

FREE

*Temiskaming District*

# Seasons

Fall 2022

*Magazine*

Prep your  
**Home**  
for  
**winter**

*Ode*  
to autumn





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# SPEAKER

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PRINTING, PUBLISHING  
AND PROMOTIONS

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## **SPEAKER**

**PRINTING, PUBLISHING  
AND PROMOTIONS**

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# Prep your **HOME** ..... for ..... winter

## 5 indoor checks to make before winter hits

The comfort of a warm fireplace on a cold winter's night is like no other. However, you must complete a few tasks this fall to keep your home safe and secure through those long, cold months. Use this guide to get your house's interior ready to face Mother Nature's fury.

### 1. HEATING SYSTEM

If you're waiting until the first frost to ensure your heaters are in good working order, you may be in for a nasty surprise. Before turning on your heat sources, ensure they have at least 10 centimetres of clearance. Take this opportunity to inspect and clean the units. Better yet, hire a professional to take care of it for you.

### 2. DOORS AND WINDOWS

Remove fly screens to prevent condensation and safeguard them against the elements. Check the window and door frames to ensure they're tightly sealed. If necessary, caulk any vulnerable spots or replace the weatherstrip.

### 3. FIRE DETECTORS AND EXTINGUISHERS

Check that your smoke alarms and carbon monoxide detectors work by pressing the test button and listening for a beep. Replace the batteries if you haven't done so recently. Additionally, take a glance at your fire extinguishers and ensure the seal is still intact so they're ready for action in case of emergency.

### 4. AIR EXCHANGER AND DUCTS

Give your air exchanger's filters and screens a good washing to ensure you and your family breathe clean air all winter long. Moreover, vacuum out the air ducts to remove any dust that's accumulated.

### 5. SUMP PUMP

Check that your sump pump is functioning correctly. To do so, gradually pour a bucket of water into the tank. The pump should immediately activate to clear out the water.



# Autumn checklist: how to winterproof your house's exterior

Whether or not you dread winter weather, one thing is certain: your home and garden need some protection. Here's a list of tasks to get your home's exterior winter-ready.

- **Clear the gutters.** Clean out the eavestroughs to enable good water drainage. Ideally, wait until the trees have dropped all their leaves.
- **Sweep out the chimney.** A thorough chimney cleaning is essential for preventing chimney fires.
- **Inspect the roof.** Ensure your roof is in perfect condition. If you see any problems, don't delay getting the necessary repairs.
- **Seal up cracks.** Sniff out any gaps in your foundations and walls and seal them up to prevent water from seeping in and doing some severe damage.
- **Screen up your vents.** Install screens on your vents to prevent small animals from taking refuge inside your home.
- **Close your pool.** Lower the water level, clean the filter and put the ladder and other accessories in storage.
- **Clear the coping.** Remove any accumulated debris from your pool coping, and check that the drain is working well to prevent flooding.
- **Weather-proof your plants.** Wrap your shrubs in burlap or landscape cloth. Move potted plants indoors to protect them from the elements.
- **Prune your trees.** Trim away any tree limbs at risk of falling on your house in a violent gust. Likewise, get rid of any branches that could give pests access to your home.
- **Put seasonal items in storage.** Put away patio furniture, barbecues, gardening tools and garden hoses. Don't forget to shut down water outlets.
- **Prepare your flower beds.** Plant your fall bulbs, separate the perennials, remove weeds and annuals and then aerate and nourish the soil.
- **Clean the grounds.** Rake and bag your dead leaves and clear out dead wood and any other material that could serve as a hiding place for pests.

If you don't have time to do everything yourself, hire a professional lawn service in your area to help.



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# JOB MARKET

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## 4 strategies for retaining your employees

As the job market becomes increasingly competitive, it can be challenging to retain your employees. Here are four strategies to help keep your talent.

1. Focus on communication. Communicate openly with your employees. Listen to their concerns and be open to new ideas. Let them know they're heard and that you take them seriously.
2. Think about development. Employees often quit because of a lack of advancement opportunities. Therefore, provide training so your employees can develop their potential, avoid boredom and take on new challenges.
3. Offer benefits. Ask your employees what your company could improve and add these to their benefits and perks. For example, you could include group insurance, paid holidays, yoga classes, flexible working hours and telemedicine.
4. Get out of the office. Create opportunities for your employees to socialize and have fun in a context that doesn't revolve around work. Use the opportunity to celebrate their successes.

Employee retention also depends on effective recruitment. Therefore, use a specialized agency to start your talent search today.



