

Jemiskaming District

FREE

# Seasons

Spring 2020

Magazine

**DRAWING FROM  
THE PAST  
FOR THE FUTURE**

*By Darlene Wroe*

**WEATHERING  
THE STORM**

*By Sue Nielsen*

**SPEAKER**

PRINTING, PUBLISHING  
AND PROMOTIONS





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# SPEAKER

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**SPEAKER**  
PRINTING, PUBLISHING  
AND PROMOTIONS

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# YOUR LIFE & The Law

## Avoid the Pitfalls of Online Shopping; Buy Local.

By Lisa Neil B.A., LL.B

It has never been easier to purchase almost everything that you need online without ever having to visit a brick and mortar store. Shopping online is easy and convenient but those low prices and next day deliveries come with hidden costs and unexpected risks.

If you purchase an item online with a value exceeding \$50 from a business located in Ontario you are covered by the *Consumer Protection Act*. The *Act* sets out requirements that businesses must adhere to and are designed to protect the consumer from fraud, theft and misrepresentations. These regulations are great but the reality is that they do not cover the vast majority of online sellers and retailers who are located outside the province.

Most online sales take place in a virtual wild west where few laws apply and where your rights are all but impossible to enforce. If an online retailer refused to honour its refund policy or to replace your defective product your recourse is limited. You can post a negative review on their website detailing your experience hoping to shame them into resolving your problem. You can contact the police if the company has taken your payment and not provided the product. You can also sue the business or seller in small claims court. Unfortunately, each of these remedies has problems and limitations. It is doubtful that a bad review would motivate a large online retailer with millions of customers. The

police are unlikely to get involved and investigate an online scam unless your loss is significant or targets numerous people. Criminal prosecution does not guarantee the return of your money. Small claims court can be pricey; the filing fee to start a claim is \$102 and the process can be lengthy taking a year or more. Once you finally obtain a judgement you then have to collect on it. You can garnish wages, bank accounts, and file a lien against the debtor but these processes are costly and take even more time. Sadly, these judgements are notoriously difficult to enforce in foreign jurisdictions so they would be essentially worthless against the large online retailers. None of these options are good ones. The value of your online purchase is likely far less than the costs to recover your losses.

In addition to the lack of effective legal protections and remedies, there are other costs associated with buying cheaper products from big box online stores that shoppers don't often consider. Large corporations employ a significant percentage of their staff on a part-time basis to help keep their costs low. These employees are often paid minimum wage, not given regular shifts, and don't qualify for benefits. The measurably lower quality of life these employees experience results in additional pressures and higher costs to the community because low paid employees sometimes cannot make ends meet and need to rely on food

banks, social benefits and may even end up as part of the working homeless. Lower paid employees also have less disposable income to spend in the local economy. These negative financial impacts to the community are greatly reduced when employees work for locally owned small businesses that provide full time employment at a fair wage with reasonable benefits. The governments do not need to subsidize the living costs of employees who are properly compensated and fairly treated. A further hit to the local economy is felt when the large corporate retailer's profits flow out of the community and into the hands of the wealthy corporate owners and shareholders who don't live, shop or invest in the area.

Buying local, doesn't just offer greater legal protection, it has numerous other direct benefits to you and your community that include: greater accountability, reliable product safety, ethical sourcing, lesser environmental impacts, a boon to your local economy, and a healthy and thriving community.

When you buy locally, the business is directly accountable to you. The sellers and business owners live in the same community and your word of mouth is important to their success so they are motivated to provide you with excellent goods and services and to fix any issues that come up. You will not ever get this personal attention and peace of mind from an online

\*This article is provided for general information purposes only and should not be considered legal advice.



store that could care less about your negative review because they have thousands of new customers visiting their sites to buy the same product that you didn't like or never received. Your dissatisfaction is a calculated risk and just part of doing business for them.

In Canada, there are strict health and safety standards that govern our manufacturing, agriculture, business and food services industries. When you purchase a Canadian made product, you are assured that it meets high standards. You do not get this same guarantee when you buy from an international online supplier. Depending on the product and how it is imported, these types of regulations are far reduced and you lose the stringent protections. As consumers, if we want to take advantage of cheap foreign produced merchandise than we have to face the realities of why we pay so little for them and who suffers for it. Serious issues such as illegal labour practices, dangerous working conditions, and environmental destruction in the countries of origin are controversial and easy to ignore but these impacts are part of the reason and the result of the low cost of these goods and they need to be considered when we are deciding where to spend our hard-earned dollars.

Buying local has a direct and immediate positive impact on the environment. Your carbon footprint is drastically reduced when your goods are not travelling far. Several steps of the supply chain are cut out resulting in less use of resources. An added benefit is incredibly fresh food products brought to market and available for purchase soon after harvesting and undamaged by long trips through the transportation chain.

