



CLWA

**Crowe Lake
Waterway
Association**

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2025-2026

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Magical Moments

by Kendra Savard

Crowe Lake Waterway Association, P.O. Box 192, Marmora, Ontario K0K 2M0

www.clwa.ca

CLWA Santa Claus Parade Float

Santa came to Marmora on Saturday December 7th. Hundreds of spectators lined the streets of Marmora and enjoyed our magical float that pumped rocking Xmas tunes. Several CLWA members walked along and handed out candy to the children waiting to see Santa.

The Santa Claus parade float planning committee (Joanne and Dave Bedore , George (Chair) and Carol Hollingdrake, Pam and Terry Murphy, Jim Nichol and Sharon Barrons) met three times to share ideas, plan, and design the float and share Christmas cheer to create this year's festive CLWA float.

The committee was joined by Joanne and Dave's grandchildren Rebecca and Caleb and his wife Paige to add some youthful labour to the float assembly, Jamie Talbot also pitched in. A special thanks to Bill Neil for the use of his Christmas lights and decorations and to Carol Hollingdrake for the pictures of the float prep and parade.



Photo Contest Winners

Thanks to everyone who submitted a photo and to our judges. This year we had 24 entries from 18 people. Winning pictures are on pages 6-9.

Here's some comments from the Judges:

- What a beautiful place to live
- Some really tough decisions
- Next year I'll have an entry



President's Message - Terry Murphy

It was a busy 2024 for your Directors. We had 4 meetings to discuss CLWA issues plus the AGM and the other CLWA events. We talked quite a bit about water safety on the lake, responded to some complaints, and we had a lot of discussion about the future of our fireworks display.

In 2025, we will continue to educate boaters and stress safety on the waterways and our marker buoy program will continue. And, yes!, the fireworks show will be in August.

The Speakers Program seemed like a good idea, but attendance was not encouraging, and its future will be discussed. We'd like to hear from you.

As we wait for the lake to freeze over so we can enjoy winter activities, please remember ice safety. Don't take any chances.

I want to thank all our volunteers and our board of directors for their hard work and to wish everyone a Happy New Year.

TJM

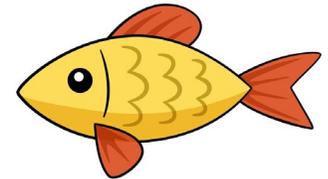
Upcoming Events

More information on all the CLWA Events will be in the Spring issue in May, and on the CLWA website and Facebook page. Details on the Speakers Program and the AGM are still To Be Determined (TBD).

May 19	Victoria Day / Long Weekend
Jul 01	Canada Day
Aug 02	CLWA Lighted Boat Parade and Fireworks
Aug 04	Civic Holiday
Aug 29 - Sep 01	CLWA Members Fishing Derby
Sep 01	Labour Day
Nov 01	CLWA 2025 Photo Contest Deadline
TBD	CLWA 2025 AGM
TBD	CLWA Speakers Program

2024 CLWA Labour Day Fishing Derby Results

From Paul Morton, CLWA Fishing Director



The weather was a mixed bag of sunny, cool and windy days but it didn't keep the anglers on shore. We had new participants and 13 bass caught by 6 contestants. The winners were separated by 1 or 2 centimetres. Most of the pictures in the Fishing Category in the Photo Contest came from the Fishing Derby.

- 1st Jillian Daoust - 46 cm - \$100 (Sponsored by Tracy Cocchio)
- 2nd Sean Diljohn - 45 cm - \$75 (CLWA Member)
- 3rd Tim Maung - 43 cm - \$50 (CLWA Member)

Mystery Prizes

- David Smith - 26 cm - \$25 (CLWA Member)
- Sam Morton - 17 cm - \$25 (Sponsored by Paul Morton)
- Sam Morton - 31 cm - \$25 (Sponsored by Terry Murphy)

The 2025 Labour Day Fishing Derby will be Friday August 29 through Monday September 1. Details and rules will be in the future newsletters and on the CLWA website and Facebook.

Winter

Have You Renewed Yet?