## Entry-level position: take it or leave it?

It's rare to get your dream job on the first try. Therefore, if you're offered an entry-level position, it's necessary to ask yourself if it's a good idea to accept it. Here are some tips to help you decide.

### When to accept

If the job is related to your area of expertise and allows you to use and develop your skills, it may be worthwhile. The job may let you explore a field you're interested in and help you obtain a better position in the future. The offer may also be attractive if there's room for career development within the company.

### When to refuse

If you sincerely doubt that you'll enjoy your everyday tasks, the job probably isn't for you. The same applies if most of your skills and educational achievements don't apply to the job and won't contribute to your professional development. Finally, it may be best to refuse the position if the salary is significantly lower than your expectations or if the company has a high turnover rate.

Are you having trouble finding a job that suits you? Consult job hunting resources in your area.

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# Ticks 101:

## Prevention and Treatment



Blacklegged tick

*Ixodes scapularis*

### How to avoid getting a tick bite

You might be at risk if you live, work in, or visit a wooded area, or an area with tall grasses and bushes (including city gardens and parks).

You may also be at risk if you are involved in outdoor activities such as hiking, camping and gardening.

You may be bitten by a tick and not even know it.

Here's what you can do to avoid getting a tick bite.

### Cover up wear:

- light-coloured clothing, so it's easier to see ticks.
- closed-toed shoes.
- long-sleeved shirts.
- long pants, tucked into your socks.
- special clothing designed to repel ticks.
- Use an insect repellent, or bug spray, that says "DEET" or "icaridin" on it. Put it on your clothes and exposed skin. Always read the label for directions on how to use it.

### Put clothes in the dryer

Kill any ticks that might be on your clothing by putting your clothes in a dryer on high heat for at least 10 minutes before washing them.



### Maintain your property

You can help keep blacklegged ticks away from your property by:

- keeping grass mowed short
- trimming bushes and tree branches to let in sunlight (ticks avoid hot, dry locations)
- creating a border of gravel or woodchips one metre or wider around your yard if you're next to a wooded area, or an area with tall grasses
- removing leaf litter, brush and weeds at the edge of the lawn and from stone walls and wood piles
- moving children's swing sets, playground equipment and sandboxes away from wooded areas
- consider placing equipment on a wood-chip or mulch foundation

### Check yourself and your children

After being outdoors, check for ticks on yourself and your children. Look:

- behind your knees.
- on your head.
- in your belly button.
- in your groin area.
- in your underarm area.
- on the back of your body – use a mirror, or ask someone to check for you.

It's a good idea to have a shower as soon as you can to wash off any ticks.

### Check your pets for ticks

After being outdoors, check your pets' skin and remove any ticks you find. Ask your veterinarian about options to help keep ticks off your pets.

## How to Remove a Tick

The sooner you remove a tick, the less chance you have of contracting a disease from it.



- 1 Use fine-tipped tweezers.
- 2 Grip the tick as closely to your skin as possible.
- 3 Pull it out gently in a straight-up motion.
- 4 Do not squeeze or twist the tick as you remove it.
- 5 Avoid touching the tick with your bare hands.
- 6 Clean your hands and the bite, using warm water and soap or rubbing alcohol.
- 7 Kill the tick by soaking it in rubbing alcohol.
- 8 Consider saving the tick to show your doctor if it becomes necessary.
- 9 Monitor your bite for a few weeks.

## You should see your doctor right away if:

- You cannot completely remove the tick.
- The bite gets redder or starts to ooze.
- You think you were bitten by a deer tick.
- You develop any of the following symptoms: rash, headache, fever, chills, fatigue or muscle/joint pain.

## Call 911 immediately if you experience:

Severe headache • Difficulty breathing • Paralysis • Racing or pounding heart

# Living at the Cottage

## Tick Check

By Lois Perry



As I swallow my final antibiotic that will hopefully bring me to the end of my two-month illness, I feel compelled to share my journey with everyone in an effort to educate and protect others from the extreme feelings of pain, exhaustion and hopelessness that I have experienced over the past 10 weeks.

Prior to this I didn't realize the danger that could be unleashed in a body from a small bite. A bite that was never felt, never found; a bite that went totally undetected. Sure, I knew that we had ticks in our district. In fact, since my dog Dora was a puppy I've been checking her regularly for them - and never found a single one. It became a joke in our household as all I would say is "tick check" and she would roll on her back for a belly rub, foot massage and facial. (I record the timelines since symptoms from an infected tick bite can present anywhere between three and thirty days.)

Throughout June, I felt healthy and had that sense of anticipation that I feel every year as I clean out the gardens and plan the summer events. As I typically have a great deal of energy - I anticipated that this summer was going to be a great one. As it turned out - we didn't even put the boats in the water.

