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Temiskaming District **Seasons** *Magazine*

Spring 2021

SPEAKER

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SPEAKER
**PRINTING, PUBLISHING
AND PROMOTIONS**

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Celebrating *a new start*

By Darlene Wroe

A pandemic spring is, for most, an outdoor spring.

We sit on lawn chairs with our feet up on the deck, well spaced and very aware of some unspoken menace.

A mosquito comes by and gets swatted for its efforts.

The forest trails are still muddy, but the most fervent of the forest trekkers will not be deterred.

Afterward, boots are returned to their usual waiting place, wiped of the mud that accumulates along the slippery paths by roaring rivers or beneath sunlit spruce, ash, cedar and pine.

Mornings come earlier and earlier, and the dawn chorus erupts as the sun peeps above the horizon. The robins are the first to fire their assertion of dominance over the section of lawns, shrubs, overhanging trees and rooftops.

The generals of the avian world, they are the first to arrive in the spring when the snow still lingers.

The black crow also calls, reining in family members, keeping the flock (also known as a murder) in touch with the times, and any availability of food.

The starlings congregate in high places, discussing the weather in exclamatory trills while the red-winged blackbirds tenuously cling to dry stalks over open ponds and sing about sunbeams and love.

In the country, racoons, foxes, bears, wolves, coyotes and lynx are roaming onto farm properties, as close to the buildings as they dare, searching out the generous offerings of suet, seeds and nuts. They weren't for them? The creatures of the forest know no such limitations. They are teaching their cubs where to find food, and regard all fair in such important endeavours.

The law of the forest is different than that of the neatly defined spaces of people, so diligently delineated, demarked and maintained. In the animal kingdom, where they stand belongs to them, and all that they need is theirs for the taking. The only requirement is strength, courage and knowledge.

The amphibious world also has added its

voice to the celebration of this new season, and the night air is filled with the softly serenading lullaby of peace, hope and ease.

The insect world too has stepped out into the warming days. Small winged creatures, tormentors of any mammals they find, including people, have emerged to do their best to take what they need while avoiding the swatting hands and swishing tails. All Northerners have contributed to the ongoing health and wellbeing of these tiny creatures. A



drop of blood goes into feeding the next generation of the tiniest of beings who, in their own turn, feed many of the birds that fill the air by day, and by night they feed the bats who have survived their own pandemic so far.

Most important are the blackflies. The most ferocious, hated and feared of almost all Northern creatures, they are an integral part of the Northern biosphere, and have a key role in the pollination of the North's most important treasure - the beloved blueberry.

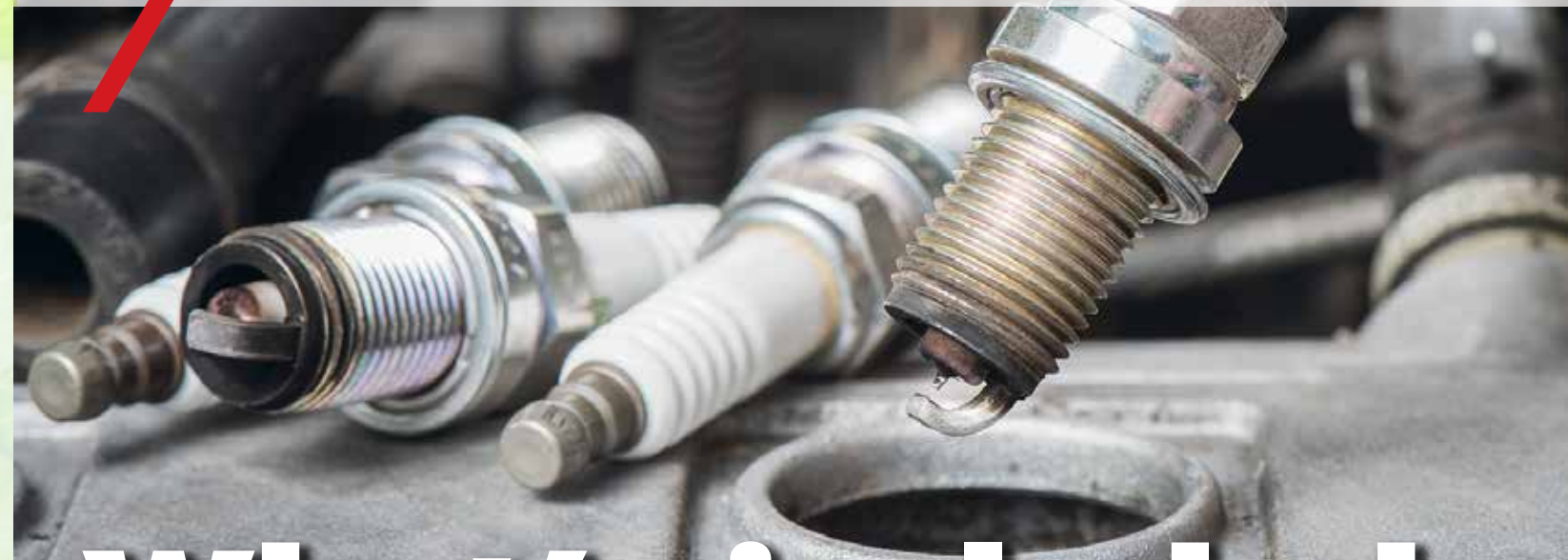
I, too, step out from my hibernating state, as do other cottagers, and make my way to my little moss-covered haven where lake reflections reveal a parallel world of past, present and future. Imagination, legend and history merge into another reality where everything unnatural in the world fades into oblivion, and the only truth in this world is the knowledge that I am alive.