Shopping locally has a dramatic positive impact on your local economy. Your local purchase may have contributed to the survival of a struggling family farm, put food on the table for your neighbour, and helped a local business hire new employees or give existing ones a raise or better benefits. The accepted statistic among economists is that every dollar spent locally multiplies 7 times within that community. This "economic multiplier effect" creates wealth within a region in many ways. It starts with the business that you are buying from using your dollars to pay its employees, its taxes, and to buy products and supplies from other local businesses. The employees and owners of these businesses will in turn spend their paycheques in local shops and businesses and will contribute to the local tax base. This effect also creates additional need for local jobs such as plumbers, electricians, retailers, teachers, accountants and labourers. Buying locally not only keeps jobs but also creates them and in doing so helps to maintain a vibrant

and healthy community with diverse shops, amazing restaurants, state-of-the-art hospitals, modern schools, and a wide range of recreational and cultural opportunities for its residents.

In these difficult and stressful times, it is more important than ever to support the excellent local businesses and products available in our community. Studies show that small businesses donate more than twice as much per sales dollar to local non-profits, events and teams compared to big businesses. Contrary to what a lot of online shoppers believe, our local businesses offer a large selection and unique products. Consider following local businesses on social media to get regular updates about their products and services. You might find local goods that you'd never expect or didn't realize were available in your area. It is important to strengthen our local businesses, producers and supply chains so that the impacts of food shortages and higher costs are reduced. We need our local businesses now more than ever and we need to support them to ensure that they not only survive but thrive once the pandemic is over.

It is easier than you might think to buy locally while fully adhering to the social distancing rules and staying safe. Many local businesses have started or expanded websites and their social media presence to better serve you and are posting their goods online for our virtual shopping pleasure. You can pick up your purchases contact free, often the same day, or have your products safely delivered from a mile or two down the road instead of thousands of miles away. You also know the supply chain that you are purchasing from and you can be better assured of the safety of your goods. When you shop locally, you are safer and your local economy benefits greatly. The next time that you're adding items to your online shopping cart on one of the big box store sites take a few minutes to go and find that product locally. You'll be pleasantly surprised at what you discover and by redirecting that purchase your community will thank you back in so many ways.





# Let's do breakfast!

## Breakfast: the best way to start your day

You've probably heard that breakfast is the most important meal of the day, but have you ever wondered why? Here are some of the benefits provided by eating a healthy breakfast.

### RESTORE YOUR ENERGY

The time between dinner and breakfast tends to be the longest period that your body goes without fuel. Eating in the morning will help revive your brain and muscles and give you the push you need to go about your day. If you don't eat breakfast, your body will draw on its energy reserves instead, which can increase your level of fatigue.

### IMPROVE YOUR PERFORMANCE

Eating breakfast has a direct impact on your cognitive and physical performance throughout the day. Numerous studies from around the world indicate that eating a healthy breakfast improves academic performance and enhances hand-eye

co-ordination.

### MAINTAIN YOUR WEIGHT

Skipping breakfast makes it more likely that you'll snack during the day and may consequently increase your risk for obesity, high blood pressure and diabetes. Plus, studies show that people who start the day with a healthy breakfast have an easier time losing weight and are less likely to be overweight in the first place.

Eating breakfast should be a daily habit. In addition to restoring your energy, improving your performance and maintaining your weight, it makes it more likely that you'll make healthy choices throughout the day.



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## 4 tasty on-the-go breakfast options

If your mornings are rushed, it can be hard to make time for breakfast. Here are four healthy options that are easy to prepare and can be eaten on the go.

### 1. OVERNIGHT OATS

Combine rolled oats, fruit, yogurt and seeds in a Mason jar and store the meal in the fridge overnight. In the morning, add a drizzle of honey or maple syrup for a touch of sweetness.

### 2. A MUFFIN

A muffin with seeds, nuts and dried fruits makes a nutritious and portable snack. Eat one along with a bit of yogurt or a slice of cheese as your morning meal.

### 3. A SMOOTHIE

To make a breakfast you can drink, simply put milk and fresh or frozen fruits and vegetables in a blender. If you want, you can also add some nut butter or Greek yogurt; the protein will help keep you going till lunch time.

### 4. AN EGG WRAP

To make a breakfast wrap, stuff scrambled eggs, tomatoes, spinach and cheese into a whole wheat tortilla. The resulting meal will be delicious yet portable.

All of these meals are easy to prepare the night before and can be ready to grab on your way out the door in the morning.

## 5 ways to make your weekend waffles better

Served sweet or salty, with maple syrup or cheese and herbs, waffles are a weekend breakfast tradition for many. Here are five ways to make your next batch even better.

### 1. REPLACE THE MILK

For waffles with a crunchy crust and a tender interior, replace the milk with water. Or use a carbonated drink like soda water or even beer or sparkling wine. The bubbles from these liquids add air to the batter, making your waffles extra light and fluffy.

### 2. WHIP YOUR EGG WHITES

Another way to make waffles fluffier is to beat the egg whites first. Separate them from their yolks and whip them until they form stiff, white peaks. Then, incorporate the egg yolks according to the recipe and gently fold the whites into the mixture last.

### 3. DON'T MIX TOO MUCH

It's tempting to beat your waffle batter until it's perfectly smooth, but don't. Instead, stir it until the flour is just incorporated and there are still some lumps. This will make your waffles airier.