We travelled to the London area for the long weekend of July and returned on the Sunday.

By Thursday I started feeling unwell and by Thursday evening I was experiencing full-blown vomiting, diarrhea, chills and sweats. I also developed a fever and what I now know to be hallucinations. These symptoms lasted for four days. During this time I tested negative for COVID many times.

Upon recovery from these flu-like symptoms I felt very weak but better for a few days. And then the red, hot patches started to appear across my body.

They were not like a bull's eye or pinprick. They were the size of a fist and covered my legs, arms, chest and back. We took photos of them all and blew them up looking for bite marks with the thought that a spider had bitten me. Nothing. They continued to multiply and then fade and some grew together.

The patches continued and then on July 16, I woke up with my eyes swollen shut and a mask-like redness across my



face covering my eyes. I attended emergency at the Temiskaming Hospital that day and was seen by two doctors. They agreed that my presentation looked like the “lupus mask” and immediately ordered a variety of blood tests including a test for lupus and a test that would determine my CRP levels. Unfortunately, the results for some of these tests could take up to two weeks to return. They also suspected that I had food poisoning and contacted the Temiskaming Health Unit.

In the meantime I was concerned about my eyes as they were very red and swollen. My optometrist saw me immediately and assured me that my eyes were fine. He also mentioned prednisone.

I called my regular doctor (who at the time was in the process of retiring) and was immediately prescribed five-milligrams a day of prednisone. The facial redness and puffiness subsided although the red blotches continued.

While waiting on the results from the blood tests to come in I suffered with joint pain and locking, chills, skin sensitivity, sore scalp, jaw aches, headaches, swollen feet, exhaustion, loss of appetite, random mild fever, swollen lymph nodes, itchiness and the red blotches continued. I took Ibuprofen and acetaminophen to relieve the pain, which led me back to the emergency with stomach issues.

It was also around this time that I developed a burning, aching ring, sensitive to the touch, about eight inches wide around my back and into my stomach - like shingles but without the lesions. The pain was excruciating when I would lie down so I did not sleep more than 20 minutes at a time for an 18-day period.

On August 2, I met with my new physician, Dr. Andrew Mathew Scott, who advised me of my test results. I was negative for lupus and several other potential diseases but my CRP, (C-reactive protein) levels were at 40. He explained to me that normal levels should be less than 10.

In my mind, this meant that my autoimmune system was on “super duper overdrive.”

Dr. Scott ordered more tests and increased the prednisone to 15mg.

On August 10 I woke up and the burning pain around my abdomen had disappeared - just like that!

I got ready for work and was feeling great for the first time in weeks. When I left home, my face was fine, but while chatting with a co-worker a short time into the workday the right side of my face had started drooping. I knew that something had happened as my mouth became very dry. I attended emergency again and after ruling out the possibility of a stroke I was given a cat scan, which determined that I had Bell’s palsy, which is the inflammation of the 7th cranial nerve.

The doctor on call that day tended to this “tough old girl” who never cries (but was about to flood the emergency room with tears), and sat on the edge of the stretcher beside me with knowledge, compassion and empathy. She was amazing.

She increased the prednisone to 60mg a day and added Valacyclovir 500mg.

During the ensuing days, Dr. Scott kept in close touch with me and during one conversation the possibility of Lyme disease was discussed. Dr. Scott ordered the test.

About a week later (Aug. 25) Dr. Scott called me - we had a positive result on the Lyme disease test.

He prescribed an antibiotic (Doxycycline).

Since then I have been weaned off the prednisone.

The paralysis in my face slowly disappeared and at the two-week mark I was almost back to normal.

I have faith that we caught this early enough and that I will not have any long-term effects from Lyme disease, but I don’t really know that for sure. My research shows that people have gone undiagnosed for years to the point that permanent damage has been done to their bodies.

I tell the story of my lost summer, not for sympathy or because I just needed a story to tell, but because we all need to know the symptoms of a tick bite that is infected with Lyme disease. We all need to do regular “tick checks” and not just on our pets. They can be the size of a sesame seed.

I have no idea where on my body I was bit.

I have no idea when I was bit.

I have no idea where I was when I got bit.

This past summer was the most surreal experience that I have ever gone through. My partner reminded me of something that I said to him during one of the most painful times “I feel like there are bugs under my skin crawling around attacking different parts of my body.”

Now that I am feeling better, when I look back it’s actually hard for me to even believe.

**I do know this though - awareness is the key to prevention and early detection - and I would not want anyone to go through what I went through this past summer.**



# FARM LIFE



## 3 questions to help you learn more about barn cats

Discreet and adventurous, barn cats are found on many farms. Learn more about these little four-legged felines with the following three questions.