I forget all that is everyone else's and remember all that is my very own when the spring returns again. That is my soul.

Like all other creatures, I celebrate the new start, the new hope, and the renewed purpose.

CAR CARE FOR SPRING

Take pride in your ride!



What's included in a standard car tune-up

Do you want to know more about what happens when you get your car serviced? Here are some of the main tasks a mechanic performs during a tune-up.

CHANGE THE FILTERS

Your vehicle is equipped with oil, fuel, air and cabin air filters. Their primary function is to prevent contaminants from damaging components in the engine or other vehicle systems. During a tune-up, your mechanic will check the various filters and replace them if needed.

REPLACE THE FLUIDS

The fluids in your car, including the engine oil, coolant, brake fluid, transmission fluid and power steering fluid, are essential. In fact, they're responsible for keeping your car running smoothly. It's important to change these fluids at regular intervals to prevent potential breakdowns and damage to the engine.

SERVICE THE PARTS

Your car's ignition system is made up of a variety of electrical components that are susceptible to wear and tear. Issues with the ignition parts can result in the engine misfiring or not starting at all. During a tune-up, your mechanic will check to see whether the spark plugs, ignition wires and ignition coils are in good condition or need to be replaced.

CHECK THE DIAGNOSTICS

When an issue occurs with the engine, your vehicle's on-board diagnostics (OBD) system stores a repair code that can only be read by a specialized scanner. During a tune-up, your mechanic will scan the OBD system for repair codes in order to address potential engine problems.

To sum up, scheduled maintenance helps ensure that your car runs smoothly and may prevent unexpected breakdowns and the need for costly repairs.

(Continued on next page)

Car maintenance QUIZ

Is your car being properly cared for? Do you know when to schedule routine maintenance tasks? Take this quiz to find out!

1. HOW OFTEN SHOULD YOU GET YOUR BRAKES CHECKED?

- a) Every three months
- b) Every six months
- c) Once a year
- d) Every two years

2. HOW OFTEN SHOULD YOU CHECK YOUR TIRE PRESSURE?

- a) Once a month
- b) Every two months
- c) Every three months
- d) Every four months

3. HOW OFTEN SHOULD YOU GET AN OIL CHANGE?

- a) Every three months
- b) Once a year
- c) Twice a year
- d) Every two years

4. HOW OFTEN SHOULD YOU CHANGE YOUR ENGINE AIR FILTER?

- a) Every three months
- b) Every six months
- c) Every nine months
- d) Once a year

5. HOW OFTEN SHOULD YOU ROTATE YOUR TIRES?

- a) Every three months
- b) Every six months
- c) Once a year
- d) Every two years



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How to improve as a golfer with better practice sessions

When it comes to time spent at the driving range, quality is more important than quantity. Here are some tips to maximize your practice sessions.

