks, voles, and some birds. Now that I have an idea of who is getting hold of my produce, I can think about how to get rid of these pests.

Eradicate! Well no, I can't do that in good faith, I believe in karma. Besides, my daughter would have my head if I shot a squirrel. So what else? Maybe eliminate what attracts them? Open compost, bird feeders? Remove easy hiding places, such as brush piles, rock piles and areas of tall grass. Try planting a variety of plants that are not as attractive to intruders.

The next question is what safe, humane and affordable control methods can I use? There are fences, repellents and traps that are sure to work. Fences are effective for most large animals, such as deer. Deer can jump very high, so an effective fence should be at least 2 meters high. Deer can try to climb over, under or through a fence. So make sure your fence is securely attached to wooden or metal posts and that it goes all the way to the ground. For added security in areas where deer are plentiful, you may want to add a second fence several feet away from the main fence. Deer have poor depth perception and so double fences seem to discourage them. If you have a small garden, you can make do with a one-meter high fence. Deer generally don't like to enter a small, confined space. It should also be noted that deer may be frightened by motion detection devices connected to lights or loud music.

While fences work for some intruders, they do not deter those who like to burrow under your fence. In this case, I use repellents. Going back to deer, repellents can be just as effective as fences. Human hair, dog hair, soap, garlic repellents, blood meal, rotten eggs, chili spray, citrus repellents or predator urine spread around or on flowers and trees are good deer repellents. For rabbits, gophers, squirrels, chipmunks and voles, they can be deterred from eating a particular crop by applying a granular repellent or fish emulsion. You can also try planting rosemary, thyme, onion, garlic and sage next to your crop. But if they've already taken a liking to the crop or if there's nothing else attractive nearby, the repellents may not be as effective. So consider having other food sources to attract them away from your garden. To attract them away from your garden, try planting their favorite foods like clover and alfalfa in another area of your garden. A homemade hot pepper mixture sprayed on your plants will make them taste unpalatable to potential pests and keep animals out of the garden. Mix 1 ounce of hot pepper sauce (the stronger the better), 4 drops of natural dish soap, and 1 cup of aromatic leaves from plants that rabbits avoid (like marigolds).

If these two methods fail, you can also consider trapping the little critters. There are several varieties of traps, depending on what you want to catch. All in all, you have to be vigilant and careful about what gets eaten or carried away. If you're lucky, like me, you'll be able to enjoy this third of your gardens. Good luck!



## The Garden Corner

by Marie Viviane Giroux



In 2021, home gardeners across the country encountered problems obtaining seeds for their spring gardens. Nurseries and seed companies reported historic levels of demand for their products as gardening gained in popularity during the pandemic, with more people working from home. This trend is expected to continue with more people interested in growing their own food. Here, Marie Viviane gives Edition readers tips on how to not miss out on favourite vegetables and flowers by harvesting their own seeds.

My love of gardening comes from my grandma who came with her family to this area in 1889 at the age of three from Wickham, Quebec. They had nothing but the few things they carried in the wagon and a few animals. Yet they went on to live a good life knowing how to make the most of the land. As a child, I remember her large gardens with potatoes, cucumbers, tomatoes, onions,

corn and more; a garden planted with seeds she collected and dried, and seedlings she started indoors. For some of us, it is unfortunate that our great-grandmothers are no longer around to share their secrets. For example, we all know we make pickles from cucumbers, but which cucumber is better, or which vegetable is better for mustard or relish? I remember my grandma explaining that pickling cucumbers are shorter and larger than slicing cucumbers. They are selected to have thinner skins and black spines so that the pickled product looks better.

My grandma knew how to save the seeds of vegetables and flowers for replanting each season. Tomatoes, potatoes, corn, peas and beans are among the easiest varieties to harvest for replanting. There are also annual flowers, like my favourite: cosmos.

**Here are some tips for East Ferris gardeners.**

### Tomatoes

Spread the tomato seeds on paper towels to remove most of the water, and then transfer them to a non-stick surface like a plate. Dry the seeds in a warm place out of direct sunlight. It will take two to three weeks for the seeds to dry completely. On Good Friday, plant them indoors. Once they have germinated, transplant the sturdiest seedlings into larger containers and discard the others. After the first full moon in June, transplant the seedlings into your garden or into large containers on your patio.

### Potatoes

When I was a kid, we had a cold cellar where we stored our potatoes. Today, few people have the option of storing potatoes dormant until spring, but if you do, it is well worth it as you will continue to enjoy the potatoes you love. Just make sure to save the smallest potatoes for planting on the May long weekend.

### Cosmos

We often hear gardeners say that perennials are cheaper to plant than annuals. But what's left out of that comparison is the fact that you can collect seeds from some annuals and replant them in the spring. I prefer annuals because they offer a wider choice of plants and colours. Cosmos is one of my favourite annuals as it is elegant and colourful. My grandma loved cosmos and there is a variety that is known in my family as "Grandma's variety". It produces a lovely bright yellow flower. I have since discovered that there are over 25 varieties of cosmos. Each year I harvest the seeds from my cosmos in the fall, dry them and store them for planting in the spring. I have never been disappointed.



This year, 2022, is the International Year of Glass (IYG), declared by the United Nations General Council. Glass has been around since the Bronze Age. Today, it is found in a myriad of products and components including solar panels, wind turbines, and nuclear facilities. The unparalleled and transformative properties of glass also align perfectly with the United Nations' development goals (Agenda 2030) that includes responsible production and sustainability.