2025

2024 Membership Report

We end 2024 with 264 members and 39 of them are New Members.

John Assenza	Bayview Park
Bernie & Francis Vermette	Bayview Park
Andrew Crofts	Sunset Shore Rd
Debra Healy	N Hastings St
Fil & Marianna Filbo	High Shore Rd
Sharnel Walsh & Kinsley Tuckett	Drummond Rd
Peter Emmenegger	Marble Point Rd
Chris & Anna Martin	Bayview Park
Doug & Sherri McClintock	Bayview Park
Ezekiel Lucrida	Big Island Rd
Magda Amonowicz	Bayview Park
Glen Davis	Bayview Park
Trish Edwards	Bayview Park
Murray Graham	Bayview Park
Danielle Greenorne	Bayview Park
Heather & Steven Kun	Bayview Park
Elizabeth Manetta	Bayview Park
Anna & Chris Martin	Bayview Park
Bernie LeBlanc	Bayview Park
Sue & Dave McEneny	Bayview Park
Kelly McIntosh	Bayview Park
Tamara Mills	Bayview Park
Jim Moffatt	Bayview Park
Sherry Oosterlaken	Bayview Park
Dave Stoliker	Bayview Park
Ron Taylor / Pidwebecki	Bayview Park
Paul & Delores Truelove	Bayview Park
Dale & Dan Woelfer	Bayview Park
Jamie & Hilary Murphy	Gus's Island
Lyndsey Wannamaker	Bayview Park
Dawn White	Bayview Park
Rick Spence	Bayview Park
Allan Saunders	Bayview Park
Keith Rhodes	Bayview Park
Heather McEneny	Bayview Park
Mark Pearson	Bayview Park
David Yakobi	Bayview Park
Paul & Linda Vella	Fire Route 6A
Stephen Fillmore & Sean Ward	Fidlar Glen Road



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scottishpainter@aol.com
613-921-9263

- ✘ Exterior
- ✘ Interior
- ✘ Wallpapering
- ✘ Spraying



Winter

Is Your Neighbor A Member?

2025



Fireworks Discussions - Bill Neill

We devoted a lot of time and attention in 2024 to our fireworks program. The Board talked about it at each board meeting. We set aside time at the Speakers Program session and at the AGM for comments. We got comments from our Facebook page and by email.

The fireworks program is very popular with CLWA members and the community, but certain issues need to be resolved, if possible. Here is a summary of the issues and our decisions.

- 1. Volunteers.** We have a core group of volunteers and have started transitioning management of the program. We always need more volunteers.
- 2. Logistics.** We will need a new location to store the barges and equipment for the fireworks, but we're ok for 2025.
- 3. Cost.** The price of the fireworks and the total cost

of the display went up about 40% in 2024 and we don't know what will happen in 2025. We are looking for alternate sources and we may have to adjust the length of the fireworks show.

4. Regulations. There always seem to be new regulations and insurance requirements. Government regulations may reach such a level that pyrotechnic displays such as our will be unrealistic.

We appreciate the comments and ideas. The bottom line is that we still have issues to be addressed, but, barring unforeseen circumstances like a fire ban or a government regulation, we will have Fireworks on the Lake in August 2025.

ALWAYS SOMETHING AMAZING

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Winter

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2025

536 CE Was A Really Bad Year



[This is from History Facts. Edited for length. Full article is at <https://historyfacts.com/world-history/fact/536-was-the-worst-year-to-be-alive>]

That year, a massive volcano erupted, historians believe, filling the air with volcanic ash. Of course, the majority of people affected by the disaster had no idea what was happening — they just knew it was very suddenly very dark for a very long time. The sun didn't shine in Europe, the Middle East, and parts of Asia for 18 whole months — or as the Byzantine historian Procopius put it, “The sun gave forth its light without brightness, like the moon, during the whole year.” That summer, temperatures dropped more than 30 degrees in parts of Europe and Asia (it even snowed in China), so crops failed, leading to widespread famine, starvation, and economic stagnation.

