Summer 2020

TAMARACKS AND
MOUNTAIN ASH
By Darlene Wroe

Love our wild Temiskaming

By Sue Nielsen

SPEAKER
PRINTING, PUBLISHING
AND PROMOTIONS

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SPEAKER

PRINTING, PUBLISHING AND PROMOTIONS

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Three tips for safe fishing

Like to fish? To enjoy the rivers and lakes safely this summer, be sure to follow these tips.

1. BRING THE RIGHT GEAR

Be sure to bring and wear your own lifejacket. You should also bring paddles, a bucket to bail out the boat, a whistle, a waterproof flashlight and a first aid kit. This equipment is necessary for your safety. Be sure to also bring a change of clothes, food, water (even if you're only going to be gone for a few hours), sunglasses, sunscreen, and bug repellent.

2. BE SMART ABOUT HOW YOU PLAN YOUR TRIP

Check the weather forecast regularly to be sure there are no dangers on the horizon (high winds, thunder-storms, etc.). This will also help you to choose the right clothing. Also inspect your equipment thoroughly to be sure you have enough gas for the trip. Let someone know where you're planning to go and when you plan to be back.

3. BE CAREFUL AT ALL TIMES

It's best to avoid going fishing by yourself. Be sure to follow all the rules of good navigation and always be aware of your boat's capabilities. Don't exceed the boat's recommended weight limit, which applies to both passengers and equipment. You should also avoid making sudden movements or getting up quickly in a small boat so you don't capsize. Finally, never drink alcohol on board a boat — or before you go out on the water!

Careful, it's a big one!

A fishing trip is usually synonymous with relaxation and enjoyment, but some situa-tions can be stressful if you're not well or-ganized. Hooking a specimen that weighs far more than expected can cause some ang-lers to panic. In other words, you'd better be well prepared, or you risk losing a prize catch. To stack the odds on the side of suc-cess, experienced fishermen- and women always take a few necessary precautions.

First of all, as soon as you cast your line, you should adjust the tension on your reel. Why?It will help you make sure that the line will reel out in case a fish bites. Too much ten-sion can cause the line to break when bitten by a fish, while too little tension prevents a good quality strike. Just keep an eye on your line, and don't hesitate to make adjustments when battling it out with a fish.

Taking the weight of the fish into account is also important if you're

lucky enough to have a large specimen on the end of your line. In other words, don't try to land a tro-phy fish as if it were an ordinary catch. Some inexperienced anglers hurry to reel in their line because they're so excited to see the size of what might be their most memo-rable catch. However, this practice is never advisable because the line or hook could

break. When a big fish starts thrashing around, the hook can lose its shape and release from its hold. When that happens, a quick swish of the fish's tail could allow your prize catch to escape.





You don't have to venture far to make the most out of your summer. In fact, there are several advantages to remaining close to home. You'll save money on transportation and accommodations, contribute to the local economy and feel more connected to the community.

Summer is the perfect time to soak up the sun at local parks, campgrounds and beaches or to learn something new at nearby museums, art galleries and historical sites. You could also unwind at a spa, lower your handicap at the golf course, browse through local boutiques and dine at nearby restaurants. Also, be sure to check out the shows, festivals and performances taking place right in town.

This summer, why not play tourist in your own town? Simply consult a local newspaper or visit a nearby visitor information office to put together a list of places to go and things to do.

Kayaking: good for body and mind

Kayaking is a lot of fun and offers a number of physical and mental health benefits. If you need to be convinced to give this sport a try, here's what you should know.

PHYSICAL HEALTH

In addition to providing a great cardiovascular workout, kayaking strengthens your arm, shoulder and back muscles. Plus, it helps you exercise your core muscles, which is great for your posture and balance.

Kayakers can burn 300 calories an hour or more, depending on their weight and level of exertion.

MENTAL WELL-BEING

Paddling on the water is soothing and helps eliminate stress. In fact, outdoor activities in general are known to improve your mood and self-confidence.

Finally, if you need any more encouragement to go kayaking, it's a great sport to enjoy in the company of friends and family.



Heat up the bar and grill

Mouth-watering oven-baked BBQ ribs



No matter which method you swear by when it comes to cooking ribs — boiling, grilling, smoking - give your oven its chance to shine. You won't be disappointed by these fall-off-the-bone ribs, which cook for 4 to 6 hours to achieve flayour perfection. You can prepare them ahead of time and reheat them on the grill for a few minutes before serving.

Keep in mind that ribs are traditionally served dripping in BBQ sauce, so don't be sur-prised if a guest or two ask you for some. It's not a crime, but as the chef, it's up to you to politely insist that everybody taste at least one of your perfectly seasoned ribs before cracking out the bottle

INGREDIENTS (Makes 8 servings)

- 1/3 cup sait
- 1/3 cup paprika
- 1/3 cup chilli powder
- 2 tbsp. garlic powder
 2 tbsp. onion powder
- 2 tbsp. dried thyrne
- 2 tbsp. dried oregano
- 2 tbsp. dried basil
- 2 tbsp. ground pepper
 1 tsp. cumin
- 1 tsp. Cayenne pepper
- 3 to 4 kg back ribs (about 1/2 rack per serving)

Cooked ribs can be stored in the

refrigerator for up

to 3 days

PREPARATION

- The day before, mix all of the dry ingredients together with an electric mixer. Spread the dry rub on the fleshy side of the meat, pressing down firmly to ensure everything sticks. Place the ribs in a resealable plastic bag and refrigerate overnight.
- 2 Preheat oven to 275 °F (135 °C) In a large roasting pan, spread the pieces of meat out in a single row Carefully cover with aluminum foil, making sure the ribs don't stick to the foil too much
- 3 Bake for 4 to 6 hours, or until the meat easily falls off the bone. If you plan on serving the ribs later, cut the rack into individual pieces so that they're easier to warm up on the grill

Raspberry and sweet tea sangria

Quench your thirst with this refreshing twist on traditional sangria. For the sweetest flavour, prepare it the day before to give the raspberries enough time to macerate.

