

Édition **EAST FERRIS** Edition

winter/hiver 2023



In this issue...



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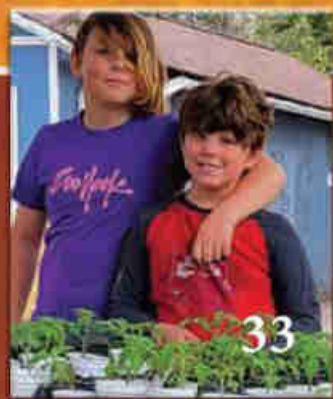
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A word from the Editorial Team

The central theme of this issue of Edition is kindness. It aims to counteract a decline in human empathy that was recently reported by the Canadian Mental Health Association and is detailed in this issue.

Mental health experts in turn suggest that we can all take a simple step in the direction of kindness. It starts with small actions that include resolving to be kinder to one another. Every time we do something nice for someone we spread kindness and make the world a little brighter.

That's why there's no better time than the present to start making small, effective changes in our daily lives to improve the world around us. And if you don't know where to start, as you read through this issue of Edition, you'll find examples of kindness in action in East Ferris.

Une note de l'équipe de l'Édition

Le thème central de ce numéro d'Édition est la gentillesse. Il vise à contrecarrer une diminution de l'empathie humaine qui a été récemment signalée par l'Association canadienne pour la santé mentale et qui est détaillée dans ce numéro.

Les experts en santé mentale suggèrent à leur tour que nous pouvons tous faire un pas simple dans la direction de la gentillesse. Cela commence par de petits gestes qui incluent la résolution d'être plus gentil les uns envers les autres. Chaque fois que nous faisons quelque chose de gentil pour quelqu'un nous répandons la bonté et rendons le monde un peu plus radieux.

C'est pourquoi il n'y a pas de meilleur moment que le présent pour commencer à apporter de petits changements efficaces dans notre vie quotidienne afin d'améliorer le monde qui nous entoure. Et si vous ne savez pas par où commencer, en parcourant ce numéro d'Édition, vous trouverez des exemples de bonté en action à East Ferris.



**THANK YOU
MERCI**

Edition is a non-profit community magazine, produced by a volunteer committee, supported by advertising from local and regional businesses, and sponsored by the East Ferris Knights of Columbus. Community members are invited to share stories of community events, general interest, photos, etc.

Interested in advertising in Edition?

For information and advertising rates, please contact us at eastferrisedition@gmail.com. You can view back issues of Edition on its online repository at www.eastferrisedition.ca.

For this issue, Edition honors Carmen Weiskopf, who oversaw the creative aspects of the magazine's publication. She is very talented and will now direct her creative juices to the hobbies she and her husband Wilfrid were waiting to do together in retirement.

Thank you Carmen for your tremendous dedication to Edition.

Edition est un magazine communautaire à but non lucratif, produit par un comité de bénévoles, soutenu par la publicité des entreprises locales et régionales, et parrainé par les Chevaliers de Colomb d'East Ferris. Les membres de la communauté sont invités à partager des histoires d'événements communautaires, d'intérêt général, photos, etc. *Vous souhaitez faire de la publicité dans l'Édition?*

Pour obtenir des informations et connaître les tarifs publicitaires, veuillez nous contacter à l'adresse eastferrisedition@gmail.com. Vous pouvez consulter les anciens numéros d'Édition sur son dépôt en ligne à l'adresse www.eastferrisedition.ca.

Dans le cadre de ce numéro, Édition rend hommage à Carmen Weiskopf qui a supervisé les aspects créatifs de la publication du magazine. Elle est très talentueuse et va maintenant diriger ses jus créatifs vers les passe-temps qu'elle et son mari Wilfrid attendaient de faire ensemble à la retraite.

Merci Carmen pour ton énorme dévouement à Édition.

The Symphony of the Seasons:

A wonderful gift!

by Catherine Trenker



Catherine Trenker

Sitting on our deck, I look out over the shoreline of Trout Lake and can't help but anticipate the changing sights and sounds of nature as summer blends into fall. I marvel at the reflection of the variety of foliage that hug the shores of the many small islands and bays, while the silent mist slowly rises to disappear as the sun awakens the day. It is a perfect picture. The sound of nature's music is all around us. The lone, haunting call of the

loon is paired with the usual song of a flock of Canada geese as they emerge from the water into a vibrant blue October sky on their annual pilgrimage south.



Fall is Here

Scarlet maples along the trail,
Flourish in the fall,
Harvest time is drawing near
And school has been recalled.

Now we get the frosty days,
For we await the snow,
I watch the leaves, when they swirl and play,
As the north winds blow.

From a slow boat ride to Turtle Lake to the many trails to explore on foot carved into the forested landscape, we are invited to reflect on the thoughts of the Voyageurs whose guides pioneered expeditions through this rugged but unspoiled land, accented by its yellow and crimson colours. As I too am absorbed in the beauty and peaceful sounds of nature, I am often reminded of a poem I wrote in my youth about this seasonal phenomenon. I still appreciate its simple wistful words.

Through my many years of teaching piano, I can understand how nature and music can have an intimate connection. One of my favourite piano pieces where I hear this connection is a jazz piano standard called "Autumn Leaves". The original score of this French love song, written by Joseph Kosma, was set to music with lyrics by Jacques Prévert and then translated into English by Jonny Mercer. The piano performance of this song by Roger Williams in 1956 during the Ed Sullivan show is iconic.

As you listen, you can visualize the leaves gently falling as he manipulates the keys in a difficult descending pattern on the keyboard, effortlessly as his virtuosity dictates. This is autumn at its best. We are fortunate to be able to enjoy Trout Lake and the area through the seasons and witness the symphony of nature in all its forms; it is a gift that we will always treasure.

Do you have an hour or two to help out Edition volunteers with making phone calls, fact-checking, emails, taking photos, proofreading, making drop-offs or pick-ups...

Contact Volunteer - Roberta 705-493-0680

Gestures of Kindness

Wishing all Edition readers to have their own Sunshine Parcels!

by Bernard Rochefort

As the holidays approach, it's good to stop and think about gifts for a moment. What are they for? Well, I was reminded of their purpose last Christmas when a kindly Secret Santa left a box filled with 30 beautifully wrapped gifts and a note explaining that I was to open one gift a day starting at Christmas.

At first, I had no idea what it was about. I soon discovered that the box was filled with small gifts and handwritten notes meant to brighten my day and make me smile. From that moment on, I called that box my Sunshine Parcels.

Basically, we give gifts at Christmas because we are supposed to. It is the custom. We also give gifts to people to show our appreciation and the role they play in our lives. But here's a common misconception: the bigger and more valuable the gift, the more it expresses our gratitude. In reality, it's not the gifts that express our gratitude, but the giver. And that's what was special about my Sunshine Parcels. I realized that someone had taken a lot of time to think creatively about appropriate gifts for me, and then figure out how to add and handwrite a message of encouragement. A simple but magical way to

make me feel appreciated throughout the dreary month of January! Thank you Secret Santa. And so here's my wish to all Edition readers: may you receive your own personalized Sunshine Parcels from Secret Santa this Christmas.

Knitting for the homeless - Tricoter pour les sans-abri

by / de Thérèse Langlois

It is important to help the less fortunate in our community. Last winter, I was concerned when I saw homeless people living outside in inadequate winter clothing. I contacted the North Bay Crisis Centre and they advised me on how to help by knitting hats. They suggested that I line the toques to make them warmer. I was fortunate to have some leftover wool and received a donation for additional wool. By Christmas, I should be able to deliver over a 100 toques.

Il est important d'aider les moins fortunés de notre communauté. L'hiver dernier, j'ai été préoccupée lorsque j'ai aperçu des sans-abri vivant dehors avec des vêtements d'hiver inadéquats. J'ai donc contacté le centre de crise de North Bay, qui m'a conseillé sur la façon d'aider en tricotant des tuques. Ils m'ont suggéré de doubler les chapeaux pour les rendre plus chauds. J'ai eu la chance d'avoir des restes de laine et j'ai reçu un don pour de la laine supplémentaire. D'ici Noël, je devrais être en mesure de livrer au-delà de 100 tuques.

Visit: <https://ohana wellness.ca/community/community-partners/>



Thérèse Langlois knitting toques for the area's homeless / Thérèse Langlois, au travail tricotant des tuques pour les sans-abri de la région



Gestes de gentillesse

Offrir le cadeau du « temps »

de Natalie Bellehumeur

C'est un concept si simple et pourtant si précieux pour la personne qui le reçoit. Offrir son temps à l'autre est une façon de laisser parler ses gestes et de révéler les sentiments de son cœur.

Au début de la pandémie, j'ai commencé à faire mes propres tableaux et cartes pour célébrer l'anniversaire d'un être cher. En travaillant à la création et au choix d'un sujet, de couleurs et d'un message individualisé, j'ai pensé à la surprise qu'aurait le destinataire en voyant mon message. Le retour que j'ai reçu parce que « j'ai pris le temps de faire une carte » m'a converti à la signification et aussi aux nombreuses occasions de donner un peu de soi.

On dit souvent que ce n'est pas la valeur mais l'intention qui compte. Alors, pourquoi ne pas penser à offrir du temps de qualité à quelqu'un à Noël, ou à rendre service à quelqu'un sans qu'on le lui demande? Vous le faites probablement déjà, mais ce sera plus intentionnel s'il est offert dans un emballage original, spécifiquement comme un cadeau pour faire plaisir.

Quelques idées de cadeaux à considérer :

- Rendez visite, téléphonez ou écrivez à la main une lettre à une personne isolée.
- Créez un temps pour le bricolage, le sport, ou la narration d'une histoire à un petit enfant.
- Proposer de garder les enfants pour permettre aux parents de faire une sortie.
- Préparez un repas sain pour une personne qui travaille de longues heures.

Voici la solution au défi de trouver le cadeau parfait pour la personne qui a tout! Offrez quelque chose d'unique qui ne se trouve pas dans les magasins. En plus d'être fait sur mesure sans crainte d'être coupé, le souvenir de ce cadeau sera partagé et retenu pendant longtemps. Faites place à la créativité et à l'originalité dans le cadeau de votre temps.