### 4. GREASE THE IRON

Unless you have a non-stick waffle iron, make sure the plates are sufficiently oiled. This will guarantee that your waffles don't stick and prevent them from being too dry. You can use a cooking spray or simply brush melted butter or vegetable oil onto the plates.

### 5. PREHEAT THE IRON

Putting your waffle batter on an iron that isn't hot enough will yield soggy, undercooked waffles. Most irons will have a light that indicates when it's hot enough, but if yours doesn't, spray a few drops of water onto the plates with your fingers. If they steam and sizzle, the iron's ready.

Finally, make sure to leave the waffle in the iron until it's fully cooked. If your iron doesn't have a light or make a sound that indicates when the waffle is done, pay attention to the steam coming from the iron. When it stops steaming, the waffle is done.





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# Drawing from the past for the future

By Darlene Wroe



The late spring and early summer were always busy times when I was growing up and through much of my adult life as well.

Garden season was always a time filled with preparations and dedication to creating all that was needed to feed us for much of the year.

The actual process started in the fall when I was a child.

My uncle would come up with his tractor and turn up the sod of the huge potato patch and also the equally huge vegetable garden.

Apparently the fall tilling helps to prepare the ground and eliminate the opportunity for some of the pests that can beset a garden.

The spring tilling was done again with the smaller tiller, evening out the sod and preparing the grounds for levelling and blocking out of the rows.

Sticks were placed at either end of the garden and strings tied to map out the perfectly straight lines that better used the space that was available for the vegetables.

Once the line was established, a trench was dug with the use of a hoe. The precious seeds were then carefully spaced down the line, and covered with just the right amount of earth.

This whole process was overseen by my grandmother when I was a child.

My husband John, during his lifetime, was also an avid gardener. I do admit I had a greater interest in flowers, but he was of the opinion that if you couldn't eat it, it was a waste of garden space. However, to please me he would assist with the delphiniums.

The very early spring was a time of starting the seeds, and a weird contraption complete with grow lights was the beginning for many delicious vegetables that he grew.

His sweet cherry tomatoes could have won sales in the candy aisle. The broccoli was fresh. The marjoram grew like wildfire.

My grandmother's garden always had a reserved section in the south end for the sunflowers.

If you could grow it in Northern Ontario, between those two – my grandmother and my husband – I have seen almost everything you could bring to a table.

Both of them were independent and prescient, and were either way ahead of their time, or were holding on to something important that many have left behind.

Growing your own food is an act of independence and individual power.

Yes, it's hard work, but in this time of suddenly having our way of life challenged and even questioned, it's worthwhile to look at ways that we can be a little more self-sustaining in this world where even our family and friends are at an enforced distance.

Even if it is late in the season, there is time now to learn about gardens and gardening, and to prepare a space that you have available. Mapping out and tilling for the future garden can fill your days with sunshine, purpose, and new hope and resolve. Even pots of plants, tomatoes, herbs, and edible flowers is a step forward into a future that has something from the past that is actually important.



# GONE FISHING



## Things to tackle before your next fishing trip

Don't let a brittle line or dull hook stand between you and your next catch. Routine maintenance of your fishing equipment might seem tedious, but it can make a big difference when you're out on the water. Here are a few tasks to complete before your next fishing trip.

### CLEAN YOUR ROD AND REEL

Wash your fishing rod in warm, soapy water and dry it with a soft cloth. Rinse the outside of the reel, but be careful not to get water in the interior mechanisms. Use a cotton swab to clean the reel gears before lightly oiling them. Replace the line if necessary. Inspect your rod, reel and line guides for anything that's loose or damaged.

### ORGANIZE YOUR TACKLE BOX

Start by emptying out your tackle box and wiping it down with a damp cloth. Sharpen hooks, inspect bait and discard rusty or damaged components. Take note of any items you need to replace. Once everything is clean, reorganize the supplies in your tackle box for easy access when you're on the water.

### INVENTORY YOUR SUPPLIES

You need more than a rod and reel for a successful fishing trip. Check your landing net for tears and a weak rim. Are your waders still waterproof? Make sure you have a hat, sunglasses and sunscreen to protect you from the elements. Don't forget a lifejacket and insect repellent. Put together a shopping list of missing, worn out or expired items.

Once your gear is ready to go, check regional regulations and make sure they're valid. Following these steps will help you be a good one.



## Get up to speed on fishing regulations

Fishing regulations play an important role in aquatic conservation, biodiversity and habitat preservation. Before you head out on the water, consult your regional fishing regulations for any updates and to ensure that you're fishing legally and sustainably.

### GET YOUR LICENCE

A fishing licence is almost always mandatory if you're between the ages of 18 and 64. Requirements for younger and older anglers vary by province and territory. If your area offers a variety of licences, they may be subject to different fishing quotas.

### THE RIGHT EQUIPMENT

Before you head out on the water, ensure your fishing tackle complies with regional regulations. Depending on where you intend to fish, there may be restrictions on the use of live bait and barbed hooks. There may also be a limit on the number of hooks and lines permitted.

### WHEN AND WHERE

Fishing may be restricted to certain periods of the year in your province or territory. There might also be different regulations in place for specific bodies of water or regions based on local populations and conservation efforts.