INGREDIENTS (Makes 8 or more servings)

- 6 cups white or green tea (sweetened to taste)
- 1 bottle white wine (750 ml)
- 2 cups fresh raspberries
- Mint leaves

PREPARATION

- In a large pitcher, mix the cooled tea with the wine. 1.
- Carefully add the raspberries.
- Let the mixture sit in the fridge for at least 8 hours
- Garnish with mint leaves and serve cold with ice cubes.

And there you have it — your new summer staple for those days by the pool!



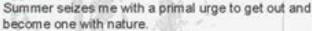
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TAMARACKS AND MOUNTAIN ASH



My go-to place is the family cabin.

The sun spills through towering trees, refracting among shimmering boughs and gliding down tall trunks.

By night the trees hold the stars in their hands, as I gaze up to spot the constellations and planets that rotate beyond the moon.

A walk through baby pines and spongy moss takes me to the shore of this three-acre section of heaven, and from there I can view the whole of the galactic exhibition. Often I will bring a mat with blankets and a pillow and just lay there, listening to the musical accompaniment of

By day I explore the island, photographing and studying the varied plant life of this black-spruce ecosystem.

From tiny ferns spread against the earth, to the multi-coloured array of lichens, and the overhead boughs of berries, I marvel at everything I discover.

The service berry flowers and other white blossoms glow with the same ancient beckoning that my own Celtic ancestors observed in glades and other wild places of ancient Britain.

The lady's slippers appear in the most inconvenient places and everyone who steps here walks carefully around them, almost bowing and curtsying to the life that really inhabits this place. We are visitors only.

The pike leaps out of the water about 50 feet from the doorstep of the cabin, and my heart leaps too.

The water moves in mysterious ways, and I have received the great gift of witnessing a fair weather water funnel. There alone, I came to the door to see what was happening outside, and the magical sight was there before me, sparkling and dancing as if just for me. It was only moments, but it was an experience that will remain with me for life.

The water sparkles by day and by night its dark depths allow those who float on its surface to disappear beneath the vast dome of the stars.

The island sits as a peak of rocky land above the water. I love this little island, surrounded by strange reflections which remind me of the Indigenous people who walked these places more frequently one or two hundred years ago, and even further back. My culture steeps me also in Celtic legends of armoured knights stepping out from rocky caves, or crowned kings armed and ready to take

back their lands. The still water speaks to us all in our own ways.

Around the island, the variety of plants mystify me. The pike that leaps just beyond the shore, and the sparrows that hop about the old tamarac, are all resident to the island, and I am just a sightseer, a museum visitor, walking among the many displays of rock and moss and

This family has had this property since the mid 1960s, and there are remnants stored in comers that speak of other lives, and in particular the lives of the men of the family. Carved beds and kitchen counters, cutting boards and even lures are here and there throughout the three-room structure, along with pictures of fishing trips and family gatherings. There are pillows and afghans created by the women, and made so that they will last lifetimes, in brilliant colours of red, orange, green and blue. The history of the cabin is as deep as the moss of the wild areas of the island where no one has walked for at least 40 years.

At one time there was a motorcycle path that encircled the island, and teenage boys who challenged its many dips and dangerous cliffs.

The spring sees ridges of ice reluctantly letting go of the shore, and the brilliant blue-green lake emerging with its depths of gold, emerald and indigo blue. As the season advances to summer, the nights are cool and the days are hot, and in the fall the mountain ash blazes against the yellowing leaves of birch and the deep green of the conifers. In the winter, the snow piles high over the roof, creating a little gingerbread house scene. My daughter bought me such an ornament, which hangs prominently on my key rack, reminding me that there is a place I wish to go - a place where my heart already resides.



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When Change Comes Knocking

When change knocks at your door, do you answer? Well, I answered the door and grateful for the opportunities delivered.

My husband, Shawn Dewar and I recently celebrated our return to Temiskaming Shores over a decade ago. We love our life in this picturesque part of the province.

Shawn and I met in New Liskeard in the mid 90's and eventually settled in Wawa, a small, remote town of just over 3,000 residents. We had fallen in love, got married and started our family. He had a good job at the local mill and I worked part-time for a community non-for-profit organization, juggle school and family life. I discovered just how easy it When the economic downturn hit in 2008, change came knocking at our door.

We decided it was a good time for me to go back to school to help find a better job. With support from the Ontario govemment's Second Careers program, I enrolled in Northern College's online Community Economic and Social Development program and was introduced to Contact North | Contact Nord for the first time.

I connected to my classes using their web conferencing platform and wrote exams at the local online learning center in Wawa. It was new technology at the time, and much has improved since then.





Contact North | Contact Nord staff were encouraging and supportive especially on days it was challenging to was to go to college while living in a remote community. The Contact North | Contact Nord online learning centre in Wawa became my campus where I connected to my classes at one of their workstations.

Online learning allowed me to make an even bigger change and move our family to Temiskaming Shores without forfeiting my studies. An important career move for my husband, and later for me. However, in that season of change, while still in school, we lost my mother. Grief and living so far from family was an incredible period for all of us. But the flexibility of online learning meant I could take the time I needed for family.

I managed to complete my studies, with honours, and graduate in Spring 2010. I felt confident and equipped to open my own small enterprise. Much like my own parents, I ran a business and raised my kids.

As they grew and went off for their own education, I was ready for another change. This past April I joined Contact North | Contact Nord as the Online Learning Recruitment Officer for the Temiskaming region. I bring my own positive experience of online learning and a desire to help others who want to stay close to home and access education.

There are three online learning centres in the territory; Englehart, Haileybury and Kirkland Lake. I provide study options for online courses and programs whether college, university or professional development. Since the COVID-19 pandemic has restricted contact, I meet with clients on Zoom.

I truly believe that when we empower ourselves through education, we empower our family, our friends, our community - we are building capacity and changing the world.



4 factors to consider before buying a horse

Are you passionate about horses and thinking about buying one? If so, take these four factors into consideration before you do.