### 1. WHAT ARE THEY LIKE?

Farm cats generally can't adapt to living in a home because they've grown up outdoors. They're quite active and don't necessarily crave the companionship of humans. They may even be a little fearful of people and flourish better in a barn or outdoor environment.

### 2. WHAT DO THEY DO?

Barn cats often make friends with other animals on the farm. These felines also have keen stalking skills and make great hunters. Consequently, they help farmers keep pests like mice under control.

### 3. HOW DO YOU CARE FOR THEM?

Like all non-breeding domestic and farm animals, barn cats should be spayed or neutered. They also require annual veterinary visits for vaccinations and deworming. If you own a barn cat, you must provide it with fresh food and water as prey isn't always available. Moreover, farm cats require shelter from bad weather.

Overall, barn cats are handy animals to have around the farm.

## Lawn care: must-do fall chores

In the fall, you need to do several things to prepare your yard for the cold winter weather and ensure green and lush growth come spring. Here's what you need to know.

### HEDGES AND SHRUBS

Cut away leaves and prune stems and branches so the hedge can breathe and absorb more light. You should also cut back shrubs when they begin turning yellow or their stems start to droop.

### FLOWERS AND VINES

Bring potted plants inside and use burlap to cover plants that don't handle the extreme cold. Dig up non-hardy bulbs like dahlias and cannas and store them inside. Thin out your perennials and protect the roots by applying a generous layer of mulch. If you want a colourful garden come spring, plant tulips, crocuses, daffodils and other hardy bulbs.

### VEGETABLE GARDEN

After your last harvest, compost your plants and till the soil. Fall is also the ideal time to plant certain vegetables, like garlic, leeks and Egyptian onions.

### LAWN

Rake up dead leaves and mow your lawn to a height of at least five centimetres to promote light absorption and weed resistance. You can also use a potassium-rich fertilizer that's low in nitrogen to strengthen the lawn.

Finally, turn off your outdoor water taps and drain any garden hoses. If necessary, remove the pumps from your pond.



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# FIRE Prevention

## 4 household items you didn't know were fire hazards

House fires affect thousands of families every year. Therefore, it's essential to eliminate potential hazards in your home to keep you and your family safe. This year, Fire Prevention Week takes place from October 9 to 15, and the occasion is an ideal time to brush up on your fire safety knowledge. Here are four things in your home you might not know are flammable.

**1. Oranges** contain a naturally occurring and flammable chemical called limonene. This substance is present in many cleaning products because it has a fresh scent and potent degreasing properties. Consequently, you should avoid spritzing limonene-based cleaning products near fire sources like your stovetop.

**2. Hand sanitizer** has become a household staple in recent years. However, it contains ethanol, which is a flammable ingredient. Although small amounts of hand sanitizer don't pose a fire hazard,

it's important to store and use it safely to minimize the risk.

**3. Nail polish remover** is made with flammable chemicals like acetone and nitrocellulose. Therefore, you should always thoroughly wash your hands after using nail polish remover. Ensure the container is tightly sealed and stored in a cool, dry place when you put it away.

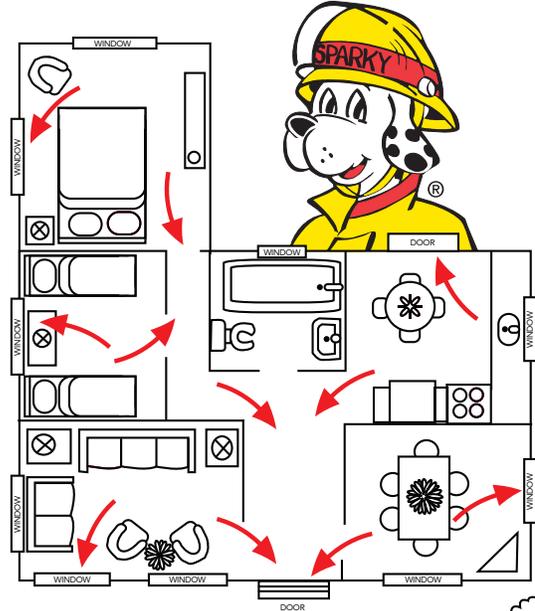
**4. 9-Volt batteries** have the potential to start a fire. If these types of batteries touch metal, they can spark and ignite. It's best to store batteries in their original packaging or keep the tips covered with tape.

Fire safety starts with knowing the facts. Protect your family by learning about common hazards and taking steps to minimize them.



