

Édition **EAST FERRIS** Edition

Summer / été 2023



**Bureau Municipal
East Ferris
Municipal Office**

In this issue...

New Township Office

Réal Perron

Kids Corner



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East Ferris is attracting new residents, drawn by the area's natural beauty and its great community amenities. This means new neighbours for many East Ferris residents. Take a moment to ask yourself this question: "Do I know most, some or none of my neighbours?" Studies by Statistics Canada and others suggest that engaging and connecting with those around you increases well-being. In fact, the simple act of saying hello can have a significant impact on how safe and happy we feel about where we live. So don't hesitate to make friends with your neighbours... remembering that it's good for your health!

Edition is a non-profit community magazine, produced by a volunteer committee composed of Krysten Ball, Claire Bélanger, Josée Blahut, Lynn Dubien, Zoéanne Dubien, Marie Viviane Giroux, Catherine Howard, Jean Langlois, Gilles Lefebvre, Nyla McNamara, Sauvée Perron, Gisèle Reed, Bernard Rochefort, Pauline Rochefort, James Savard, Michelle St.-Onge, and Garrett Tran. It is supported by advertising from local and regional businesses and sponsored by the East Ferris Knights of Columbus. For information, please contact us at eastferrisedition@gmail.com.

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East Ferris accueille de nouveaux résidents, attirés par la beauté naturelle de la région et ses excellents services communautaires. Cela signifie de nouveaux voisins pour de nombreux habitants d'East Ferris. Prenez un moment pour vous poser la question suivante : « Connaissez-vous la plupart de vos voisins, certains d'entre eux ou aucun d'entre eux ? » Des études menées par Statistique Canada et d'autres organismes suggèrent que le fait de s'engager et d'établir des liens avec les personnes qui vivent autour de soi permet d'accroître le bien-être. En fait, le simple geste de dire bonjour peut avoir un impact considérable sur le sentiment de sécurité et de bonheur que nous éprouvons à l'égard de l'endroit où nous vivons. Alors, n'hésitez pas à vous faire des amis parmi vos voisins... en vous rappelant que c'est bon pour votre santé !

Edition est un magazine communautaire à but non lucratif, produit par un comité de bénévoles qui comprend Krysten Ball, Claire Bélanger, Josée Blahut, Lynn Dubien, Zoéanne Dubien, Marie Viviane Giroux, Catherine Howard, Jean Langlois, Gilles Lefebvre, Nyla McNamara, Sauvée Perron, Gisèle Reed, Bernard Rochefort, Pauline Rochefort, James Savard, Michelle St.-Onge et Garrett Tran. Ils sont soutenus par la publicité des entreprises locales et régionales, et parrainé par les Chevaliers de Colomb d'East Ferris. Pour obtenir des informations, veuillez nous contacter à l'adresse eastferrisedition@gmail.com.

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"Edition congratulates Astorville's Melanie Champagne who won the title and crown at the Mrs. and Ms. Regional Canada Empowerment. Following in her footsteps was her daughter Aimée who won... and is heading to Florida to the 2023 World's Perfect Pageant representing Ontario as Ontario Perfect Little Miss."



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EAST FERRIS VOLUNTEERS

by Edition with Terry Kelly

There aren't many communities that can boast a fitness centre of the size and quality of East Ferris.

More importantly a centre that for more than 20 years has been operated by volunteers via a non-profit organization. When you enter the centre, you see a plaque on the wall next to the door that recognizes the role played by volunteers. Everyone agrees though that the master volunteer is Terry Kelly. In turn Terry is quick to point out that his wife Lois accompanies him every step of the way as he shares with Edition readers in the following article.

When I decided to volunteer for the East Ferris Fitness Centre in 2000, I assumed I would be doing a service to the community, maybe meeting a few people and that would be it. But after a few years I soon realized that I was the one who was receiving so much more in return from my involvement. First, I never realized how much fun it would be to oversee the centre with my wife Lois. I would say that it has become a joint project that we both care about. Our involvement in fitness made us want to focus on our own health and wellness. We started exercising more together and paying attention to our diet. Over time, I personally saw

the benefits of these investments and more recently as I was able to successfully rebound from a hip replacement surgery. I couldn't have been happier when my



surgeon told me, "You'll be back on your feet in no time because you're healthy!"

Secondly, it made me want to get out there and help others achieve their fitness goals. I first started by volunteering at local schools and at the YMCA, teaching fitness and self-defence classes. Today, I enjoy

leading VON fitness classes for seniors. Twice a week, seniors gather at Corbeil Park Hall to participate in exercise and fall prevention classes to improve their strength, balance and heart health while reducing social isolation and fall-related hospital visits. I am continuously encouraged by the anecdotes and stories of participants who have seen their health improve because of these classes.

Finally, I can say that I never thought twenty years ago that I would be involved in promoting the health benefits of physical activity for all East Ferris residents. As East Ferris prepares to take on the ParticipACTION Community Challenge, I am pleased to confirm that the East Ferris Fitness Centre will be cheering on the community and its members as we know that regular physical activity is one of the most important things we can do for our health.

For Edition readers who have not been to the Fitness Centre, June is the ideal time to come for a visit. You will discover a spacious and clean facility that aims to improve the lifestyle of its members through regular physical activity and a positive social environment.



PARTICIPACTION

Team East Ferris

JUNE 1ST - 30TH

Register to join the Community Challenge
& Get Active!

■ ■ ■ ■

Enter your physical activity minutes on the
ParticipACTION app downloaded from the
Apple Store or Google Play Store.

■ ■ ■ ■

Canada's Most Active Community will be
awarded \$100,000 to support local
physical activity initiative!

■ ■ ■ ■

Track physical activity minutes for yourself
and/or your family on the ParticipACTION
website **starting June 1st.**

GO EAST FERRIS GO!

STARTING IN LATE APRIL, KEEP AN EYE OUT HERE FOR MORE INFORMATION
WWW.EASTFERRIS.CA OR WWW.FACEBOOK.COM/EASTFERRIS

GO GO EAST FERRIS: *ParticipACTION* 2023!

The ParticipACTION Community Challenge is back, and the Municipality of East Ferris is participating for the fifth consecutive year! All physical activity minutes logged during the month of June 1-30 will be counted towards our community's total score and will help us earn the title of MOST ACTIVE COMMUNITY IN CANADA and \$100,000.00. East Ferris' best result in this challenge was third place in Ontario and fifth in Canada. This year, the community hopes to finish FIRST. For that to happen, all residents need to log their physical activity minutes on the ParticipACTION app or website! For businesses, the Municipality created a ParticipACTION toolkit to guide them on how to participate in the challenge and be involved.

LET'S GO EAST FERRIS!

Let's cultivate beauty in East Ferris!

by James Bissonnette

Co-Chair Municipality of East Ferris Beautification Project



Want to meet other gardening enthusiasts?

Want to improve your plant knowledge and gardening skills?

Want to help beautify East Ferris?

Join the club!

Nothing would make me happier than to join forces with other like-minded people to beautify our community. For me, this is an opportunity to give back to the community I love.

I believe I have something to offer because of my experience in the landscaping field. My wife Tina and I, along with my mother-in-law (a long-time member of the Stirling Horticultural Society), would welcome the opportunity to befriend others who, like us, love plants, gardening, and the pride of being part of a beautiful community. The possibilities for doing things together are endless!

Of course, we will start with small steps as we gain experience. Please join us for our first meeting! For more information, please contact me by phone or email - James 705-493-3270 info@northbayevergreen.com

*Join us on Tuesday, June 20th at 6pm, at the Nosbonsing Hunters & Anglers Club
(across from Perron Timbermart)*

Are you interested in becoming a homesteader?

by Lynn Dubien



Many East Ferris homeowners are fortunate to own large properties of an acre or more. I would like to propose that we are the perfect type of community to encourage homesteading as a way of life.

When you see the scarcity of some grocery shelves in recent months and inflation being what it is, I can't help but think that securing our local food supply could only benefit our community.

First, it is important to understand that homesteaders and hobby farmers (home-based agricultural businesses) have similar needs but very different

end goals. While hobby farmers may be looking to make a profit from their farming operations, homesteaders strive to fill their pantries with homegrown, nutritionally dense food using traditional and environmentally friendly practices.