1. THE TIME COMMITMENT

In addition to riding your horse regularly, you'll need to set aside time to groom, feed and clean it. You'll also need to make sure the horse gets an hour or more of exercise and lots of pasture time every day, especially if it lives in a stall.

2. BOARDING REQUIREMENTS

If you only want to own one horse, it's best to house it somewhere it can socialize with other horses. Some riding schools offer boarding services, which is practical if you want to continue to work with an instructor or coach.

3. ALL ASSOCIATED EXPENSES

The cost of owning a horse includes more than the initial purchase price. Horses can live to be up to 30 years old and you'll have to budget for ongoing expenses such as:

- · Food
- · Board
- · Veterinary care
- · Farrier services
- · Riding lessons
- · Bedding

You should also have an emergency fund set aside in case your horse gets injured or sick.

4. THE HORSE ITSELF

In addition to finding out about the horse's age, health and temperament, you should meet it a few times before making a decision. It's also a good idea to ride the horse at least once to be sure that the two of you have the right chemistry.

Depending on your interests, you may want a horse that can jump, barrel race or trail ride. However, unless you're an experienced rider and trainer, you should look for an animal that's already trained.

In sum, owning a horse is costly and time-consuming. However, for those who love them, it's also deeply rewarding. If you have any questions about horse ownership, speak to a veterinarian or breeder in your area.



Is your dog depressed?

Did you know that dogs can be afflicted by bouts of depression? Indeed, many animals can suffer from mental health disorders similar to the ones humans experience. If you're worried about your pooch, here's what you should know about canine depression.

SYMPTOMS

Canine depression isn't always easy to recognize, and in many instances, a medical condition can explain a dog's behavioural changes. However, the signs typically associated with canine depression include:

- . Loss of interest in normal activities
- · Sleeping more
- · Loss of appetite
- Excessive paw licking
- · Hiding

CAUSES

There are a variety of things that can lead to depression in dogs, including:

- An upheaval. A schedule change, move or the arrival of a new family member can affect your dog more than you might expect.
- Bereavement. Dogs can feel the loss of a loved one human or canine — as much as we do. If a close member of your family has just moved away or died, your pooch may be grieving.
- Illness. In some cases, the symptoms of a medical condition will either mimic or cause canine depression. A veterinary exam can determine whether this is a factor in

your dog's behaviour.

If you think your dog is suffering from depression, the best thing you can do is maintain a regular schedule. Be consistent with feeding times and go for lots of long walks to ensure your pup gets sufficient exercise. Most importantly, praise your dog when he or she seems to be happy, amused or playful.

If symptoms don't go away within a few months, talk to your veterinarian. They may prescribe an antidepressant or suggest another treatment that can help.



4 purr-fectly fun toys for cats

Whether you want to encourage your cats to get more exercise or simply keep them occupied, here are four toys they're sure to love.

1. TREAT DISPENSER

Aball filled with kitty snacks can help keep cats entertained and active. This is a great toy if your feline friends need to lose some weight as they'll have to exert energy to free the treats.

2. CARDBOARD BOX

Next time you receive a package, leave the empty box lying around. It won't be long before it becomes a hideout for your cats.

3. LASER POINTER

This simple device can keep cats entertained for hours. Your ferocious hunters will get plenty of exercise stalking the dot of light around the floor, over furniture and along the walls.

4. TUNNEL

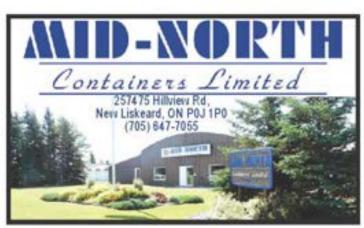
Since cats love to be stealthy, buy them a pop-up tunnel to crawl through or simply tape a bunch of narrow boxes together.

In addition to these options, your local pet store will have an array of affordable cat toys such as a ball with a bell, a vibrating mouse or a feathered tube. Any of these can make great toys for your cats.













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How to get back into running

Even the most avid runner takes a break now and then. However, it can be challenging to get back into the habit if you haven't run for an extended period of time. Here's how to hit your stride again, no matter how long it's been.

START SLOW

After a prolonged break, your body will become deconditioned. Be sure to start with slow, short runs and gradually work your way back up to your previous abilities.

AVOID INJURY

If you stopped running due to an injury, see a doctor or physical therapist to make sure you're ready to start again. Even if you feel like pushing yourself, keep your runs slow for the first few weeks or so to prevent further injuries. Consider working with a trainer to make sure you have the right technique.

CROSS TRAIN

Engaging in other types of exercise will increase your endurance and strength and make running easier. Swimming, cycling, lifting weights and yoga are all great ways to rebuild your muscles and get back into shape.

If you need help motivating yourself to keep running, consider joining a running group or signing up for a short race. Either or both of these things will encourage you to keep going.





Are you looking to get into running? If so, signing up for a 5K race is a great way to motivate yourself. It's a distance that's achievable for most people, even those who are completely new to running. Here are five tips that will help you train for your first 5K.

- Get the right gear. Good shoes are a must for running. Visit a sports store that specifically sells running shoes so a professional can help you select the right pair. Additionally, invest in clothes made from moisture-wicking materials so that you stay dry while you train.
- Find a training program. There are many online programs, classes and smartphone applications available that can help you reach your running goals. Most 5K training routines for beginners involve a walk-run regimen that will allow you to slowly build up your endurance.
- Always warm up and cool down. Before you start running, get your muscles primed for action with a five-minute walk or jog. Finish your run with a couple of minutes of walking followed by several minutes of stretching.
- Maintain proper running form. Keep your upper body upright but relaxed, look towards the horizon and take short strides. If you want to go faster, don't

take longer steps, take more of them.

 Fuel yourself properly. Drink lots of water before and after every run. Eat healthy meals packed with complex carbohydrates, lean proteins and healthy fats. Stay away from junk food and sugary drinks.

There will be days when training for your goal will be more difficult than others but stay motivated. All your hard work will pay off when you finally cross the finish line.



Living at the By Lois Perry

Summertime.....and the living is easy.... hmmm hmm mm..mmEasy?