*Creative Minds on the look out! Do you have a flair for writing or for designing creative layouts?
Wanting to know more?*

Contact Volunteer - Roberta 705-493-0680

*Natalie Bellehumeur fabrique des cartes
et des tableaux personnalisés*



East Ferris C4: Community, Caring, Comfort, Compassion

by Pauline Rochefort

In East Ferris lives a good man who wishes to remain anonymous. A few years ago he was diagnosed with a rare and progressively debilitating disease that forced him to retire and prepare for life that will eventually be in a wheelchair. He is a charming man who says, "It's what's in my heart that counts, not my shell."

This unnamed individual is committed to helping others in need. That is why he founded a charity called "C4: Community, Caring, Comfort, Compassion". The mission of the charity is to make life comfortable to those facing accessibility challenges.

It aims to ensure that access to affordable medical equipment is not a barrier to recovery, or to returning home from the hospital or to living more independently. C4 collects used medical equipment, then cleans, refurbishes and customizes it for those who need it. Thus, by recycling and reusing equipment, C4 is able to help people of all ages with disabilities, the elderly and those with temporary accessibility needs.

The charity is supported by countless donations of medical equipment from individuals in East Ferris, as well as

generous community donations from sponsors such as: Browns Moving, Burger World, Cementation Canada, Redpath Mining Contractors, Motion Canada, Metal Fab Ltd, Richard Champagne, Nancy Best, Denis Decaire, Derek Burke, etc.

C4 is there to work with all members of East Ferris if a need arises for medical equipment. At the same time, it encourages all residents to donate used or broken medical equipment: wheelchairs, beds, walkers, canes, poop stools, etc. Finally, C4 invites all interested residents to volunteer to support this great and noble cause. Just call 705-840-8109.

A Kind Lady: Connie Lortie

by Jennifer Laporte

East Ferris Public Library patrons were saddened to learn of Connie Lortie's retirement. As one patron said, "I am impressed with the way Connie put her heart into her work over the years. She has not only made a huge difference at the library, but she has touched many lives along the way."

Hired under former Executive Director Claudette Quinn, Connie began working as a library assistant in the mid-1980s and remained at the East Ferris Public Library until her retirement in July of this year. She prided herself on her friendly, personalized customer service and regularly compiled book lists for her patrons. People who stopped by the library for a "quick pick" were never disappointed because she always had something new and interesting to offer. And you were guaranteed an honest review, since Connie had already read every title.



Connie Lortie at the East Ferris Public Library

What will happen to "Connie's Favourite List"? Faithful fans need not lament the demise of "Connie's Pick List." Connie will continue to keep us informed about what she's reading and recommend new reads for our library shelves!

The East Ferris Public Library and its patrons wish Connie well in her retirement: "Nothing but the best Connie—that's what you always gave. And that's what we wish you in your retirement!"

Do you love to sell? Collaborate with other volunteers to ensure local businesses and organizations are positioned in Edition to promote their products and / or services.

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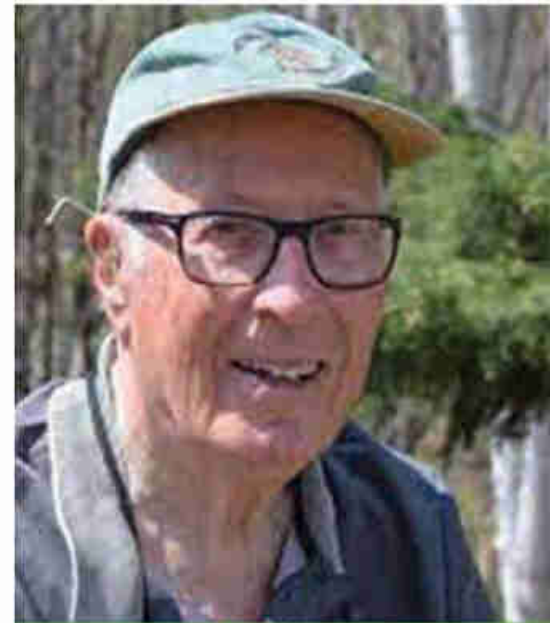
Dick Tafel's Outstanding Contribution

by Catherine Howard

The 2022 Ontario Nature Conservation Awards recognized outstanding contributions to nature conservation by individuals and organizations. Ontario Nature is a charitable organization dedicated to protecting wildlife and wild places through conservation, education and public engagement. This year's awards celebrated ten winners in eight categories whose dedication and hard work inspire others to protect nature in Ontario.

East Ferris' Richard (Dick) Tafel received the Steve Hounsell Greenway Award for his instrumental role in establishing the Laurier Woods Conservation Area - a 97-hectare (240-acre) area owned by The Friends of Laurier Woods and the North Bay-Mattawa Conservation Authority. It includes a provincially significant wetland, rock outcrops and upland forest, and is a sanctuary for a wide range of wetland and woodland creatures, including migratory birds.

The woods are crisscrossed by a 10+ kilometre trail system that provides excellent hiking and wildlife viewing opportunities. Mr. Tafel organizes public bird walks in Laurier Woods. Edition is very proud of Dick Tafel who is always willing to share his passion for birds with interesting and informative articles for our readers to enjoy. Congratulations Dick!



Dick Tafel,
Edition Contributing Writer & Award Winner

Extraordinary People

by Pauline Rochefort

Earlier this year, Corbeil resident Karen Haines and her mother Ruth were called to action by watching the horrors of war in Ukraine on television. They wanted to do something and contacted an organization that helps Ukrainians settle in

Canada. They were thrilled when they received confirmation that a mother named Tetiana and her daughter Valeriia wanted to come to Corbeil.

Upon arrival, Tetiana and Valeriia were quick to express their gratitude for being in a safe place with kind people. Not wanting to burden their host family, they immediately began looking for work and a way to earn a living. But it soon became apparent that to do so, they would need a car, insurance, gas...

Fortunately, community leader Richard Champagne and the Municipality of East Ferris stepped in and offered to help. An East Ferris site called Go-Fund-Me for Ukrainian Newcomers was created. The municipality also invited Tetiana and

Valeriia to attend the East Ferris trade show and meet the community. People were surprised and touched to learn that Ruth, 88, and Tetiana spent hours knitting refrigerator magnets with the Ukrainian flag to hand out to trade show attendees.

After spending nearly seven months in Canada, Tetiana and Valeriia have found employment and are now thrilled to have a vehicle that will allow them to no longer depend on the Haines family to drive them to work. "We are very grateful to the Haines family and the generous people of East Ferris," said Tetiana.



East Ferris
host family
Ruth
Haines and
Tetiana
knitting
Ukrainian
flags for the
East Ferris
Tradeshow



Finally
a car for
Tetiana
and
Valeriia

Gérald Brochu: He will be missed

de / by East Ferris Edition



Lise et Gérald Brochu

C'est avec tristesse que nous avons appris le décès de Gérald Brochu, le 11 avril 2022, à l'âge de 73 ans. Au moment de son décès, Gérald était un membre actif de l'Édition. Pendant plus de 45 ans, Gérald s'est impliqué à divers titres au niveau communautaire à East Ferris en plus d'enseigner dans les écoles d'Astorville et de Corbeil. Au moment de son décès, il était également membre du comité des parcs, des loisirs et de la culture de la municipalité d'East Ferris. Il a joué un rôle important dans l'établissement d'un Temple de la renommée

des sports d'East Ferris et d'un Mur de reconnaissance pour ceux qui ont contribué à la construction du Centre communautaire d'East Ferris et du Club de curling Nosbonsing.

Au fil des ans, Gérald a joué un rôle majeur dans le Carnaval d'East Ferris et le Tournoi Family Feud et il a même été Bonhomme Carnaval en 1990. On se souvient de lui pour son leadership au sein de l'Association de hockey mineur d'East Ferris. Sa joie de vivre, son grand cœur, sa passion, sa générosité et son sens de l'humour ont fait de lui un homme aimé de tous. À son épouse bien-aimée de 52 ans, Lise, son fils Patrick (Christa), ses petits-fils bien-aimés Étienne et Bastien et tous les membres de sa famille élargie et ses amis, Édition offre ses sincères condoléances.

It is with sadness that we learned of the passing of Gérald Brochu on April 11, 2022, at the age of 73. At the time of his death, Gérald was an active member of East Ferris Edition.

For over 45 years, Gérald was involved in various capacities at the community level in East Ferris as well as teaching in the Astorville and Corbeil schools. At the time of his death, he was also a member of the Parks, Recreation and Culture Committee of the Municipality of East Ferris. He was instrumental in establishing an East Ferris Sports Hall of Fame and a Wall of Recognition for those who helped build the East Ferris Community Centre and the Nosbonsing Curling Club. Over the years, Gérald has played a major role in the East Ferris Carnival and the Family Feud Tournament and was even the 1990 Bonhomme Carnaval. He is remembered for his leadership in the East Ferris Minor Hockey Association.

His zest for life, big heart, passion, generosity and sense of humour made him a man loved by all. To his beloved wife of 52 years, Lise, his son Patrick (Christa), his beloved grandsons Étienne and Bastien and all his extended family and friends, Edition offers its sincere condolences.

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Honouring Corbeil Conservation Area Champions

by Sue Buckle

This year marks the 50th anniversary of the North Bay Mattawa Conservation Authority (NBMCA). When it began, its focus was the protection of people and property from natural hazards including flooding, creating flood plain mapping and science-based watershed management studies, advising municipalities on consents and plans of subdivision, as well as the opening of conservation areas for public appreciation, conservation and protection of natural hazards and heritage lands.

"These initiatives formed the foundation of NBMCA's integrated watershed management efforts to balance human needs with the needs of the natural environment on a watershed basis. NBMCA has continued to do all this and more over the past 50 years," said Dave Britton, NBMCA's Chair.

Today, NBMCA's programs also include water quality monitoring, flood

prevention and forecasting, drinking water source protection, development permitting around wetlands, watercourses and steep slopes, on-site sewage system permitting, stewardship and outreach.



In all, NBMCA delivers a variety of programs and services to residents of more than 111 municipalities, including 29 incorporated, 82 unincorporated townships, and 4 planning boards. "Over the years, NBMCA has learned that protecting and conserving our watershed relies on collaboration and cooperation with individuals, organizations, and communities.