START BY STRETCHING

Before you begin, you should always stretch. This way, you'll be looser when swinging and less likely to pull a muscle. Some key areas to focus on are your hamstrings, shoulders, wrists and back.

PRACTISE THE SHOTS YOU HIT MOST

Whether you decide to head to the driving range for an hour or want to squeeze in a 30-minute warm-up before playing a full round, your practice time is limited. Go to your session with a plan and be sure to allocate ample time to your short game. For most players, about two-thirds of their shots are within 100 yards of the hole.



3 tips for golfing this season

Last year, it became clear that golf can be safely played during the pandemic if precautions are taken. Indeed, golf courses offer wide-open outdoor spaces where it's easy for players to remain the appropriate distance apart. Golfers, however, need to be prepared for certain changes. If you plan to hit the links this spring, here are three tips for safely starting the season.

1. STOCK UP ON SUPPLIES

Many courses have removed water-filling stations and beverage carts, so you'll need to bring your own drinks and snacks. Additionally, make sure to put a bottle of hand sanitizer in your bag.

You'll also need plenty of balls and tees. It's best not to borrow from your playing partners.

2. FOREGO THE CART

Walking is the safest option for getting around the course. Plus, playing a round of golf provides the perfect opportunity for you to exercise outdoors, which you may appreciate if you've been cooped up in the house all winter.



If you do take a cart, make sure it's been sanitized. Also, you should only ride alone or with someone who lives in the same house as you.

3. FOLLOW SAFETY REGULATIONS

Familiarize yourself with the updated health and safety protocols for golf courses in your area. You may be asked to print your own scorecards at home, leave flagsticks in when putting and wear a mask in the clubhouse. Note that regulations may differ between clubs.

Fortunately, none of these changes will detract from the game. Stay safe, and have a great season!

It's golf season!

Life's good when you're golfing

AIM YOUR SHOTS

At the driving range, amateur golfers have a tendency to plant themselves on the practice mat and start letting shots rip. However, out on the course, every shot has to be targeted. To practise more effectively on the driving range, aim at specific targets.

PRACTISE ON THE COURSE

If you have the opportunity to play by yourself during an off-time, this is an ideal way to improve your game. Don't be afraid to set aside the rules and hit two or three balls from the same position, as this is a great way to experiment with club selection.

Finally, if you're struggling with your game, consider signing up for lessons with a golf pro in your area to get yourself back on track.



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Ready to go fishing?



Fishing rod buying guide: key factors to consider



Whether you're buying your first fishing rod or making an upgrade, here are the key factors to consider when shopping for a rod.

SIZE
Fishing rods come in a variety of sizes. Shorter ones don't cast as far and are designed to be used with lightweight lures. They have the advantage of giving you greater control when fighting with a fish. In addition, they're more powerful, which makes them a better option for big-game fishing.

Longer rods cast farther and are needed for fly fishing or if you want to use heavier lures. In addition, they're the best option for surfcasting, which is when you fish from the shore rather than a boat or pier.

MATERIAL
The most common materials for rods are graphite, fibreglass and composite, which is a combination of both materials. Graphite rods are lighter, stiffer and more sensitive than fibreglass rods. As a result, they allow you to detect lighter bites. Fibreglass rods, in turn, are heavier, more flexible and less sensitive. However, they have the advantage of lasting longer and costing less.

Composite rods offer the best of both worlds. However, they're also the most expensive option.

ACTION
Another factor to consider is the ease with which a rod flexes. This is referred to as its action, which can be categorized as light, medium or heavy. When deciding on a rod, keep in mind the following:

- **Light or slow-action rods** bend near the butt of the rod. They're ideal for fishing smaller species.
- **Heavy or fast-action rods** have a stiffer backbone and bend near the tip. They're ideal for hunting bass and other large species of fish.
- **Medium-action rods** represent a middle-of-the-road option and are a good pick if you intend to fish a wide variety of species.

REEL TYPE
There are two types of reels: spinning and casting. Spinning reels are the best option for beginners, as they're easier to use and control. However, many seasoned anglers prefer casting reels as they allow for more precise casting.

For more personalized advice, talk to a pro at your local tackle shop.