Wait a darn minute! Who said that?

Summertime?

Isn't that the season when I start juggling my time, trying to find more of it so that I can complete unfinished projects?

I have a lot of unfinished projects - chairs that need staining, gardens that need tending, decks that need finishing, hammocks that need resting and beer that needs testing. And I had planned on doing some of these projects until my grandsons arrived last weekend.

Arriving with a packsack of toys, I sat on the grass with Teayn and Adrien to set out their toys. They consisted of a dark green army tank and approximately 759 multi-coloured "army guys".

As we placed them on the grass, five-year-old Teayn asks me, "Nan, what's your favorite colour?"

"Green. What's your favorite colour?" I ask.

He says "blue" continuing with, "Nan, girls like pink and boys like blue."

I say, "Well, I love green and I'm a girl"!

"Why?" he asked.

"Because green makes me happy " I reply.

*Trees are green...grass is green, everything that sur-

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rounds the cottage is green. Even the blueberries are green right now. The colour that makes you happy is the colour that should be your favorite colour. Green makes me happy."

Quiet surrounds us for several minutes as I watch their eyes search for the colour that makes them happy. Adrian (my three-year-old grandson) was the first to speak. Smiling from ear to ear he points to the overflowing planters of flowers that surround the cottage. "My favorite colour is pink"he says.

With his head back staring up at the sky, Teayn is next, "I like blue" he says and then pausing to look over at the dandelions poking up through the grass he adds "my second favorite colour is yellow".

Thank you Teayn and Adrien for reminding me to look at the colours of summer.

Summertime?

Isn't it the Season that I fight with the lake pump, dock and beavers?

Every year I fight with "things" that have to do with my limited mechanical ability. Mostly because I forget from year to year what I learned the year before about it. This year again, my memory failed me as I tried for three evenings to get the lake pump to hold its prime.

Crouching over the pump on the third night, I had this crazy feeling that I was being watched. Turning my head I looked past my shoulder and into the eyes of my faithful companion



Andy (my dog). His eyes were pleading with me to get help. (Andy is 13 years old now, but his soul is very old. He's smarter than I in many ways and over the years I've made it a point to pay attention to the signals that he sends me).

And so the next morning I walked into one of our local businesses (Discount Warehouse), and came face to face with John Breault. Now John has helped me on numerous occasions without the use of proper terminology, and so I begin. "John, I'm having problems with my pump".

"Okay", he says.

I say, "You know the thing that comes out of the pump that you have to turn...and then it goes into another little thing that goes into that blue thing?"

He says "yes".

I say," it's leaking".

He smiles and walks over to a shelf, picks up a round thing and a box of silver rings with screws on them and hands them to me. He says, "Here change these".

I did just that and my pump is working better than ever!

Thank You John, you saved me again!

Summertime?

Isn't it the season that I smear mud all over my body and the bodies of my family and friends and drink copious amounts of alcohol so that the mosquitoes don't recognize us?

As I get older, I've come to realize that I just can't do the, "copious amounts of alcohol" anymore, so this year I took care of it early.

I simply walked into one of our local hardware stores and asked the staff to give me five of every mosquito fighting bottle of stuff, gadget, burning and/or impact device they had. The delivery cube van arrives tomorrow morning just in time for the summertime outdoor adventures.

Thank you ladies! You know who you are!!

Summertime?

Isn't it the season that I worry about the wakes from the boats speeding too close to shore damaging the nesting loons, spawning fish and turtles?

By now everyone who knows me knows that I become a very "focused" person when

I know the loons are nesting and the fish are spawning.

I've seen it too many times, speeding jet skis and speed boats, traveling too dose to shore smashing the protective shell of baby loons and ducks. Damaging the personal property of others and causing unnecessary erosion on the waters edge.

I call it my "education session" when I meet the "speeding wakers" at the boat launch or off the end of my dock after or during their reign of terror, on the lake that I have grown to love.

And I call it "group therapy", when I stand on the end of the dock waving my arms and screaming like a banshee at repeat offenders.

And yes, that was I, in my pajamas, Sunday night, standing on the shoulder of Portage Bay Road waving a stick at the vehicles that were driving well over the speed limit. At my feet was a giant snapping turtle, an endangered species, laying her eggs in the soft sand on the shoulder of the road.

Most times all it takes is a little bit of education and before long the abusers become the protectors.

Thank you neighbors, friends and visitors for slowing down on our lakes and rural roadways!

Summertime?

Yes, it is the season that I do my best to save the easy living that life at the cottage brings. Yes, it's a tough job but I love it.





SEAS(

Summer salad with grilled halloumi

This brightly coloured salad with crispy halloumi cheese is light enough for summer but will certainly satisfy your hunger.

Start to finish: 20 minutes Servings: 4

INGREDIENTS

- 300 grams arugula
- 1 fennel bulb
- 1 pomegranate
- 2 oranges
- 1/2 cup olive oil
- 2 tablespoons Dijon mustard
- 1 tablespoon maple syrup or horiey
- Salt and pepper
- 400 grams halloumi cheese
- Sprigs of fresh dill, to garnish

DIRECTIONS

- Preheat one side of the grill on high heat.
 Divide the arugula onto four plates or in
- shallow bowls.
- Cut the fennel bulb in half and slice thinly. Divide the slices between the four dishes.
- 4.Cut the pomegranate into four wedges and loosen the fruit with your fingers. Divide it between the four dishes.
- Supreme the oranges and divide them between the four dishes.
- 6.Over a small bowl, use your hands to squeeze the juice out of the leftover orange peels. Add the olive oil, mustard and maple syrup or honey. Whisk together until well emulsified. Add salt and pepper to taste and set the dressing aside.
- 7.Cut the cheese into slices that are a centimetre thick. Oil the grill rack on the side of the barbecue that isn't lit. Put the halloumi slices on the oiled grill and cook for about one minute on each side. Divide the cheese between the four dishes.
- Drizzle each dish with one quarter of the dressing and garnish with fresh dill.