### KNOW YOUR LIMITS

Not all fish are created equal, and they may be subject to different size restrictions and bag limits. Some species may be off limits altogether. To ensure compliance with local regulations, you need to be able to identify the species you catch.

Specific fishing regulations vary by location. Provincial and territorial governments manage freshwater species in their region, with the exception of salmon in British Columbia. The federal government is responsible for most marine species. Be sure to consult the appropriate department of fisheries website for more details.





# SWING

into GOLF season!



## A beginner's guide to golf etiquette

Etiquette is fundamental to the game of golf. Before playing your first round, be sure to have a good grasp on the basic dos and don'ts.

### **UNDERSTAND THE RULES**

It's a good idea to first familiarize yourself with the rules of the game as outlined by Golf Canada. In addition, you should learn the specific rules and regulations of the course you're playing. These are often printed on the scorecard and posted in the clubhouse or pro shop.

### **FOLLOW THE DRESS CODE**

Wear a collared shirt with either khakis, golf slacks, a golf skirt or golf shorts. You'll also need golf shoes. Some clubs have a more specific dress code, so always check in advance.

### **BE RESPECTFUL TO FELLOW GOLFERS**

Show consideration to other players on the course by following these conventions:

- Be punctual. Arrive promptly for your tee time to avoid holding up the group behind you.
- Care for the course. Replace divots, repair ball marks, rake bunkers and keep golf bags and carts off tees and greens.
- Make sure your phone is off or set to silent.
- Don't move or talk when another player is hitting the ball.
- If your ball is in danger of hitting someone, yell "fore."
- Allow the player who's furthest from the pin to play first.
- Respect the pace of play. If your group is slow, allow the golfers behind you to play through.
- Don't step in another player's putting line, as you could leave an imprint on the green.

As a final tip, seek out golf partners who know the game well so you can listen to their advice and follow their example.



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Your  
home

# renovation

PLAN IT, DO IT,  
SURVIVE IT.

PLAN

1

Are you thinking of making a change to the look or layout of your house? If so, be sure to contact an interior designer to help you make the most of the space you have. And if you're planning to make major changes to your home's structure, it pays to consult an architect who can create a well-designed and functional plan.

Whether you're only renovating one room or remodelling the entire house, it's important to obtain the proper permits. Contact your municipality to find out about local regulations and to complete any necessary paperwork.

Renovations can be expensive. Talk to a financial adviser to help you decide if refinancing your mortgage or getting a line of credit is possible. And to avoid unpleasant financial surprises, create a detailed budget outlining how much everything will cost including all labour and materials.



DO

2

Make a list of all the tools, equipment and materials you need for your renovation. Head to your local hardware store and get everything you need before beginning the project.



Consider buying more materials, like tile, paint and flooring, than you think you'll need. This way, you can be sure you won't have to delay work in order to head back to the store to buy more. You can always return unopened boxes.

If your renovation requires more expertise than you have, don't try to do it yourself. Instead, hire contractors who know what they're doing.

For big projects, consider hiring a general contractor. They'll make sure the work gets done properly and on time and will take care of hiring any specialists you may need, like electricians and plumbers.

SURVIVE

3

Do you want to survive your renovation with your sanity intact? If possible, move out while your home is being upgraded.

However, if you don't have somewhere to stay for the duration, give yourself a break by spending a few nights in a hotel or eating out a few times to take your mind off the project.

If you simply need to get away from the noise and dust for awhile, go to a local spa for a massage or a facial. Alternatively, heading to the gym for a workout is a great way to blow off some steam. Or, if the whole family needs a break, you can go bowling, mini-putting or to the movies.

Once the work is done, it's best to hire a professional cleaning service to get rid of all the remaining dirt and dust.





# Living at the Cottage

For many years I have had an emergency kit packed and ready to go into action, if it was needed.

I have actively participated in regular emergency training sessions so that I am prepared in the event of a fire... flood... train derailment... toxic spill... gas explosion... bridge collapse... snow or ice storm or power outages with loss of communications.

I have planned my "escape route" from the cottage and planned my "escape route" to the cottage.

I have planned for the "gathering of the clan" in case of emergency and kept the freezer packed to the top and the pantry bulging in preparation.

## My emergency preparedness kit included:

- water
- chocolate bars
- dog food and treats (four days)
- first aid kit
- flashlight with extra batteries
- radio with extra batteries
- cash (bills and coins)
- important personal and household documents
- can opener manual
- keys for house and vehicle
- map of the area
- duct tape
- toilet paper
- knife, hammer, screwdriver and pliers
- matches and lighter
- toothbrushes, paste, floss, hairbrush, soap and shampoo



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- deck of cards
- whistle

I thought that I was more than ready for any emergency situation. But... I was not prepared for the world to stop.

I was not prepared for COVID-19!

I am one of the fortunate people who continued coming to the office as The Temiskaming Speaker and Weekender are considered an essential service. I had the opportunity to actually get out

in the field with our carriers. It served to re-instill in me, leaving absolutely no uncertainty, the need for community newspapers across Canada to thrive and survive this storm.

I watched as people young and mature in houses and apartments watched at their window for the delivery of their newspaper. In many cases, the newspaper was the ONLY contact they had to the outside world.