The Conservation Authorities Act, Ontario Building Code and Clean Water Act dictate NBMCA's area of jurisdictions for its various programs and services. All of NBMCA's programs and services are delivered within the Nipissing District. The on-site sewage system program also includes the District of Parry Sound, and the Drinking Water Source Protection Source Protection Plan has policies which help protect the sources of drinking water for the municipalities of Mattawa, North Bay, Callander, Powassan and South River.

So we have planned a number of projects and initiatives to really celebrate and acknowledge the fact that watershed management is a community effort," added Britton.

Since its inception in 1972, the NBMCA has created 16 conservation areas and trails to protect natural and heritage lands and provide the community with places to enjoy and appreciate the environment. In the late 1970s, members of the Corbeil Parents Association advocated for increased recreational opportunities in the community. Two public workshops

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were held to gather public input. Then, in 1980, the NBMCA purchased the 36.5 HA property now known as the Corbeil Conservation Area to help control flooding along the La Vase River and provide recreational trails for the community.

The Corbeil Conservation Area now includes a portion of the historic La Vase River and its floodplain. Recognizing its unique ecological features, the NBMCA has developed a 1.8km self-guided trail that takes visitors over numerous walkways and through a variety of landscapes. A number of interpretive sites detail the changes that have occurred in the forest over time. A highlight of the walk is the presence of several interesting rock formations created by glaciers during the last ice age.

In honour of the NBMCA's 50th anniversary, the Municipality of East Ferris and the North Bay-Mattawa Conservation Authority recognized and thanked the following members of the Corbeil Parents Association on October 14 for advocating for the creation of the Corbeil Conservation Area: Dianne Carrière, Rose-Marie Champagne, Yvonne Champagne, Colette Gravelle, Raymond Gravelle, Agnes Voyer, Art Voyer, Bill Vrebosch, Gisèle Vrebosch, Don Wilson and Eva Wilson. A special plaque bearing the names of these champions has been installed at the entrance to the conservation area.



"Top left Raymond Gravelle, top right Mark Carrière, bottom left Corinne Champagne Groux & Richard Champagne, bottom right students of École Saint-Thomas d'Acquin"



Corbeil Conservation Area

50th Anniversary
Thank you!

As you walk these trails, you can thank the past members of the Corbeil Parents' Association for stamping the creation of Corbeil Conservation Area in 1980.

In honour of NBMCA's 50th Anniversary in 2022, the Municipality of East Ferris, together with the members of the North Bay-Mattawa Conservation Authority, recognize and thank these champions:

- Dianne Carrière
- Rose-Marie Champagne
- Yvonne Champagne
- Colette Gravelle
- Raymond Gravelle
- Agnes Voyer
- Art Voyer
- Bill Vrebosch
- Gisèle Vrebosch
- Don Wilson
- Eva Wilson

- INTERPRETIVE SITES**
- Floodplain
 - Cedar Beetle
 - Pioneer Forest
 - Wilds Pine
 - Corbeil
 - Historical Beaver Pond
 - Decomposition
 - Succession
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- Picnic
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 - Bicycling
 - Mountain Biking
 - Horseback Riding
 - Dog Walking
 - Hunting
 - Fishing

On the News Beat!
 Help write what is new and exciting in our area. Meet fascinating people. Discover the beauty of our surroundings. Edition is seeking people with interest in informative and creative writing. If you enjoy "playing with the language", become a member of our dynamic writing team.

Contact Volunteer
 Roberta 705-493-0680

Journey down Memory Lane:

Jeannette's Country Kitchen

by Marie Viviane Giroux

Many Edition readers may remember Jeannette's Country Kitchen, which opened in Corbeil in 1995. It was located next to the Quick Mart in the gas station shopping center built by Rémi Boucher and at the junction of Highways 94 and 17. Jeannette is the daughter of the late Aimé and Antoinette Laferrrière and the mother of Pierre, André and Claude. She came from a place that is no longer on the map: Alderdale. Like Chiswick, Alderdale was amalgamated with Chisholm when Canada Post decided to close the local post office. However, like other residents of this area, her ties were with Astorville, where she went to school and church.

When I started my first year at school, Jeannette was in grade 10 and I remember thinking that she was someone special: someone with dreams and aspirations. I lost sight of Jeannette until one day I attended a wedding reception and discovered that the highlight of the event was not the bride and groom, but the wonderful chef who served them. Jeannette was in charge of serving food and dessert, and her famous Nova Scotia cake was on the dessert menu.

Jeannette's catering business was a success. She was very creative and resourceful and even a power outage couldn't stop her. "One day, while serving a Christmas party for the Knights of Columbus with over 100 guests, the power suddenly went out. Fortunately, the food was already cooked. I asked the staff to scramble to find as many candles as possible. The guests were thrilled with the candlelight dinner, thinking it was planned as part of the event. The meal went off without a hitch," she says with a laugh.

In 1995, when Jeannette's Country Kitchen opened, it became a family business with the help of her talented son Claude, her sister Diane who made all the baked goods, her mother and father who sometimes peeled the potatoes and a great staff. It was a favourite place for many locals and tourists. Businesspeople made Jeannette's Country Kitchen their destination of choice for working lunches. Long-distance truckers planned their route so they could have lunch or dinner when they passed through, as did local truckers when they were nearby. On Sundays, you had to be quick if you wanted to get a table after church.

Jeannette ran the restaurant and catering business until 2005. Many people missed this beloved business when it closed, especially the food (often described as "like Grandma's") and fresh baked goods of the day. To this day, East Ferris residents are grateful to Jeannette for sharing her culinary talents and showing us that big dreams can come true.



Do you love to sell? Collaborate with other volunteers to ensure local businesses and organizations are positioned in Edition to promote their products and / or services.

Contact Volunteer - Roberta 705-493-0680



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Sunday December 4th - le dimanche 4 décembre

6:00 pm - 18 h 00

Astorville Église St. Thomas d'Aquin Church

\$20 adult /adulte - \$5 youth / enfant

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ERIC FOISY

ARTISTES - CAFÉ CHANTANT - SELECT ARTISTS
CHORALE DES ENFANTS – CHILDREN'S CHOIR



Le vieux clocher de mon village

de Jean Langlois

Je me souviens du beau ciel bleu de mon village, embelli par le clocher de la vieille église. Le clocher de mon village sonnait pour le nouveau-né, il sonnait pour les mariés, il sonnait aussi pour le sage à son dernier jour. Le clocher de mon village sonnait pour toutes les occasions et cérémonies des fidèles croyants, il s'est usé à force d'être utilisé.

Te souviens-tu du son de la cloche de la joie de l'accueil et de celui de la peine d'un fidèle qui nous a quittés pour l'éternel? Te souviens-tu de ce clocher au centre du village qui contenait l'horloge à laquelle les gens réglèrent leurs montres? L'utilité du clocher était plus que d'appeler les fidèles à l'invitation, il gardait la population à l'heure du matin jusqu'au couvre-feu du soir. Dans mon village, il prévenait du matin au soir quinze minutes avant et du changement d'équipe des ouvriers de l'usine. C'était la sirène de secours qui appelait les pompiers volontaires à se rendre au feu, et si l'on se perdait dans la forêt, elle chantait pour diriger le malheureux dans la direction du son. Un jour, la cloche dans sa tourelle tomba de fatigue sous la vibration d'un tremblement de terre.

D'un long silence de quelques années la rénovation lui est faite. Un dimanche après-midi de printemps, trois cloches sont érigées et baptisées dans le nouveau clocher. Depuis ce dimanche, les cloches sonnent à nouveau dans mon village à la joie de tous les habitants. Après trois décennies, un dysfonctionnement du système les met en veilleuse pour dix ans encore. Un bon samaritain, un électricien, les a un jour ramenées à la vie. Le clocher de mon village reprend sa tâche d'honorer le passage du nouveau-né à celui qui s'endort à la fin de sa vie. Comme j'aimais le vieux clocher de mon village.

Les clochers des paroisses ABC

Extrait du livre « Pour un cinquantenaire : Monographies Bonfield, Astorville, Corbeil » Société Historique de Nouvel Ontario 1952

En 1879, le peuplement de la région était lié à la principale activité de l'époque : le transport des billes de bois du lac Nipissing à la rivière Mattawa. De petits groupes de maisons et de chapelles se sont rapidement transformés en villages et en paroisses. Aujourd'hui, nos paroisses locales sont connues sous le nom de paroisses ABC pour Astorville, Bonfield et Corbeil.

Mais il y a des années, cette congrégation de paroisses comprenait également le lac Talon, Grand Désert et Chiswick. Ces églises ont joué un rôle important dans la vie spirituelle et sociale de nos communautés. Toutes ces églises avaient, à une certaine époque, de beaux clochers qui font partie intégrante de notre paysage rural et de notre mémoire collective. Voici un aperçu de ces églises et de leurs clochers dans l'ordre où elles ont été établies.

Ste-Bernadette - Bonfield

En 1881, une chapelle est érigée sur les rives du lac Talon et nommée Ste-Philomène. En 1886, il a été décidé que le nouvel emplacement de Sainte-Philomène serait au pied du lac Nosbonsing, dans l'établissement agricole de Bonfield. Une nouvelle église est construite sur la rue Gagnon et rebaptisée Sainte-Bernadette. Aujourd'hui, cette église et son clocher demeurent un point focal important du village.



Saint-Thomas-d'Aquin - Astorville

Une petite chapelle érigée sur les rives du lac Nosbonsing en 1886 a été remplacée en 1902 par une église au point le plus élevé du village alors connu sous le nom de La Tête du Lac, puis Levesqueville et enfin Astorville. Après un incendie, la première église a été remplacée en 1907 par une belle structure en briques avec un grand clocher que l'on pouvait voir de loin jusqu'en 1966, lorsque des dégâts causés par le vent ont conduit à la construction de l'église moderne actuelle.



**Sainte-Louise de France
- Chiswick (qui fait
maintenant partie de
Chisholm)**

Chisholm a connu deux petites communautés au fil des ans. Le village de bûcherons de Fossmill a duré de 1924 à 1950 et a disparu. L'autre communauté était Chiswick, qui à l'origine comptait une population majoritairement catholique française et, en 1904, une église dotée d'un clocher, nommée Saint-Louis de France, qui fut achevée en 1912.