Historian Michael McCormick told Science that 536 CE wasn't just the worst year up until

then, but “the beginning of one of the worst periods to be alive.” The climate still hadn't recovered five years later when the first bubonic plague broke out, wiping out up to half the population of the Eastern Roman Empire. Two more eruptions in the 540s certainly didn't help matters, either. The Late Antique Little Ice Age, as the period is known, lasted more than a century, clearing up between 660 CE and 680 CE, depending on the location.



We're here for you.

Life on the lake is good. Sharing fun times with family and friends or relaxing on the deck on a summer's day. It's comforting to know Campbellford Memorial Hospital is just a short distance from the lake when something unexpected happens.



Cottagers Care Program

Every Summer, the number of visits to CMH's Emergency Department increases dramatically compared to other seasons. Cottagers and tourists drive the upswing. So now we need your help to create an upswing in cottager donations to CMH. **VISIT givetocmh.ca to register for 3 years of caring today!**

Do you know government funding does not cover the cost of new equipment at the hospital? Donor support ensures our staff have the life-saving and comfort-giving tools available when they need to help you. **Please donate to CMH!**

We're counting on you - and thank you for caring about CMH just as we will keep caring for you, your family and your guests when you need us.



146 Oliver Road, Campbellford, ON
705-632-2014 • foundation@cmh.ca
givetocmh.ca

Winter

Contact us at info@clwa.ca

2025



Photo Contest

Beauty



Sunflowers at Sunset

First Place : Rory MacKay



September Misty Morning

Second Place : Tim Black



Variences

Third Place : Tim Maung

Honourable Mention - Winter Sunset - Judy O'Grady



Winter

Visit us at clwa.ca

2025



Fishing



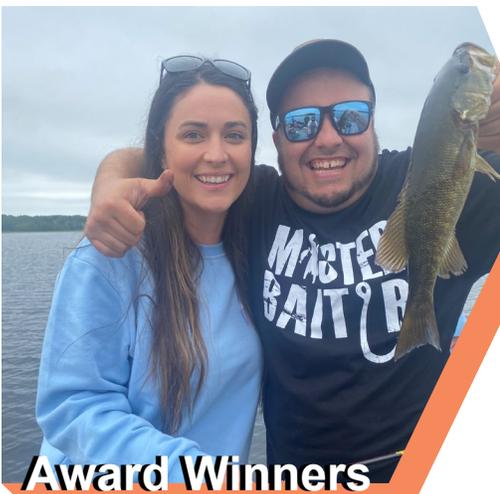
First Catch Kiss

First Place : Karen Maynes



Trolling at Sunset

Second Place : Rory MacKay



Award Winners

Third Place : Tracy Cocchio

Honourable Mention - Family Fishing Fun - Sabrina Diljohn





Photo Contest

Wildlife



First Place : Jeanna Black

Baby's First Swim



Second Place : Bruce Orpwood

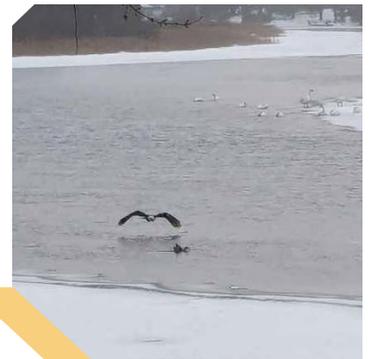
Loonatic Parade



Third Place : Maxine Prentice

One Of God's Gifts

Honourable Mention : Ice Fishing Eagle - Lynn Gapes



Winter

Visit us at clwa.ca

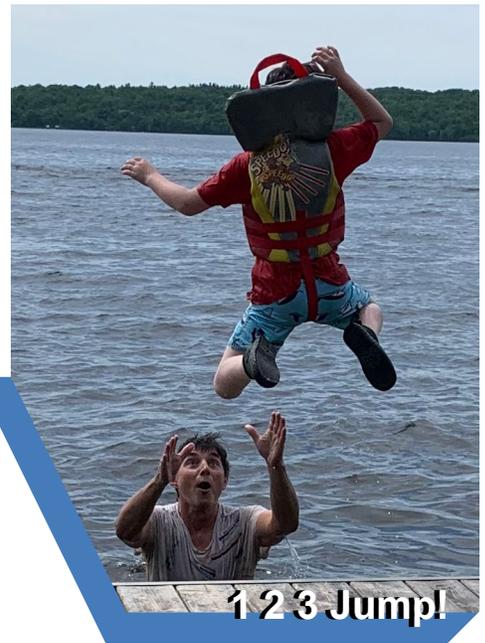
2025



Recreation



First Place : Liz Alderson



Third Place : Tim Black



Goggles Not Required

Honourable Mention : First Jump Is The Deepest - Meghan Black





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Marmora Pickle Ball Club



Sean Hale, Marmora Pickle Ball Club

The Marmora Pickleball Club was formed on January 9, 2024. Since then, they have grown to a total of 145 Facebook members and 30 regular players. Their goal is to provide seniors and residents of all ages with a fun and social method of staying fit and healthy. As a not-for-profit group, they have limited resources. However, in the process of collecting a nightly membership fee of \$5.00, they have saved enough to make a

\$500.00 donation to the Marmora Public School to thank them and the HPE Board of Education for approving and hosting their program.