So if anything, my days were busier and more diverse than prior to the quarantine.

My evenings and weekends however were a totally different story as meetings, gatherings and outings ceased to exist for me.

I quickly realized that my emergency preparedness kit just didn't cut it.

With the exception on the corkscrew on the manual can opener, the few alcohol swabs in the first aid kit and the cash for a couple of games of poker, it's been pretty much useless to me over the past two months.

So I have started adding the things that I have really needed during this surreal adventure.



## Cottage Emergency Survival Kit Cellar

### (Now or soon to include pandemic lockdown items)

- alcohol (not the kind to drink)
- alcohol (the kind to drink)
- lots of soap
- bleach (large jug)
- hand sanitizer (many bottles)
- disinfecting wipes
- hand cream (many, many tubes)
- facemasks (different types and sizes)
- hats (hides the lack of hair

- maintenance)
- dog treats (lots)
- family photos
- Newspaper subscription (delivered to the door)
- supplies (for baking & cooking)
- albums (classics)
- corkscrew (heavy duty)
- pajamas (approximately 14 sets)
- wine cellar (this is also a great place to keep the contents of your kit)
- books (self help)
- hobby supplies (a large amount)
- paint (to paint the kitchen)
- movie channel or stream
- diary

It is difficult to put into words how the past two months have affected me. It is so surreal that my personal challenges are a blur and small compared to that of others.

I can only look forward as I continue adding to my survival cellar and singing the words of Bob Marley - *"Don't worry about a thing/Cause every little thing is gonna be alright"*



# Five performing arts to try this year



Will 2020 be the year you step out of your shell? Do you want to express yourself creatively? If so, taking a performing arts class can help. Here are five types to try.

1. **Circus.** Circus schools are popping up all over the country and offering classes to professionals and beginners alike. You can learn how to juggle, glide on a trapeze or walk on a tightrope. It's a great way to get physically fit, improve your self-confidence and have fun.
2. **Dance.** Dancing is a great way to improve muscle tone, co-ordination and flexibility and is accessible to people of all ages. From Latin styles to hip-hop and jazz, there are many types of dancing to choose from.
3. **Music.** Learning to play a musical instrument is a great way to keep your mind active while improving your posture and fine motor skills. Whether you learn to play the guitar, piano, drums or flute, music is a great way to express your emotions and creativity.
4. **Comedy.** Were you the class clown in school? Do you love to make your friends and family members laugh? If so, consider taking your skills to the next level by signing up for a stand-up comedy or improv workshop. Not only will you learn new skills, but you'll be able to network with people who may turn into valuable writing or performing partners.
5. **Theatre.** There's nothing like the theatre arts for overcoming shyness, improving your memory and collaborating with others. If you're looking for a way to get out of your comfort zone, acting classes or auditioning for a role may be the ticket.

No matter what you choose, the performing arts are an undeniably great way to build your self-confidence and have some fun.





# Unleash your creativity!

## The many benefits of visual art

You don't have to be an artist to reap the benefits of making and enjoying art. In fact, even small doses can be advantageous. Here's what you should know.

### *A TOOL FOR LEARNING*

Making art helps learners create different kinds of connections in their brains and increases their ability to think creatively and solve problems. Studies show that those who study art in school tend to enjoy learning more and do better in classes like math, English and science.

### *A FEEL-GOOD ACTIVITY*

Art isn't just for kids. In fact, an increasing number of adults are making art as a way to relieve stress. From filling in adult colouring books and making art journals to completing DIY projects and assembling crafts from a kit, it's easy to find ways to unleash your creativity.

Indeed, taking a pause to colour, paint, draw or sculpt allows you to break away from routine thoughts and the daily pressures of modern living. What's more, creating art has been shown to release dopamine in the brain, one of the chemicals believed to be responsible for feeling good.

### *VIEWING ART IS ALSO GOOD FOR YOU*

Studies indicate that just one hour of looking at art, such as at a museum, can change the way you think and feel. In fact, it's been shown that those who spend time looking at art are able to think more critically about things and feel more empathy toward other people.

From doodling with a pen to creating a masterpiece with paint and a canvas, making art is good for you. And remember, creativity is like a muscle: the more you use it, the more powerful it will be.





# Tribute to Anne Margetson

Ann Margetson Northern Ontario's first Poet Laureate passed away at the Temiskaming Hospital on March 18. She was a remarkable woman who had incredible love and care for her family, friends, and community.

Ann Margetson was named the North's first Poet Laureate in 2008 at a ceremony during the Spring Pulse Poetry Festival. For the next 13 years, she was a fantastic ambassador for poetry and "super volunteer" for the poetry festival. Visiting, schools, senior residences, Golden Age Club, the hospital, Culture Days writing workshops, Canada Day Parade, judging Jim Sargent Poetry Contest, and writing many tribute poems throughout our area. Her precious poetic presence touched many, and many will be saddened to know her funny, always positive, enthusiastic passion for life will not be felt in person.

Ann was inducted into the Spring Pulse Poetry Festival "Poetry Hall of Fame" in 2014. She also has a special designation of having a gazebo in the Dr. Pollard Poetry Park Canada's most historic community poetry park.