3 tips for catching more fish

Are you hoping to reel in a big catch on your next fishing trip? If so, here are three things you can do to snag more fish.

1. STAY QUIET

Even if the species you're fishing isn't easily spooked, keeping the noise level down can make a big difference. Sound carries better through water than air, and it's best to remain quiet so you don't scare the fish away.

2. CHANGE TACTICS

If the fish aren't biting, it may be time to

get creative. You could try playing with the size of the lure or using a different lure technique. However, you may have to try your luck elsewhere. Many anglers won't remain at a spot for more than 20 or 30 minutes unless they see some action.

3. USE A FISH FINDER

Give yourself an edge by using a fish finder. This device allows you to locate fish with sonar technology. It'll tell you when a fishing spot is teeming with underwater wildlife and when it's deserted.

You can get a decent fish finder for under \$100 or invest in a more sophisticated version with features such as GPS technology and smart-phone connectivity.

If you don't get the results you hoped for, don't get discouraged. Even the most experienced anglers have days when they don't catch a single fish.



Living at the Cottage

by Lois Perry

It is the place that I go to stare down into the water, up into the clouds or across the ice into the horizon. It is the place that I watch the sunsets, the meteor showers and the shooting stars.

It is the place we gather as family for swimming, building snowmen and having fun in the sun. It is the place my friends and neighbours gather to share toddies, tunes and tales.

It is the place that my grandsons all learned to swim and caught their first fish. It was the starting place for the one and only cardboard boat race and my safe place when I water-skied in the snow in July. It has been a resting place for a large endangered snapping turtle and a safe place for our playful otter. It has been a hiding spot for the beaver and a fabulous place to stand and watch the loons swim underwater while looking for fish.

I have a few favourite places at the cottage but The Dock has become the "go to" place in both the summer and the winter months.

But The Dock can be a lot of work....

For example last fall (November) as I prepared for winter, I decided that I was going to secure my Dock on shore as The Dock had succumbed to some damage over the winter the year before. The Dock is made up of two main sections. The first section which is about 16 feet long rests on a crib and then attached



to that is another section that floats on barrels. The floating section is attached with four hinges to the section on cribbing.

I didn't really think the process through but my idea was to tie the docks together and then simply remove the screws from the hinges and float The Dock to shore. I armed myself with my new electric drill, a coil of rope and cold beer.

Sitting cross-legged on the floating section I tied one end of the rope to the dock and proceeded to remove the screws. I took my time as I removed the screws and sipped on my beer. Removing the final screw I slid down the dock and watched as the docks came apart and the rope started to unravel. I was sipping my beer enjoying the peacefulness of The Dock when I heard a small splash. It was the rope -- I had forgot to tie the other end of the rope to The Dock. I lunged forward in an effort to grab the rope.

Another splash.

My new drill was nowhere in sight and The Dock was now floating down the lake -- with me on it.

I analyzed the predicament that I was in and realized that based on the wind and current I would be a short way down the lake but on shore in about 45 minutes. From there I could roll up my jeans and walk The Dock

back in the mid-calf deep water along the shore.

I reached in my parka pocket happy that I had brought another beer.

The Dock can also be a scary place to be alone.

I found myself with a few hours of spare time one afternoon a couple of summers ago so I grabbed my book and my bottle of sunscreen and headed to the floating end of the dock. I spread out my towel and laid basking in the sun.

I awoke a short time later to the squawk of a raven.

Upon focusing I could see that there were two of them circling overhead. I chuckled to myself as it dawned on me that the ravens must have thought that I was a carcass laying on The Dock and that I might be an easy meal. But the more I watched them I realized that my movement didn't seem to deter them from circling overhead.

No they were watching something else and just as I realized that, I spotted a slight movement out of the corner of my eye.

Between where I was sitting and the shoreline, was the canoe, tipped upside down on The Dock. As I strained to see what they could see I spotted it! Stretched out beside the canoe was the biggest snake I'd ever seen.

I'm not afraid of many things but I totally lose my self-control if I come across a snake in any situation and that's exactly what I did! I was trapped! My heart was racing... I was shaking... my legs were like jelly ... and I had to pee.

My mind was buzzing as I analyzed my situation.