It may be surprising, but a one-acre lot can easily accommodate a small homestead with a variety of gardens and a few small breed animals without looking overcrowded or dirty. For example, one of my favorite farms to follow on YouTube is Weed'em and Reap. They live on an acre and have gardens, a natural pool/pond, several fruit trees in the front yard, and a limited and well-organized number of goats, pigs, and poultry. Most homesteaders need, in addition to their vegetable and herb gardens, a variety of livestock to support their families, not just poultry. With small farms both odor control and cleanliness are easily managed. Achieving a substantive level of self-sufficiency on 1 acre IS an achievable goal, but it requires dedication, the

ability to learn, smart planning and intelligent methods.

For inspiration, we can look to our past as it's our heritage to farm! While helping to write Corbeil notre chez-nous/our home, I was reminded of the importance of agriculture in East Ferris at an earlier time. When all the sawmills closed and families were left without income, J.A. Levesques and the Township of Ferris encouraged them to work their land, grow more and sell at the North Bay farmers' markets. The East Ferris Arts and Agricultural Society was then formed to assist them in this endeavor: "farmers were active participants in the local North Bay farmers' markets, which consequently launched Corbeil's reputation as a productive agricultural community." As an aspiring homesteader, I would love the opportunity to show our community and other aspiring homesteaders that it is entirely possible to homestead on lots less than 5 acres.





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Knights of Columbus®

AWARDS NIGHT

By Guy P. Fournier, Grand Knight East Ferris Council #06664

It had been three years since the Knights of Columbus had celebrated Christmas due to the Covid pandemic. The Knights' Council was hesitant to resume the celebration, wondering if the event would receive the same support as in the past. After much discussion, the decision was made to hold the Christmas celebration on November 19, 2022. And it was a good decision, as the event was a resounding success with great participation...and more importantly a total of \$11,000 was donated to local charities.

These included the East Ferris Santa Fund (\$500), Callander and District Food Bank (\$2,000), Nipissing Manor (\$500), North Bay and Area P.A.D.D.L.E. Program (\$2,000), St. Thomas d'Aquin Parish Angel Tree Project (\$500) and \$6,000 to Sacred Heart and St. Thomas d'Aquin Parishes (\$600). The Knights were very pleased that Père Ouellette attended the celebration and accepted the donation for the parishes.

Tim Foster received the Knight of the Year award for taking the lead in re-establishing the Knights' participation in fundraising through bingos, as well as for his extraordinary work at the community level during the pandemic. Debbie Shank and her team at Dinner Bell served up a great meal and local musician Gary Davison performed wonderful 70's music. Jerry and Lori Betik did a great job overseeing ticket sales and seating arrangements.

The Knights look forward to this year's event and encourage Edition readers to mark their calendars for Saturday, November 18, 2023, at Corbeil Park Hall.



Tree of Light

by Edition

On March 24, 2023, the Municipality celebrated the new municipal office. As part of the event, the Municipality unveiled a Tree of Light in honour of Michel Voyer. Following is the text that was read at the unveiling of the Tree of Light.

In 1950, Léo Voyer went to Ottawa with Father Lafrance and convinced les Soeurs du Sacré-Coeur to come to Corbeil to teach the children. As a result, a new school was opened right where the new municipal office is located. Years later, an annex was added to the property. Unfortunately, in 2006, the school was closed but this created an opportunity for the Municipality and in 2009 under the leadership of Mayor Vrebosch and Councillors Dan Corbeil, Robert Point, Richard Champagne, and Terry Kelly, the Municipality purchased the property with the intention of relocating the municipal office to this site. The project was delayed, but in 2018, a determined Council consisting of Michel Voyer, Steven Trahan, Terry Kelly, Erika Loughheed, Pauline Rochefort, and CAO Jason Trottier decided to move forward with the new municipal office. A committee was formed that included staff and resident representatives Michel Champagne and Traven Reed.

Along this journey, the project lost the last member of the Voyer family residing in the heart of Corbeil: Deputy Mayor Michel Voyer. What struck all those involved with the municipal office project was how Michel worked almost to his last breath to see the new office project through. That is why, in memory of

Top Left: Michel Voyer, Right: Terry Kelly

Bellow: Michel Voyer's Family at the Tree of Light Unveiling



Michel and in recognition of his commitment to this new office, the Municipality dedicated a tree that will be planted in the Memorial Park across the road and that will be light up every Christmas as the Tree of Light. Also, as part of the commemoration, the Municipality handed out white pine seedlings for guests to take home and plant as a memento for this event and Michel's contribution.

Asterville
notre chez-nous / our home

MARK YOUR CALENDAR:
THE PIQUE-NIQUE
SUNDAY AUGUST 13TH

À NOTEZ À VOTRE CALENDRIER:
LE PIQUE-PIQUE
LE DIMANCHE 13 AOÛT



Rhéal Perron



Un homme extraordinaire

- de Bernard Rochefort

De nombreuses personnes extraordinaires résident à East Ferris et certaines d'entre elles ont accompli de grandes choses. Pour moi, cependant, il y a une personne qui est allée au-delà de l'appel du devoir, et c'est : Rhéal Perron. Armée d'une bonne éducation, de l'expérience et beaucoup d'énergie, il a été la personne parfaite pour prendre en charge la formation de la première école secondaire publique française en Ontario. Je me souviens que le canton d'East Ferris a joué un rôle clé dans la création de cette école. C'est en 1964 que le canton, sous la direction du préfet Paul Rochefort, a adopté un règlement pour établir une école secondaire à East Ferris. Le conseiller Ronald Bourgeois et

les citoyens Ted Jones, Arthur Séguin et Sarah Edwards ont été nommés pour représenter le canton aux nombreuses réunions qui ont suivi, la première réunion publique ayant eu lieu à la salle à Corbeil. En 1968, c'est Ronald Bourgeois qui, au nom d'East Ferris, présente au ministère de l'Éducation et au North Bay Board of Education un mémoire exposant les raisons de la création d'une école et des suggestions pour sa mise en œuvre. C'est ainsi que Rhéal Perron a été choisi comme directeur fondateur de l'école secondaire Algonquin. Ceux qui connaissent l'histoire de l'école savent qu'elle a connu l'adversité au cours de ses premières années d'existence. Cependant, sous la direction exceptionnelle de Rhéal Perron, l'école a réussi à remplir son mandat.

Outre l'École secondaire Algonquin, les contributions de Rhéal Perron à l'éducation en langue française et à l'éducation des jeunes en Ontario sont remarquables, et voici quelques-unes de ses réalisations.

- Président de la section de langue française du Conseil scolaire catholique de Nipissing.
- Président du Conseil scolaire catholique Franco-Nord.
- Président de l'Association franco-ontarienne des conseils scolaires catholiques.
- Président de la Société d'aide à l'enfance de Nipissing-Parry Sound.
- Vice-président de l'Association canadienne d'éducation en langue française.

- Membre consultatif du Nipissing Education Council for Special Education and Technology, de la faculté d'éducation de l'Université Nipissing et du Provincial Committee on Youth Training Needs.

Au niveau communautaire, à Astorville, il a été président du conseil paroissial de St. Thomas d'Aquin pendant douze ans. Le livre du centenaire de la paroisse indique que " la liste des responsabilités et des services rendus en dit trop peu sur cet homme intelligent, critique, énergique, généreux et sensible, essentiellement un homme d'action qui réalise ce qu'il entreprend ". Il n'est donc pas surprenant qu'après sa retraite de l'enseignement, Rhéal poursuive ses études à l'Université Saint-Paul d'Ottawa pour devenir prêtre. Il a été curé des paroisses de Blezard Valley, Verner et Lavigne. Quel privilège d'écouter un sermon prononcé par le père Rhéal. En 2015, le père Rhéal a décidé que le temps de la vraie retraite était enfin arrivé.

Depuis 2015, Rhéal Perron continue de consacrer son temps à sa famille... oui parce que malgré une carrière incroyable, ses plus grandes réalisations ont été sa famille. À la suite du décès de son épouse Armande en 1994, Rhéal a veillé au bien-être de ses enfants : Josée, Lise, Charles et Alain. On disait de lui qu'il était un bon cuisinier et un père toujours disponible et accueillant. Aujourd'hui, Rhéal passe du temps avec ses petits-enfants et on me dit qu'on le voit souvent dans les arènes locales pour les encourager dans leurs sports !