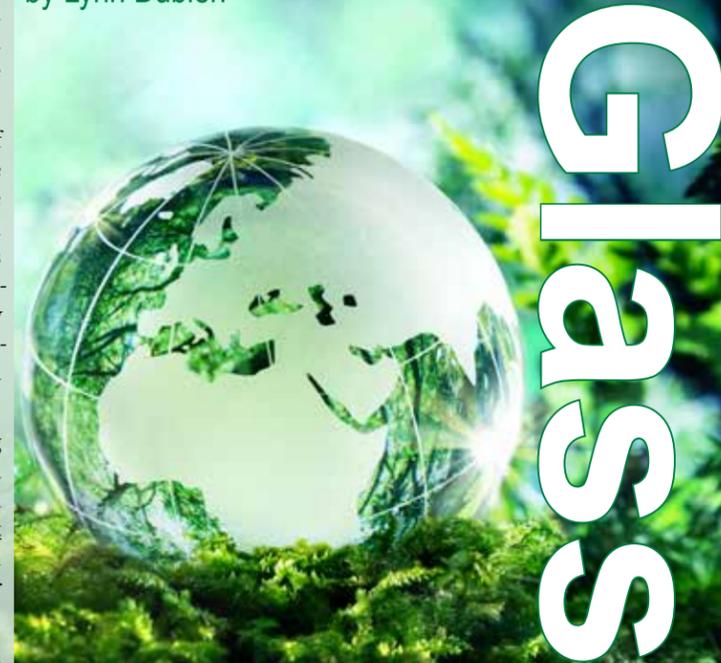
Glass is one of the most recyclable materials used today. It is at the top of the list for cradle-to-cradle (C2C) manufacturing. The cradle-to-cradle production system is a cyclical system in which waste is considered the "food" for future products. Yet, despite the long list of environmental benefits, only a fraction of the glass we put in recycling bins in Ontario is actually recycled. Most of the glass ends up in landfill sites. For sure, recycling glass has its share of problems, including the fact that it is heavy to transport, it breaks, and the glass shards clog equipment and contaminate other material streams, such as paper and plastic. Getting glass in a clean, furnace-ready form usually requires a lot of processing.

At a time when single-use plastic waste is clogging the oceans and killing marine life, there is a strong case in favour of reviving glass – an age old material – as an environmentally friendly packaging choice here in Ontario. We simply have to look to Europe where glass is Europe's most recycled food and beverage packaging material. Europe already has an impressive 76% collection rate of used glass packaging and is aiming for 90% by 2030.

Fortunately, industry experts believe that the future of glass recycling in Ontario is bright - as governments, producers and recyclers move towards new recycling facilities and glass-friendly recycling programs and technologies. The ability of glass to increase the sustainability of our precious global resources is limitless and we thank the United Nations for having raised its credentials by declaring 2022 the Year of Glass.

# The Recycling Gem

by Lynn Dubien



# Recycling with the Labontés!

by Lynn Dubien

On December 31, 2021, Jean-Luc Labonté worked his last day after an impressive career in the recycling industry, leaving the newly acquired business in the hands of his daughter Angèle. Jean-Luc has been at the heart of recycling in East Ferris since the very beginning. He is quick to point out that in Northeastern Ontario, East Ferris was a forerunner and represented its first commercial contract. In the fall of 2021, Jean-Luc sold his R&D Recycling business to Green for Life (GFL) Environmental. GFL, headquartered in Vaughan, Ontario, is the fourth largest diversified environmental services company in North America. Readers may have seen their green trucks rolling in Astorville and Corbeil.



Jean-Luc Labonté

GFL has appointed Angèle to head up its Northeastern Ontario operations. Having worked alongside her father for many years, she knows the ins and outs of today's recycling industry. Angèle is the second oldest of six girls. She attended elementary school in Corbeil at École Sacré-Cœur and then École Secondaire Algonquin in North Bay before entering college. She is one of the very few young women leaders in Ontario and elsewhere to run a major recycling company. The future is bright, as described below by Jean-Luc, who is passing the baton to his daughter.

"I've seen quite a bit of change since my first foray into the waste business in 1999. Back then, paper and cardboard made up the bulk of the recycling business. Now we're seeing a dramatic increase in the types of materials being recycled, whether it's many types of plastics, all kinds of metals, electronic waste... you name it and we can probably recycle it.

What I find interesting is how our motivations for recycling have changed almost as quickly as our tonnages and types of waste. Environmental and economic factors are no longer mutually exclusive, but combine to contribute to the business case for recycling. This trend shows no signs of slowing down. Despite import restrictions that have caused prices to plummet in recent years, consumer demands and booming domestic destinations continue to create opportunities for recyclers. Good quality recyclables continue to have stable end markets. One of the key challenges for the industry will continue to be obtaining "clean" materials to recycle, i.e., materials that are free of contaminants such as product residues, food waste and chemicals.

When I started, there were many more small or independent companies involved in recycling. The industry has undergone significant consolidation since then. The rate of technology adoption by the recycling industry is expected to increase exponentially in the coming years. Advanced technologies have finally arrived and they are changing the game for recyclers. So it's clear that the recycling industry has a bright future ahead of it as consumer demand for recycling continues to grow. I am proud to have played a role in this important industry.

# Merci monsieur recyclage!

de Pauline Rochefort

Jean-Luc Labonté est un boucher de métier originaire de Belle-Vallée, près de New Liskeard. C'est en 1985 que lui et sa femme Renée ont acheté une boucherie à Callander et ont déménagé leur famille. Ils ont ensuite élevé une famille de six filles et acheté un chalet familial sur le lac Nosbonsing à East Ferris.

En 1999, des amis de Jean-Guy ont mentionné qu'ils cherchaient à vendre leur petite entreprise de recyclage. Jean-Luc se souvient de la réaction immédiate de sa femme Renée : « oui, nous devrions acheter l'entreprise car c'est l'avenir ! » Ils ont acheté l'entreprise et ont continué à l'opérer sous le nom de R&D Recycling. Au fil des années, Jean-Luc a fait tous les travaux rattachés à l'entreprise. Il s'est battu pour trouver de nouveaux débouchés pour les produits recyclés. C'était un travail difficile et de très longues heures. Mais Jean-Luc a persévéré. Il a ajouté des équipements et des camions. En 2012, il a subi un revers majeur lorsque son usine de recyclage a brûlé. Il ne s'est pas laissé décourager et en 2014, une nouvelle usine était opérationnelle, puis en 2016, de nouveaux équipements ont été ajoutés. En même temps, la valeur des produits recyclés a changé, par exemple, une tonne de carton est passée de 68 \$ à 300 \$. Au fil du temps, le territoire d'exploitation de l'entreprise s'est élargi pour inclure une bonne partie du nord-est de l'Ontario. Jean-Luc explique que dans le nord de l'Ontario, il était la seule entreprise privée à avoir un permis d'opération émis par le ministère de l'Environnement.