## 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**

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Meeting Place

## Every Second Counts Plan 2 Ways Out



If you use a woodstove, keep your chimney clean.

Keep matches out of reach of children.

Test your smoke & CO2 alarms.

**Practice your Home Escape Plan**



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# Ode to autumn



*A vibrant and abundant season!*

## 5 ways to enjoy and preserve your harvest

Did you pick your fill of fruits and vegetables from local growers, get carried away at the farmers' market or harvest plenty of veggies from your garden? Here are five ways to reduce waste and enjoy your bounty all year long.

1. Pies. Use apples, plums, blackberries, pears and pumpkins to make delectable pies. Store them in the freezer for several weeks.
2. Jams. Nearly any fruit can be made into jam. In addition to being spread on toast, you can use your jams to brighten up baked goods like cakes, cookies and buns.
3. Pickles. Pickle beets, radishes, peppers, cucumbers and other tasty vegetables to create a tangy side dish.
4. Soups and broths. Vegetables like squash, onions, leeks and cauliflower are the perfect addition to soups and broths. Make a big batch and defrost it whenever you want.
5. Dried fruits and vegetables. Dried strawberries, apples, tomatoes, carrots and kale have a long shelf life. They can be used in various recipes, including sangrias, salad dressings and sauces.

Get creative when whipping up a healthy and tasty meal.



## Mini pumpkin pancakes

### INGREDIENTS

Yield: 24 mini pancakes

- 1 1/2 cups of milk
- 1 cup pumpkin puree
- 1 egg
- 2 tablespoons vegetable oil
- 2 tablespoons cider vinegar
- 2 cups of flour
- 3 tablespoons brown sugar
- 2 teaspoons baking powder
- 2 teaspoons baking soda
- 1 teaspoon allspice
- 1 teaspoon ground cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon grated ginger
- 1/2 teaspoon salt
- 2 tablespoons butter
- 1/4 cup powdered sugar

### DIRECTIONS

1. Combine the wet ingredients and dry ingredients in separate bowls. Pour the wet ingredients into the dry ingredients and gently mix until smooth.
2. Melt the butter in a non-stick pan. Spoon 2 tablespoons of mixture into the pan per pancake. Cook for about 2 minutes on each side until golden brown.
3. Sprinkle with powdered sugar before serving.



## Ratatouille

### Ingredients

Servings: 6

- 4 tablespoons olive oil
- 1 onion, finely chopped
- 5 cloves of garlic, finely chopped
- 1 orange bell pepper, finely diced
- 1 yellow bell pepper, finely diced
- 1 can of diced tomatoes
- 10 fresh basil leaves, finely chopped
- 2 yellow zucchinis, cut into thin slices
- 2 green zucchinis, cut into thin slices
- 2 eggplants, cut into thin slices
- 4 Roma tomatoes, cut into thin slices
- 2 tablespoons fresh Italian parsley, finely chopped
- 2 teaspoons fresh thyme, finely chopped
- 2 teaspoons fresh oregano, finely chopped
- Salt and pepper, to taste

onion is translucent, add the peppers and continue cooking for about 10 minutes. Season with salt and pepper. Add the diced tomatoes and bring to a boil. Reduce the heat and simmer for about 5 minutes, crushing the tomatoes with the back of a wooden spoon to create a smooth sauce. Season the sauce with half the basil.

2. In the same pan, lay the vegetable slices flat, alternating to create a spiral.
3. Coat them with remaining olive oil, basil, last garlic clove, parsley, thyme and oregano. Season with salt and pepper.
4. Cover the pan with a lid or aluminum foil. Place in the oven for 40 minutes, then uncover and continue cooking for another 20 minutes.

### Directions

1. Preheat the oven to 375 F. In a large oven-safe pan, sauté the onion and 4 cloves of garlic in half the olive oil. When the



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# LIFE CYCLE OF THE LOON

By Sue Nielsen



The seed for this column sprouted about two months ago when a baby loon was born this summer on my favourite lake.

I happened to come along one night when a pair of loons were mating and saw them immediately begin to construct their nest.

They pulled mud and vegetation from the bottom of the lake and placed it in a circular fashion along the shoreline.

They had mated under the light of the big, bold super June moon.

A few days later the mother loon laid one egg and then she and her mate both took turns sitting on the egg for one month, much to the delight of cottagers and visitors to the public beach.

It had been since 2016 that the lake had a successful chick hatch, grow up and fly away with its parents during the fall migration.

It was all so exciting.

True to the incubation period of loons, one month later under the July super moon, the chick hatched all brown and fuzzy and cute.

It was such a delight to see the baby loon swimming alongside its parents.