**Le clocher
de mon village**
de Jean Langlois

Le clocher de mon village
A prié les entourages
A s'avancer comme les mages

Le clocher de mon village
A égayé les belles pages
Des nouveaux nés et bien sages

Le clocher de mon village
A bourdonné leur langage
Cloches chantées jusqu'aux nuages

Le clocher de mon village
A crié tous les mariages
Les époux, et qui s'engagent

Le clocher de mon village
A pleuré les vieilles adages
A sonné tous les passages

Le clocher de mon village
A résonné de sa tâche
Tous ses années cinquante

Le clocher de mon village
Est pardonné de son usage
C'est tuer de notes graves

**Saint-Henri - Grand Désert
(qui fait maintenant partie
de Bonfield)**

Une petite chapelle sur ce qui s'appelait alors le Rang des Boissonneault a été consacrée en 1902. Elle a ensuite été déplacée vers un nouvel emplacement sur le rang 2 à Grand Désert et bénie en 1910. L'église a été fermée en 1995.



Sacré-Cœur - Corbeil

Une chapelle a été érigée à Corbeil en 1893. La construction d'une église a commencé en 1916, mais son achèvement a été retardé jusque dans les années 1940. Une belle église et son clocher ont orné le point culminant du terrain de Corbeil jusqu'en 1977, date à laquelle la foudre a fait brûler l'église. Elle a été remplacée par une église moderne dans les années 1980.



Le chemin Guillemette Road

Excerpt from the centennial book of Saint-Thomas-d'Aquin Parish 1902-2002

In the early years of the new village of Tête-du-Lac (Astorville), there were several families bearing the name Guillemette. Indeed, it was Joseph Guillemette, originally from Stoke Quebec, who, in 1883, at the age of 20, along with Cléophas and Alexandre Robert, originally from Les Éboulements, were the first settlers of European origin to settle on the west shore of Lake Nosbonsing. A few years later, in 1885, arrived Jacob Guillemette and his wife Sophronie Bruneau. Like all their ancestors, Jacob worked for the Booth Company while clearing his farm. Jacob and his sons built the large two-story house that can still be seen today on the south shore of Nosbonsing Lake near the "Narrows". In

1917, Jacob's brother Henry and his wife Olivine came to visit Astorville. They learned that the land across the lake from Jacob's was for sale. Henri purchased this enviable piece of land from Jeremiah Shield and for many years it was known as "la pointe à Guillemette".

On this land, a large family grew up: Armand

(Corinna Perron), Emma (Henri Perron), William (Lydia Tremblay), Alda (Azarias Tremblay), Robert (Elianne Boissonneault), Lionel (Alida Perron), René (Marie Cantin), Lucien (Germaine Ouellette), Cécile (William Gauthier) and Roland (Germaine Gauthier). Henri and his sons cultivated the land, cut wood, and set up camps for tourists all around the point. Eventually, he sold the lots to individuals to set up permanent homes. Olivine cooked for the tourists while her daughters Emma and Alda looked after the house. For many years, Olivine accompanied

the organ at St. Thomas Aquinas Church, while Henri and her sons were part of the choir. She was later replaced by

her grandson Conrad Guillemette.

Henri and Olivine retired to the village and left the large estate to their son René. From 1948 to 1954, René built a sawmill and even built more than 40 skiffs for himself and for tourists. Over time, the road that led to the family land became known as "Chemin Guillemette".



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A Caring Community - Nosbonsing Park Road by Joyce Effinger

A community is about connecting. It encompasses a feeling, a relationship. Sometimes an accident of geography makes it easier to connect with your neighbours, sometimes it takes more effort to reach them. But many studies have shown that a strong community is very beneficial to its members. When you are part of a community, you feel a sense of belonging, trust and security.

In southern Ontario, we were lucky enough to know our immediate neighbours and talk to them about once a month. Life was so busy that no one seemed to have the energy to keep in touch. When we moved to East Ferris, there was a huge change. Even before we retired, we found that the level of contact with people had increased. Our daily walks went from a quick one-hour form of exercise... to a three-hour meander punctuated by social stops and multiple conversations. Other neighbours urged us to volunteer - and we found ourselves in the Municipality.

Like many other neighbourhoods in East Ferris, our road is a great example of how a strong community grows. I think the fact that people are out and about has a lot to do

with it. You see faces, talk to people and get to know them.

In the past, Nosbonsing Park Road has been the site of everything from the Tour de Corbeil (the money raised went to the food bank), to horseback and buggy rides, to the creation of an informal snowshoeing trail, to the installation of a small library near the post office box. But I think the pandemic has made us all appreciate our neighbours even more.

The community was a lifeline during the lockdown. You could safely socialize with the width of the road - or the dock - between you and your friends. You knew someone was there to help you if you needed it.

For the past three summers, Canada Day has been celebrated with a dock hop. You can canoe or kayak around the peninsula, or participate by decorating your dock and cheering on the paddlers. This year, a barbecue was added at the end to celebrate the event. Elisha Sloan-Keats was the initiator of this event, making sure we had something safe to do while celebrating.

This spring, the Guillemettes hosted an outdoor concert featuring the

Spring Hill band, with donations to support people with liver transplants and with arthritis. Over \$2000 was raised for each charity!

In November, we remember those who have fallen by flying flags all along the road. It's a lovely display of solidarity. This event raised five hundred and fifty dollars for the Royal Canadian Legion in Callander.

It's not all about the big events, every day - the community ties are getting stronger. We have a lot of good people who are also always there to lend a hand or share an interest. It's a sign of good health that we can even be friendly while talking politics or debating the rules of a card game!

We are fortunate to have discovered this community. I hope it continues to grow and flourish.

(Just to set the record straight, not everyone is just meandering along as they walk - lots of Participation hours were logged in May! We even have at least one person training for a triathlon. And of course, people also get off the road to volunteer and participate in many other events. Light up the Narrows is a popular activity, as are fall fairs and local auctions.)

East Ferris Pharmasave: A Personal Touch to Health Care

by Roberta Bedard

The Municipality of East Ferris now boasts a community-based pharmacy dedicated to residents and area visitors alike. Owners of the East Ferris Pharmasave (Mr. Hazem Sharaf and his partner, Mr. Ahmed Metwally) are eager to serve a vital role within the newly established “health care hub” known as the East Ferris Medical Centre. With their wealth of experience and genuine compassion, the owners are committed to establishing East Ferris Pharmasave as a trusting partner in a patient’s health and wellness management. Sharaf, in particular, has managed a pharmacy in a geographical area similar to the size of East Ferris and recognizes that travel distance to more specialized health services can be daunting; hence, the desire to support underserved areas. He was recently featured in a video produced by the Federation of Northern Ontario Municipalities for his entrepreneurship.

With the pandemic, pharmacies have proven their versatility; serving as valued “care extenders” in light of primary care shortages. Responding

to the urgency to vaccinate during COVID, pharmacies are administering vaccines at much larger scales. While East Ferris Pharmasave will continue a trend of offering vaccines and flu shots, it prides itself on the more specialized and personalized care available through its menu of comprehensive supports.

*Testimonial: We had my father’s prescriptions transferred immediately after the pharmacy opened, and to our great surprise the new pharmacist Sherif came in person to my father’s house to discuss the prescriptions he takes and suggested some improvements.
East Ferris Resident*

Apart from dispensing medication and home medical supplies, the pharmacy with a personal touch is available to provide home deliveries as part of their community out-reach commitment. Moreover, as a trusted partner in one’s care, a pharmacist is available to counsel on a patient’s medication, in addition to helping manage the prescriptions of loved ones.

Sherif EIDerby, the resident pharmacist, shared, “I’m happy to add a personal touch to the experience of anyone coming to our pharmacy. I enjoy the opportunity to talk with people, to listen to them. I am open to discussion. I can counsel patients which is not the same case in any larger stores right now. Counselling is what pharmacists should be doing.”

East Ferris Pharmasave is located at 649 Astorville Road, Corbeil (on the site known as the East Ferris Medical Centre.) They may be reached at 705-752-0999. Hours of Operation are from Monday-Tuesday 9:00 a.m. – 8:00 p.m., Wednesday-Thursday 9:00 a.m. to 6:00 p.m. and Friday 9:00 a.m. – 4:00 p.m. To keep patients informed, a Facebook page is now available.

Edition Note: To transfer your prescription to our community pharmacy, simply call the pharmacy and provide your name and the name of your pharmacy. East Ferris Pharmasave takes care of the rest!

Canadian Mental Health Association

by East Ferris Edition

The North Bay and District Canadian Mental Health Association (CMHA) reveals that 37% of Canadians have experienced a decline in their mental health since the start of the pandemic. The latest survey conducted by CMHA Assessing the Impacts of COVID-19 on Mental Health, shows that specifically feelings of empathy have eroded over the course of the pandemic. Empathy is essential not only for building positive and healthy relationships, but also for reducing divisions between people, and in our communities. The deterioration of social relationships comes at a time when we need each other more than ever. “The decline in empathy that we are seeing is concerning,” says Margaret Eaton, National CEO, CMHA. “If we are to resolve our conflicts in relationships, in society and globally, we need to understand one another, even when we don’t agree.” The good news is that it is an emotional response that can be cultivated. That is why East Ferris Edition, as it focuses on kindness at a community level, chose to make this issue’s contribution to the North Bay and District Canadian Mental Health Association.