Grilled fruit: 5 tips for a perfect sear

Indulging in fresh, local fruit is one of the pleasures of summer. Grilling them, however, amplifies their inherent sweetness and flavour while adding a seductively smoky taste. Here are five tips for grilling them.

- Choose firm fruit. Grill firmfleshed fruit like peaches, avocados, melons, pineapples, pears and apples. Save soft and overripe fruit for other purposes.
- Skewer small fruit. Use wooden or metal skewers if you want to grill small fruit such as strawberries or smaller pieces of large fruit. This will ensure they don't fall into the fire. A perforated grill basket works too.
- Cut thick slices. Melons and pineapples should be sliced into thick rounds or wedges. Peaches, mangoes and other smaller fruit are best cut in half. When possible, keep the skin on and grill flesh side down.
- 4. Season the fruit. Before placing fruit on

the grill, coat them with brown rum, melted butter or vegetable oil. Also, brush them a few times with your coating of choice while they're cooking. To enhance the natural sweetness of the fruit, you can sprinkle them with cinnamon and sugar or drizzle them with honey beforehand.

 Grill one side only. This will ensure the fruit have caramelized exteriors and juicy interiors. For best results, grill them over high heat for three to four minutes without moving them.

Grilled fruit can be enjoyed alone or with your favourite meal. Alternatively, you can use them as a garnish for summer cocktails or a topping on vanilla ice cream or plain yogurt.

7 types of burger for your next barbecue

The humble hamburger is a summertime staple, and though there's nothing wrong with an all-beef patty on a sesame seed bun, there's more than one way to give your burgers a boost. Here's how to take your pattes from average to extraordinary using a variety of meats.

- 1 Beef. The flavour of beef is enhanced by onions and gartic Add an unexpected twist to these burgers by topping them with grilled Italian sausage or mixing finely chopped chorizo right into the patties.
- 2 Lamb. This earthy meat makes great hamburgers. To enhance their flavour, top lamb



- burgers with bacon, goat cheese, lime juice or fresh mint leaves.
- 3 Bison. Leaner and more tender than beef, bison has a slightly sweet taste that isn't gamey. It's best enjoyed seasoned with just a few herbs and spices.
- 4 Pork. This versable meat complements a variety of ingredients. Add ginger and soy sauce to your paties for an Asian-inspired twist or use Cajun spices and grill them over charcoal for a smoky flavour.
- 5 Veal. This meet makes juicy petties that can be seasoned with almost anything. The mild taste of veal is enhanced by fresh herbs and melted cheese.
- 6. Fish or seafood. Salmon, tuna, cod and even shellfish like lobster and crab put a lighter twist on traditional meat burgers. You can simply grill filets instead of patties or bread your seafood of choice and pan try it until it's crispy.
- 7. Poutry. Chicken, turkey and even duck make great burgers. You can season them any way you like or bread the patties for a bit of crunch.

LIFE



4 types of picnic food that are sure to please

Are you planning a picnic? Whether you're headed to the beach, park or wilderness, packing a lunch to eat outdoors is a must. Here are four types of food you can eat pretty much anywhere.

- 1. Sandwiches. Compact and easy to make, sandwiches are the perfect picnic food. Swap your regular bread for bagels, tortillas, croissants or French baguettes, and fill them with your choice of deli meats, spreads and grilled veggies. Serve with chips and raw vegetables.
- Finger foods. Pack an assortment of 2. snack foods and let everyone choose what they want to eat. For adults, consider bringing olives, nuts, soft cheeses, pâtés, dips, crackers and crusty bread. If you're picnicking with children, think veggie sticks, hummus, mild cheeses, tortilla chips, salsa and guacamole.
- Handheld foods. Foods that don't require utensils or plates are ideal for a picnic. Think cold pizza squares, individual quiches, spring rolls or small, savoury tarts. Sushi is also a

great choice, provided you have a way to keep it cool and fresh until you reach your destination.

Salads. There are countless varieties of salad, and most of them are ideal for a picnic. Prepare or buy a pasta, bean, rice, quinoa or potato salad. If you opt for leafy greens instead, pack the dressing separately to ensure the ingredients stay crunchy and fresh.

Once you've decided on your main course, be sure to pack your beverage of choice and one or more desserts.







7 things to inspect on your car this summer

If you're getting ready for a summer road trip or plan to take your car out for its first spin of the season, here are seven things you should inspect before you get behind the wheel.

- Tires. Make sure your tires are properly inflated and have sufficient tread. Do the same for the spare and make certain you have a jack and lug wrench in the trunk.
- Lights. Ask someone to stand outside your car as you turn on your headlights, brake lights and reverse lights to ensure that they're working.
- Windshield wipers. Make sure your wipers are in good condition and can effectively clear your windows. You should also inspect the sprayer and top off the windshield washer fluid.
- Fluids. Inspect the oil as well as the brake, power steering and transmission fluids. If any of these run out, your car's components may get damaged.
- Battery. Inspect your battery for signs of corrosion, cracks and leaks. Test it with a battery tester, voltmeter or multimeter. Alternatively, you can get it inspected and tested by a mechanic. Batteries should be tested twice a year and replaced approximately every five years.
- Undercarriage. Look under your car for leaks. A fluid leak can cause your steering or braking system to fail.
- Air conditioner. Make sure your air conditioner is working well. Also check the heating for those chilly mornings when you need to defrost the windows.

If you notice any issues during your inspection, make an appointment at your local garage.





Summer driving conditions can put a strain on your vehicle's components. Here's how hot weather affects your car's tires, engine and battery.

TIRES

The compressed air in your tires expands when exposed to heat, which causes them to inflate. Over-inflated tires will affect the way your car handles and increase your likelihood of getting a flat. Under-inflated tires, however, create more friction with the road and are prone to getting punctured. In summer, check the air pressure in your tires regularly and take care to closely follow the tire manufacturer's recommendations.