We play all year. From September to the end of June at the school on Madoc St. Then from July to September outdoors in Springbrook or in Stirling or Havelock at their arenas. Marmora council rejected our offer to rent the Marmor arena.

Yes, we always accept new members and players for Friday nights. We formed an executive committee a month after we started playing, Members are Jamie Talbot, my wife Tracy Hale. And myself (Sean Hale).

For more information on the club and contact information to sign up, please follow the Facebook page - Marmora Pickleball Club.

Winter

Happy New Years!

2025

A Book Review - Prisoners of Geography



A Book Review – Prisoners of Geography by Tim Marshall

[I had a history teacher who used a geopolitical approach to explain what happened and why, vs dates and names, and so I was open to the ideas presented here. It was published in 2015 and there are a few times when the continuation of a condition discussed in a chapter is easily seen. Each chapter can stand alone and it's easy to read one map chapter at a time as your interest leads you. The review below is from the publisher. The book is available in the Marmora Public Library. Ritch]

In this New York Times bestseller, an award-winning journalist uses ten maps of crucial regions to explain the geo-political strategies of the world powers—"fans of geography, history, and politics (and maps) will be enthralled" (Fort Worth Star-Telegram).

Maps have a mysterious hold over us. Whether ancient, crumbling parchments or generated by Google, maps tell us things we want to know, not only about our current location or where we are going but about the world in general. And yet, when it comes to geo-politics, much of what we are told is generated by analysts and other experts who have neglected to refer to a map of the place in question.

All leaders of nations are constrained by geography. In "one of the best books about geopolitics" (The Evening Standard), now updated to include 2016 geopolitical developments, journalist Tim Marshall examines Russia, China, the US, Latin America, the Middle East, Africa, Europe, Japan, Korea, and Greenland and the Arctic—their weather, seas, mountains, rivers, deserts, and borders—to provide a context often missing from our political reportage: how the physical characteristics of these countries affect their strengths and vulnerabilities and the decisions made by their leaders.

Offering "a fresh way of looking at maps"

(The New York Times Book Review), Marshall explains the complex geo-political strategies that shape the globe. Why is Putin so obsessed with Crimea? Why was the US destined to become a global superpower? Why does China's power base continue to expand? Why is Tibet destined to lose its autonomy? Why will Europe never be united? The answers are geographical. "In an ever more complex, chaotic, and interlinked world, Prisoners of Geography is a concise and useful primer on geopolitics" (Newsweek) and a critical guide to one of the major determining factors in world affairs.

Tim Marshall is a leading authority on foreign affairs with more than thirty years of reporting experience. He was diplomatic editor at Sky News and before that worked for the BBC and

LBC/IRN radio. He has reported from forty countries and covered conflicts in Croatia, Bosnia, Macedonia, Kosovo, Afghanistan, Iraq, Lebanon, Syria, and Israel. He is the author of Prisoners of Geography, The Age of Walls, A Flag Worth Dying For, The Power of Geography, and The Future of Geography.