Hazem Sharaf, Sherif EIDerby, Ahmed Metwally at the East Ferris Pharmasave Opening



Claire Bélanger and Pauline Rochefort from East Ferris Edition present a \$500 donation to the Canadian Mental Health Association



Let's Keep Christ in Christmas

East Ferris
Knights of Columbus



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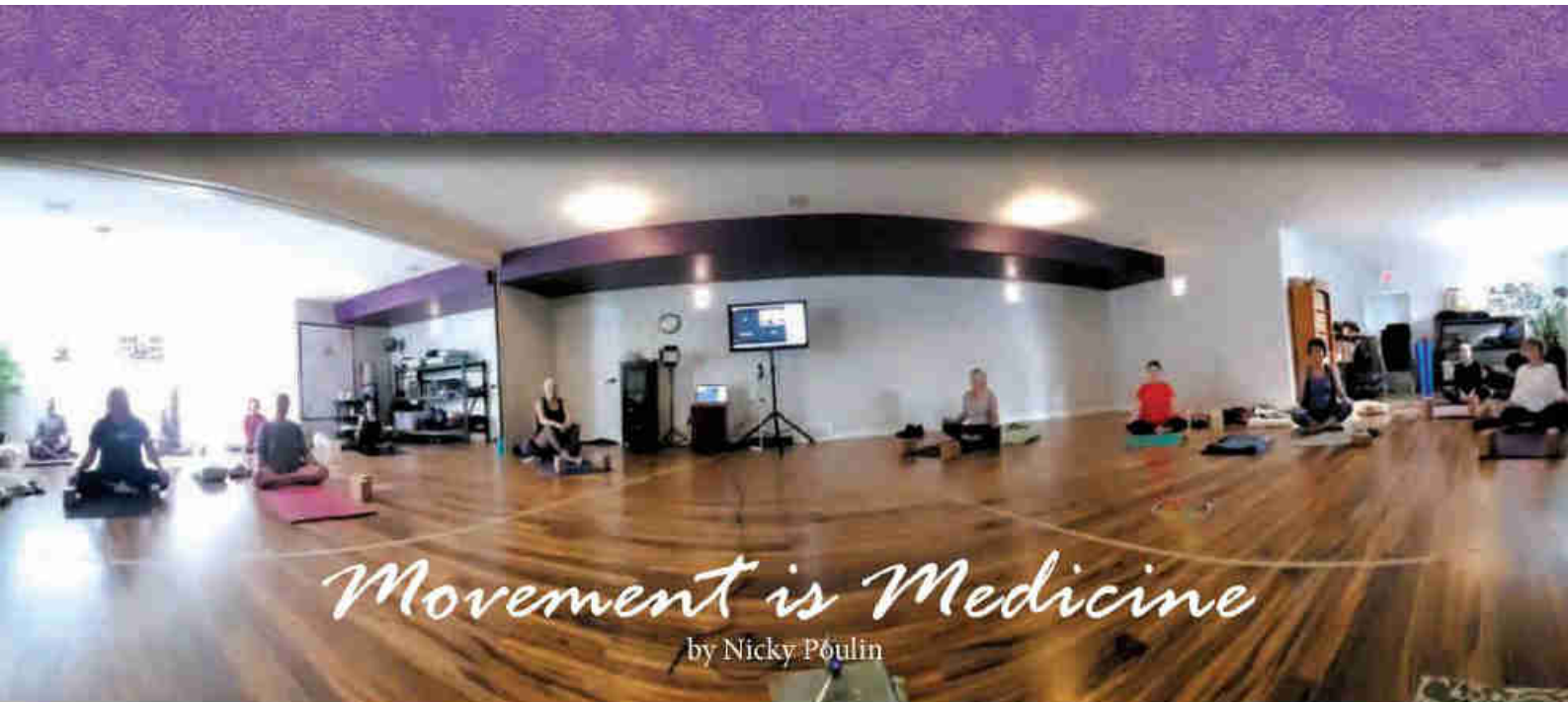
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Movement is Medicine

by Nicky Poulin

For over 25 years, the Ohana Yoga & Wellness Centre has been serving our area, offering yoga, movement classes and wellness events.

My late husband Darren Renaud and I founded Ohana on the belief that "Movement is Medicine." No matter your ability when you start, the moment you move you are taking care of yourself. Even the traditional "western medical" model of healthcare acknowledges the benefits of movement in healing and alleviating symptoms of various diseases and conditions.

Physical activity helps alleviate symptoms of many types of illnesses from mild arthritis symptoms and inflammation, to cancers or diabetes; even neurological illnesses such as Parkinson's and Alzheimer's. Movement can increase bone density. It preserves or increases muscle mass, and improves flexibility and balance which reduces the risk of falls and fractures. Movement also assists in healthy weight management.

Movement also enhances and balances your adrenal and immune systems. So yes, movement even

helps fight off colds and flus!

It is well documented that movement releases stress and anxiety. When you move your body, you ignite your spirit and your brain. Life becomes brighter and fuller, with more purpose and energy. This is why we at Ohana say:

MOVEMENT IS MEDICINE!

And movement is available to everyone. You do not have to be a gymnast or an athlete to benefit. You don't need a lot of money. You don't need fancy equipment or clothes. All you need to invest is your time. Even a few more minutes a day goes a long way. The more time you invest, the better you will feel. You just need to START.

If you are looking to increase your social time or need someone to hold you accountable, move with a friend!

Whichever activities you choose to do, just remember: don't overdo it! Always consult your healthcare professional for advice on what form of exercise would benefit you best. Remember, every body and everyone's health is different.

As for me, my yoga mat is my home. Yoga is a focal point in my life. It is the touchstone of my physical, mental, and spiritual wellbeing.

When my movement journey started, I suffered with IBS, fatigue, fibromyalgia, and scleroderma to name just a few diagnoses. I was on 8 different prescribed medications to manage my chronic pain. On a long-term medical leave, I did not hold out much hope that things would ever change. Today, I am medication free and living a full and healthy life.

Over the years, my practice has turned into my livelihood. It has put incredible people into my life - both teachers and students - and I have travelled around the world. Something that, 30 years ago, hopeless and in pain, I never could have imagined. Who knows where it will take you?

Movement truly is medicine!

Nicky is an internationally certified yoga instructor, yoga therapist, yoga teacher trainer and life-coach/mentor. Connect with Nicky and visit Ohana at www.ohanawellness.ca



Chausser des raquettes

de Claire Bélanger

Bernadette Somerville, Denise Beaupré, Diane Rancourt, Claire Bélanger

Pratiquer la raquette est plus que marcher sans s'enfoncer dans la neige. C'est l'aventure, c'est se balader dans un décor hivernal de neige sur les branches d'arbre, d'air frais, des chants d'oiseaux... Un baume au corps et au cœur pour se ressourcer, décompresser et puiser l'énergie de la nature.

Ce sport requiert un bon habillement, une bonne paire de bottes confortables à l'épreuve de l'eau et des raquettes. Les bénéfices physiques de la raquette sont nombreux. En plus d'une dépense calorique importante, elle travaille l'équilibre, la coordination, contribue à la santé du cœur et le protège en abaissant la tension artérielle et le cholestérol. Il s'agit de chausser ses raquettes et de marcher normalement en levant légèrement les jambes. L'utilisation des bâtons n'est pas obligatoire, mais elle assure une certaine stabilité pendant la marche tout en permettant de tonifier le haut du corps.

Pour ceux qui aimeraient en faire l'essai, des raquettes sont

disponibles à la bibliothèque d'East Ferris. Si vous choisissez de pratiquer ce sport, il faut considérer trois facteurs lors de l'achat des raquettes : le type de terrain, plat ou montagneux, votre poids et la constitution de la neige. La neige sèche et pelucheuse exige des raquettes plus grosses et les sentiers battus exigent des raquettes plus petites.

Certains pratiquent la raquette sur des terrains privés, cependant, les communautés environnantes ont plusieurs pistes organisées. Le Club Wasi offre aux débutants ainsi qu'aux plus expérimentés, une dizaine de sentiers balisés de 0,1 km à 2,5 km.

Comme tous sports d'hivers, il est souhaitable de prendre certaines mesures sécuritaires, surtout si vous prévoyez une longue randonnée.

- Consommez un repas léger avant de partir.
- Apportez des collations nutritives, de l'eau ou une boisson sportive pour se garder hydraté.

- Soyez au courant de la température, portez des vêtements adéquats aux conditions hivernales pour éviter l'hypothermie et la gelure du visage et des extrémités.
- Utilisez les sentiers organisés ou familiarisez-vous avec une carte et une boussole.
- Connaître les particulariers du terrain tel le déplacement d'eau sous la glace, les précipices, les trous cachés sous une neige fraîche, etc.
- Considérez vos limites physiques et augmentez lentement la longueur de vos parcours.
- Ne partez pas seul pour des endroits inconnus ou avisez une personne responsable du parcours prévu.

Le sport aide à garder le corps et l'esprit sains pendant l'hiver. Invitez vos amis et tentez une nouvelle expérience. Notre groupe que nous avons surnommé les Raquetteuses, espère vous rencontrer sur les sentiers!



Winter Harvest Garden

by Lynn Dubien

In East Ferris, by mid-October, most gardeners and farmers have harvested their crops and are in the process of saving and storing their summer crop for the long winter ahead. However, some gardeners have already planned and planted a winter harvest garden. This off-season gardening practice will allow growers to harvest fresh vegetables throughout the winter without having to worry about watering, weeding, or bugs.

Winter gardens, like summer gardens, require essential planning.

The first step is to choose favourite vegetables that like the cold and ripen quickly. Kale, collards and cabbage are excellent options. Before planting, whether in empty beds or seedling trays, it is important to calculate and plant the seeds so that they mature before daylight falls below 10 hours/day (plants need about 10+ hours per day to grow). In our area, vegetables should mature by the end of October. Then cover winter crops before the first frost is expected. Root vegetables, such as carrots, beets and turnips, can be

covered with a thick layer of mulch, while above-ground crops can be covered with low tunnels made of a combination of Agribon-type fabric (before heavy frosts) and plastic (when the snow starts to fall). Finally, harvest fresh vegetables well into the winter and enjoy!

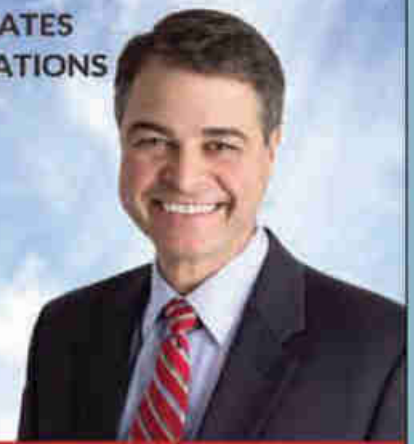
Although winter gardening has a slight learning curve, this gardener is eager to try her hand at off-season gardening. Harvesting fresh greens for holiday dishes will certainly be the highlight of this year's gardening season.