Je veux terminer en disant "merci" à cet homme extraordinaire qui a fait une différence dans la vie de ma famille et celle de ma communauté.

Il sera toujours « mon principal!

» de Michelle St-Onge

“C’est en donnant qu’on reçoit d’avantage” - devise de Rhéal Perron

En ouvrant la porte, je reconnais mon directeur des années passées. Devant moi, cette icône de la lutte contre l’injustice faite aux francophones est encore redoutable.

« Je suis né dans le petit village d’Astorville en 1933, neuvième enfant d’une famille de onze. Mon père était originaire du village de Cap-aux-Oies, près des Éboulements. Ma mère est originaire de la région de Sherbrooke. »

Il me dit qu’il doit beaucoup à ses parents et surtout à son frère Ronald pour leur influence et leur soutien durant sa vie. Rhéal parle avec affection de Mme Potvin, son enseignante de 7^e et 8^e année à Astorville, qui l’a tellement marqué et encouragé à poursuivre sa vocation dans l’enseignement. « À l’âge de 29 ans, je suis devenu directeur d’une école secondaire anglophone de 1180 élèves, dont plus de 400 étaient de langue maternelle française. J’ai quitté cette école pour en 1968 venir ouvrir la première école publique de langue française en Ontario : l’École Secondaire Algonquin. » Nous revenons en arrière et discutons de la grève des parents, des élèves et des enseignants qui ont exigé et forcé le gouvernement à nous fournir une école secondaire de langue française. J’ai souligné son leadership dans cette cause et il m’a répondu qu’il n’était qu’une “étincelle” et que le mérite en revenait surtout aux parents et aux élèves qui avaient poussé et travaillé

pour que cela se produise.

« En 1986, je suis devenu surintendant, responsable des trois écoles de langue française de ce même conseil. En 1988, nous avons tous été transférés en bloc au conseil catholique. J’ai pris ma retraite en 1992. »

Je lui demande s’il y a eu un événement important dans sa vie. Là, il devient très silencieux et triste. « L’un des tournants de ma vie a été la mort de ma femme, Armande, en 1994. Elle était exceptionnelle. Elle était toujours là pour me soutenir et me donner des conseils. Nous avons vécu une belle vie ensemble pendant 34 ans. Après sa mort, j’ai fait de mon mieux pour remplir les rôles de papa, grand papa, maman et grande maman. Armande et moi avons eu

4 enfants, Josée, Lyse, Charles et Alain. Je suis l’heureux grand-père de 9 petits-enfants et de 6 arrière-petits-enfants.

» Il parle de ses enfants avec amour, fierté et ardeur, soulignant leurs nombreuses réussites.

« Alors que mes enfants et leurs familles sont tous bien installés, je décide de reprendre mes études pour devenir prêtre diocésain le 8 décembre 2007, jour de mon 73^e anniversaire. Je suis devenu curé de la paroisse Notre-Dame du Rosaire à Blezard Valley le 10 janvier 2007 et j’ai pris ma retraite en 2015. »

Il dit que la vie change, que la société change et qu’il faut l’accepter. Il n’y a plus de clans familiaux qui restent ensemble pendant des générations dans le même village. Les familles sont dispersées et communiquent de loin et parfois moins souvent.

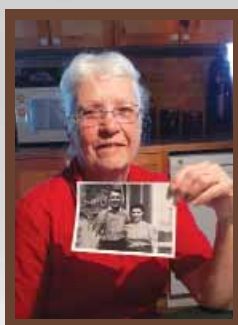
Il prend ensuite une grande respiration et poursuit. « Après de longues et très sérieuses réflexions, inspirées par ma sœur Henriette et d’autres, j’ai conclu (en bien ou en mal), qu’il était important dans la vieillesse de ne pas avoir d’attentes pour ne pas avoir de déceptions ; de vivre son existence au jour le jour, le mieux possible, tout en étant pleinement conscient que l’on prépare le chemin certain de son achèvement. Je voudrais que mes proches se souviennent de moi comme d’un bon père et d’un bon grand-père et que ceux qui me connaissent gardent un bon souvenir de moi. »





Big Moose Road

by Michelle St. Onge with Claire Maynard (née Gauthier)



Claire Maynard
(née Gauthier)

"Today would have been our 66th wedding anniversary." I look at Claire and feel her warmth and sadness at the thought of missing her

husband, Bud Maynard. Claire holds her memories very close to her heart. A big part of those ties is the family home she still lives in since 1960: the second house east of Big Moose Dock.

The Gauthier family settled on the north shore of Nosbonsing Lake in the late 1800s. The Gauthier and Guillemette families owned a large portion of the property that extended east from where the new East Ferris pharmacy now stands, up to Big Moose Camp. The road was later named Big Moose Road.

Lumina Gauthier acquired the property in 1890 and built Big

Moose Camp in 1900. Claire vividly remembers the reunions and parties she attended with her cousins as a teenager. Lumina's son, Casimir, inherited the camp, which then passed to Claire's uncle, Joe Gauthier. Joe and his wife Tina then established Camp Maple Cove northeast of Big Moose in 1937.

In 1909, Theophile Gauthier owned the land near the present pharmacy site. In 1928, Lumina Gauthier's sons, Paul and Néré (Zotique), built a two-storey tourist establishment at the corner of Corbeil and Astorville roads and named it Gauthier Lodge. Claire's parents, Paul and Léotine (Tonie) Gauthier would go on to own and operate the camp. Their clientele was primarily Americans who come to enjoy the fishing and stay in the Happy Holiday cottages that were added to the Lodge. Charlene Point, Néré's daughter, says, "My father was a tour guide. He had a card: "No fish, no pay. People liked him."

Claire remembers the music and laughter that permeated the Lodge.

Claire grew up in a house at the corner of Big Moose, Astorville and Corbeil roads. The original house burned down and years later the site became home to the Shel Fisher's store as well as a log dance hall. Claire also described the primary school that was present on the north side of Big Moose Road, just before where the Fitzgeralds live today, heading east past Big Moose Dock. According to East Ferris resident Paul Gauthier, his father Elzear Gauthier later bought the school following its amalgamation with the village school and used the lumber to build two new houses on Eglinton Street. He then sold the property to René and Diane Boudreau.

I ended my visit with Claire with a tour of her home, where she proudly showed me the quilts she has created over the years: each one associated with a memory. As I walked back to my car, I looked around, admired the view of Lake Nosbonsing, and was flooded with memories of the times I spent there as a child and teenager.

A century later at the corner of Big Moose, Astorville and Corbeil Roads: *Pharmasave*

by Edition

There is no better location for the East Ferris Pharmacy, situated on one of the oldest traffic corners in the community. In addition to a great physical location, the pharmacy has a wide range of online tools to help East Ferris residents manage their health. On the website <https://pharmasave.com/health/health-toolkit/> Edition, readers will find tools such as checklists, health calculators, quizzes, and articles to answer questions they may have about a variety of health conditions.

You will also find information on eCare@Pharmasave, which is a suite of digital tools that provide you with online access to manage your health in ways that are simple to set up and easy to maintain. With your eCare@Pharmasave account, you can view your prescription history, order refills at your convenience and see details such as, a picture of your medication, in addition to important label information.

For more information on the topics covered by these tools, please feel free to contact Sherrif Elderby, Pharmacist in person at **East Ferris Pharmasave at 649 Astorville**, by email at eastferrispharmase@gmail.com or by telephone: (705) 752-0999.



Above: Mayor Pauline Rochefort & Pharmacist Sherrif Elderby
Below: Well stocked shelves of East Ferris Pharmacy



Be Kind to Thy Neighbour

by Viviane Marie Giroux

Just because your neighbour or friend doesn't complain or, as some would say, "wears his heart on his sleeve," doesn't mean that everything is fine. A wide variety of mental disorders can affect people and interfere with relationships, emotions, and general well-being. Most of the time, mental illness is not "visible" as is the case with physical illness. It is more often detected by the behavioral

aspects the person exhibits. Below is a high-level overview of mental illness symptoms that can help you identify issues facing your neighbour or a friend.

- Significant changes to personality, sleeping, or eating patterns.
- Inability to cope with problems or perform daily activities.
- Persistent displays of sadness, anxiety, disconnection, or apathy.

- Withdrawal from usual activities and social contact.
- Extreme mood swings and excessive anger or violent behavior.

