



The Red Lake Touring Region's February Newsletter

The Touring Region Travels Overseas

From January 9th to 23rd three representatives from the Red Lake Touring Region travelled to Stuttgart, Germany, for the Caravanning, Motoring and Tourism Show (CMT). The Show lasts 9 days and sees around 200,000 visitors! With approximately 1,400 exhibitors from 95 different countries, the CMT Show is a one-stop shop for tourism and travel. With exhibitors grouped into sections according to Country, consumers can easily locate destinations of interest. The Red Lake Touring Region experienced significant traffic and proved to be appealing to German travellers planning to visit Canada. Although the Touring Region, itself, does not have the capabilities to receive bookings, several promising contacts were made. Thanks to our translator, and Stuttgart-area native, Norbert, the language barrier was successfully avoided, not to mention, many visitors to our booth spoke English.

It is difficult to quantify the Red Lake Touring Region's success immediately following the Show, as contacts made could take several months or even years to come to full fruition. However, interest in the Red Lake and Ear Falls area was substantial. It is very apparent that most European travellers to Canada know only of East and West Coast destinations, and in some cases Southern Ontario. One of the Red Lake Touring Region's goals at the CMT Show is to educate German travellers about what lies north of Toronto. After all, what makes Canada so special is its diversity of landscapes. The wide scope of tourism attractions and destinations found in our Country is amazing. German tourists seem to be very intrigued by what Northwestern Ontario has to offer – its natural beauty and pleasant tranquility. As the Red Lake Touring Region works hard to spread the word and educate this new market on the Red Lake and Ear Falls area's amazing assets, progress continues to be made in the German market.

ADVENTURES NORTH

Watch for the Red Lake Touring Region's

Let Your Spirit Soar

episode featured on the Adventures North 2007 Series, shown on a variety of stations throughout Canada and the United States, including *Sportsman Channel USA, Global, CJTV, Men-TV, and Wild-TV*. In addition to this episode, the Red Lake Touring Region also has a ***Drive The 105*** promotional commercial being aired on the same stations. The episode and commercial are also available on DVD. To purchase your copy, mail your order to Box 250, Red Lake, Ontario, P0V 2M0, along with \$5.00 and your return address.

FISH FOR FREE ON FAMILY FISHING WEEKEND

February 24-25

The Ontario government and the Ontario Federation of Anglers and Hunters are encouraging anyone looking for some winter fun to get outdoors and drop a line during the first winter Ontario Family Fishing Weekend.

Canadian residents can fish licence-free in any public waters across Ontario on Saturday, February 24, and Sunday, February 25.

"Many Ontarians enjoy winter fishing as a sport and social activity, and parents and others across the province can take this opportunity to introduce children and young adults to the fun of fishing," said Minister Ramsay. "The winter family fishing weekend is a great time to learn from experienced anglers about fishing, safety and conservation."

During the family fishing weekend, anglers must follow the conservation licence limits set out in the 2005-2006 Recreational Fishing Regulations Summary, which is in effect until future notice.

"Taking part in outdoor activities such as fishing raises people's awareness of the environment," said Ramsay.

For more information on the Ontario Family Fishing Weekend, or if your organization would like to host an event, visit www.familyfishingweekend.com.



RED LAKE REGIONAL HERITAGE CENTRE TRAPPER STORIES PASSED DOWN

In May 2007 the Heritage Centre will be opening a new exhibit on “Three Centuries of Fur Trading”. This exhibit will include a Trading Post with replicas, a timeline on the history of the Fur Trade, profiles of some of the men who enrolled in the service of the Hudson’s Bay Company (HBC) along with the man who established the first HBC post in Red Lake in 1790!

You and your family’s memories and experiences would be displayed for visitors to read in the exhibit’s local section. This section will highlight local trapping families and individuals of the Red Lake area who have made fur trading and trapping a major part of their lives. If you or your family have any stories or memories from the trap line or about their interactions with the Hudson’s Bay Company or other trading companies we’d love to hear from you. Your contribution can be as short as a few sentences or as long as a paragraph.

You may submit your name or leave it anonymous. Your story may be submitted by e-mail: rlhc@goredlake.com, mail: Red Lake Regional Heritage Center, Box 64, Red Lake, Ontario, P0V 2M0, or may be dropped off at the Museum during regular hours, 8:30 a.m. – 5:00 p.m., Monday to Friday. For further information, please call Sara at 727-3006.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 YOGA	2	3 Women’s Drop-In Hockey (4:30 – 6:00)
4	5	6 Kookum’s Quilting & Crafts ----- Aerobics	7 BINGO	8 YOGA	9 Fire Fighters Curling Championship	10 Fire Fighters Curling Championship
11 Women’s Drop-In Hockey (9:00 – 10:30) ----- Fire Fighters Curling Championship	12	13 Kookum’s Quilting & Crafts ----- Aerobics	14 BINGO ----- VALENTINE’S DAY	15 YOGA	16	17 Mat Cats Gymnastics Meet ----- Women’s Drop-In Hockey (9:00 – 10:30)
18	19	20 Kookum’s Quilting & Crafts ----- Aerobics	21 BINGO	22 YOGA	23	24 7 th Annual Coffee House ----- Women’s Drop-In Hockey (4:30 – 6:00) ----- Family Fishing Weekend
25 Family Fishing Weekend	26	27 Kookum’s Quilting & Crafts ----- Aerobics	28 BINGO			