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Facing the Giants:

The wine industry in Canada

by Marie Viviane Giroux

The growth of the Canadian wine industry is a major success story. There are approximately 800 licensed wineries in Canada, with the majority operating in British Columbia, Ontario, Quebec and Nova Scotia. However, on an international scale, the Canadian wine industry is relatively small and young, and is up against the giants when it comes to capturing the hearts of consumers, according to Wine Growers Canada. This makes it difficult for Canadian wineries to compete in the marketplace, not only abroad, but also at home, where Canadians tend to drink more imported wine than domestic. In fact, heavily subsidized imported wines account for about 70% of all wine sales in Canada.

Unfortunately, COVID-19 has had a negative impact on Canadian wine producers due to store and restaurant closures and cancellation of tourism and community related events. Furthermore, there have been major weather incidents, new international trade agreements and increased competition from heavily subsidized imported wines. That's why, for Christmas, Edition recommends buying Canadian wines for dinners and gatherings.

Christmas Activity: Canadian Wine Tasting Party

A great way to have fun on a cold winter evening is to organize a wine tasting: invite up to eight people and enjoy the discovery of Canadian wines. I suggest inviting your neighbours who are within walking distance and that way everyone enjoys the evening without the need for a designated driver.

Start with your wine selection. There are many options, but I recommend including Canadian wines in your choice of a red, white and/or rosé. Place them in paper bags to hide their names and label them 1-6. You then prepare rating sheets for each wine to allow your guests to rate them from 1 to 5 based on the 5 S's of wine tasting: See, Swirl, Sniff, Sip and Savour. You want guests to try to identify the varietal and perhaps even the region where the wines come from. Between each tasting, a bite of fresh bread is recommended to cleanse the palate. At the end of the tasting, there should be a winner. End the evening with appetizers and a discussion about the different wines tasted.

I have had the privilege of visiting a few wineries in Melbourne, Australia and some in Southern Ontario. But did you know that we have a few in the Muskoka region that offer tours, tastings and a wonderful meal? If the last two years have taught me anything, it is to appreciate and support what we have in our own neck of the woods and in our province. As for the tasting, you can get everything you need at our local Freshmart in Astorville. If you plan ahead, they can place special orders for wine. They can even prepare the food. It's a one-stop shop for everything you need. Denis and Linda Valiquette are always happy to accommodate and can even do the catering. If you are just looking for wine, you can also go to Lucky 13 on Highway 94.



Canada's oldest carol is featured at the Astorville Christmas Concert

By Pauline Rochefort

On Sunday, Decembre 4th the annual Christmas Concert will be held in Astorville. It will feature the talented Eric Foisy and include the presentation of the song "Huron Carol". This iconic song is truly representative of Canada. It was written in 1642 by Jean de Brébeuf, a Jesuit missionary to St. Mary's among the Hurons of Canada. Brébeuf wrote the lyrics in the native language of the Huron/Wendat people; the original Huron title of the song is "Jesous Ahatonhia" ("Jesus, he is born"). The melody of the song is based on a traditional French folk song, "Une Jeune Pucelle" ("A Young Maid"). The well-known English lyrics were written in 1926 by Jesse Edgar Middleton.

The English version of the hymn features Jesus born in a "lodge of broken bark" and wrapped in a "robe of rabbit skin". He is surrounded by hunters instead of shepherds, and the Magi are described as "chiefs from afar" who bring him "fox and beaver skins" instead of the more familiar gold, frankincense and myrrh. The English translation uses a traditional Algonquin name for God, Gitchi Manitou, which does not appear in the original Wyandot.

The song remains a common Christmas hymn in Canadian churches of many Christian denominations. Many versions of the carol have been recorded over the years in its original Wyandot form, in both French and English, including by Sarah McLachlan and The Canadian Tenor. Heather Dale, a Canadian Celtic folk musician, released a trilingual (Wyandot/French/English) version in 2002.

Angel Christmas Tree

by Marie Viviane Giroux

This Christmas, consider placing a personalized ornament on the Angel Christmas Tree at Saint-Thomas-d'Aquin Church in Astorville in honour or in memory of a loved one. Beautiful hand-assembled ornaments will be prepared by community volunteers and added to the Angel Tree to shine throughout the Christmas season. You can submit a name only or, to make it even more personal, you can submit a photo to be added to the ornament. See the poster to the right.

EAST FERRIS CHRISTMAS EVENTS NOËL 2022

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- **SUNDAY, DECEMBER 4TH**: ASTORVILLE VILLAGE CONCERT, 4 PM AT ÉGLISE ST. THOMAS D'AQUIN FEATURING ERIC FOISY, SELECT ARTISTS OF LE CAFE CHANTANT AND THE VILLAGE CHILDREN'S CHOR. TICKETS AT www.astorville.com.
- **SATURDAY, DECEMBER 10TH**: CLUB ACTION 50+ DINNER AND DANCE AT THE EAST FERRIS COMMUNITY CENTRE, FEATURING ROADHOUSE. FOR FURTHER DETAILS CONTACT LYNE AT 705-477-1344 OR BY EMAIL AT efpc1@gmail.com.
- **SAMEDI 19 NOVEMBRE**: CHEVALIERS DE COLUMBUS, 17 H À LA SALLE COMMUNAUTAIRE À CORNELL. BILLETTS 35 \$, DISPONIBLES AUPRÈS DE JERRY BETH (705) 498-8748. LE DÛNER SERA SERVI PAR LE RESTAURANT DINNER BELL ET LA MUSIQUE PAR GARY DAVIDSON.
- **DIMANCHE 4 DÉCEMBRE**: CONCERT DU VILLAGE D'ASTORVILLE, 18 H À L'ÉGLISE ST. THOMAS D'AQUIN AVEC ERIC FOISY, CERTAINS ARTISTES DU CAFE CHANTANT ET LA CHORALE D'ENFANTS DU VILLAGE. BILLETTS VOIR SITE www.astorville.com.
- **SAMEDI 10 DÉCEMBRE**: DÛNER ET DANSE DU CLUB ACTION 50+ AU CENTRE COMMUNAUTAIRE D'EST FERRIS, AVEC ROADHOUSE. POUR PLUS DE DÉTAILS, CONTACTEZ LYNE AU 705-477-1344 OU PAR COURRIEL À efpc1@gmail.com.




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paroissestthomasduquin1389@gmail.com



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Bring on the snow: snowmobiling in East Ferris

By East Ferris Edition

East Ferris forms part of the Near North District Trail Association – District 11. Two well-known touring loops pass right through District 11: Ride Around Nipissing (RAN) and Round Algonquin Park (RAP). The Association's trails extend from the south at Trout Creek going north to North Bay Lakeshore, Pinewood Park and Callander areas. They run south westward through Nipissing Village, Restoule to the French River. Connecting with Argyle Riders' trails from which riders can access the Loring, Port Loring, Arnstein, Golden Valley and South River areas. On the east the TOP D Trail goes through Astorville and Corbeil, Lake Nosbonsing areas to connect with Bonfield Snowmobile Club's trails.

The Bonfield Snowmobile Club area consists of approximately 150 km of groomed trails. There are 6 ice crossings as follows: Lake Talon, Sheedy Lake, La Chapelle Lake, Turtle Lake, Lake Nosbonsing and Trout Lake. Vehicles, trailers and riders from out of town can park and stay at the Dinner Bell Restaurant & Motel located at the intersection of Hwy 17 & Hwy 531 in Bonfield, which is on Trail BF201. It is a good spot from which to launch the exploration of the 234-km Explorers Snow Tour. This exciting loop takes in 10 points of interest that make it a sightseers delight.

From the websites of the Ontario Federation of Snowmobile Clubs (OFSC) and the Near North District Trail Association you can access information on:

- Trail permits. A trail permit is needed for each snowmobile using any of the OFSC trails.
- Driver training. In addition to having a valid trail permit, snowmobilers must also follow the law: speed limits, traffic signals, etc.

EXPLORERS SNOW TOUR

VISIT THE 10 POINTS OF INTEREST



1 Highway's Point
The point is where the Mattawa River meets the Ottawa River. The French and English explorers camped here and eventually the Hudson Bay Co. established a trading post at this historic location.

2 Stone Eye View
The 'beauty' of Northern Ontario is truly a unique experience. Looking out over the Mattawa River valley at Stone's Eye View is part of the Mattawa experience.

3 Stone Mine
The Paddy Mine Mine was the largest producer of manganese ore in Canada, and was one of the following manganese deposits in North America. Bring your flashlight and take a look inside!

4 Heritage Lookout
The lookout was a signal tower and at one time, represented the pinnacle of technological level that by order approximately 100,000 years ago. Now from the lookout's vantage point you can see the lake level over the top of the French River and the Trout Lake watershed striking towards the Ottawa River. This is a geological story to look at.

5 Shopping Island
The "Shopping Island" on Trout Lake is part of the Canadian Great Lakes Basin. It is a beautiful area, and is one of the 150 million years old granite gneiss and the igneous used the location as a major trade the proximity to east-west passages along the historic trading route.

6 Stone's Canyon
This unique geomorphological feature was carved by the waters of the retreating glaciers approximately 10,000 years ago. The natural history exhibits of the area used here as a water-gate location and the "spouts" were formed by the strong flow. It was known to be one of the features of Bonfield.

7 Boulder View
Boulder View is part of a local area called "Boulder Desert" and provides a spectacular view of the wilderness below and on a clear day you can see Lake Nipissing.

8 Pioneer Springs
A spring in any habitat situation where water flows to the surface of the Earth from underground. This spring was important to early pioneer residents as source of fresh, clean water.

9 Access to Trout
This area is located after Clark's Access to Trout, just one of the lengths of this area in the country over the wilderness access bridge. If you walk over the wilderness access bridge you will be within a mile of large waterfalls, waterfalls, an improved deer-watching area. A great place for a winter picnic.

10 White Pine
We want to differentiate the white pine from its close cousins by its characteristic double of five, long needles commencing with the first year's wood, "white-pine". You can be impressed and excited by the majestic nature of the white pine forest when you are here!