I've observed and photographed loons on the lake for over ten years, mostly from the seat of my canoe.

I have grown fond of these beautiful birds with their distinct eerie call and beautiful markings.

And, I daresay, I have grown to know them and they to know me.

Anyway, back to the baby loon.

Each day it was happily swimming with its parents and for all intents and purposes was going to survive and thrive on the lake.

I came along one night and saw the father loon scooping up crayfish and minnows and carefully extending its long beak out to the baby loon offering it the food.

Baby loon gladly gobbled down the food as it was growing and in need of the nourishment.

But sadly, one day the chick vanished.

Either eaten by a predator, a large fish, eagle, hawk, turtle or other wildlife.

It may also have become separated from its parents because of high winds on the lake that day.

Whatever the case, the loon baby was no more and then I saw the parents frantically searching for their baby.

Since then, I have come to understand that a baby loon not surviving on a northern lake is not a new phenomenon.

And that if they do make it to adulthood it is considered a feat of survival.

With loss of habitat, lead from fishing tackle, predation and pollution, loons are declining in numbers.

Not to the point of being an endangered species, however. So I hold fast to the belief that next summer we will have a baby loon survive and thrive on the lake.

Nature, with its endless cycle of death and rebirth, is fascinating.

The call of the loon is powerful and the bird is said to be a symbol of family and communication.

When I think of wildness I think of the loon and observing them in their element is a springboard to the sacred.

The life cycle of the loon is indeed a gift to behold.



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# *spring pulse poetry festival*

## THE GIFT OF AUTUMN

Oh, autumn, filled with priceless treasures  
beyond compare

Waving fields of wheat and fruit full  
ripened to the core  
Good food for all in plenty, and many  
flowers truly fair.

And in some wild symphony of colour  
celebrate before  
Winters white snow blanket protects this  
land from harm.

What glories meet the eye down some  
lonely country lane

As autumn displays her vivid colours  
these days of calm.

Her colours shout don't mourn for me,  
look, there is no pain

In death, for I shall come again to grace  
this beautiful land,

To please the eye, the heart, the soul at  
this vision bright.

Can we not, as mere mortals, see some great  
and powerful hand

And what words can we find to describe  
this wondrous sight?

So, I will just gaze in awe at the panoramic  
beauty that I see

And thank my God in heaven for giving  
all this to me.

Ann Margetson

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# SHOP LOCAL, *your way!*



## How buying local affects the economy

As a consumer, have you wondered how your choices affect the local economy? Here are a few things that can happen when a small or medium-sized business in your neighbourhood doubles its sales due to strong local support.

- **Expand services.** The more money a small business makes, the more likely it'll expand its product and service offerings and delve into new markets. For instance, your favourite local brand may set its sights on opening a new location in a nearby town.
- **Improve the job market.** When small businesses grow, they require more employees. A prospering local business can help create jobs in your area.
- **Uplift other local businesses.** Small businesses often look to local suppliers to support their growth and help each other prosper.
- **Increase social involvement.** Local businesses are active in charitable causes. For example, thriving small businesses often give back to their communities by donating to local organizations.
- **Reap tax benefits.** Small businesses that make more money also pay more taxes. This means that more money is going back into your local government to help with infrastructure and social initiatives.

Buying local is an easy way to invest in your community. It's a simple move that benefits you as well.



## Buy local in every industry

When you think about buying local, you probably conjure up images of a friendly farmer selling vegetables and jams on a country road or a quaint farmers' market with a friendly atmosphere. Although these examples illustrate one aspect of buying local, it goes much further.

### HAVE YOU THOUGHT ABOUT THESE SECTORS?

Buying local isn't limited to specific industries. When it comes to supporting your local economy, various companies would be happy to do business with you, including:

- Telecommunications providers
- Banks
- Insurance companies
- Supermarket chains
- Big box stores
- Hardware stores
- Video game developers
- Engineering firms
- Furniture retailers



### WHY ARE THESE IMPORTANT?

Even if you don't associate large companies with buying local, they play a significant role in the economic vitality of your region. That's why it's essential to be aware of where the products and services you use come from, whether you're buying fresh fruits and vegetables or doing business with an insurance company, internet provider or appliance store.



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# Autumn Activities



## 12 outings to make the most of fall

Are you looking for activities to brighten up your fall evenings and weekends? Here are some seasonal suggestions.