Depuis quelques années, avec l'évolution de la réglementation gouvernementale et la responsabilité élargie des producteurs dans le recyclage, Jean-Luc a conclu que c'était le bon moment pour voir à la succession de son entreprise. Son « timing » a bien tombé avec GFL qui cherchait à acquérir des usines de recyclage. Jean-Luc termine en disant que le travail va lui manquer et en particulier ses clients d'East Ferris. Au nom des lecteurs d'Édition nous disons « merci Jean-Luc pour nous avoir accompagné vers un destin plus vert ».



Angèle Labonté and Zoéanne Dubien



example of bails of aluminum cans ready to be sent out

# Installing an Electric Vehicle Charging Station

by Pauline Rochefort and the Electrical Safety Authority

Are you among those in East Ferris considering an electric car? If so, this article focuses on installing a charging station in your garage.

On January 1, 2018, changes to the Ontario Municipal Building Code regarding electrical vehicle supply equipment (also known as EVSE) came into effect. It specified that new houses shall be provided with a rough-in for future electric vehicle supply equipment: a charging station. For existing homes, the steps to take are slightly more involved. The following is excellent information published by Ontario's Electrical Safety Authority (ESA) to accompany the attached more detailed brochure.

The ESA explains that there are three levels of charging stations for electric vehicles and following is an overview of the different levels.

## Level 1:

This is a charge that uses a standard 120-volt household outlet. It provides the slowest speed of charging for an electric vehicle.

## Level 2:

Level 2 charging stations have about the same requirements as a large household appliance like a stove or dryer (240 volts/ 30 amps).

A 240-volt outlet will use more power in half the time of a 120-volt outlet, making it a good solution for those constantly on the go. An online rule of thumb suggests that a 240-volt service gives roughly 37 kilometres of range each hour of charging. But if your car is usually in the garage overnight, you can save money by running a 120 volt outlet during off-peak hours – even if it takes more time.

## Level 3:

These are designed for commercial use and are not suitable for home installation.

In 2020, Consumer Reports did an excellent evaluation of charging stations available to Canadian consumers. It included lots of information including tips such as the right cable length, the ability to delay charging in order to benefit from cheaper off-peak electricity costs and automatic charging resuming after a power outage. You should ensure to read this report!

## Safely Connected

### Electrical Vehicle Charging Systems at Home



If you have an electric vehicle (EV) or are thinking to buy one, learn what's required to safely charge your vehicle at home.



#### Hire a Licensed Electrical Contractor

- In Ontario, if you're hiring someone to do electrical work in your home, by law, it must be a Licensed Electrical Contractor. You can find one at [findacontractor.esasafe.com](http://findacontractor.esasafe.com).
- If a Local Distribution Company or its affiliate doing the installation, it must hold an ECRA/ESA electrical contracting licence.
- A Licensed Electrical Contractor will also file a notification of work to ESA for the installation, and will provide you with a Certificate of Acceptance once the work has been completed. Ask for a copy for your records.



#### File a Notification of Work with ESA

- You must file a notification of work with ESA before starting the installation. The person doing the installation must file the notification of work.
- Installations must meet the Ontario Electrical Safety Code. In particular, Section 86 – Electrical Vehicles Charging Systems.
- ESA issues a Certificate of Acceptance once the installation meets the Ontario Electrical Safety Code. If you hire a Licensed Electrical Contractor, ask them for a copy.



#### Look for an Approval Mark

- An EV charging system must carry the official mark or label of a recognized certification or evaluation agency.
- Before an electrical product or piece of electrical equipment is used, sold, displayed or advertised for sale in Ontario, it needs to be approved by an accredited certification or evaluation agency. This indicates that the product has been independently assessed for safety.
- Check out all the recognized approval marks at [esasafe.com/approvalmarks](http://esasafe.com/approvalmarks)



#### More Safety Tips

- Ensure you are using a dedicated circuit to charge your EV.
- If the installation is outside, make sure to only use charging systems rated for outdoor use.
- You may need an electrical service upgrade to accommodate the charging system.
- Keep the charging cable off the floor to avoid tripping hazards and maintain the cord life.



For more information, visit [esasafe.com](http://esasafe.com).

# Mecan le mécanicien

de Michel Perron et Claire Bélanger



Dès un très bas âge, Marc-André Perron, alias Mecan, laissait sur son passage une piste de boulons, de vis, de bouts de broche et d'outils. Même dans le froid de l'hiver, on le trouvait dans le garage à se réchauffer les mains autour d'une ampoule de lampe sans abat-jour et à démonter tout ce qui pouvait ressembler à un moteur. Souvent inspiré par les vieux bretteurs et patentoux de la place, tel que ses oncles Alcide et Aurèle ou Léo Rancourt et Maurice Corbeil, il a développé des qualités de résolution de problèmes qui l'ont amené à plein d'aventures de Tintin. Certains de ses projets incluent des Go-Karts, une petite moto, une mini-motoneige pour ses enfants, le tout muni de moteurs de scie à chaîne ou de tondeuse et de pièces usagées dépendant de ce qu'il avait sous la main.

Après ses années de collège, il gradue avec des qualifications de mécanicien d'équipements lourds et se dirige aux mines Denison dans la région d'Elliot Lake. Ses maintes années à travailler dans le domaine minier un peu partout au Canada et ailleurs, ainsi que son expérience comme chef d'entretien aux casernes de pompiers de North Bay et aujourd'hui responsable de l'entretien d'une quarantaine d'autobus Ontario Northland, font de lui un expert dans le domaine.

Un de ses projets les plus récents et qui a fait appel à son expertise, sa créativité et ses talents, est la restauration d'un camion Chevrolet 1947. Le véhicule trouve ses origines à un salon funéraire d'Oklahoma et par la suite au Vermont où son cousin Bernard Perron s'est rendu pour l'acheter. À cause de manque d'un temps, ce dernier passe le projet à Marc-André pour redonner vie à cette voiture septuagénaire.