- The Ontario Snowmobile Safety Course. If you are between the ages of 12 and 15 or over the age of 15 and do not possess a valid Ontario Drivers License, you need to successfully complete an Ontario-approved Snowmobile Safety Course before riding on public lands. SNOWMOBILEcourse.com is a delegated provider for OFSC.
- General information on safety. Before Christmas is a good time to check, repair, update or add missing equipment in preparation for the 2022-23 season :



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Getting Involved With Robotics

By Gerard St. Denis, Mentor, FIRST Team 1305

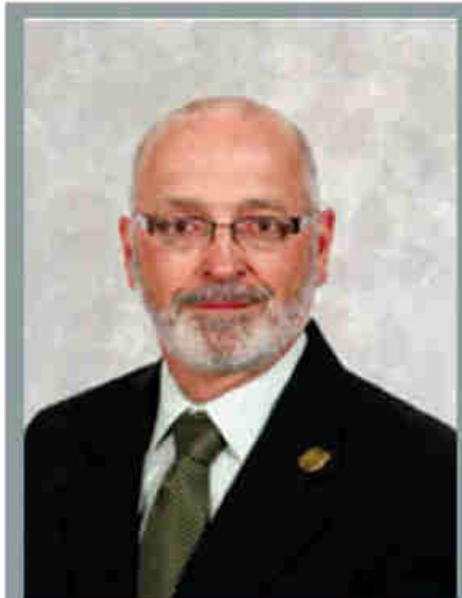
My name is Gerry St. Denis and I am an East Ferris resident who has been a mentor for our North Bay and District FIRST Team 1305 since 2005. FIRST stands For Inspiration and Recognition of Science and Technology. It is an international organization and educational program that is an incredible collection of training that shapes our future generation.

There are several levels in the FIRST program, from FIRST Lego League robotics (FLL) for children as young as 4 years old, to the FIRST Robotics Competition (FRC) for high school students. Our local Team 1305 started in a high school, but we have grown into a community team that welcomes participants from all area school boards (and home schooling). We were adopted by Canadore College and moved to the Commerce Court campus. My personal involvement is primarily with FRC, about which I write here. Participants in this phenomenal program are not only involved in cutting-edge technology, but also learn valuable life skills.

The program is a year-long project and includes business plan development, outreach, recruitment, safety compliance, software and web design, nurturing innovative thought, developing hands-on skills, public speaking, team play, and as our students say, we have fun.

Our basic FRC competition year begins with recruitment in September. We do teambuilding in the fall with intermediate robotics

stuff. The main FRC event kicks off in early January where the new game for the current year is broadcast, worldwide, on webcast.



Meet Gerard St. Denis, aka Gerry. He is a professional engineer whose current passion is the local student robotics initiative. He devotes countless hours in the evenings and on weekends to this program. The teams Gerry has mentored have won North American awards for their enthusiasm and professionalism and have competed in world championships. Here Gerry describes the FIRST Robotics program to Edition readers.

All competitors are then faced with time management deadlines to build a robot, troubleshoot, strategize, practice driving and, most often, reiterate their design.

Over the years, the game elements for me have included Nerf-type balls, soccer balls, Frisbees, milk

crates, recycling garbage cans, inflated donuts, and the list goes on. The team then designs how to pick up the items, collect them, stack them, or throw them and maybe a pass before scoring them. My favourite game was the year the scoring was done in a cage towed by the opponent on a slippery (low traction) field.

Each game design involves multiple ways to score and defend, so strategy is key. Each match involves a random alliance of 3 robots against 3 other random robots. In this way, all robots in the competition are made to play each other as teammates and opponents. However, each robot accumulates match points to determine the winning alliance. The competition is a high-tech, action-packed, spectator sporting-type event. The most important part of the FIRST program to me is the FIRST Robotics Gracious Professionalism® Award. Gracious Professionalism (GP) is part of the FIRST ethos.

It is a way of doing things that encourages high quality work, emphasizes the value of others, and respects individuals and the community. Gracious professionals learn and compete like crazy, but treat each other with respect and kindness in the process. They avoid treating others as losers. No tough talk, but no soft, sticky platitudes either. Knowledge, competition and empathy blend comfortably.

We don't just build robots! There is something for everyone and students participate by developing a wide variety of skills. The focus is

on promoting Science, Technology, Engineering and Math (STEM), but we don't stop there. Students' individual skills or interests may lead them in a direction that may not even involve a robot.

Personally, my focus is on promoting the trades. Through our partnership with Canadore, we give students the opportunity to learn machining and welding skills and to become familiar with a post-secondary institution.

We all appreciate our mentors for the skills, experience or time they can bring. Robotics knowledge is not required. In many ways, we also learn from the students.

Fundraising also plays a role in our program, as the cost of running the program is approximately \$70,000 per year. The program is made possible by generous contributions from benefactors and sponsors.

The team is always looking for supporting sponsors.

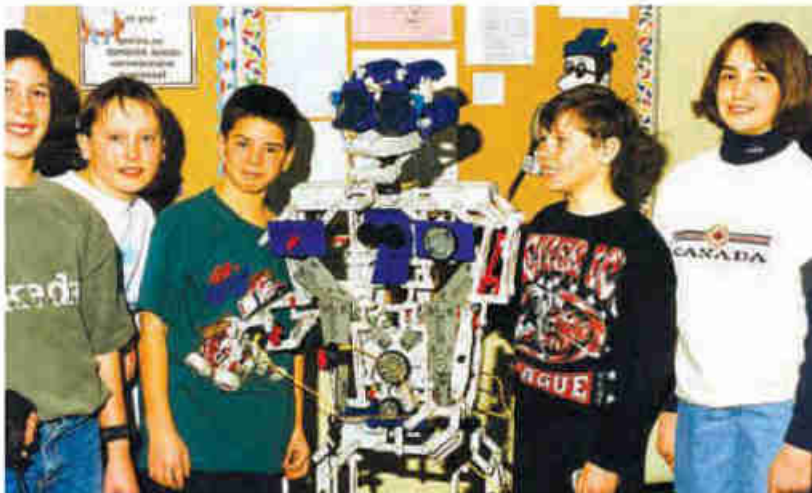
An East Ferris Lego Robotics Experience

By Kristina Roy

This article follows Gerry St. Denis' description of the FIRST Lego League (FLL) team program. We participated in this program as a family team from East Ferris. Here is our story.

In 2021, we were in the middle of the pandemic. It was hard to find things for the kids to do, and even harder to find things that would interest them. After talking with Gerry St. Denis and learning a bit more about robotics, I decided to create a Lego robotics team for our two boys, and invited two of their close friends to form a team of four, ages 9-13. Robotics seemed to be exactly what we were looking for: an activity that allowed the kids to be social, while challenging them, encouraging critical thinking, and improving their computational and analytical skills.

We ordered the Lego Spike Prime kit, and made a table for the kids to work on. The Lego kit arrived, and the kids dove into discovering the capabilities of the Spike Prime program, and attempted to build a working robot. All four children were familiar with Spike Prime, as the program is based on Scratch, a program the children had used in school. We assembled the



buildings and props for the challenge, and then began working on the code to build the robot. The robot itself went through many transformations

Our FIRST Team 1305 also has outreach programs that include the creation and support of local FIRST Lego League (FLL) teams. There may be about 20 or more FLL teams in our district. Many of our FRC participants are former FLL "graduates."

I believe that the career choices of all of our graduate students have been influenced in some way by their participation in FIRST. We are proud to have a remarkable collection of testimonials from our alumni that celebrate and acknowledge their FIRST Robotics experience.



over the course of the season.

FIRST Lego League's core values are promoted throughout the season: discovery, innovation, impact, inclusion, teamwork and fun. FIRST provides a guide for coaches to help keep their team on track and moving forward, and coaches are supported along the way if they have questions.

Each child chose two goals from the list of possibilities, and we discussed a point goal that the children would strive for. Although this was a competition, a big part of the goals was to have fun while learning and trying new things, so we spent a lot of our time on that.

The kids were surprised by the amount of trial and error involved in coding, and it was a great opportunity for team building (especially when it's two sets of brothers!). It was great to

see the kids communicate their ideas with each other and build on each other's suggestions. The kids took turns coding their personal goals, and then had to work together to combine their code so that it worked seamlessly on competition day.

Life is a little busier this year now that things have picked up, so we are taking a break for the 2022 season, but we will definitely keep this activity in mind for years to come! Robotics is great for kids who love electronics, are creative, are interested in coding, and enjoy experimentation. One of the signs of success of this program is that even though the four kids spent many hours together each week, and had their share of disagreements and challenges, they are still great friends to this day!



La robotique à Astorville grâce à Denise Nadon : une enseignante avant-gardiste

de Pauline Rochefort

Denise Nadon est une enseignante à la retraite qui réside à East Ferris. Elle n'a pas besoin d'être présentée, car elle est connue par de nombreux membres de la communauté et reste à ce jour une enseignante appréciée par plusieurs de ses anciens élèves.

Elle explique qu'elle a été l'une des premières enseignantes à se qualifier pour enseigner l'informatique au courant des années 1980. Par conséquent, elle a été attirée par le domaine de la robotique et a dirigé des projets de robotique dans les écoles élémentaires d'Astorville et de Bonfield pendant près de dix ans. La robotique n'était pas un cours

officiel du programme scolaire, mais plutôt un projet qui durait normalement trois semaines par année scolaire. Elle a reconnu qu'il s'agissait d'un sujet au potentiel futuriste et très attrayant pour les jeunes élèves.

Elle se souvient de ses premiers kits de robots qu'il fallait assembler, avec poulies, moteurs et programmation informatique de base. Au fil du temps, les kits de robots sont devenus plus sophistiqués et ont été utilisés de diverses manières pour soutenir d'autres matières, notamment l'art, les mathématiques, les langues et même l'écriture de chansons. « Nous avons constaté que le robot se révélait utile d'une

manière que nous n'avions jamais imaginée, pour tout le monde dans l'école », a déclaré Denise Nadon. « C'était une immersion totale, non seulement dans la salle de classe mais aussi à l'extérieur dans la communauté ». Les élèves discutaient du projet avec leurs parents qui s'impliquaient et aidaient. Denise Nadon veillait à ce que le projet terminé soit présenté aux parents, à tous les élèves et au personnel de l'école. Mais Denise Nadon pense que l'impact le plus important de ces projets sur les élèves fut d'apprendre à travailler en équipe, à communiquer et à accepter les opinions des autres. Pas très différent de certains des objectifs des programmes de robotique de 2022 ! Merci Denise d'avoir été une enseignante avant-gardiste qui se souciait profondément de l'éducation de vos élèves.