1. Pick local fruits or vegetables like apples, pears, pumpkins and plums
2. Attend a seasonal festival
3. Watch migratory birds
4. Visit a vineyard to enjoy a wine tasting or participate in the grape harvest
5. Plan a stay at an outfitter to take in the natural beauty of fall
6. Admire an outdoor exhibition in a local park or museum
7. Explore a nearby corn maze for hours of family-friendly fun
8. Go to a farmers' market and stock up on delicious vegetables for your preserves
9. Take in a show
10. Stargaze late into the night
11. Watch a movie at the drive-in before the end of the season
12. Participate in Halloween themed activities like haunted houses and ghost tours

What will you do this fall?



## 10 activities to enjoy the fall colours

The cool fall weather brings out a brilliant display of brightly coloured leaves. Here are 10 activities to make the most of this short-lived season.

1. Hiking. Take a walk in the forest or climb a mountain to observe nature in all its splendour.
2. Biking. Ride along bike paths in enchanting locations and admire the majestic multicoloured trees as they pass by.
3. Kayaking. Waterways are often lined with trees and offer unique views of the beauty of autumn.
4. Picnic. Enjoy the season's warm colours with a delicious meal in the open air.
5. Camping. Deep in the woods, the beauty of the rising or setting sun will make your environment shine.

Autumn is calling!



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- intervenantes ou intervenants en santé mentale,
- intervenantes ou intervenants communautaires,
- diététistes.

**La planification de l'intervention communautaire** évolue continuellement pour différentes populations cibles. Le but est d'offrir des activités et de la programmation selon les besoins des communautés.

Les populations cibles sont:

- les enfants de 0 à 12 ans et leurs familles,
- les aînés.



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# That state of awe

By Darlene Wroe

It's school time for children and teens and, for the youngest ones, it's a time to explore relationships and interests, and to have the curtain drawn back a little to reveal the whole great world that is out there to explore.

The tiniest children are being presented with the great pleasure of crafting. Colours and textures, faces and flowers, and miniature trucks and roads are flooding young minds with imagination and wonder.

Although we often overlook this fact, the mind of a new baby, toddler, young child and teenager is growing at a much faster rate than at any other time in their life, and certainly faster than that of the adults around them. That is why children are sent off to school. Their minds are ready to learn.

Through the fall months, children will be bringing their handicrafts, projects, books and essays home, and they will be filled with satisfaction, curiosity and interest in the subjects that are filling their hours at school.

They are also developing friendships and, just as their minds are open and ready to learn everything, so are their hearts, enjoying the insights into human interactions and their own roles in their expanding world of people.

But there's more to fall than school, and now is the time when the world turns into a russet rainbow of forests and hills. On the farms it's a busy time dealing with crops and cattle, and in the kitchens harvest is wrapping up with pickling, canning, freezing and cooking. Meals are larger in the fall than summer fare when salads and sandwiches sufficed. Now is the time for stews and casseroles, roasts and hot vegetables. Children are ready and eager to learn the great art of cooking and all the other traditional tasks of home and farm management, and just as their minds are open for schoolwork, they are also ready for tasks suitable to their age. Learning is an ongoing process, never stopping when you are young.

Adults with patience and good communication skills can do a lot to help kids develop important skills that they can carry forward into their adulthood, which is good home management, with practical skills like cooking (don't forget to teach the boys) and working with the land (don't forget to teach the girls). Adults can help their children and teens flourish and learn valuable information that will stay with them through their lives as important and even cherished memories.

Life is not all work though, and busy children need a break. Walks among the turning leaves with the new crisp smells, the first snows, cloud and plant identification, the calls of the flying geese, the earlier sunsets and later sunrises, and the great majesty of the Milky Way in dark skies are all there to enjoy.

For adults, the seasons may spin by, but for a child, every moment contains a world of wonder.

Take some time and go into those moments with them.

Even adults can still learn if they allow children to guide them back to that state of awe.

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# WARM UP before winter!



## Should you choose a gas or electric fireplace?

A gas or electric fireplace can be a welcome and cozy addition to your home. However, you must consider the pros and cons before deciding which one's best for your home. Here's what you need to know.

### INSTALLATION

Installing a gas fireplace is quick and easy if your home is already connected to a natural gas line. Remember that gas fitting is dangerous and must be done by a certified professional.

Conversely, an electric fireplace may be best if you don't have an accessible natural gas line. However, you must have a standard 110-volt three-prong electric socket.

### FLAMES AND HEAT

Gas fireplaces create real flames, while electric models produce realistic-looking artificial flames. Moreover, you can enjoy an electric fireplace's flames year-round without turning on the heat.

Furthermore, gas fireplaces can heat up to 185 square metres of living space, while electric ones only heat about 40 square metres.

### ENERGY EFFICIENCY

Electric fireplaces are more efficient than gas fireplaces because they don't burn fuel. Although gas fireplaces produce more heat, there's waste due to heat loss through ventilation pipes.