Pendant deux ans de soirées et de fins de semaine, de la charpente à la carrosserie, jusqu'aux dernières petites vis, tout est passé au peigne fin. Après avoir démantibulé le camion, il commence par tout nettoyer la charpente et passe au plan d'installer quelque chose de différent, un petit moteur diesel 6 cylindres avec boîte six vitesses en provenance d'une voiture Volvo. Il ajoute aussi un différentiel arrière de camion Chevrolet 1969 qui permet un rapport souhaité pour atteindre des vitesses raisonnables des grandes routes d'aujourd'hui. La vitesse maximale de la voiture originale était d'environ 50 km/h (possiblement 60 km/h en descendant les côtes). Le tableau de bord est reconstitué électroniquement à neuf avec des indicateurs « old school » et un compteur de vitesse GPS. L'application professionnelle d'une peinture particulière qui s'appelle « Copperhead Effect » est rendue possible avec l'expertise de Daniel Allard.

Si vous voyez Marc-André passer avec sa voiture cuivrée, n'hésitez pas à lui envoyer la main ou l'arrêter pour vous expliquer davantage le parcours de son projet. S'il vous manque une petite vis ou un bout de broche, demandez à Mecan; il en traîne toujours dans ses poches.



# The Picnic is back!

Nothing says summer like picnics. It is so great that after a 2 year pause due to Covid restrictions the much-loved Astorville Picnic is back on Sunday August 7th. The Picnic is organized by Saint Thomas d'Aquin Parish and dates back to the early 1930s. "This year will be different", explains Father Réal, "we have adapted the format so that people still feel safe as we are still uncertain with everything that surrounds Covid." Records show, in the early years, villagers and guests would gather in a field in the middle of the village and eat the foods that emerged from the hot outdoor brick ovens. As years have gone by, it had transformed into a sit-down meal. However, this year, the meal will only be available in a take-out format. People will be able to enjoy the wonderful food at home, at the cottage, or anywhere else, with family and friends.

"Hosting the Picnic again, even if it is in a different format, will help bring back normalcy after 2 years of Covid restrictions" says Tim Foster, permanent deacon at the parish and one of the Picnic organizers. "The picnic is also our main fundraising event here at the parish. Having to put it on pause for 2 years really impacted our finances."

The picnic has also been an occasion for the community to get together. The smell of seapie (cipaille) and beans cooking in the parish's wood-fired ovens spreading over the village is also trademark of the picnic.

Details are still to be ironed out, but so far, the plan is to have our traditional seapie (cipaille) and beans available for take-out, and most likely some home-made pies.

Along with the sale of food, the Parish will also host its annual Raffle that day... with prizes totalizing over \$1,000. The Picnic is held at the East Ferris Community Centre at 1267 Village Road, Astorville. For more information, visit our website (ourabcparishes.com) or our Facebook page (facebook.com/ParoissesABCParishes).



# Le pique-nique est de retour !

Qui dit « été » dit « pique-niques ». C'est pourquoi il est si agréable qu'après 2 années de pause dues aux restrictions en lien avec la Covid, le Pique-nique bien-aimé d'Astorville sera de retour le dimanche 7 août. Le pique-nique est organisé par la paroisse Saint-Thomas d'Aquin et il remonte au début des années 1930. « Cette année ce sera différent », explique le Père Réal, « nous avons adapté le format pour que les gens se sentent en sécurité alors que nous sommes encore incertains avec la Covid qui nous entoure. » Selon les archives, dans les premières années, les villageois et les invités se rassemblaient dans un champ au milieu du village et mangeaient les aliments qui sortaient des fours en briques chauds en plein air. Au fil des ans, l'événement s'est transformé en un souper assis. Par contre, cette année, le repas sera disponible seulement en version « pour emporter » (take-out). Les gens pourront profiter de cette agréable nourriture à la maison, au chalet, où n'importe où avec famille et amis.

« Tenir le pique-nique à nouveau, même si c'est avec un format différent, nous aidera à retrouver un sentiment de normalité après 2 années de restrictions dues à la Covid » dit Tim Foster, diacre permanent à la paroisse et un des organisateurs du pique-nique. « Le pique-nique est notre principale levée de fonds ici à la paroisse. Qu'il ait été en pause pendant 2 ans a eu un impact sur nos finances. »

Le pique-nique a aussi été l'occasion pour la communauté de se rassembler. L'odeur du cipaille (seapie) et des fèves au lard qui mijotent dans les fours à bois de la paroisse qui se répand dans le village est aussi une marque de commerce du pique-nique.

Les détails doivent être finalisés, mais à date, le plan est d'avoir nos mets traditionnels de cipaille (seapie) et de fèves au lard, et très probablement des tartes fait-maison.

En plus de la vente de nourriture, la Paroisse tiendra aussi ce jour-là son Tirage annuel... avec des prix totalisant plus de 1 000 \$. Le pique-nique a lieu au Centre communautaire d'East Ferris, situé au 1267 Village Road, à Astorville. Pour plus d'information, visitez notre site internet (ourabcparishes.com) ou notre page Facebook (facebook.com/ParoissesABCParishes).



by / de Zoéanne Dubien, Krysten Ball, Karena Ball, Josée Blahut, Garrett Tran

## Kids' Corner ☺ 🐭 🐻 Coin des Jeunes

### Youth Contest / Concours pour les jeunes

Kids'Corner would love to hear about your favourite summer meal. Is there something special you only eat in the summertime?

Let us know at [eastferrisedition@gmail.com](mailto:eastferrisedition@gmail.com) and get a chance to win books from our Summer Reading List.

Le Coin des jeunes aimerait connaître votre repas d'été préféré. Y a-t-il un plat spécial que vous ne mangez qu'en été? Faites-le-nous savoir à l'adresse [eastferrisedition@gmail.com](mailto:eastferrisedition@gmail.com) et courez la chance de gagner des livres de notre Liste de lecture d'été.



Winners of Winter Issue 2021  
Gagnants du numéro d'hiver 2021

William and Charlotte love their new board games, Ticket to Ride and Monza.  
William et Charlotte adorent leurs nouveaux jeux de société, Ticket to Ride et Monza.