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Winter

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2025



The Canadian Canoe Museum New Home



From Museum the website, Trip Advisor and Facebook

Welcome to The Canadian Canoe Museum, located on the Traditional Territory of the Williams Treaties First Nations in Peterborough, Ontario. For more than 25 years, The Canadian Canoe Museum has stewarded the world’s largest and most significant collection of canoes, kayaks and paddled watercraft. More than 600 in number, the watercraft and their stories have a pivotal role to play in understanding our past and our collective future. As part of our responsibility for this one-of-a-kind collection, we have built it a new home along the water’s edge. We invite you to explore this

world-class collection and uncover the stories that shape our collective identity. From honouring Indigenous traditions to embracing diverse perspectives, our commitment to stewardship extends far beyond artifact preservation—it’s a pledge to foster meaningful connections

and inspire new generations of stewards. Come paddle with us!

2077 Ashburnham Drive, Peterborough, ON. <https://canoemuseum.ca/> Phone: 705-748-9153

Federation of Ontario Cottage Associations (FOCA) members can get a discount on Museum membership and CLWA members, because of CLWA membership in FOCA, can get a **25% discount** on an annual membership. Order online here: <https://www.canoemuseumstore.ca/collections/membership> and use our special code: **FOCAsaves2024** at checkout to access this discount.

News from Havelock-Belmont-Methuen

As of November 17, 2024, Peterborough Public Health (PPH) is no longer overseeing the delivery of septic permit services. Effective immediately, the Township of Havelock-Belmont-Methuen has authority over septic system services. Detailed information and resources are available on the township website, such as: When a permit is needed, Resources for property owners, Septic systems application for permit (Cloudpermit), and Permit fees. To reference the permit application and resource tools noted above, click Sewage Systems . For further information, contact the Municipal Office at 705-778-2308.

At the regular meeting of the Council of the Corporation of the Township of Havelock-

Belmont- Methuen on October 15, 2024, Electoral Ward 1 and Electoral Ward 2 were dissolved in their entirety and they were replaced by an At-Large Electoral System for the entire municipality whereby the roles of Mayor, Deputy Mayor, and three Councillor positions are all elected at- large.

The Havelock Belmont Methuen Lake Association (HBMLA) is a committee of members appointed by the 9 Lake Associations to meet in person and/or online to share lake concerns, best practices and successes for the benefit of all lakes. The HBMLA also monitors the Township activities and shares lake concerns for their consideration. CLWA is a member.

Winter

Go Take a Photo For the Contest!

2025

Grave Symbolism



Find A Grave, November 2024

With their unique blend of traditions, holiday gatherings, and quiet solitude, the darker months of the year naturally lend themselves to remembrance. Across the world, wreaths, candles, photos, and other mementos are placed at grave sites to honor and memorialize loved ones.

In some cases, these symbols are attached to gravestones in a more permanent way. Many are commonly found in engravings, sculptures, or the shape of the stones themselves. And each holds a meaning—often several meanings—which may add extra poignancy to cemetery visits this season.

Candles

Candles are a frequent sight in both cemetery visits and gravestone art. Across many practices and cultures, candles almost universally hold connotations of light and warmth—welcome symbolism in a season known for cold, dark nights.

On a gravestone, a lit candle embodies life. Thus, a snuffed or burned-out candle represents life that has ended. Candle engravings can have a more optimistic symbolism as well. When depicted with a flame still burning, they may represent a commitment to one's faith, Christ as the "light of the world," or a belief in eternal life. They are also seen as a metaphor for hope.

Skulls

The skull or skeleton is a common motif found on gravestones. A skull and crossbones can simply represent mortality, and a winged skull implies the soul's ascension to heaven. In general, particularly before the 1900s, skulls were the visual version of the phrase "Memento Mori," an acknowledgement of the inevitability of death. Some may find this a morbid message, but historically skull imagery was a straightforward reminder that death is part of life.