Don't be afraid to reach out if you notice these symptoms affecting those around you. Learning all you can about mental health is an important first step in helping someone in need and you can start by consulting the online health resources available at East Ferris Pharmasave <https://pharmasave.com/health/health-toolkit/>

La famille Alphonse Jr. et Eva (née Cantin) Point et l'utilisation des surnoms

de Prêscille Aubin et Édition

Edition est très fière de présenter cet article qui met en lumière une partie importante du patrimoine de notre communauté : l'utilisation des surnoms. Si vous avez des racines canadiennes-françaises, vous rencontrerez sûrement quelqu'un dont le nom était un surnom ou "nom dit", ce qui signifie "connu comme". Ces surnoms et sobriquets étaient donnés ou adoptés de plusieurs façons. Par exemple leurs traits physiques : dit Leblond = blond, ou dit Legros = grand. Ou encore leurs traits de personnalité : dit Ducharme = charmant. Voici un excellent article écrit par Prêscille Aubin qui décrit comment les surnoms étaient très courants dans notre communauté et dans sa famille dans les années passées.

Les surnoms existent depuis longtemps à Astorville, comme ailleurs. Quand j'étais jeune, je me souviens de "Bassemesse", qui était William Gauthier, ou de "Ti-Quack", qui était Jules Perron et qui était censé pouvoir parler avec les canards, ou de notre voisin Ti-Jos Gauthier. De nombreux surnoms commençait par l'utilisation du mot "Ti" qui signifie "petit". En tant qu'enfants, il nous était facile de comprendre l'origine de certains de ces surnoms : par exemple, un petit garçon de ma classe qu'on appelait "Morveux" avait le nez qui coulait et était sujet à cette caractéristique.

Mon père Alphonse Jr. Point est arrivé au lac Nosbonsing en 1910 à l'âge de 4 ans avec ses parents Alphonse Sr. et Laura (née Ouellette). Il a épousé Eva Cantin. De cette union sont nés mes 5 frères

: Maurice, Roger, Gêrald, Bertrand et Rodolphe et mes 4 sœurs Fernande, Cécile, Lucille, Suzanne et moi Prêscille. Pour une raison quelconque, mes parents ont jugé nécessaire d'ajouter à notre nom de baptême un mot qui nous différenciait les uns des autres. Il s'agissait de noms donnés par affection et basés sur une singularité. On m'appelait Ti-Babe et ma sœur Cécile Ti-Ton. Mes autres sœurs avaient des surnoms plus traditionnels : Ti-Fern, Ti-Lou et Ti-Sue. Mes frères étaient plus originaux : Ti-Puick (Maurice), Cudge (Roger), Cocon (Gêrald), Ti-Bert ou Ti-Coune (Bertrand) et Ti-Buck ou Bucko (Rodolphe).

À la maison, nous n'avons jamais entendu utiliser nos noms de baptême. Avec le temps, nos surnoms ont même été adoptés publiquement et presque personne ne nous appelait par nos noms de baptême. Je me souviens encore d'une histoire que mon père avait l'habitude de raconter et qui le faisait toujours rire aux éclats. Il s'agissait d'un incident au cours duquel on lui avait demandé d'écrire tous les noms de ses enfants sur un formulaire officiel. Il racontait comment il avait commencé à écrire tous nos surnoms pour se rendre compte qu'il devait écrire nos vrais noms mais qu'il avait un mal fou à s'en souvenir car pendant de nombreuses années, il n'avait utilisé que nos surnoms.

En regardant en arrière sur l'utilisation des surnoms dans notre famille, je dirais que c'était une bonne pratique. Elle nous a aidés à comprendre notre place dans la



famille. Elle a rendu nos relations familiales plus familières. Cela a eu pour effet de reconnaître que chacun de mes frères et sœurs était unique. Nous étions une famille, mais nous étions aussi des individus !

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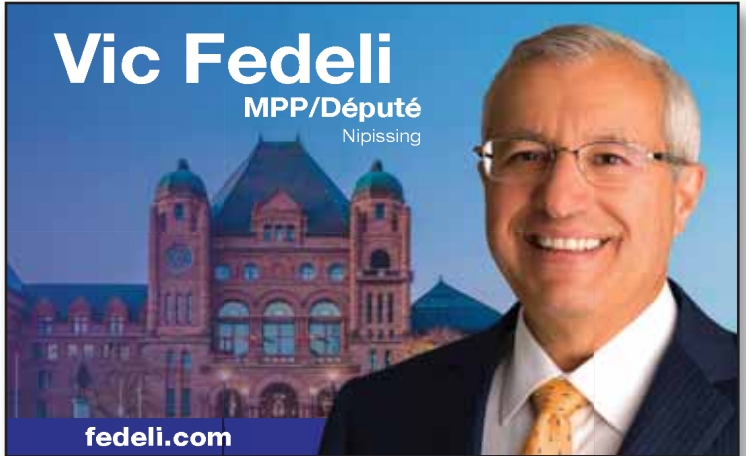
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www.eastferris.ca/en/news-notice/show/participation

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GO EAST FERRIS GO!

An adventure of a lifetime – and right here in East Ferris!

by Michelle St. Onge

My father, Norm Newton, was a prospector, trapper and bushman. Many locals may remember him as the owner of AJN Well Drilling Ltd., who lived on Highway 94 in Corbeil. He sold his successful business shortly after my mother's death in 1979. My father always felt more at home in the woods. He got his energy from the outdoors. He was a rock hunter and had spent his early years with my maternal grandfather, Jos Demers, and my uncle Guy trapping in this area.

He told me that it was important to have a reason to get up every morning, so he decided, in his retirement, to start building birch bark canoes. He did everything by hand, using a hatchet and knives. He would locate the best birch bark trees, cut them down and remove the bark. He soaked the spruce roots in long tubes to ensure that they were easy to sew and tie. He wanted to make sure that his canoes were strong enough to cross the rugged northern terrain.

So, when he asked me in the late summer of 1990 to accompany him on a trip down the LaVase River to try out one of his new canoes, I agreed, knowing it would be a great opportunity to learn and share an experience with him.

The canoe he chose to try out was three meters long and had the Mishomis (grandfather in Ojibwe) logo carved on both sides of the bow. He chose this logo that I had recently designed for a play by my friend and mentor, Camille Perron. The play had been a lot of work, and I was looking forward to spending time with my father on an adventure.

We put the canoe in the river at the east end of Birch's Road, where Poulin Construction has a property. The



canoe glided smoothly across the water, and we began our journey. Without a keel, we climbed high into the water and made our way through the shallower spots, at times pulling ourselves forward by tugging on the reeds around us. We got into the water twice to pull the canoe over beaver dams. But most of the time the paddle was clear through the lily pads and reeds. We saw so many turtles that I lost count. At one point we had to stop because two huge snapping turtles were rolling together right in front of us. I thought they were fighting, but my dad corrected me with a laugh.

Halfway through our trek, my dad told me to pull over to the shore. Here the terrain was steep and wooded. He jumped out of the canoe and into the bush in a flash. I brought the canoe back to shore and picked up our pack. I met him at a spot overlooking the long lake we were canoeing on.

He pointed out a large area that looked like it had been cleared of tall trees. He told me that when the early explorers came through here, they came in several very large canoes at a time. They would set up camp on the shore and rest for the rest of the trip. He asked me to dig about 2 feet deep along a large rock. We discovered that the rock was black from a fire and that there were also remnants of burned wood. After a light snack, we got back in the canoe and paddled back to the lake located just across from Mr. Gas on Hwy 17. The return trip was just as beautiful. I will always cherish this day spent with my dad.

Jennifer McNutt-Bywater:

Discovering the World

by Pauline Rochefort

In a December 9, 2022, article in Bay Today, reporter Matt Sookram told a great story about the McNutt-

Bywater family, who have been travelling the world, absorbing other cultures, and having extraordinary adventures for four generations. At the heart of this story is East Ferris seasonal resident Jennifer McNutt-Bywater, who grew up with a desire to follow her father's travels. She remembers looking at his amazing photographs as a young girl and thinking, "I'm going to go to these places." And that's what she did. She began travelling in 1985 and has since visited 55 countries and has lived in different parts of the world.



McNutt-Bywater won a scholarship to study at the University of Copenhagen in Denmark in 1985. Studying criminology at Carlton University, she took courses relevant to her degree while in Denmark and spent the next six months travelling in Europe.