Zoéanne & William



Zoéanne & Charlotte



William & Charlotte

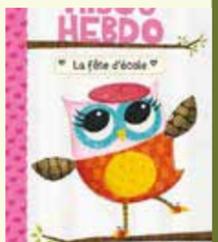
### Summer English Reading list

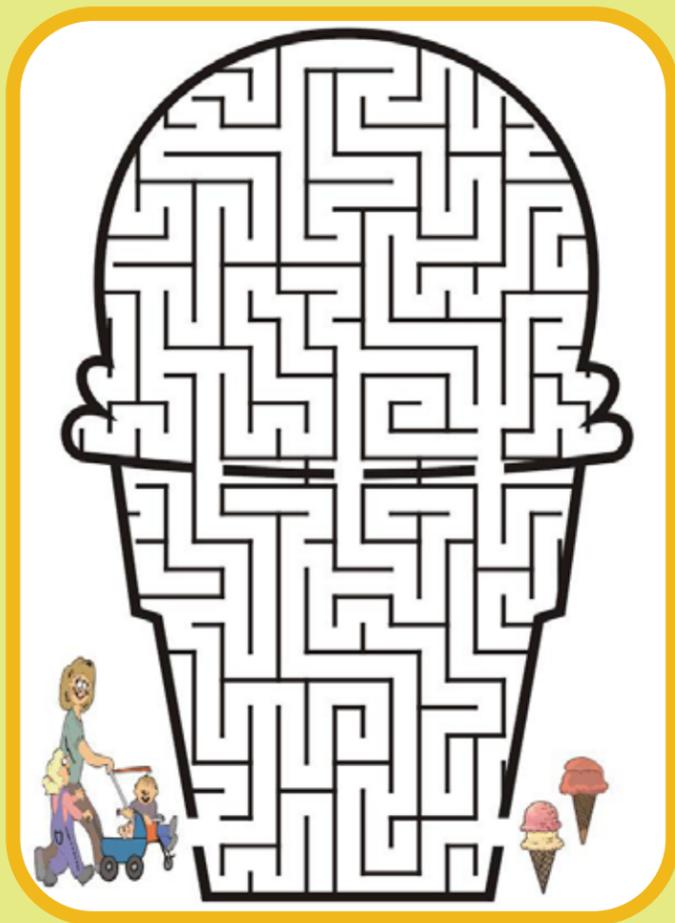
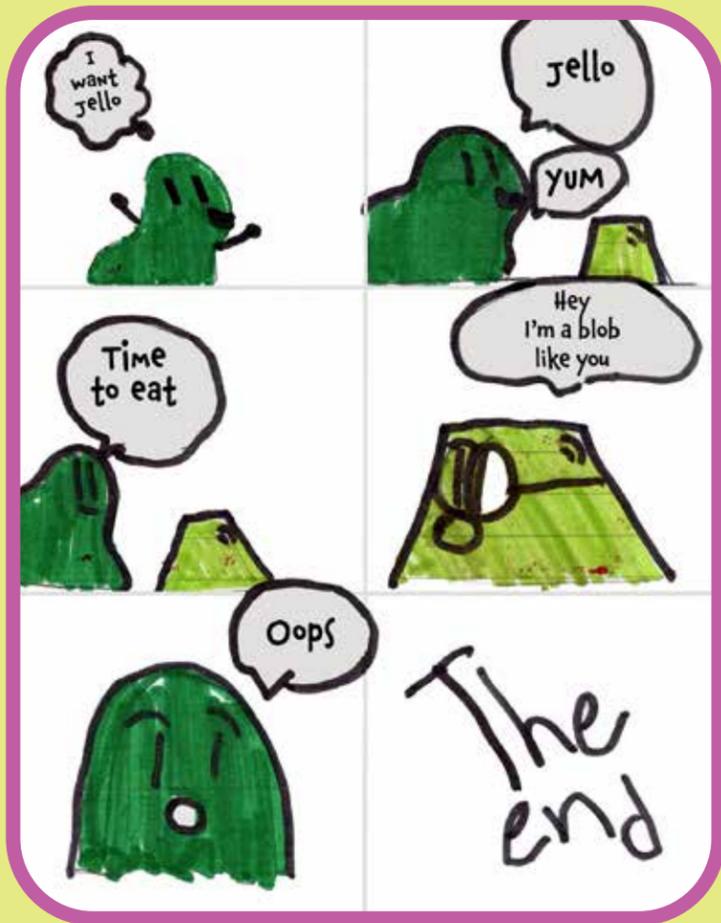
- Diary of a Wimpy Kid (series)
- Mermaid to the Rescue
- Guinness Book of World Records
- Avatar: The Last Airbender (graphic novel, series)
- Jedi Academy (series)
- Glitterwings Academy (series)



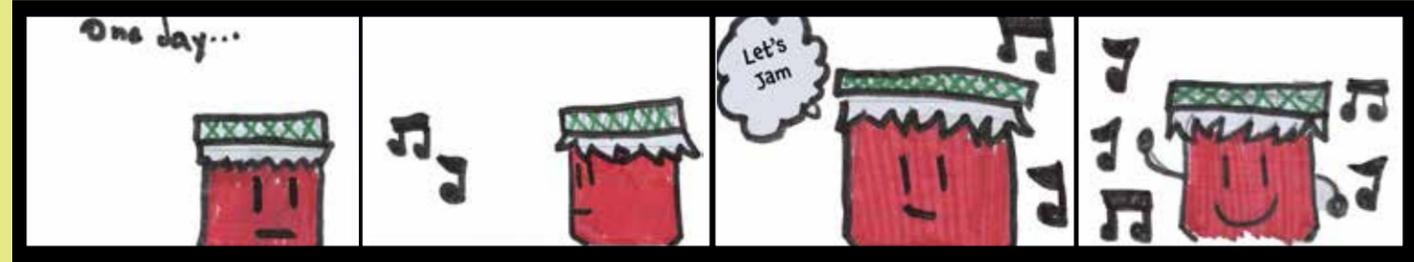
### Liste de lecture d'été

- Maître des dragons (série)
- Hibou Hebdo (série)
- Lili Barouf (série)
- Passepeur (séries)
- Pas moi
- La grosse patate





Jokes and Riddles /  
Blagues et devinettes



Pets on parade / Animaux de compagnie en parade

Hi,  
My name is Owen and this is my Newfoundland dog, Moose. Sometimes I call him Moosie. He is 9 years old. He is a Landseer Newfy which means he is black and white and a bit taller than the plain black ones. Newfoundland's are used as work dogs in the water. Moose likes to swim and he pulls me around in the water by holding on to his tail or his hips.