I had three choices:

One: I could squeeze past the snake. (He could bite me or wrap his scaly body around my ankle, just like that one did when I was 12 when I stepped on him accidentally, in the outhouse, at night).

Two: I could slide off the end of The Dock and swim to the neighbour's dock, pull myself out and walk around. (What if this snake was laying on The Dock having her babies and they were falling through the cracks in the dock into the water. Maybe that's what the ravens can see.)

Three: I could scream for help, get someone to come to the end of The Dock and pick me up in a canoe or boat. (I would be the brunt of all the jokes for the entire summer and forever be teased).

So, I decided to wait and watch ... and finally after a couple of hours a great Northern bushman (and a couple of his 12 year old buddies) arrived in their bathing suits with towels over the shoulders. They walked down the stairs onto The Dock, picked up the snake, turned without a word then left to release it into the bush.

It was the scariest and driest couple of hours I ever spent on The Dock.

As the snow melts around us I find myself drawn to The Dock and I can't wait for the next gathering of family and friends. It is truly a place where stories begin and memories are made.

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Paddling through a pandemic

By Sue Nielsen

This spring has come upon the Temiskaming region as fast as a race horse going down the home stretch of the Queen's Plate.

It didn't waste any time arriving with warm temperatures and sunshine, just what the doctor ordered, as we find out Ontario's COVID-19 infection rates are at the highest levels they have ever been.

It has been incredibly challenging for people, especially those small business owners, to navigate this latest lockdown.

But in order to safely float our way through this pandemic

we must do everything we can to mitigate risk of infection including staying at home, washing your hands, getting the vaccine when available and avoiding crowds.

To my absolute delight, the ice has quickly gone off area lakes and that means time to dip a paddle into water.

Water can be a soothing, calming and healing factor for those suffering from the pandemic pressures.

Pushing off from a shoreline in a canoe or kayak under your own power leaving the pandemic woes behind is indeed empowering.

I know it felt incredible when I placed my 16-foot anti-de-

*"If there is
magic on this
planet, it is
contained in
water."*

Loren Eiseley

spair machine (canoe) into my favourite lake for the first time this spring.

I pushed off from the shore and immediately felt a huge sense of relief, like a heavy weight had been lifted off my shoulders.

The smell of the water wakes up my olfactory sense and the nearby forest smelled equally beautiful and grounding.

As a child I recall that smell when we camped at the lake.

Waking up in the early morning we grabbed our bathing suits and headed to the beach as fast as our legs would go.

Soon the lady slippers, irises, wild roses and water lilies will grace the shoreline of the lake and their gorgeous aroma will waft across the water as I paddle past.

Being on water, in water and travelling on water can help us to paddle through this pandemic with our physical, mental and

spiritual health intact.

Connecting with nature by way of weather patterns, the seasons, the sun and moon cycles and the presence of life forms such as fish, turtles, otters, birds etc. only increases our awe of the natural world.

With things like increased mental health issues, physical ailments such as high blood pressure and chest pain and feelings of anxiety and depression, travel on water can be the magic touchstone to all that angst.

The lake is a place of true peace and calm and I am never far from one.

Who wouldn't benefit from a long walk along a sandy beach or a paddle around a green shoreline at dusk with the sun setting in hues of pink, orange, red and gold?

4 reasons to learn a musical instrument

Do you or your child have a passion for music? If so, learning to play an instrument could be hugely rewarding. Whether it's yourself or your kid that you want to enroll in music lessons, there are a number of benefits that can come from doing so. Here are four of them.

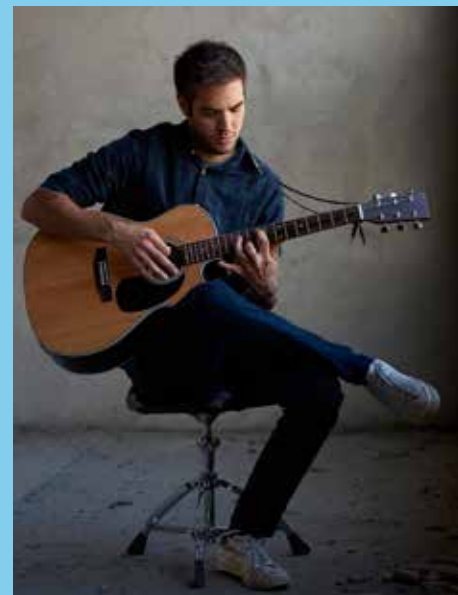
1.It's good for your brain. Playing music has been shown to improve cognitive function in a number of ways. For instance, it improves co-ordination and sharpens memory. It's also very beneficial to children's development, as it enhances abstract reasoning skills essential to math, science and problem solving.