ENGINE

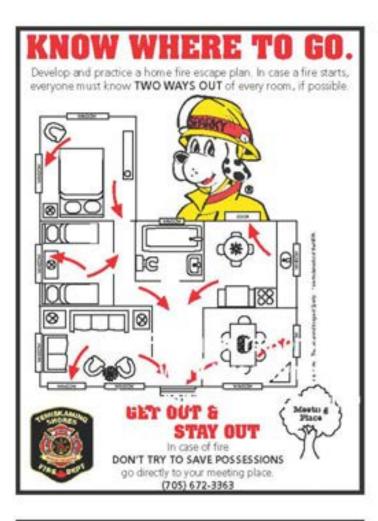
Coolant plays an important role in the summer. If there isn't enough of it, your engine can overheat, thereby resulting in premature wear. Be sure to check coolant levels on a regular basis.

BATTERY

When it's hot outside, heat can build up under your hood and cause the fluid in your battery to evaporate. If the fluid level gets too low, this reduces the engine's efficiency and can create issues when starting your car. Hot weather also increases the risk of the battery overheating and can make components such as the plates and separators corrode. To avoid these problems, get your battery inspected before summer.

To minimize the impact of driving in hot weather, make sure to stay on top of your car maintenance tasks. This way you'll be able to get around all summer without issue.









Four good reasons to work this summer (that aren't the paycheque!)

Are you on the hunt for a job that'll let you earn a bit of money over the summer? There's nothing wrong with wanting to get paid. Just know that working comes with tons of other perks and benefits you may not have even thought of. Here are four:

- 1. To gain experience. Above all, having a summer job will help you flesh out your CV. Regardless of the type of work you'll be doing, it'll give you professional experience that may help you stand out from other candidates in a job interview down the road.
- 2. To develop your essential skills. When you start working, you'll also start developing skills and attributes that will serve you well in the future: leadership, resourcefulness, team spirit, punctuality, responsibility, stress management, etc.
- 3. To build a professional network. Even if your summer job doesn't exactly match your field of study or dream career path, it will allow you to build relationships that could prove invaluable in a future job search.
- 4. To meet new people. You're not the only person your age looking for a job this summer. Working over the holiday is a great opportunity to meet new people. Who knows — it could be the start of lifelong friendships!



YOUR LIFE The Law

Do It Yourself Justice: Ontario's Small Claims Court

By Lisa Neil, B.A., LLB

Many of us first learned about small claims court from Judge Wapner and the many interesting litigants we saw fight it out every week on The People's Court. More recently, Judge Judy and many other TV judges have been busy helping regular folks sort out their disputes in front of a national TV audience. You may be surprised to know that the Ontario small claims court is actually similar to these TV courts in the way that it functions and in the types matters that it hears. The origins of the small claims court in Ontario is traced back to the 1790's and the beginnings of the common law system in Upper Canada. Over the years, the small claims court has been modernized to provide a legal mechanism for regular people to access the court system and seek various legal remedies in a simplified and less costly process often without the need for a lawver. One of the main differences between the small claims court and the upper courts is the monetary limit or "jurisdiction" of the court. If you bring your claim in this lower court you are limited to a maximum recovery of \$35,000. The monetary limit has changed over the years and it is expected to continue to rise in an effort to

promote faster and more affordable resolutions of less serious disputes.

The small claims court is the place for any action where you are seeking the payment of money or the recovery of personal property where the amount of your claim does not exceed \$35,000. You can sue for money owed to you for such things as unpaid accounts, unpaid loans, unpaid rent and also claims for damages such as damage to your personal property like clothing, vehicles, equipment and jewellery etc.; personal injuries and breaches of contract. I've had a front row seat to a few People's Court worthy cases with people fighting over things like the ownership of wooden duck carvings, missing boulders (yes, big rocks) and how to divide a stamp collection.

The procedure to bring a claim is simple and straightforward. The process now begins online where you fill out a document called a Plaintiff's Claim. You will find this form many other resources including all of the court documents that you may require during the action at the Attorney General of Ontario's website:

www.ontario.ca/smallclaims. An important part of your claim is the evidence that you are relying upon. Evidence is things such as receipts, a contract, photographs, a doctor's report or an expert's report on the value of your stamp collection. Basically, anything that will help prove your case and the amount of money that you are claiming. Your supporting evidence is attached to your Plaintiff's Claim and filed with the court. After the filing, the court issues your claim and a court file number is given and this marks the beginning of the court action. You must then personally serve the defendant with your claim and the evidence. This can be done by a hiring a process server or by attending at the defendant's home or place of business and handing it to them yourself. If a defendant tries to evade you, there are options, or what we call alternatives to personal service, to get the claim to them.

The defendant has 20 days from the date of service to serve their defence which they also have to file with the court. At this step, a defendant may decide that they also want to sue the other party and not just defend themselves. If a defendant has their own claim, they can bring a defendant's claim against the plaintiff. A common situation where a defendant's claim is filed is under a service contract such as a roof or a vehicle repair when a customer is sued for refusing to pay an account for the services that they say were faulty and sometimes also cost them more money to repair due to the plaintiffs' poor work. The defendant can make these types of counterclaims in the defendant's claim. The filing of the defence and a defendant's claim, if any, with proof of service triggers the court to set a settlement conference which is the next step in the small claims action. This step is designed to give the parties a chance to settle or work out parts of the dispute before it goes any further. The hour-long settlement meeting is usually held by teleconference. During the conference. each side has the opportunity to present their position to the deputy judge (a deputy judge is a lawyer who sits as a judge in the small claims court) who will also provide the parties with his or her opinion on the strengths and weaknesses of their claim and defence. If the matter doesn't settle, it moves ahead to a trial.