Bonjour,  
Je m'appelle Owen et voici mon chien Terre-Neuve, Moose. Parfois, je l'appelle Moosie. Il a 9 ans. C'est un Landseer Newfy, ce qui signifie qu'il est noir et blanc et un peu plus grand que les chiens noirs ordinaires. Les Terre-Neuve sont utilisés comme chiens de travail dans l'eau. Moose aime nager et il me tire dans l'eau en m'accrochant à sa queue ou à ses hanches.

\*We would love to feature you and your pet(s) in future issues of the magazine. Send us a photo and details of your furry, feathery or scaly friend(s).

\*Nous serions ravis de vous présenter avec votre animal ou vos animaux dans les prochains numéros du magazine. Envoyez-nous une photo et les détails de votre ami à poils, à plumes ou à écailles.



SUMMER  
Bucket List for the Whole Family

- go hiking
- go camping in the backyard
- Stargaze
- bike ride
- play frisbee
- fly a kite
- roast Marshmallows
- play in the sprinkler
- look for Cloud Animals
- grow something
- make Bubbles
- write a letter
- watch a sunset
- skip rocks



Chocolate Peanut Butter Candy

With only three ingredients, these chocolate-swirl treats take just moments to whip up! If you have little ones visiting, have them help you with the stirring.  
—Holly Demers, Abbotsford, BC

PREP: 10 MIN. • CHILLING • MAKES: ABOUT 2 1/2 LBS. (40 SERVINGS)

- |   |  |
|---|--|
| <p>1 lb. white candy coating, coarsely chopped</p> <p>1 1/2 cups creamy peanut butter</p> <p>2 cups semisweet chocolate chips</p> | <p>1. In a large microwave-safe bowl, melt candy coating; stir until smooth. Stir in peanut butter; thinly spread onto a waxed paper-lined baking sheet.</p> <p>2. In another microwave-safe bowl, melt chocolate chips; stir until smooth. Drizzle over candy coating mixture; cut through mixture with a knife to swirl the chocolate. Chill until firm.</p> <p>3. Break into pieces. Store in an airtight container in the refrigerator.</p> <p><b>10Z:</b> 156 cal., 11g fat (6g sat. fat), 0 chol., 42mg sod., 16g carb (13g sugars, 1g fiber), 3g pro.</p> |
|---|--|



# HONOUR A CHAMPION IN YOUR LIFE



NBMCA's "Boardwalk of Champions" is an opportunity for you to celebrate someone who has made a significant contribution to you, your family, your community, or the environment - a true Champion!

Honour your Champion with a \$100 donation to the North Bay-Mattawa Conservation Authority! Your Champion's name will be engraved on a stainless steel pinecone plaque, secured to a Boardwalk at one of our Conservation Areas!



[www.nbmca.ca/champions](http://www.nbmca.ca/champions)  
[champions@nbmca.ca](mailto:champions@nbmca.ca)  
 705-474-5420

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.'

## Have you ever been to Charlevoix?

by Edition

Charlevoix, located an hour's drive east of Quebec City, is the birthplace of many founding families of Astorville and Lake Nosbonsing area. Framed by the majestic Laurentian Mountains on one side and the peaceful St. Lawrence River on the other, and dotted with picturesque villages, the entire Charlevoix region is beautiful.

One of the main attractions of the region is La Route des Saveurs (aka Flavour Route): a great gastronomic adventure with a network of about 50 talented food producers, farmers and chefs. This tour will take you to a wonderful island in the St. Lawrence, L'Isle-aux-Coudres. To get there, you will have to take a ferry from St-Joseph-de-la-Rive. L'Isle-aux-Coudres is a peaceful and bucolic island that you can visit by bicycle. The island is famous for its apple orchards and its many by-products, especially cider. In Edition's series "If only roads could talk", we present the story of Degagné Road and the Desgagnés family who years ago left L'Isle-aux-Coudres to settle near the shores of Lake Nosbonsing. Over time, the Desgagnés family name was modified to Dégagné, Degagné or Degagne.



Isle-aux-Coudres ©Tourisme Charlevoix, Francis Gagnon

Ste-Irénée/Charlevoix -Photo: Carmen Weiskopf

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Le fils aîné Joseph Degagné Sr. et Rose Cantin se sont installés sur une propriété à Astorville. Ils développèrent une grande ferme et, à ce jour, la route près de Perron Timber Mart porte le nom de chemin Degagné. De leur union sont nés Joseph Jr (Valeda Belecque), Olem (Marie Belecque), Palma (Angela Roy), Paddy (Laurette Roy), Azarias (Germaine Cantin), Marie (Jos Perron), Augustin et Bernadette. Plusieurs des enfants et petits-enfants se sont installés à Astorville.

Élas Degagné et Febrenie Gauthier se sont installés sur la ferme du père d'Élas sur le chemin Quae Quae. Il élevait des renards pour leur fourrure. Voici leurs enfants : Lucienne, Henri (prêtre), Moise, Cléophas, Jérôme, Caroline et Geneviève. Cléophas est resté longtemps à la ferme de son père. Jérôme et Irène Guillemette ont élevé leur famille sur leur propriété près de la ferme de leur père. Aujourd'hui on retrouve de leurs enfants et petits-enfants installés à Corbeil et sur les bords du lac Nosbonsing.

Louisa Degagné et William Beaulieu ont quitté la région mais ils ont aussi une grande famille : Marie, Berthe, Rose, Sœur Elizabeth, Cécile, Irène, Rita, Henri, Antoine, Joseph et Thérèse.

# Photography - Basic Tips

by Rob Effinger

## If you want to capture great photos, this is the article for you!

Whether you are trying to capture a picture of a family member, a beautiful sunset, or the fish you caught, there are some things that can help you get a better shot with a digital camera.

A camera lens is a device to gather light. Light comes from the sun, it bounces off things, and reflects. It travels through things, and refracts. When it bounces off a rough surface, it scatters.