2.It can help build confidence. Learning an instrument can be tough at first but practitioners are bound to make noticeable progress if they persevere. Developing one's musical ability is gratifying and can make those who do so more confident in their ability to learn new skills.

3.It teaches discipline. Learning a musical instrument takes time, effort and perseverance. It teaches people, especially children, the valuable life lesson that they have to apply themselves to achieve their goals. Maintaining a rigorous practice schedule develops self-discipline.

4.It can enrich your social life. As a practitioner becomes more comfortable playing their instrument, they can find others to play with, either casually or for paid gigs. Playing music with others is a great way to forge meaningful connections. You'll also be able to entertain friends and family members.

Ready to learn how to play a musical instrument? You're never too old to start! Find an instructor in your area and you'll pick up the basics in no time.



HOW TO MAKE YOUR OWN Slime

What's squishy, squelchy and super fun to play with? Slime, of course! Here's a recipe so you can make your own at home. Just be sure to ask a grown-up for help.

INGREDIENTS

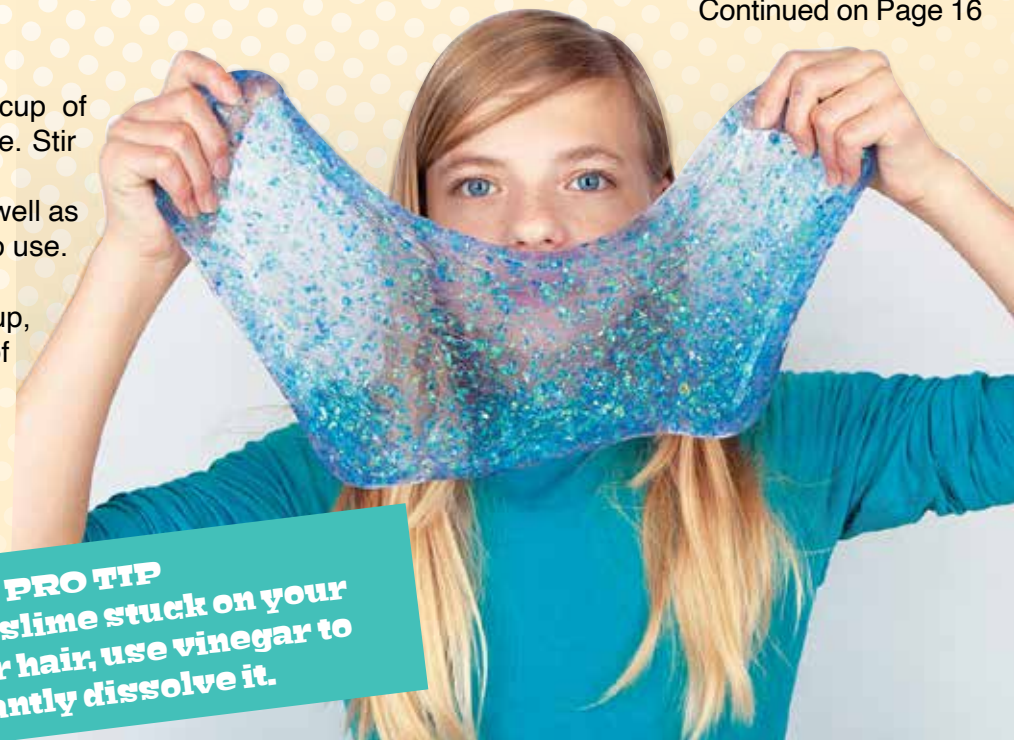
- 1/4 teaspoon borax powder
- 1/2 cup hot water
- 1/2 cup water
- 1/2 cup school glue
- Food colouring
- Glitter and/or sequins (optional)

DIRECTIONS

1. In a bowl, combine 1/2 cup of water with 1/2 cup of school glue. Stir until the mixture is uniform.
2. Add the food colouring as well as any glitter or sequins you want to use. Stir thoroughly.
3. In a bowl or measuring cup, add the borax to the 1/2 cup of hot water to make liquid borax. Mix thoroughly. (A few particles floating in the mixture is OK.)