Wreaths and Garlands

A garland's meaning can change depending on the foliage. One might spot familiar winter evergreens like pine, holly, and ivy, all of which share connotations of immortality. Each also has

their own associations. Holly was linked to luck in ancient customs, while in Christianity the prickly leaves and red berries might reference Christ's sacrifice. Pine (especially pinecones) is linked with regeneration, and ivy with friendship and fidelity.

Wreaths share many meanings with garlands, but their circular shape nods to the cyclical nature of life and death. They may also indicate a notable accomplishment in some area of the person's life, especially when made of laurel, another evergreen. More generally, the wreath symbolizes victory over death itself through rebirth and the immortality of the soul.

Portraits

Some loved ones have been memorialized in a very literal way with permanent portraits. Such tributes can range from minimal to incredibly detailed, and from professional artistry to etchings by a passionate amateur. All provide a generous glimpse of those who've passed on that can be a true gift to both the deceased and those who visit their graves.

What is a sculpture made in a loved one's image if not the three-dimensional version of the portrait? Both portrait and sculpture have the benefit of being highly personalized tributes to the departed, often standing for decades and even centuries beyond the lifetime of those they honor. As with much of gravestone art, the individual's beliefs, preferences, hobbies, and more can add even more depth to these symbols beyond their broadly understood meanings. A closer look at gravestones like these can provide an unexpectedly rich understanding of those memorialized.



Winter

Be Safe on the Ice

2025



Want to Weigh Less - Go to Hudson Bay

IFLScience, May 2023

Though we may think of the Earth as having a sort of uniform gravity wherever you are on the planet, this is not the case. Just as the Moon exerts more gravity on the Earth than the much larger Jupiter because of the distances involved, more gravity is exerted on you when you are closer to more mass. And Earth's mass is not uniform.

For starters, the Earth bulges at the equator thanks to the rotation of the Earth and centrifugal force. As a result, you weigh slightly more at the North Pole where you are closer to the bulk of the Earth's mass than you do at the Equator, where you are further from it.

At Hudson Bay the problem is the opposite, gravity is weaker, and you weigh slightly less. The weakened gravity is caused by missing mass. This is likely caused by events during the last Ice Age, as the Laurentide Ice Sheet that covered most of Canada pushed through the country and shifted dense rock out of its way, compressing it down below. When the ice sheet melted, it left the area to slowly recover, but with missing mass.

However, this only accounts for around 25-45 percent of the gravity anomaly seen at Hudson Bay, according to an analysis of the

Gravity Recovery and Climate Experiment (GRACE) satellite data. The remaining anomaly is likely accounted for by activity well below the Earth's surface. The rising and falling of magma creates convection currents, which can drag down continental plates, decreasing the mass in the area, all to make you weigh slightly less in Hudson Bay.

<https://www.iflscience.com/hudson-bay-is-sitting-on-top-of-a-gravity-anomaly-68955>

Before Taking A Boat On The Water

1. Have the proper safety equipment on board. The type of equipment required depends on the type of vessel you're using, but you must have access to a life jacket. Be sure that the life jackets actually fit the people on board, particularly children.
2. Get your boat operator card
3. Make a plan and share it with someone. Before you head out to the water, you should always make a plan and share it with someone on shore sharing your general location and how long you expect to be out on the water. In the event of an accident, this will give emergency officials a better idea of where to look.
4. Have a communication device on board. Have a communication device on board, such as a cell phone or a whistle, in case you need to call for help or alert other boaters in the area.
5. Drive sober. Under the Criminal Code of Canada, if you are found operating a motorized vessel under the influence of drugs or alcohol, you will be charged with the same impaired driving offense that you would if you were driving a car.