"During these trips, I met many Australians who told me about their beautiful country, and I came back with one thought in mind, to go to Australia. My family always told me that I could travel as much as I wanted, but that I had to get an education," McNutt-Bywater says.



"I had one year left to finish my degree, so I came back and funded all my travels by planting trees and went to Australia for six

months." But those six months turned into a two-year stint where she says she had some incredible experiences.



McNutt-Bywater, who owns and operates Vested Interest in Callander, says the business was made possible by her travels to Asia after earning a Rotary International scholarship to study in Malaysia.

"My husband and I started our business in Bali, and then in the early years we went to Indonesia, Thailand, Nepal and Burma," McNutt-Bywater says. From the beginning we have promoted Fair Trade and sustainable practices and have travelled from Canada to Asia on an annual basis. "Today we purchase directly from Bali artisans and we maintain a warehouse in their country.



More importantly, we nurture relationships with their families,” adds McNutt-Bywater.

For McNutt-Bywater, travel has always been about discovering and learning about people, cultures, and languages. Her love of travel may have come from her family, but her confidence in her ability to explore and discover grew as she began to expand her horizons. She didn’t shy away from travelling alone, and in fact, she encourages people to not be afraid to travel solo.

“Anyone who has done it can tell you that the benefits of solo travel are endless,”

McNutt-Bywater says. She adds that it’s important to distinguish travel from vacation.

Travelling is about cultivating a deep respect for all

the things you don’t know. It’s about being careful and not taking unnecessary risks.

That said, McNutt-Bywater is concerned that in recent years the nature of the media, immediacy and access to information have made many global threats seem worse than they are. She tells the story of her parents here at home who were panicking because she and Brent were in a country that the media portrayed as being at



war. However, the reality on the ground in the foreign country was so different from what was reported in the news and Jennifer and Brent felt very safe. McNutt-Bywater encourages people not to let fear stop them from travelling.

Travel has changed over the years. McNutt-Bywater remembers traveling to Burma (Myanmar) and Vietnam shortly after their borders opened in the 1990s and being greeted by locals with amazement and astonishment. She remembers having to use telegrams and letters to communicate with her parents. Today, almost everyone has a smartphone and can easily text or call someone to check in and share their adventures and photos.

McNutt-Bywater encourages Edition readers to consider the many benefits of travel. One thing is for sure, you will return home with a much deeper appreciation for Canada: its freedom, beauty, cleanliness, ability to get an education and the list goes on.



Protecting Trout Lake's Water Quality

by Lynn Dubien with Todd Wilcox



Above: Todd Wilcox

The Trout Lake Conservation Association (TLCA) is a non-profit organization dedicated to protecting, preserving, and improving Trout Lake and its surrounding ecosystem. The association has worked tirelessly to conserve the natural beauty and biodiversity of the lake and its surrounding area by lobbying governments and other regulatory bodies that make decisions that will affect the health of the lake.

In addition to conservation efforts, the association also plays a vital role in educating the community about the importance of protecting the lake and its ecosystem. Consequently, they have hosted open houses to provide residents of East Ferris and North Bay with crucial information. Todd Wilcox, a board member of the TLCA and East Ferris resident, added that “we also function as an inter-agency group and help improve communication between the increasing number of agencies involved.”

However, one of the association's main goals is to maintain the lake's

water quality for the benefit of both local communities and the environment. When it comes to the quality of the water: “there's good news and bad news” indicates Wilcox. The good news is that the phosphorus and dissolved oxygen levels in the lake are stable. Wilcox is optimistic that we have the capability and the knowledge to keep the levels where they are and perhaps even reach better goals. “The bad news is that PFAS has been detected in the lake.

What is a PFAS? At its creation in the 1930s, PFAS (Teflon) was a heat-resistant coating that repelled moisture, oil, food etc. Today, there are thousands of chemicals in the PFAS family, including hundreds that are widely used in consumer products such as stain-resistant products, cosmetics, and paint. They are also found at high levels in firefighting foam and pesticides. Nicknamed a “Forever Chemical”, PFAS doesn't break down in the environment because bacteria can't eat it. Once an area becomes contaminated with PFAS, the chemicals leach into the soil and contaminate the groundwater. As is the case with the firefighting foam once used at CBF North Bay which accounts, as Wilcox points out, for 50% of PFAS in Trout Lake.

Research continues and the impact of these man-made chemicals on the public and the surrounding wildlife continues to evolve. In the U.S., acceptable levels of PFAS are significantly

lower (see water standards graphic) and the EPA has stated that they are aiming to set enforceable limits for PFAS by the end of 2023. TLCA hopes it is only a matter of time before similar guidelines are introduced in Canada. In the meantime, Wilcox recommend that East Ferris residents who get their water directly from Trout Lake install a carbon filtration system. Wilcox also suggests contacting governments and health authorities to launch: “inquiries that will lead to actions”.

Finally he encourages interested East Ferris residents to join the Trout Lake Conservation Association and support their conservation and education efforts. But mostly, Wilcox and his fellow TLCA members would love to see area residents continue to be responsible stewards of the land and lakes that provides for so many.



Above: New sign unveiling at MacPherson Drive Park with Lynn Dubien - Édition, Shirley Ferron Trout Lake Association, Shelley Bélanger and Chitra Gowda NBMCA



Stepping Stones Hiking Trails

by Debbie McMullen

At the east end of Trout Lake we find the Stepping Stones Trails. These trails are an informal network of hiking trails located on crown lands and within the Mattawa River Provincial Park boundaries. While the trails are not formally managed by an organized group, volunteers keep the trails open year-round for hiking in the summer and snowshoeing and fat biking in the winter months. There are also opportunities to portage and camp along Long Lake just a short portage off the Mattawa River. A trails map is available at multiple locations along the network and by contacting mattawarivertrails@gmail.com.

Access to the trails is either from the Mattawa River or three walk in access points located on public road allowances:

1. at the end of Stepping Stones Lane;
2. next to the driveway at 944 Macpherson Drive (trail sign & 2 parking spaces cleared on roadside) and;
3. at the end of Johnson Road.

New Sign Unveiled

The Trout Lake Conservation Association (TLCA) partnered with the North Bay-Mattawa Conservation Authority (NBMCA) for the development, production and installation of a new sign showcasing key information pertaining to Trout Lake. The new sign was installed at the Trout Lake Boat Launch at 1026 MacPherson Drive. On hand for the ceremony was TLCA's Shirley Ferron, NBMCA's Shelley Bélanger and Chitra Gowda as well as Édition's Lynn Dubien.

"Protecting Our Environment"

Water quality monitoring within the Municipality of East Ferris

North Bay-Mattawa Conservation Authority (NBMCA) monitors the water quality of Trout Lake and Lake Nosbonsing. How do we measure lake water quality? NBMCA relies on a network of monitoring stations on both to track climate, hydrology, water quality, and groundwater conditions within its jurisdiction. NBMCA measures total phosphorus, temperature, pH, specific conductance, dissolved oxygen, turbidity, and algal and cyanobacterial pigments on Lake Nosbonsing, Trout Lake and 11 other lakes in the region.

"Phosphorus is a critical nutrient for supporting life in freshwater ecosystems. Excess phosphorous can enter lakes and streams from runoff, sewage, and other decomposing matter. Phosphorus can accumulate in lake sediment over many years and the natural internal recycling can significantly influence lake health. Both can contribute to the growth of blue green algae," said Angela Mills, NBMCA's Water Resources Specialist.

Benthic macroinvertebrates (small spineless creatures such as insects and their larvae, molluscs, worms etc.) which live in the streambed, are sampled in the spring. These creatures are indicators of water quality in our rivers and streams.

In total, NBMCA collects water quality data in 19 local streams and rivers and 13 lakes and four groundwater wells within its jurisdiction. Some stream and river sampling is partnered with the Ministry of Environment, Conservation and Parks (MECP) Provincial Water Quality Monitoring Network and lake sampling is partnered with the MECP Lake Partners Program. NBMCA publishes a Watershed Report Card every five years.

Lake Nosbonsing, Trout Lake Score Well on Watershed Report Card

Every five years, the North Bay-Mattawa Conservation Authority (NBMCA) publishes the Watershed Report Card (WRC), reporting on watershed conditions in its 20 sub watersheds, based on a set of key environmental indicators. The 2023 WRC was released on March 22.