An image is made when the light travels into the camera. Three things affect this image:

- Aperture
- Shutter Speed
- Sensitivity

It's like baking a cookie. These are the three ingredients. You change the aperture with the F-stop, or opening. This is like getting the right amount of the dough, or light. The sensitivity is the ISO - like setting the oven to the right heat. Then the shutter speed has to be set correctly, like the right amount of time. For some of us, setting the camera to auto is like buying the cookie already baked - but it may not turn out as tasty as the ones you make yourself!

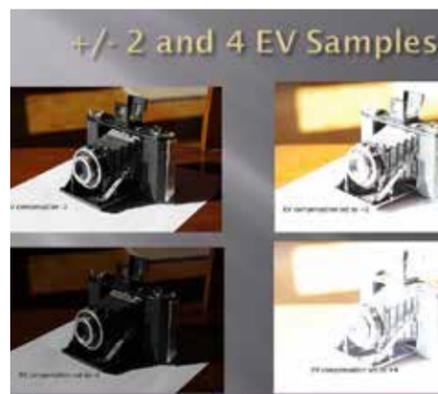
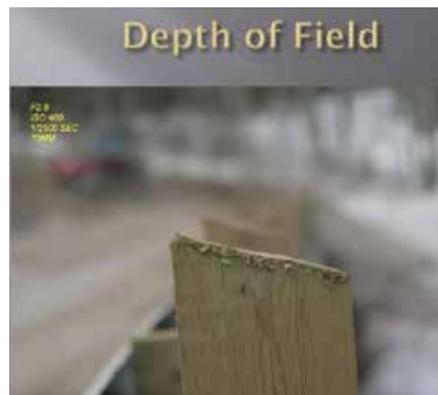
You can set your camera to A (aperture), S (ISO sensitivity) or T mode. Different makes of cameras will have slightly different controls.

The F-stop controls the aperture – the size of the lens opening. F-stop is formally defined as the ratio of the focal length to the size of the entrance pupil of the lens. Basically, this means that the length and the diameter of the lens you use change the F-stop. The higher the number, the less light gets in! For landscapes, use an F8 and up. So the whole picture is sharp. For close ups - macro pictures of flowers for example - use a big number like F32. Portraits are good with an F4 to F8; you want a sharp person and a blurry background. A higher F-stop also gives you more depth of field. You see more stuff in the background.

With ISO, or sensitivity, the higher the number, the more sensitive the “film” becomes. A picture taken with too high an ISO will be grainy and have a lot of noise in it. Tip: take all your pictures in as low an ISO as the light allows. Start at 100 or 200, and only go up if you need to do so.

The shutter speed in a camera also determines how much light gets in – like curtains on a window. The longer the shutter is open, the more light will enter the lens. If you are trying to take pictures and it is dark, you want the shutter open longer. However, trying to keep a camera steady for this kind of photography might need a tripod. Sometimes if a picture is too light, or too dark, you can correct it with software. If you have to pick, go with too dark, as it is easier for software to correct this. Software of course is a whole topic in itself - I use Lightroom - but an excellent free piece of software is Gimp.

The best way to maximize your pictures is to play! Take a picture at different ISOs. Play with your aperture (F-stop). Change your shutter speed. When you get used to things, try changing more than one of these three points. The three together make up your Exposure Value. In many cameras, you can change this setting, so if all your pictures are too bright, you could say please use less light with this setting. In closing, my advice to you is to get to know what your camera can do before that moose or wolf wanders into your yard!



Common Redpolls – Stephen O'Donnell

## The 43<sup>rd</sup> East Ferris Bird Count Results!

by Renée Levesque & Gary Sturge

For 43 years, East Ferris has participated in North America's longest-running citizen science project - the Christmas Bird Count. Since its beginning in 1900, the Christmas Bird Count has become one of the world's largest wildlife surveys. The data collected is used daily by biologists and naturalists to assess population trends and distribution of birds.

In East Ferris, the Count is overseen by a branch of the Nipissing Naturalists called Bird Wing that is chaired by Dick Taffel with Gary Sturge and Renée Levesque. The counts are carried out each year in a 24 km (15 mi) radius that remains the same each year. So on December 18th, 2021, five birders set out to cover the East Ferris area, while another two participants counted at their home feeders. The count was very positive, with an increase in the numbers of birds seen, probably as a result of this December's milder weather and the open lakes. The only disappointment was the low number of Bald Eagles. Only 5 were seen at the landfill site, as opposed to the double digit results of the past few years. However, the local Bald Eagle population is robust, so the fewer numbers at the landfill site do not indicate a problem. Following are the complete results.

- Common Loon 2
- Mallards 32
- Common Goldeneye 32
- Common Merganser 2
- Hooded Merganser 6
- Bald Eagle 6
- Ruffed Grouse 6
- Herring Gull 1
- Mourning Dove 18
- Hairy Woodpecker 8
- Downy Woodpecker 6
- Blue Jay 47
- American Crow 2
- Common Raven 133
- Black-capped Chickadee 99
- Red-breasted Nuthatch 3
- White-breasted Nuthatch 2
- American Tree Sparrow 6
- Pine Grosbeak 10
- Common Redpoll 4
- American Goldfinch 37



Bald Eagle – Gary Sturge

Hooded Mergansers –Renée Levesque



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# Playing the Stock Market Game

by Joyce Effinger

The stock market is one of the best strategy games I know. Disclaimer - I have no professional experience with stocks, but it's a game I've played for over 40 years.

A good place to start if you've never traded before is a site like Wallstreetsurvivor.com. Here you can create a completely fictional portfolio with fictional money, while learning to value and trade stocks that are part of the real market. I used this site to run contests for my accounting students when I was teaching before I retired. It added some interest to the lessons on balance sheets and income statements.

There are also plenty of books available for all reading levels. I gave one to my son, Rich Dad Poor Dad, by Robert Kiyosaki.

My personal approach is simple. I am a firm believer in long-term dividend-heavy investing. I like oligarchies - in our Canadian economy, there are sectors where a relatively small number of companies virtually control the market. That's why I give my nieces and nephews stocks from Canadian banks, utilities, and telecommunication firms as gifts instead of cash. If a company has been paying attractive and growing dividends for decades, its share price may fluctuate, but at least you get paid your dividends when it goes up or down. At tax time, dividends are much less taxed source of income than many others.