She loves the great honour of being a Poet Laureate and in 2010 attended the Poets laureate convention in Halifax where 17 Laureates participated in their first official gathering. She wowed everyone with her humour and warmth and was interviewed on CBC Halifax.

Her thousands of poems touched ever so sweetly thousands of people. Her poetic story lives in our hearts and is a blessed legacy.



David Brydges  
Artistic director  
Spring Pulse Poetry  
Festival  
Cobalt



## HURRY UP SPRING

*When the winter wind and its ice-cold chill  
Keeps you indoors, or makes you feel ill,  
Just try to remember some hot sunny day  
As you wandered along, seeing children at play.*

*when snow falls and seems it will never stop,  
With a ton of snow to move, cars buried to the top,  
Remember the blossoms sweet on the fruit trees  
And their perfume wafting on a warm breeze.*

*Winters fun if you have the time and means to play  
On snowmobiles, or on a pretty ski hill all day,  
But if you have to try and struggle safely to work,  
It's no fun at all unless you can play hooky and shirk.*

*Then off to the meadows that used to be bright and  
green,  
Now covered in pure white snow, a sight to be seen.  
But most of us have to persevere and fight  
All the white stuff coming down with all our might.*

*So, hurry up spring and come with warm air  
And bright green leaves and flowers so fair,  
So, winter will pass by and leave us alone,  
So, we can be warm, not chilled to the bone.*

Ann Margetson



# The green thumb

## Composting 101

Composting lets you turn your kitchen scraps into fertilizer for your garden. Here's how to do it.

- **Place the compost on the ground.** Either bare earth or grass works. You want worms and other beneficial organisms to get in to aerate it.
- **Add green and brown compost in layers.** Green compost consists of mostly table scraps, tea bags and coffee grounds. Brown compost includes leaves, grass cuttings, newspapers and paper towels, among other things.
- **Keep the compost damp.** It should be the consistency of a moist sponge. If you don't get a lot of rain in your area, sprinkle it with water periodically.
- **Turn it every few weeks.** This helps distribute oxygen throughout the heap, which enables the compost to decompose.

Within a few months, your compost pile will be full of nutrients and ready to incorporate into your garden.

## Grow your own food from kitchen scraps

Did you know you can grow food from kitchen scraps? Here are just a few of the plants you can propagate from produce you bought at the grocery store.

- **Leafy vegetables.** The bottoms of lettuce, celery and other leafy vegetables can be used to grow new plants. Simply place them in a dish with a few inches of water.
- **Herbs.** Basil, dill and many other herbs will grow new roots when you put a few stems in a small glass of water and replace the water daily.
- **Pineapples.** Cut the leafy top off the pineapple and remove all the yellow flesh. Place it in a glass of water and wait for it to sprout in just a few weeks.

Once your kitchen scraps have grown roots, transfer them to your garden or pots filled with nutrient-rich soil.

## KNOW WHERE TO GO.

Develop and practice a home fire escape plan. In case a fire starts, everyone must know **TWO WAYS OUT** of every room, if possible.

**GET OUT & STAY OUT**  
In case of fire  
**DON'T TRY TO SAVE POSSESSIONS**  
go directly to your meeting place.  
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# Summon spring into your home

## Spring cleaning: are you tidying these parts of

To guarantee that this year's spring cleaning is a success, target these often-neglected areas of your home.

- **Refrigerator.** Remove everything from the fridge and throw out anything that's past its expiration date. Take out shelves and drawers, scrub them using warm, soapy water and then replace them. Don't use bleach or other strong cleaning products that shouldn't come into contact with food.
- **Bedding.** Wash your duvets, comforters and pillows in the machine. Run the rinse cycle twice to be sure all the soap is gone. If you don't have a duvet cover, you want to do so.
- **Blinds.** Dust vinyl, aluminum or wood blinds with a vacuum. If there's a buildup of dirt, wash with a sponge and a soapy solution.

## This season's hottest interior design trends

Are you thinking about redecorating? Then take inspiration from this season's hottest design trends. Here's what to look out for this spring.

### COOL COLOURS

Coastal hues will rule this season. Breezy blues, muted greens and pale pinks go perfectly with bold saffron accents. If you prefer neutral hues, opt for cool-toned greys over the warmer beige or greige tones that have been popular in recent years.

### WOOD ACCENTS

Natural wood is everywhere, from furniture to accessories. This season, the look is natural, not painted. Structural elements like exposed beams are also big. Opt for darker woods like walnut or teak over pale pine or maple.

### BOTANICAL PRINTS

While florals are ubiquitous most spring seasons, this year, leafy, tropical prints dominate. Wallpapered accent walls look fresh with a cheery palm motif and traditional sofa shapes are given a modern update with feathery fern upholstery. If you're not ready for new furniture or wallpaper, con-



sider framing some vintage botanical prints.

This season's most popular colours and patterns may be trendy but they're also timeless. When you incorporate them into your home decor, you can be sure they'll look great for years to come.



## Are you forgetting your home?



the washing machine using the gentle cycle. If your machine isn't big enough, head to a local laundromat.