"NBMCA reports on surface water quality (streams, rivers, and lakes), groundwater, forests, and wetlands" said Chitra Gowda, NBMCA CAO. "Lake Nosbonsing and Trout Lake scored well in this report card, based on total phosphorus data," said Angela Mills, NBMCA Water Resources Specialist. Water quality grades are based on up to five years of data.

Lake, River, or Stream	Total Phosphorus	Benthic Macroinvertebrates	Overall Grade
Lake Nosbonsing	B	Not applicable	B
Trout Lake	A	Not applicable	A
Burford Creek	C	C	C
Kaibuskong River	B	D	C
La Vase River	C	Not available	C
Wistiwasing (Wasi) River	C	D	C

Forest and Wetland Conditions

NBMCA also reported on forest cover and wetland conditions.

Forest cover received an overall grade of A for all sub watersheds in the Municipality of East Ferris. Forest cover grades are based on overall forest cover, interior forest (>100 m from edge) and riparian (streamside) forest cover.

Wetland cover has a grade of B for the Trout Lake and Kaibuskong River sub watersheds and A for the other sub watersheds, based on the best available mapping.

Chloride, an emerging concern across the province, was considered but not incorporated into the 2023 grades.

Chloride levels are well below the long-term exposure guidelines for the protection of aquatic health for the rivers in East Ferris.

For more information, and to view the Watershed Report Card and Explanatory Document, visit <https://www.nbmca.ca/watershed-management/watershed-monitoring/watershed-report-card/>

Lake Nosbonsing Added Study

To better understand the meaning of a B rating in previous Watershed Report Cards, the Municipality of East Ferris undertook a Lake Assessment Study for Lake Nosbonsing in 2020. On page 89 of the report, the Lake Nosbonsing sampling methods and sites are described, and we note that sampling has been ongoing since 2003.

Over the years, as many of these sites were in proximity, the data has been consolidated to provide a continuous record for 8 distinct areas of Lake Nosbonsing.

<https://www.vmcn.ca/files/baytoday/files/lake-nosbonsing-study.pdf>

Climate monitoring in the Municipality of East Ferris

The Corbeil Conservation Area is not only a place for hiking and appreciating the beauty of the La Vase River sub watershed, it's an important location for North Bay-Mattawa Conservation Authority's (NBMCA) flood forecasting and climate monitoring initiatives. It will soon be home to a climate monitoring station provided by the Ministry of Natural Resources and Forestry. "This station will provide data to help us better understand climate change in the region," said Chitra Gowda, NBMCA CAO.

The climate monitoring station will record real-time precipitation (snow and rain), air temperature, humidity, atmospheric pressure, and wind speed and direction. "Precipitation and temperature data is vital for understanding local watershed conditions and climate change. Access to real-time rainfall data during a storm event will also help improve NBMCA's Flood Forecasting and Warning program," said Angela Mills, NBMCA's Water Resource Specialist. By knowing what's happening on the natural landscape, NBMCA can - together with municipal decision makers - educate, inform, and manage the human activities that can help prevent and mitigate the impacts of climate change on our communities. For more information on the Flood Forecast and Warning program and Low Water Response program, visit: <https://www.nbmca.ca/>

It's
Pickleball Season



June 10th

In partnership with Cameron Taylor from Taylored Pickleball Academy (TPA), Municipality of East Ferris is offering FREE pickleball clinics on Saturday June 10th, that will be open to all ages and skill levels! The clinics will be offered on all three outdoor courts in Corbeil (390 Highway 94, Corbeil).

June 23rd

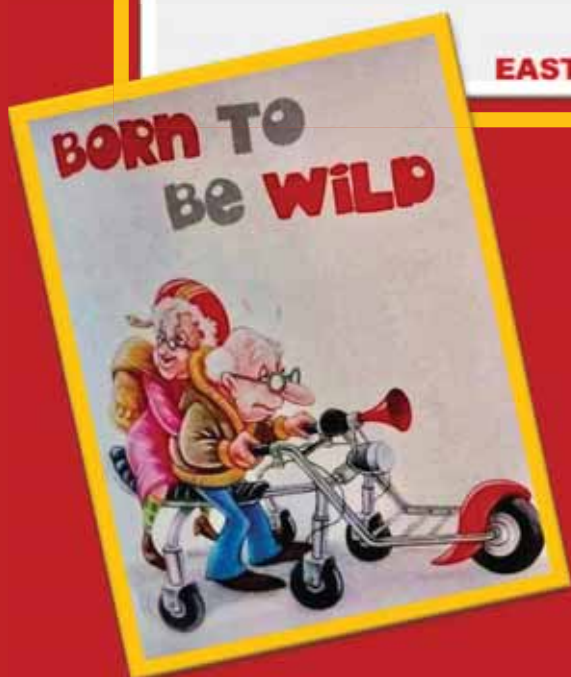
Register for the East Ferris Open Pickleball Tournament to be held on Friday June 23rd.

Registration is open to everyone of all ages! Each player will get a chance to win some great prizes! At the time of printing the tournament format was being finalized This will kick off the East Ferris Senior Games taking place on Saturday June 24th.

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You will play four short games adapted to all levels of participation and in a fun non-competitive format. Equipment will be supplied.

8:00 am Registration, Meet & Greet, Continental Breakfast

9:00 am Games, 11:30 am Luncheon, 4 pm Prizes & Wine & Cheese

Please identify the 4 games that you would like to play

BOARD GAMES _____ SHUFFLEBOARD, CURLING
FLOOR SHUFFLEBOARD _____
BEAN BAG TOSS _____
BOCCE BALL _____
BID EUCHRE _____
BONES _____
CRIBBAGE _____

TEXAS HORSESHOES _____
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PICKLEBALL _____
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Technology at Work

by Pauline Rochefort

The global pandemic of 2020 and the lockdowns that followed were by far the biggest challenge most companies have faced in decades. But they have also created the perfect opportunity for businesses to innovate and accelerate digital access. Here's how the pandemic has put technology to work for two industry sectors present in East Ferris.

In the Construction Industry

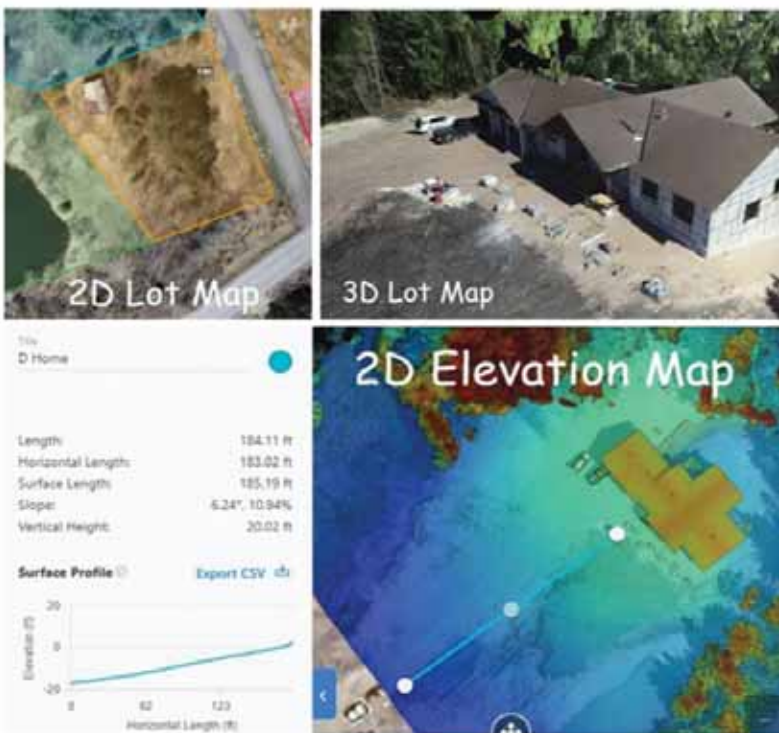
Degagne Carpentry has recently been recognized for their use of technology in their day-to-day operations. Edition met with Justin Jeanneault, Degagne's Chief Operations Officer to better understand how the company's foray into new technologies is opening a world of possibilities for their organization.