For more information on these or any other events, please visit our online events calendar at
www.VisitRedLakeRegion.com

YOGA

Every Thursday Night from 5:30 – 7:00 pm, the Red Lake Community Centre. CLASSES INCLUDE A COMBINATION OF TAI CHI, YOGA, AND PILATES. \$25.00 PER PERSON. CALL 727-2089 FOR MORE DETAILS.

WOMEN'S DROP-IN HOCKEY

Every Saturday from 4:30 - 6:00pm, Cochenour Arena. For women 18 years or older. Only \$80 for the season or \$7 drop-in fee. Contact Michel @ 727-2089 or Tess @ 662-2469 for more information.

AEROBICS

Every Tuesday from 5:30 to 6:00 pm, the Red Lake Community Centre. CLASSES INCLUDE: WARM-UP, AEROBIC SESSION WHICH WILL INVOLVE KICKBOXING, ATHLETIC DRILLS, AEROBIC MOVES, AND A COOL DOWN. A COMPLETE BODY WORKOUT!! \$25.00 PER PERSON. CALL 727-2089 FOR MORE DETAILS.

KOOKUM'S QUILTING & CRAFTS

Every Tuesday from 6-9 pm at the Red Lake Indian Friendship Centre – Main Hall. The Kookum's invite all ladies to join them for a night of socializing and getting that craft done that you've tucked away in the corner. Contact Shelley McKenzie, Aboriginal Healing & Wellness at 727-2847, ext. 39.

BINGO

Every Wednesday at 7:00 pm at the Red Lake Legion. The 1st BINGO of every month has a \$1000 jackpot!

48th ANNUAL NORTHERN ONTARIO FIRE FIGHTERS CURLING CHAMPIONSHIP

Taking place Friday, Saturday, and Sunday at the Campbell Curling Club in Balmertown.

RED LAKE MAT CATS PRESENT...

THE PROVINCIAL QUALIFIER AND INTERNATIONAL GYMNASTICS MEET

Saturday from 8:00am – noon, at the Red Lake District High School.

For more information contact Laura Arpin at 735-2496.

7th ANNUAL COFFEE HOUSE

Saturday from 6:30 – 9:30 pm, at the Red Lake Legion. Come out and enjoy some local talent – music, song, dance, poetry, short stories, and original local artwork!! For more information call 727-3207.

BUNDLE UP!

The Red Lake and Ear Falls area is fortunate to have good ice and a substantial amount of snow this winter season, creating the perfect environment for some great winter activities. However, temperatures seem to be hovering around -25°C, making it essential to wear proper cold weather clothing.

Layer Up! The best way to dress for winter is to wear layers. This gives you flexibility to add or remove layers, depending on the weather and your activity. In general, the three main layers are wicking, insulating and weather protection.

Wicking layer: This is the layer worn next to your skin, usually consisting of long underwear.

- Look for thermal underwear made of a synthetic — usually polyester — fiber that has "wicking" power. This means the fibers will wick (move) moisture away from your skin and pass it through the fabric so it will evaporate. This keeps you warm, dry and comfortable. Silk is also a good, natural fabric that has wicking abilities.
- Even though it's cold, you will sweat — especially if you are cross country skiing or snowshoeing.

Insulating layer: This middle layer includes sweaters, sweatshirts, vests and pullovers. The purpose of this layer is to keep heat in and cold out, which is accomplished by trapping air between the fibers. Popular insulation materials include:

- Fleece, a synthetic material which maintains its insulating ability even when wet and spreads the moisture out so it dries quickly.
- Wool, which naturally wicks away moisture.

Protection layer: The exterior layer, generally a shell and pants, serves as your guard against the elements of winter. It should repel water from snow, sleet or rain and block the wind, while also letting perspiration evaporate.

- Most genuine winter shells and pants are made waterproof and breathable to some extent by using tightly woven fabrics teamed with a coating or laminate. This keeps moisture on the outside but allows perspiration to escape, keeping you dry and comfortable.
- Depending on the weather and type of winter activity you will be doing, you may be interested in uninsulated pants and jackets/shells, or garments with increasing amounts of insulation.
- One-piece suits, which combine a jacket and pants, are popular with many alpine skiers, especially on cold days and days where there is a lot of fresh powder snow.
- Look for functional hoods, cuffs, pockets and zippers — details that truly make garments comfortable in a snowstorm.
- Although less baggy than in previous years, most snowboard clothing is still designed to fit looser than alpine skiwear, giving snowboarders freedom of movement. In addition, many snowboard pants are reinforced in the seat and knees for extra protection when kneeling or sitting on the snow.