The hot tips? Never follow the "hot tip". Usually the tip is stone cold and the stock in question looks like a rock heading for the bottom the moment you hear about the deal. Better to buy what you know - buy what you use. For example, someone who works in the auto industry may know more about auto stocks. Be prepared for a stock to go down as well as up. Plan for when you will buy more or sell. If a stock is not a long-term play and I am on the winning side, I often sell half the stock and "play with the broker's money."

These are all things you can test before investing real money and taking risks. Spend some time educating yourself! Know how comfortable you are with risk and never invest money you can't afford to lose. When you're ready to open an account and trade in the real world, take careful note of your costs, but also find a trusted platform you're comfortable with. If you choose to work with a professional, do your homework, validate their credentials, and make sure they provide service to justify their costs.

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## Games in East Ferris

by Joyce Effinger

One of my worries when we moved into East Ferris was that I would not be able to connect with other card and board game players. I was very pleasantly surprised to find the opposite was the case. There was a library employee addicted to D&D, a lady down my road who loves Mah Jong, and neighbours who get together to play “Pegs and Jokers”, and “Hand and Foot” regularly. (These games can be googled, or YouTube videos will lead you through the rules and a sample game or two!) My favourite new game is Hand and Foot. It is a popular variation of Canasta. There are numerous variations of this game and rules may vary even from one end of your road to the other. Here Edition brings you the Nosbonsing Park Road Loop version! I hope you will give it a try as I have found it to be a great game to play with family and friends.

Visit this QR code to see the Lake Nosbonsing Park Road Loop version of the Hand and Foot game!  
I hope you will give it a try as I have found it to be a great game to play with family and friends.

How to scan a QR code with the Camera app

- Open the Camera app from the Home Screen, Control Center, or Lock Screen.
- Select the rear facing camera. Hold your device so that the QR code appears in the viewfinder in the Camera app. Your device recognizes the QR code and shows a notification.
- Tap the notification to open the link associated with the QR code. (Note: it takes a little time to load)



## Online games

by Joyce Effinger

With the pandemic, getting together in person to play games has been a challenge. Here, Joyce Effinger shares with Edition readers the best ways to enjoy online games.

Search for “the best free online games,” and find a review of new sites! Most sites are free, but they require you to create an account and the ads are more or less intrusive. Some game sites allow voice chat. But if not, you can chat via Zoom, Discord, Teamspeak, Skype - or even the good old phone. One platform that really shines is Jackbox games – though sadly they now cost money. My favourite game on this platform is Drawful – a Pictionary-like game. A free alternative, Boardgamearena lets you play 411 games, among them my personal favourite, Splendor.

If you are a fan of Settlers of Catan, go to Catan Universe on Windows, Macs, or iOS and Android devices. Or – see how well your team can associate words from the codenames game site. Daysofwonder.com lets you play Ticket to Ride if you are addicted to building trains to connect cities. A great Facebook page to find popular games is boardgamegeek, although you will have to look at way too many shelves (like selfies, but board game hoarders take pictures of their shelves of games).

Another way to stay connected are MMORPGs – basically on-line multiple-player games. There is nothing like gathering with virtual 52 friends to slay a dragon! Yes, I speak from personal experience - 22 years of Everquest and going strong. Many on-line games are free – a friend enjoys Forge of Empires – a city builder type game. Of course, numerous combat-oriented games also exist. Beware, however, often the free to play games entice you to buy inexpensive upgrades with real money. These micro-transactions can add up quickly!



Some photos of 2021 Community Events



Christmas Concert with Fritz Larivière & Nicolas Doyon



Lighting of the Angel Christmas Tree



Christmas Concert with Les Gens du Nord



Opening of the Centennial Celebration



Community Centennial Play

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Taken from the East Ferris web page: <https://eastferris.ca/en/our-community/community-groups>

Volunteering is a large part of the East Ferris community. Many activities and events would not happen if volunteer groups did not exist. The organizations below are a testament to the commitment of the residents to bring quality of life to East Ferris.

Consider volunteering in your community!

GROUP / ORGANIZATION

- |                                    |  |
|------------------------------------|--|
| Callander and Area Food Bank       | East Ferris Winter Carnival                        |
| Catholic Women's League            | Club Action 50+ East Ferris                        |
| Corbeil Busy Bees                  | Knights of Columbus                                |
| East Ferris Broomball              | LEAD Team (library Evolution and Development Team) |
| East Ferris Memorial Park          | Nipissing Manor Auxiliary                          |
| East Ferris Volunteer Firefighters | Nosbonsing Anglers & Hunters                       |
| East Ferris Fitness Centre         | Nosbonsing Curling Club                            |
| East Ferris Pickleball Club        | Seniors Villas of East Ferris                      |
| East Ferris Santa Fund             | Seniors Exercise Class                             |
| East Ferris Youth Soccer Program   | Wasi Cross Country Ski Club                        |

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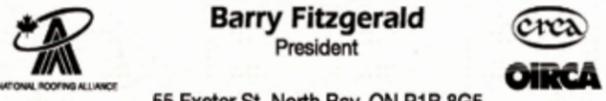
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## Two missing Bonhommes are found

In Issue 9, we published an article about the new Bonhomme Carnival plaque that was unveiled at the East Ferris Community Center. It includes the names of citizens who have played the role of Bonhomme from 1968 to 2021. Two names were missing. Thanks to the article, the two missing Bonhommes have been identified: 1970 Beatrice Bessette and 1981 Carl Crewson.



## Deux Bonhommes manquants sont retrouvés

Dans le numéro 9, nous avons publié un article sur la nouvelle plaque du Bonhomme Carnaval qui a été dévoilée au centre communautaire d'East Ferris. Elle comprend les noms des citoyens qui ont joué le rôle de Bonhomme de 1968 à 2021. Deux noms manquaient. Grâce à l'article, les deux Bonhommes manquants ont été identifiés : 1970 Beatrice Bessette et 1981 Carl Crewson.



East Ferris seen through the lens of a camera. Email us your photos at eastferrisedition@gmail.com for a future photo collage in the Édition East Ferris Edition.

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