In recent years, the company has embraced paperless technology and cloud-based project management tools, increasing its accuracy

and efficiency. "The cloud allows our clients to have near-instant access to any type of data, such as architectural plans, permits, inspection reports, specifications, etc.," Jeanneault said.

Another example of Degagne's adoption of technology is drone assistance, which they provide in-house. They leverage these capabilities not only for marketing photos and videos, but also for property development, customer service, 3D map generation, and more. Recently, Degagne has combined its drone mapping capabilities with QR Codes. These QR codes are placed on property signs, giving customers instant access to all relevant information on the property, including a 2D

digital map of the property that they can view directly on their phone. Justin describes the tool as "very convenient, accurate and powerful" for navigating many heavily wooded country lots over 2.5 acres, allowing customers to see their position on the property in relation to the lot lines. The 3D map generation is particularly valuable to clients, Justin explains. It allows Degagne to generate an accurate 2D/3D topographic map of any property. The maps are then shared with subcontractors, project managers or clients. From the comfort of their homes, clients can virtually walk through the available land. to any data, such as architectural plans, permits, inspection



You can view "3D Drone Lot Map Example .jpg" at: <https://acrobat.adobe.com/link/track?uri=urn:aaid:scds:US:80e886cb-bb4b-4ac7-a611-f5d55dbb2666>.

You can view "2D Lot Map.jpg" at: <https://acrobat.adobe.com/link/track?uri=urn:aaid:scds:US:bd6ae42b-e9c2-4c55-b5a9-cceb21820942>

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reports, estimates, and so on,” Justin explains. “This streamlines coordination between sections, which saves us a lot of time and energy and helps make our business more efficient.

“With COVID, there seemed to be an exodus from the big cities,” Justin explains. “With the shift to working from home, it seemed like people realized that maybe they didn’t want to live in an 800-square-foot condo in downtown Toronto anymore. The new technologies are appealing and are making communicating with clients a lot easier.” Degagne Carpentry continues to apply new technology to all facets of its business, including home construction.

In the Real Estate Industry

When selling and marketing new construction, it is often difficult for a consumer to visualize the potential use and placement of furniture in empty spaces. In large urban centers, it is not uncommon to see homes staged with real furniture, but in the North Bay and area market, the logistics and cost of such staging are prohibitive.

With the pandemic, most industries have had to adapt to a more online approach for an increasingly tech-savvy consumer. Real estate is a prime example, with the now very common use of 3D virtual tours, such as those conducted by Matterport, which allow buyers to virtually tour a building at their leisure before deciding to commit to



an in-person visit or, often, a long drive to see the property.

Recently, David Weiskopf of the Weiskopf Team, Century 21 Blue Sky Region Realty Inc. and his partner and marketing director Laure Larocque began using virtual staging of newly built properties, as well as vacant homes, to help potential buyers visualize themselves living in a particular space. This is a new and revolutionary change in the local real estate industry, and one that is expected to become more

common in the coming years. Initial consumer reactions to this new tool have been very positive.

The Weiskopf team strives to make the buying and selling process easier and better for both sellers and buyers, and these new technologies are a real asset to their real estate offerings. It is not easy to envision the next innovation in any industry, but the Weiskopf team strives to stay ahead of changes that can help better serve their clients.

Left-handed Writers!

by Jean Langlois

From my first school days in the early 1950's, I learned that everything was structured for right-handed people. My father used to say, "It's a big flaw to be left-handed." It was such a shame that many left-handed people like me were forced (and still are), against their natural inclination, to write with their right hand.

Historically, left-handedness, was considered negative in many cultures. The Latin word *sinistra* originally meant "left-handed," and over time it took on the meaning of "bad" or "unlucky," and this dual meaning has survived as in the English definition "sinister." In many languages, the meaning of the word "right" also means "correct" or "proper" and represents authority and justice.

Then there are all sorts of superstitions related to the left, such as getting out of bed with the left foot first (the wrong side of bed), which means you will

have a bad day. Or an itchy right palm means you'll get money while an itchy left palm means you will have to give money. And there are many more associations of the left hand positioned as less favorable or weaker than the right.



Today, as I am writing this with my right hand, you can see that I retain a certain frustration. While the stigma of left-handedness has faded, in my mind it has not been eradicated, so I encourage researchers to continue their work so that all the negative connotations associated with left-handedness are completely erased.

Science shows that handedness is present from the earliest stages of development, with fetuses in the womb showing a preference by sucking the thumb of one hand rather than the other. It is estimated that 85-90% of people are right-handed and 10-15% are left-handed, and surprisingly, scientists are still trying to understand what causes people to prefer one hand over the other.

Technology's Downside *by Wendy Loam*

In the past decade, technology has completely transformed the criminal landscape, making fraud easier to commit, more widespread, and more sophisticated than ever before. In 2022, the Canadian Anti-Fraud Centre received fraud and cybercrime reports totalling a staggering \$530 million in victim losses. Nearly a 40% increase from the unprecedented \$380 million in losses in 2021. Unfortunately, the increase in financial loss isn't tied to an increase in reporting—the Canadian Anti-Fraud Centre estimates that only 5 to 10% of people report fraud. East Ferris' Wendy Loam of the Near North Crime Stoppers encourages Edition readers to protect themselves from scams and fraud by learning more about scams and frauds from the following sites:

- www.antifraudcentre-centreantifraud.ca
- Get Cyber Safe.
- To report a fraud or scam call Phone Busters 1-888-495-8501

Remember, if it seems too good to be true, it is.!



L'art d'écrire un poème

de Jean Langlois

Avez-vous déjà eu l'envie d'aller vous asseoir au bord de l'eau et d'écrire un poème ? De noter les mots qui vous viennent à l'esprit sur la beauté qui vous entoure lors d'une belle journée paresseuse d'été? Moi j'adore la poésie. Pour moi le poète est plus qu'un écrivain, il est finalement compositeur et artiste du langage! Voici quelques conseils pour vous essayer à l'art poétique, et l'une de mes créations poétiques estivales pour vous inspirer.

- Lorsque vous débutez, laissez libre cours à votre imagination. Souvenez-vous que certains des plus grands voyageurs n'ont jamais quitté leur perron de maison ; ils ont voyagé par le rêve et l'imagination.
- Écrivez pour raconter une histoire ou transmettre un message. Ne vous souciez pas des fautes, de la structure des phrases ou des rimes à ce stade.
- Une fois que vous avez écrit votre message, relisez-le et apportez les modifications ou corrections nécessaires. Vous êtes alors prêt à passer aux rimes. Commencé par dresser une liste de mots qui riment. Cherchez ensuite des synonymes qui riment. Si nécessaire, vous pouvez modifier la phrase ou la redire c'une autre façon.

Jardinier

Les mains tout salies teintées de noir
Sa figure tout en sueur n'est pas mieux à voir
Il vient de quitter la pioche et sa pelle
C'est la terre de son potager qui l'appel
Renverser, piocher, mélanger sont les mouvements
Pour enfariner le sol à recevoir le conditionnement
Lorsqu'au dos courbé la semence sera piquée
À espoir que chaque graine va germer
De tout l'été a chaque jour comme remerciement
Sera sa paie d'avoir mis l'effort de son temps

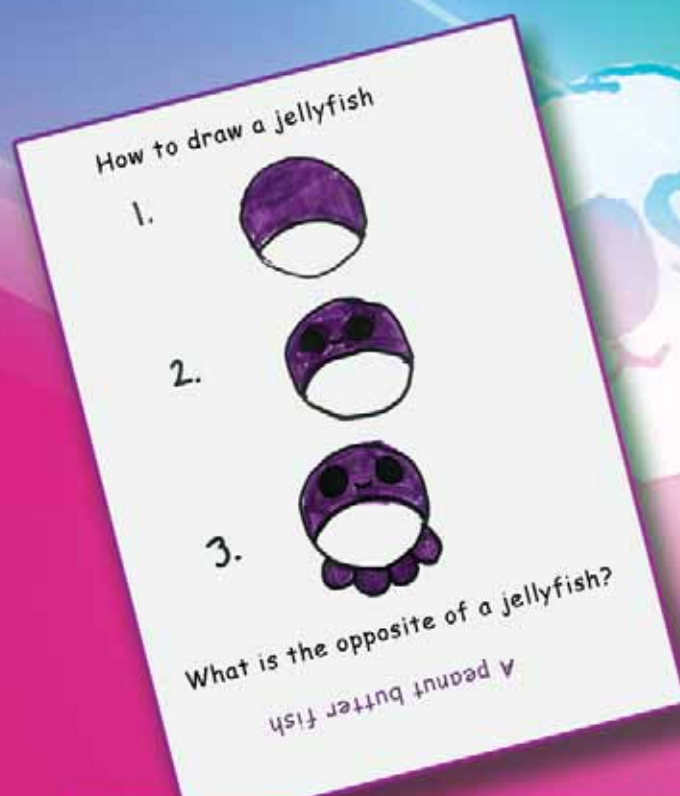
Quand la maturité du fruit porte sa lueur
C'est le miracle de chaque goutte de sueur
La mère la terre lui récompense de son labeur
Loin déjà sont dissipés toutes les heures
La raclette du beau et frais qui est si bon
C'est peut-être de son succès s'est-on
De sa façon en action de grâce de l'automne
Sa provision lui remplit les jours monotones
Car aux ennuis de l'hiver il aura à penser
Que bientôt un autre printemps va arriver