At this point, the action is set down and a time and date is set for the trial. Unfortunately, rural small claims courts have a large caseload and few deputy judges so it can take a year or more to get to the trial stage. The trial looks similar to what you are used to seeing on court TV with the deputy judge presiding over the court and each side calling witnesses to provide testimony. Each party has the opportunity to cross-examine each other's witnesses but the dramatics that you see on TV do not happen in a real court where you are reguired to be respectful and courteous to the witnesses. The introduction of surprise exhibits and witnesses busting in to give stunning last minute evidence doesn't happen and is not allowed under the rules that have strict notice and time requirements for these things. After hearing everyone's evidence, the deputy judge will render a judgment and issue an order to give effect to it. Appeals are available under some circumstances if you believe the deputy judge made an error and you want a higher court to review it and possibly overturn it. If you win and the defendant doesn't readily pay you the judgment amount, you may have to take more steps to enforce your order. Collection measures such as the garnishment of bank accounts and paycheques, and the seizure of personal property are some of

the options.

The costs to bring a small claims court action have been rising and it can become expensive if your claim is complex and involves an appeal or you have to take steps to force the defendant to pay. Currently, the cost to have a plaintiff's claim issued to start the action is \$102. It then costs \$290 to set a trial date. Each summons to a witness costs \$31 and you may also incur other costs to serve the various documents. If you hire a lawyer to help you, you will typically pay between \$100 to \$350 dollars per hour for their services with some offering flat fee rates which vary depending on the amount of your claim and complexity of your case.

Any court proceeding is stressful and can be costly and take a long time to resolve. The outcome also cannot be guaranteed no matter how strong your case is. Working things out and reaching a settlement is always the best option. But, when that just isn't possible the small claims court provides you with an easier and less costly way to enforce your rights.





3 green materials you can use to update your home

If you need to update your home but want to minimize the impact of your renovation project on the environment, there are a number of sustainable products you can use. Here are three of the most versatile and affordable ones on the market.

1. LINOLEUM

This type of flooring is made from all-natural, biodegradable and renewable materials such as lineed oil, wood flour and pine resin. It's also a durable and inexpensive choice. Well-maintained linoleum floors can last up to 40 years and they don't fade over time. Plus, this floor covering can be recycled if you eventually decide to replace it.

2 BAMBOO

This strong and versatile material can be used to build, style and insulate your home. In addition to being a renewable resource, bamboo is resistant to dents and scratches if properly sealed. This makes it a suitable choice for floors and countertops. You can also take advantage of its unique texture to create an except well.

3. NATURAL PAINT

Eco-thendily paints can be made from a number of possible ingredients such as clay, linseed oil and milk casein. However, be careful not to confuse biodegradable options with those that don't contain volatile organic compounds (VOCs). Although VOC-free paints don't emit toxic fumes, they're often



made with petrochemical solvents that are harmful to the environment.

In addition, you can also use cork, terracotta, reclaimed wood and recycled steel to update your home. With so many green options available, you don't have to compromise on style to be eco-friendly.

How to make your home more energy efficient

The amount of energy your household consumes can have a significant impact on your heating and cooling costs. Here are a few ways you can make your home more energy efficient.

REPLACE DOORS AND WINDOWS

If they aren't well insulated, doors and windows can be a significant source of energy loss in your home. To maximize thermal insulation, upgrade to Energy Star certified models. Keep in mind that even the most energy-efficient options must be properly installed to provide optimal results.

IMPROVE INSULATION

A large part of your energy consumption likely goes toward heating and cooling your home. Fortunately, effective insulation makes it easier for your HVAC unit to regulate your indoor temperature. In many cases, you can simply add new insulation over the old stuff. To minimize your carbon footprint even more, choose an eco-friendly product certified by Greenguard or EcoLogo.

SEAL AIR LEAKS

Reducing the amount of air that leaks in and out of your home will make it more energy efficient. Use caulk to seal windows, doors, vents and places where plumbing or wiring comes through a wall. Don't forget to have the foundation, roof and exterior corners inspected for cracks and other types of damage.

Keep in mind that some projects are best left to the professionals. This will ensure your updates are done proper-



ly and safely. If you want to start with a smaller job, replace your halogen light-bulbs with LED versions and consider installing a smart thermostat.

INCENTIVE PROGRAMS

Don't forget to take advantage of government incentive programs, such as tax credits and rebates, to help offset the cost of making energy-efficient improvements and using renewable energy technologies in your home.



Innovations in home security

gies are allowing security compasolutions that combine comfort, convenience and peace of mind. Here and other signs of trouble. are some of the latest innovations in home security.

BURGLAR DETERRENTS

Did you know that leaving the glar's attention? New technologies allow your security system to control your lighting and electronactivity. This is much more effective than simply leaving the lights

Additionally, your central unit can Most of your smart home's syspower up your stereo at maximum tems can be linked to your cellvolume, turning it into an ad-hoc phone. This allows you to remotely alarm system that's sure to alert monitor your property neighbours and scare away intrud-219

EMERGENCY ALERTS

Many companies offer medical alert services that feature portable alert buttons in the form of bracelets or pendants. These devices can

Advances in smart home technolo- detect sudden movements, such as falls, and alert emergency sernies to offer powerful automated vices directly. Some medical alert systems can also detect smoke

WATER DAMAGE PREVENTION

Water leak detectors are old news. but they can now be coupled with an automated valve that'll cut the lights on is likely to draw a bur- water supply to your house at the first sign of trouble. This will put your mind at ease when you're away from home, and your insurics in a way that simulates human ance company may be willing to reduce your premiums if you install this technology.

REMOTE MONITORING



Tips for protecting your home from burglars

Did you know that most alarm systems are only installed after a break-in? Because we tend to underestimate the likelihood of bad things happening, many of us fail to be proactive when it comes to preventing burglaries. Here's what you can do to protect yourself.

PREVENTING BREAK-INS

Summer is a popular time for break-ins and research suggests that most of them happen Monday through Friday between the hours of 10 a.m. and 3. p.m. Intruders often gain entry through a door.

To avoid being targeted by burglars, make sure valuables aren't visible through a window and don't leave them on your porch or in your backyard. It's also a good idea to put away your tools, especially things like ladders. and crowbars.

Garages are easy to force open, so make sure to lock any interior doors. connecting your home to your garage

Finally, never hide spare keys outside your home

WHEN YOU'RE ON VACATION

If you're going on a trip, fight the temptation to announce it on social media. While you're away, take steps to make your home look occupied. Suspend your newspaper subscription, have someone mow your lawn and put your mail delivery on hold. Don't leave your lights on unless you can put them on a timer to simulate human activity.