Winter

Volunteer in 2025

2025

How to Pick Native Species for Spring Planting



How to pick truly native species for your spring planting, From The Skink, Newsletter for The Land Between, May 2024

Selecting the right plants for your garden can feel like a daunting task, especially when many nurseries are stocked with so many options. With the spring planting season a few weeks away, now is the perfect time to start thinking about how you'd like your garden to look this year as well as the plants you'll source for it. When it comes to selecting plants, native plants are always best! Simply put, native plants are those plants that naturally occur in an area and have evolved over many years to be best suited to things like that area's unique climate, geography, and more. Because of this, native plants typically:

- Require little to no watering, depending on seasonal rain
- Require little to no fertilizer or pesticides
- Require very little maintenance to upkeep
- Are preferred by local wildlife like pollinators
- Typically, don't require yearly planting (most are perennials)

Native plants are therefore the best option for you and for nature and while there is a misconception that native species will appear wild or unkempt, this couldn't be further from the truth! Native gardens can be completely customized by colour, height, and fullness to achieve your desired aesthetic.

But it's not always easy to tell what plants are native vs. which one's aren't. For that, we have a couple of tricks. Try to shop at smaller nurseries who have a focus on or exclusively stock native plants. Many larger nurseries have also started to partner with environmental not-for-profits to tag plants that are truly native to that region. The In The Zone initiative is one such example! Most larger nurseries (including Loblaws) will advertise if they participate in

initiatives like this and make it clear which tags you can keep an eye out for! You can also check out our resources, including free guides, here at Shoreland Gardens Resources.

Beer Invented Before the Wheel

History Facts <hello@historyfacts.com>

Few inventions have shaped the course of history more than the wheel, which dates back to roughly 3500 BCE. That may seem ancient (and it is, by definition), but it's positively fresh-faced compared to what was apparently a higher priority for our ancestors: alcohol, which is at least 9,000 years old. That knowledge comes to us from Qiaotou, China, where pottery containing alcohol residue was discovered in 2021. Also found at the site were two skeletons, suggesting it was a burial pit and that consumption of beer — in this case made from rice, tubers, and pearl barley — has long been a part of funerals.

Ontario Electricity Rebate

The Ontario Electricity Rebate (OER) is provided to eligible customers, including households, farms, long-term care homes and small businesses. The rebate is automatic for most customers and appears on bills as a separate line item.

Effective November 1, 2023, the OER is providing eligible consumers with an 19.3% rebate from the province on the subtotal of their electricity bill.

For questions about eligibility, please contact your electricity distribution company or the Ontario Energy Board. (Internet: <https://www.oeb.ca/contact-ontario-energy-board>, telephone 877-632-2727, email publicinformation@oeb.ca)

Winter

Is Your Neighbor A Member?

2025



Hot Chocolate Tastes Better from Orange Mug

BY JENNA WOOTTON, Cottage Life November 29, 2023

If you love a warm mug of hot chocolate after stepping inside from a crisp winter day, then you may be interested in some recent research, published in the Journal of Sensory Studies.

Researchers from the Polytechnic University of Valencia and the University of Oxford have found that the physical attributes of the containers we eat or drink from—including a mug of hot chocolate—may influence our perception of the food or drink, as well as the overall consumption experience.

“The colour of the container where food and drink are served can enhance some attributes like taste and aroma,” said Betina Piqueras-Fizman, a researcher at the Polytechnic University of Valencia who was involved in the study.

Participants in the study tasted four samples of hot chocolate, each served in a different coloured cup. Half of the people were provided with sweetened hot chocolate, while the other half were given unsweetened. For both groups, the intensity of the chocolate flavor was rated as being significantly more intense (and well-liked) when it was served in an orange cup.

While the studies’ sample size was relatively small, this isn’t the first study for researchers to conclude that certain colours can enhance the properties of food, which may make you think twice the next time you reach into the cupboard for some hot cocoa. [Sample size is small, so you need to test this, maybe on Grandchildren?]



Guardian

MARMORA PHARMACY

Hours

9 am - 5:30 pm	Monday-Friday
9 am - 3 pm	Saturday
10 am - 2 pm	Sunday

Free Delivery and Medication Reviews

Medical Clinic

- On site Nurse Monday-Friday
- Life Labs Blood Work Daily
- Diabetic Foot Clinic Monthly
- Weight Management Program
- Smoking Cessation



Winter

Happy New Years!

2025