### SAFETY

Gas fireplaces are hot to the touch and can burn children and pets. Burning natural gas also creates the risk of a deadly carbon monoxide leak. Alternatively, electric fireplaces aren't hot to the touch and don't emit poisonous exhaust fumes.

### COST

Gas fireplaces are generally more expensive than electric ones due to the increased installation cost and fuel prices.

Finally, consult a home heating professional before making your final choice.

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## Pet-friendly décor ideas

Home décor can be a challenge if you don't want to compromise your pet's happiness and comfort. Here are a few ways to let your furry housemate live its best life while creating a space that's easy on the eyes.

### CUSTOM-BUILT PET SPACES

Build pet spaces into your home to replace unattractive, utilitarian store-bought pieces. For example, you can build a sleeping nook for your dog and keep the crate for car journeys. You could also take the unsightly cat tree out of your front window and build in a window seat or a series of cute climbing shelves instead.

### FEEDING DRAWERS

Keep your pet's feeding area tidy and clean by installing a sideboard with a floor-level food drawer. The drawer can be designed with cut-outs to help hold bowls in place and easily remove them for cleaning. Accompanying cupboards will allow you to keep food,

extra dishes and other pet accessories within reach.

### PET-LOVING FABRICS

Look for fabrics that are durable and easy to clean. Don't be afraid to use an attractive outdoor upholstery in your living room. Additionally, performance fabrics are available in an increasing variety of colours and textures. Consider taking a design cue from your pet and choosing a colour scheme that complements its fur.

An interior designer can help you strike the perfect balance between beauty and comfort in your home.



## 4 weekend reno projects

Fall is an excellent time to make your home more inviting before the cold season. Here are four weekend reno ideas to try.

### UPGRADE YOUR FRONT DOOR

Give your entrance a fresh coat of paint. Be bold and try a new colour. Fall is also an excellent time to replace dated knobs and ensure your locks are frost ready.

### REPLACE A WATER FAUCET OR SHOWERHEAD

Often overlooked in day-to-day living, a new faucet or showerhead can breathe life into your kitchen or bathroom. Explore options like a detachable or rainfall showerhead and look for water-efficient models to reduce consumption.

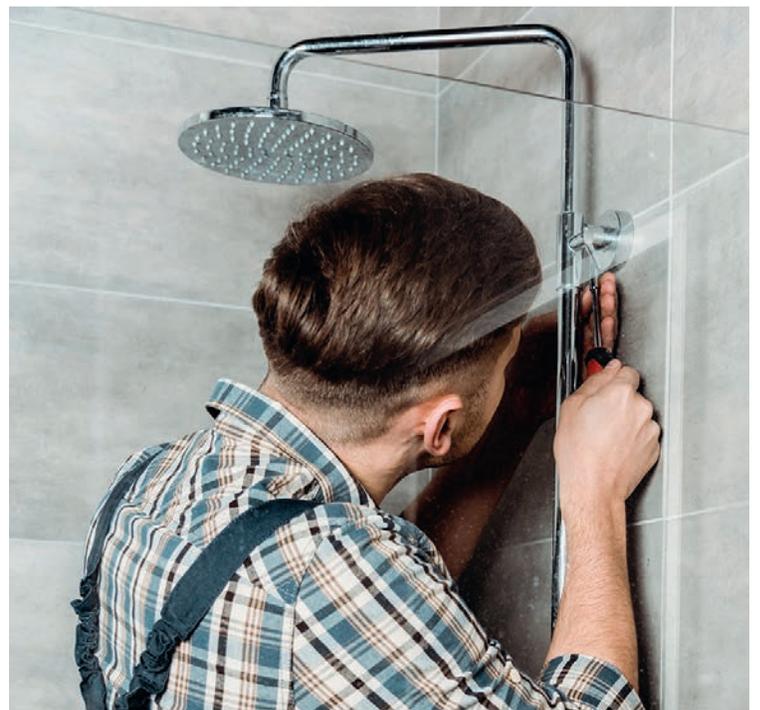
### SPRUCE UP YOUR "DROP ZONE"

Make your foyer space more efficient before hat-and-mitts season is in full swing. Install cubbies with individual baskets and assign each family member a designated catch-all space for their keys, gloves and bags.

### CREATE AN ACCENT WALL

Transform a wall with a pop of colour or dramatic print. You can also apply beadboard or shiplap for a fun new texture. If you're painting or wallpapering, add a putty knife and surfacing compound to your shopping list so you can repair any knicks and dents before making cosmetic upgrades.

Not sure where to start? Browse your local home improvement store for inspiration.



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