Remember, you can always ask a neighbour or friend to come around regularly to make sure everything is in order. You can also get someone you trust to housesit while you're away.





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Love our wild Temiskaming By Sue Nielsen

Across the world we share a commonality.

And certainly in this region our commonality is bringing us together like never before.

It is the fact that we are all dealing with the challenges of the COVID-19 pandemic at the same time.

We are all focused on the pandemic and doing what we can to mitigate the risk of infection especially for the elderly and the most vulnerable in our communities.

It is at this time that perhaps we realize everything in our world from food to medicines to technology actually originates from nature.

And the laws of nature will have their way whether we like it or not.

The food we begin our day with came from the ground via farms, a variety of medicines we rely on each day originate in nature and in order to build the latest computers, metals are sourced from the earth.

And the life sustaining water we drink which makes up 78 per cent of our body. So far, man has not invented a replacement for H20.

Let's hope during this pandemic we have come to appreciate and are grateful for all that the natural world has to offer.

We know Mother Nature is all powerful as we saw last year with the wave of flooding across the region and the year before that with the wildfires in Temagami and Elk Lake.

We cannot separate ourselves from nature or ignore it while sitting in front of a 52-inch screen or by surfing social media for answers to what ails us.

First of all we need to stop believing that working long hours under stressful conditions in crowded workplaces is anywhere near what is best for us in terms of our physical, mental and spiritual health.

We know the social distancing and lockdown requirements of the pandemic are posing challenges to our mental health.

Sunshine, we all crave it and need it so now that summer has arrived and partial restrictions on outdoor places are being lifted, there is no better time to wander around beautiful wild Temiskaming.

This region is brimming with life as summer continues to roll on.

I marvel at the fact that some people have no idea what is in their very own backyards such as the Temagami old growth forests, the variety of wildlife found minutes from our front doors and the pristine waterways that surround us.

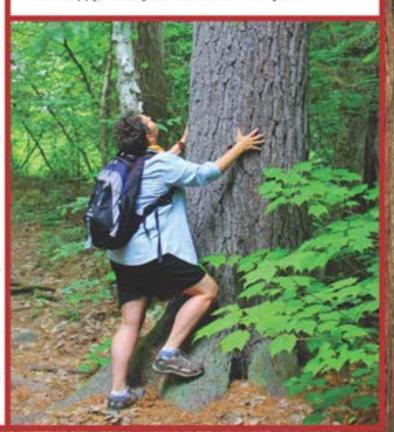
There is a definite reason why we choose to live in the north instead of in tiny, expensive condo apartments in a crowded city surrounded by concrete and pavement.

Our region presents a natural prescription for healthy living with fresh air, clean water, beautiful green spaces and friendly, down-to-earth people.

Gratitude is what I feel when I am out and about in wild Temiskaminig.

While we are waiting for the province to truly reopen, finding ways to connect with wild spaces in an unstructured way will help to keep our spirits up, minus the blackflies of course.

Here's to staying healthy and grounded and finding nuggets of inspiration in our beautiful surroundings. Have a happy, healthy rest-of-summer everyone!





How to choose the right instrument for your child

If you want to encourage your child's love of music, signing them up for lessons is a good idea. Picking an instrument, however, may prove daunting Here are a few tips to help you

LET YOUR KID HAVE A SAY

The best way to ensure your child remains motivated and doesn't give up on their lessons is to choose an instrument they're enthusiastic about. If your child hasn't expressed interest in a particular option, consider an introductory course that'll allow them to try various string, wind and percussion instruments.

CONSIDER YOUR ENVIRON-

Take into consideration how much space you have to accommodate an instrument. From the harmonica to the harp, they vary immensely in size. Think about where it will be stored and played in your home. An electric keyboard is smaller than a piano, and a violin is easier to tuck away than a cello. If noise is an issue, choose an electric

instrument that headphones can be plugged into

DECIDE ON A BUDGET

Musical instruments have a wideprice range, and some can be incredibly expensive. Unless your child is deeply committed, stick with a basic model or buy second-hand. An instrument that's of somewhat lesser quality won't prevent your child from learning and improving. Alternatively, many music stores have rent-to-own programs.

KEEP TRANSPORTATION IN

If your child wants to bring their instrument to school or perform at Grandma's house, select one that's easy to transport. Instead of a cumbersome drum kit or tuba, consider a guitar, clannet or trumpet. Don't forget to buy a sturdy carrying case.

Once you've found the right instrument, sign up your child for their first lesson so they can start exploring this new hobby.



Courses and activities

Register today!

5 reasons to learn Sign language

more people or challenge yourself to develop a new skill? Here are five reasons to learn Sign language.

- It facilitates interactions. If you learn Sign language, you can have in-depth discussions with people who are deat. Communicating in Sign language is also an alternative to raising your voice when conversing with someone who has padial hearing loss.
- Sign Language uses a 26-sign alphabet and 19 handshapes to
- Sign language requires you to focus your attention. You can't turn away or mutitask and still engagement shows respect and can strengthen relationships
- If a valuable learning expen-ence Ficking up a new language

improves cognitive function and memory It also introduces you to another culture, and learning Sign language can raise your awareness of the challenges faced by people who are deaf

ill promotes child development Research shows that teaching a toddler Sign language can speed up their speech develop-ment Start with signs for common

If you're interested in learning Sign language, find out if there are cours-es offered in your area. Alternatively,



Tips for students starting college or university

If you're going to start college or rooms where your classes will be

GETTING TO SCHOOL

familiarize yourself with the various

GETTING TO CLASS

think about. Here are some tips to get lost or spend half an hour look

SERVICES

library, computer labs, and bookstore are located It's also a good

IN THE NEIGHBOURHOOD

It's likely that you'll spend gute a bt Take some time to find out what restaurants and stores are neartry

Doing this will help you feel more at home on your first day, or at least reduce the chance that you'll



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