East Ferris teens: consider starting your own summer business

By Joyce Effinger

Why start your own business?

Well, aside from the fact that you may not want to spend money on gas to get a part-time job in the North Bay area, running your own business gives you a ton of benefits.

First of all, it looks great on a résumé - or a college or university application. Future employers will recognize that the financial and time management skills you've learned from running a business can set you above other applicants.

It can help demonstrate that you are a resilient and entrepreneurial person. Second, it allows you to be creative. You can work in an area that you really enjoy. Your passion can earn you money. What started out as a side hustle has made many people successful. Third, you can set your own hours - up to a point. Be aware, however, that a successful business can take longer than you think and sometimes the client is also your boss.

So what should you choose as your business idea? Find a problem and think about how you can solve it.

You have a lot of neighbours who travel - maybe they need someone to watch the house, or water their plants and feed their pets? Babysitting, yard care, dog walking, errands and odd jobs are all tried and true services.

But consider that with 25% of the population aged 65 and over, there may be other things you can do for people in your community. Maybe a neighbour would like to tidy up, but hates the idea of having a yard sale, and you could organize it for them? Would someone like you to cook a meal for them once a week? Talk to some of your neighbours and ask them what they need - it might help you develop a business plan.

With social media, many of the old barriers to starting a business are no longer an issue. If you can create a profile on social media, you can advertise your skills and products. Social media could even become your business: you could help other businesses use your expertise to grow! You can also create a blog to



share your ideas. You could give classes and advice through Zoom.

Some sites, like Kickstarter, can help you sell a product if that's the route you've chosen. There are many programs and grants you can access to help you start a business. Google the Canada Summer Jobs Program, or simply type in "Canada Youth Business Grants". Look for a sample business plan and you'll be on your way!

Finally, be prepared for failure. Not all businesses will succeed, but you will learn as much from failure as you will from success.

Do you have an hour or two to help out Edition volunteers with making phone calls, fact-checking, emails, taking photos, proofreading, making drop-offs or pick-ups...

Contact Volunteer Roberta 705-493-0680



Jennifer Laporte (right), Executive Director East Ferris Public Library



Patti Carr (right), Executive Director NECO Community Futures Development Corporation

East Ferris Budding Entrepreneurs

By Pauline Rochefort

The summer of 2022 saw young entrepreneurs experiment with business approaches. Brothers Ryley and Tyler Park of Johnson Road helped their mother garden. When they realized they had too many tomato, cucumber and bell pepper plants, Ryley, 9, decided to hold a plant sale. He prepared long tables and a promotional plan that led to a successful venture. Customers were impressed and a large number of plants were sold. He then decided that he wanted to set up a fruit and vegetable stand.

Unfortunately, this year there wasn't enough fruit ripening at the same time to accomplish that goal, so Ryley plans to set up a produce stand next summer. His mother, Kimberly, is proud of her son and concludes that he has experienced a real sense of accomplishment. At the other end of the community, in Astorville, seasonal residents Melia and Morgan Harris with their cousins Karena and Krysten Ball and Garrett and Markus Tran planned and organized a successful lemonade stand. They baked



cookies and made lemonade that was enjoyed by all their customers on a hot Sunday in July. They exceeded their goals and were pleased with their effort.

In its five-year economic development strategy 2022-2027, the Municipality of East Ferris has set a goal to focus on youth entrepreneurship education. It has highlighted programs such

as Lemonade Day. This strategic, lesson-based program takes youth from a dream to a business plan while teaching them the same principles needed to start any business. Lemonade Day fosters an entrepreneurial spirit and empowers youth to set goals, work hard and achieve their dreams. Edition looks forward to hearing about lemonade stands in East Ferris in 2023.

Go Vipers Go!



The East Ferris Community Centre is home to the East Nipissing Minor Hockey League. You can access the website <http://govipersgo.com> for the 2022 / 23 game and tournament schedule. A special thank you to all the league executive members, coaches, referees and sponsors. **Go Vipers Go!**



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KIDS' CORNER/COIN DES JEUNES

By Zoéanne Dubien, Krysten Ball, Karena Ball, Josée Blahut, Garrett Tran, Sauvée Perron

Youth Contest/Concours pour les jeunes

Kids' Corner would love to see your favourite Holiday decoration. Send us a picture, a drawing or a description and get a chance to win a Cineplex Gift Card. Send in your entry at eastferrisedition@gmail.com by December 15th.

Le Coin des jeunes aimerait voir votre décoration de Noël préférée. Envoyez-nous une photo, un dessin ou une description et courez la chance de gagner une carte-cadeau Cineplex. Envoyez votre participation à eastferrisedition@gmail.com avant le 15 décembre.



William and Charlotte have won some great books!
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JOKES AND RIDDLES / BLAGUES ET DEVINETTES

1. Qu'est-ce qui a deux bosses et qui vit au pôle Nord?

- Un chameau perdu.



1. What do you call a train carrying bubble gum?

- A chew chew train



2. Toto demande à sa maîtresse:

- Mme, peux-tu être puni pour quelque chose que tu n'as pas fait?

- Elle répond « bien sûr que non! »
- Super! Parce que je n'ai pas fait mes devoirs.



2. What do dentists call their x-rays?

- Tooth pics



Kids of Our Community / Jeunes de notre communauté

Interview with Jérémie Corbeil

by Sauvé Perron



Q: How did your love of bird watching start?

A: It was last year in 2021, I first put up a bird feeder and I saw wonderful birds. For example, I saw the Evening Grosbeak which is now my favourite.

Q: What do you like about bird watching?

A: It's interesting and it gets you out in nature. You get adventurous and you can discover a lot of things.

Q: I heard that you started a bird watching club at your school, St-Thomas-d'Aquin.

A: Yes, I did start a club and I made a book for it.

Q: Why did you start the club?

A: I thought maybe I could share what I like with other people, and they might enjoy it just as much as me.

Q: How did you start the club?

A: I started with a presentation to my class, showing the book and how it would be interesting.

Q: Are you part of any bird watching clubs yourself?

A: I will be joining a club called "Bird Wing".

Q: What is your favourite species of bird?

A: The Evening Grosbeak.

Q: Do you have any mentors or inspiration?

A: Yes, I do. His name is Dick Tafel who is the former president of the "Friends of Laurier Woods" organization.

Q: Where do you like bird watching?

A: My favourite place to go bird watching is at the Laurier Woods in North Bay.

Q: I heard that you have ducks and chickens?

A: Yes, I do. I currently have 16 chickens and 9 ducks.

Q: How do you take care of your chickens and ducks?

A: You basically need a pen, you feed them, and you give them water. Especially ducks - they really like to have a pool.

Q: What's your favourite part of owning chickens and ducks?

A: Their cuteness of course!

Q: Is there anything else you would like to say about your experiences bird watching?

A: I'm really happy that I started bird watching. So far, I have seen 96 species

Lucky 13

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Christmas Countdown Kindness Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
					01	02
				Donate items to a foodbank	Do a chore for a family member	Give someone a compliment
04	05	06	07	08	09	10
Make greeting cards for family and friends	Donate books to your library	Write a poem or a nice note for someone	Bake cookies for your friends	Donate to a toy drive	Thank your mail carrier	Take supplies to the animal shelter
11	12	13	14	15	16	17
Feed the birds	Help someone with their homework	Donate winter clothes to a shelter	Help shovel a neighbour's driveway	Call a faraway friend or a family member	Make something for your pet	Tell someone you love them
18	19	20	21	22	23	24
Make "hug" coupons for family and friends	Help cook dinner	Make your family laugh with a joke	Hold the door open for someone	Thank your teacher	Let someone ahead of you in line	Take Holiday treats to the fire station
25	26	27	28	29	30	31
Make a list of things you're grateful for						

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Édition at the East Ferris Trade Show

Édition participated at the East Ferris Tradeshow held on Saturday, May 28th, 2022. It was a wonderful opportunity to interact with Édition readers. The comments received were wonderful as readers point to the quality of the magazine. One young reader said "Édition is awesome!" Following are photos of Édition busy at the Tradeshow.



Be Kind to Yourself: *Ahimsa*

by Emily Weiskopf-Ball

When I think of yoga, I picture a tall weeping willow tree, the kind that has a big canopy and lots of branches that split off from one another. We had one at our family cottage when I was a kid. It had good branches really close to the ground that everyone, even the littlest of the kids, could climb. As we got older and we could climb higher, we became more confident, we saw the world from a different angle, and we gained new perspectives on our yard and ourselves as individuals and as a collective.

Yoga has eight foundational elements, or branches, that can help all individuals grow and flourish. The first of these larger branches, the yamas, lists the moral guidelines for becoming more intentional beings. The yamas are divided into five smaller branches, the first of which is Ahimsa, which means non-violence to others and to one's self.

Like stepping onto that first branch of the willow of my childhood, the practice of ahimsa, may not be easy for everyone to embrace. It's easy, when presented with a challenge, to think we can't do it and to walk

away. It's easy, in other words, to cause violence in our minds. Like learning to climb a tree, any new or challenging situation in life can be scary, destabilizing, unbalancing. Yet the practice of noticing the internal dialogue we have with ourselves is a way to live a happier



life. Ahimsa ultimately challenges us to rewrite the narrative that "I can't" into one that says "I can."

I would like to offer you an exercise you can do right now, sitting or standing wherever you are. I invite you to picture a moment in your life where you took a first but challenging step. Think of the moment you decided to take on the challenge.

Did you feel fear? Excitement? Were you nervous? Focus on the initial prospect of the possibility the challenge offered. See yourself

move toward it and relive the steps you took. No matter the results, congratulate yourself for not talking yourself out of the moment. Notice, now, how you congratulate yourself. Are you confident in your sincere?

As you move through the next few days and weeks, notice how you talk to yourself, especially when faced with new opportunities and when praised. On the mat, be kind to yourself in challenging poses, in long holds, in moments of stillness and take that kindness with you wherever you go. No matter where

you are or what you are doing, remember to treat yourself with the kindness you'd like others to treat you.

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