Use a vacuum or a microfibre duster on both sides. A solution of water and vinegar. Fabric shades can be vacuumed or brought to the dry cleaner.

• **Walls and ceilings.** Remove cobwebs caught in the corners using a vacuum and wash the ceiling with an extendable sponge mop and slightly soapy water. Continue by cleaning the walls in the same way and giving the baseboards a good scrub.

Once you're done, make it a point to re-clean these areas every few months. This will ensure your home is tidier throughout the year and minimize the amount of work to be done next spring.

## Spring maintenance: 5 key things to inspect outside your home

When spring arrives, it's important to inspect the exterior of your home to make sure it hasn't been damaged over the winter. Here are five key things you should check.

- 1. The roof.** A visual inspection from the ground or a window will indicate if immediate repairs are needed. In particular, look out for curled, wavy or missing shingles. Also, check the ceilings inside your house for signs of water infiltration.
- 2. Gutters and spouts.** Make sure they're still firmly attached to the house and that nothing is blocking water from flowing through them. Remove any debris that's accumulated over the winter.
- 3. Foundation.** Examine the concrete for cracks or signs of water damage. Even the smallest fissure can cause big problems for your home. If you see any signs of degradation, schedule a repair as soon as possible.
- 4. Balcony or patio.** Clean your deck thoroughly and secure any loose boards. Wood patios should be stained every one to three years. If it needs to be done this spring, sand the surface and apply your chosen stain.
- 5. Windows and doors.** Check the caulking around each window and door, and replace it if necessary. Inspect wooden frames to make sure they don't show signs of water infiltration or rot.

If you notice any major damage during your inspection, be sure to make the needed repairs.





# The pros and cons of sharing a bed with your dog

There's no consensus about whether or not it's safe or healthy to share a bed with your dog. Some animal behaviourists claim it isn't a good idea, while others say there's no problem with the practice.

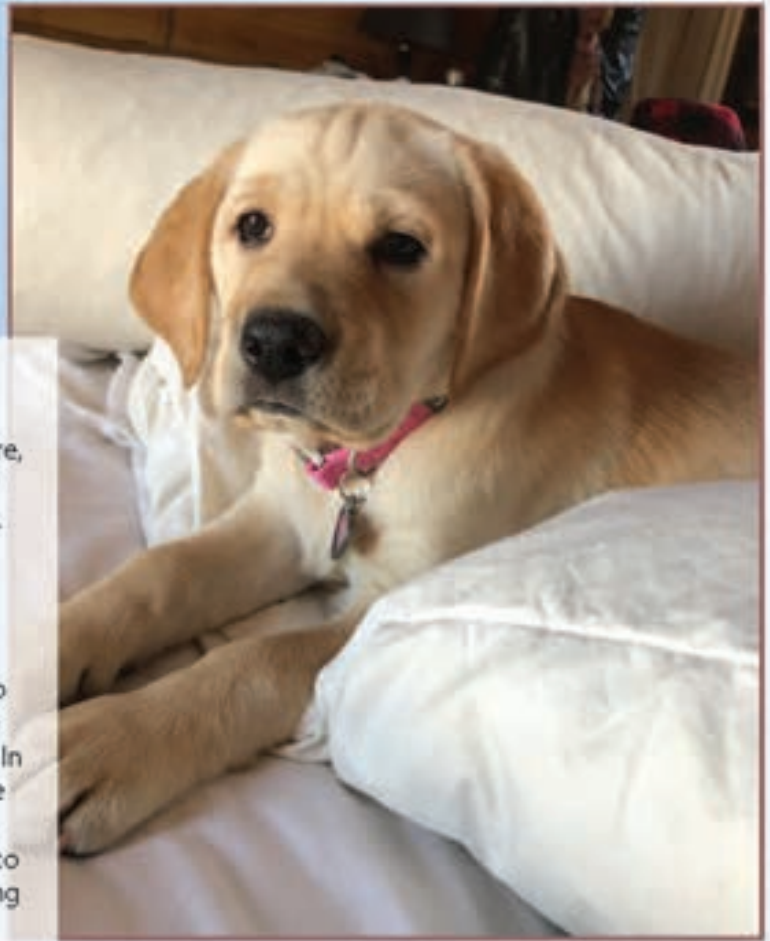
Ultimately, it's up to you to determine if you're comfortable sleeping with Fido. Here are some pros and cons that may help you decide.

## PROS

Being close to their pets makes people happier and calmer, which can translate to better sleep. Furthermore, you may feel safer knowing that your dog is right by your side if there's a middle-of-the-night emergency. And if you tend to get cold, dogs make great bed warmers.

## CONS

While it's rare, dogs can transmit certain diseases to humans. Unfortunately, sharing a bed makes it more likely that you'll get sick from your canine companion. In addition, sleeping next to your pooch can exacerbate allergy symptoms because allergens tend to stick to their paws and fur. Finally, dogs that have a tendency to be dominant may become even more so when sleeping in bed with their owner.



If you do decide to allow your dog to sleep in your bed, take some steps to safeguard your health. Bathe your dog at least once a week and schedule regular visits with the veterinarian to ensure that your pet is healthy and up to date on its vaccinations.