Kids' Corner - Coin des jeunes



Committee: Garrett, Josée, Krysten, Zoéanne, Sauvée, Nyla



Spotlight on the youth of East Ferris / Pleins feux sur les jeunes d'East Ferris

by Sauvée Perron

Interview with Dahlia Fish

Q: Hello Dahlia! I've heard you play two very popular Canadian sports. What are those two sports?

A: *I play ringette which was made in North Bay, Ontario and curling.*

Q: What are the names of your teams?

A: *My ringette house league team is called 'The Shriners' and my rep team is called the West Ferris 63's. My curling team is called the Ice Cats and we play at the Nosbonsing Curling Club.*

Q: Do you enjoy playing these sports?

A: *Ringette and curling are my two favorite sports that I've played yet!*

Q: Is there one you prefer?

A: *I prefer ringette, but some people might like curling better.*

Q: Is there one you find more difficult?

A: *For me, it's curling, because I play ringette more often than curling.*

Q: How old were you when you started practicing these sports?

A: *I started ringette in October of 2022, and I started curling when I was 6 years old.*

Q: Do you recommend these activities?

A: *I recommend ringette if you like team activities and a lot of physical activity. I recommend curling if you like a more relaxed sport.*

Q: Do you or have you played any other sports?

A: *I just finished playing basketball with the Junior NBA program in Powassan. I enjoy playing soccer and baseball in the summer.*

Q: Do you have friends who also play these sports?

A: *I have friends who play ringette, curling, soccer and baseball.*

Q: Are there sports you would like to try out?

A: *I would like to try rugby and football.*

Q: Do you have other hobbies you enjoy?

A: *I like reading, writing, playing with my chickens and going to the library.*

Thank you very much Dahlia for answering my questions and I hope you continue with these sports!



Dahlia Fish

Winners of the last Issue's Kids Contest/Les gagnants du concours du dernier numéro. Madeleine, William and Charlotte accepting their Cineplex cards from Krysten and Zoéanne.



Krysten, Madeleine, Zoéanne



William, Zoéanne, Charlotte

Word Search / Mots cachés

B	T	Q	W	U	J	G	M	S	I	L	I	T	E
E	I	H	I	S	T	R	A	M	H	S	E	R	F
R	M	A	C	E	L	X	C	V	W	F	A	U	B
N	B	Z	Y	N	P	B	I	I	L	G	S	T	H
A	E	V	R	I	O	W	N	U	L	P	T	V	P
R	R	C	T	L	Q	U	Q	W	X	S	F	W	Y
D	M	G	N	S	C	O	P	E	Z	P	E	I	X
R	A	N	E	U	P	E	M	O	O	W	R	D	P
O	R	I	P	B	K	P	N	L	F	T	R	L	M
C	T	M	R	S	M	A	R	E	S	I	I	X	A
H	I	O	A	I	Q	Y	A	T	L	Q	S	Z	C
E	M	O	C	R	R	E	S	J	I	W	A	K	E
F	B	R	E	R	E	O	J	I	M	L	U	I	S
O	E	G	N	E	S	P	K	W	N	D	T	C	O
R	S	S	G	F	U	S	X	A	S	V	O	Q	O
T	G	A	A	T	H	C	Z	C	A	C	I	A	M
L	S	S	G	S	G	J	C	I	I	Z	J	O	G
T	A	I	E	A	B	N	F	G	C	M	N	K	I
D	C	L	D	E	A	S	T	C	R	I	L	A	B

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Jokes and Riddles / Blagues et devinettes

Julien demande 10\$ à son père.
 « C'est pour quoi faire? »
 « Pour donner à une vieille dame. »
 « C'est très bien de vouloir l'aider.
 Et où est cette dame? »
 « Là-bas, elle vend des glaces! »



Knock, knock!
 Who's there?
 Cow
 Cow who?
 Cows don't go who, they go mooooo!

Summer Slushie

- 1- First, add 2 cups of your favorite frozen fruit, like strawberries, pineapples, peaches, watermelon, and cherries.
- 2- Add a tablespoon of honey and $\frac{1}{4}$ to $\frac{1}{2}$ cup of water.
- 3- Pulse until you get your preferred slushie texture.
- 4- Pour the slushie into glasses and serve right away.

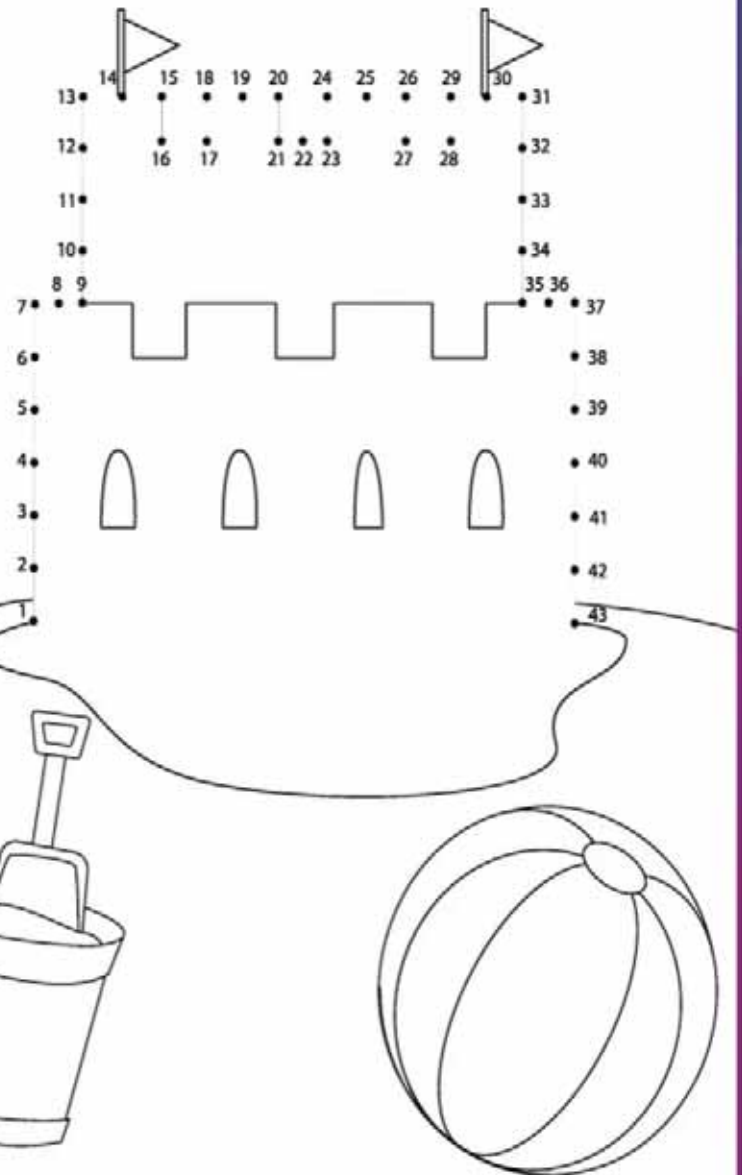


What's once in a minute, twice
in a moment, but never in a
thousand years?

Answer: the letter 'm'

"What has roots as nobody sees,
Is taller than trees,
Up, up it goes,
And yet never grows?"

Answer: mountain
(Source: Tolkien, J.R.R.,
The Hobbit, p. 72)





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