## 5 tough choices you need to make when buying a home

Here are five big decisions you should be prepared to make when entering the housing market.

### 1. LOCATION OR SQUARE FOOTAGE?

If having a home in a prime location is your priority, you may need to settle for a smaller amount of space. If square footage is more important, be prepared for a longer commute or to have fewer amenities nearby.

### 2. FIXER-UPPER OR MOVE-IN READY?

Buying a property that needs a bit of work could save you money. However, if you don't want to invest your time and energy into making repairs, choose a home that's in better shape.

### 3. BIG LOAN OR BIG DOWN PAYMENT?

Paying the full 20 per cent down payment will save you from having to dole out funds for mortgage insurance, but it could be a big financial hit. If it leaves you with no real savings to speak of, a smaller down payment may be a better idea.

### 4. CONDO OR DETACHED HOME?

If you'd rather avoid routine maintenance tasks and don't mind having neighbours close by, a condominium might be your best bet. However, you'll need to run any renovation projects by the board. A house is more private, but you'll have to manage the upkeep yourself.

### 5. URBAN OR SUBURBAN?

Depending on your lifestyle and needs, proximity to mass transit and to various activities may be worth having less space and a slightly higher cost of living. If you don't mind commuting and prefer the tranquility of a residential area, then the suburbs might work out better for you.

In the end, the most important thing is to articulate your needs as clearly as possible, which is something your real estate agent can help you with.



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# Weathering

By Sue

*We've all been inundated with the restrictions surrounding COVID-19 that have us feeling confined and cooped up.*

*Of course we know these restrictions are for the good of everyone and that's how we roll in the Temiskaming region - all for one and one for all.*

*After a long, cold winter aren't we all itching to get outside, perhaps on the water or in the woods?*

*Area recreation parks, playgrounds and trails have closed amidst the pandemic leaving people with further feelings of being shut in and isolated.*

*Apparently, people are being asked not to go to their cottages until after all the COVID-19 governmental restrictions are lifted.*

*Boat launches in Southern Ontario and closer to home have closed while the Ministry of Natural Resources and Forestry says fishing and hunting is still a go in the province.*

*That's a mixed message if I ever heard one.*

*And news out recently via a Morneau Shepell survey tells us the pandemic is having a negative impact on our mental health.*

*Well hello, anyone having to sit inside their homes watching television for hours on end without*

*the freedoms to see loved ones, go to school and work or visit friends will tell ya, it ain't easy.*

*We know nature is nurturing.*

*There is a bevy of research that says being outside in nature improves our mental health and well being.*

*I don't need science to tell me how good I feel after a day spent on the water in my 16-foot slice of heaven, my canoe.*

*So when all the restrictions surrounding free access to outdoor spaces came out I was not impressed.*

*I felt they have actually added to the negative impacts surrounding mental*



# g the storm

Nielsen

*health outcomes people are feeling these days.*

*And I found it a bit hypocritical to see large crowds in grocery stores and in parking lots, when access to big wide-open wild places was being shuttered.*

*Heck, I've seen more people gathering closely in grocery stores and on downtown New Liskeard street corners during COVID-19 than I've ever seen at Pete's Dam or Devil's Rock.*

*It was actually the province that decided to shut down outdoor spaces so municipalities were obligated to obey that directive.*

*I think social distancing in nature is much easier to do than in towns and cities.*

*And apparently so does British Columbia's chief medical officer of health, Dr. Bonnie Henry.*

*She said, "The chance of catching COVID-19 from someone coughing as they walk past you in a park is infinitesimally small."*

*Imagine how all the people with four kids or more in crummy basement apartments and tiny condos the size of postage stamps are feeling these days?*

*Need I mention the rising rates of domestic violence during the pandemic?*

*I think a balanced approach needs to be taken whereby the physical and mental health risks of being cooped up inside are weighed against the risks of kids riding bikes in parks and people walking about in wide open spaces and boaters getting out on the open water.*

*Surely there's enough room in this great big country and region to allow people a release valve by getting outside in nature to feel a bit of sunshine amidst the darkness of the pandemic storm?*

*If anything, we need more, not less, public space for social distancing.*



## 3 non-toxic disinfectants

Kitchen countertops, bathroom vanities and other surfaces need to be kept clean. Here are three non-toxic disinfectants that'll kill germs without harming you or the environment.

### ACCELERATED HYDROGEN PEROXIDE

You're probably familiar with hydrogen peroxide, a disinfectant that breaks down into water and oxygen. *Accelerated* hydrogen peroxide contains stabilizers and compounds that reduce surface tension, increasing both its germ-killing properties and shelf life.

### PLANT-BASED DISINFECTANTS

Botanical disinfectants have been on the market for a while. One example is thymol, an oil extracted from

thyme that's used in a variety of household cleaners. It's been found to have very little environmental impact.

### SILVER DIHYDROGEN CITRATE

The antibacterial properties of silver have been known for a long time. Silver ions combined with a citric acid solution is commonly used as a non-toxic antibacterial agent in cosmetics, but it could also serve as a household cleaner.

Keeping your home clean doesn't need to involve potentially toxic chemicals, even when it comes to the surfaces in your bathroom and kitchen.







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