4. Slowly add the liquid borax to the bowl with the glue mixture. Stir continuously. The slime will start to form almost immediately. Once it's well-combined, mix it with your hands. Lots of kneading will help you create the perfect slime.
5. After you're done playing with it, store your slime in an airtight container.

Continued on Page 16



PRO TIP
If you get slime stuck on your clothes or hair, use vinegar to instantly dissolve it.

Williams and Scott

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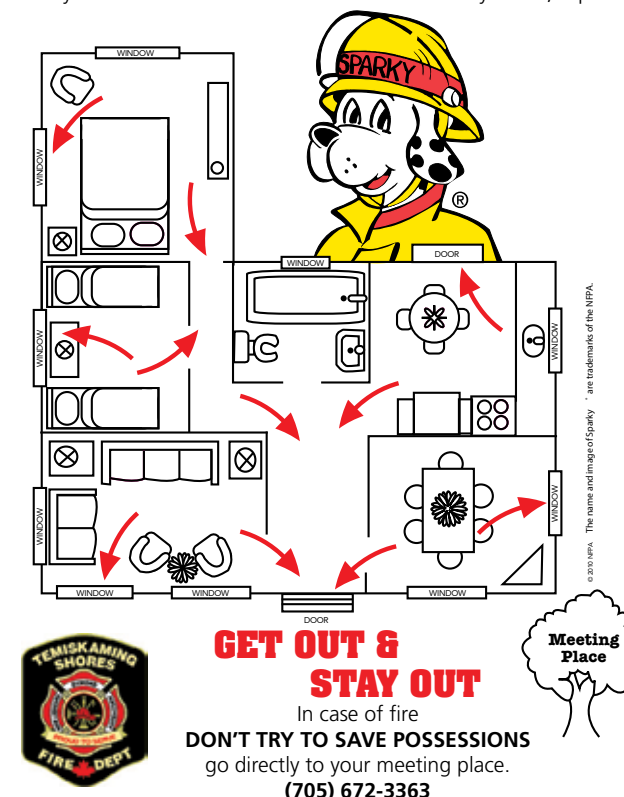
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spring pulse poetry festival

COME SPRING SONNET 47

Oh sweet gentle, warm spring,
where do you hide?
When, spring, will you cold winter
yet appease?
I long to see green leaves on the
bare trees
And see the flowers awake both
far and wide.
How can we count the gifts by you
supplied?
That comes with gentle fragrance
on your breeze,
Your touch can calm the relentless
cold seas,
And so to all new hope freely
supplied.
Even all creatures to thee have
cried
Come spring and free us all from
winters freeze,
Come, touch all things great and
small so to ease
Us 'til cruel winter is at last defied.
Then see us rejoice in
gladness and heart,
For spring will have to
come; you have done your part.

Ann Margetson

BETTER GARDENING



Potting soil vs. garden soil

If you want your plants to thrive, you need to use the right type of soil. Here's a look at the difference between potting soil and garden soil.

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POTTING SOIL

Potting soil has a mixture of organic materials and minerals that help plants grow in containers. Moss, compost and other matter feeds the plants, while minerals like perlite and vermiculite facilitate drainage and prevent the soil from compacting. Additionally, potting soil is sterile, which protects plants from fungi and other pathogens.



GARDEN SOIL

Garden soil is regular dirt enriched with compost or other organic materials. It can be used to create and maintain gardens or raised beds to ensure the soil contains enough nutrients to support plant life. Without additives like perlite, garden soil doesn't provide enough drainage for potted plants, but it can help prevent flower beds from drying out by retaining moisture. It's also more affordable than potting mixes.

If you're not sure what type of soil you need, speak with an expert at your local farmers market, nursery or garden centre.

What you need for a butterfly garden

Many plants rely on butterflies to pollinate them. Here's what you'll need to create a habitat for these beautiful insects in your backyard.

- **Sunshine.** Choose a site that gets plenty of sunlight and is sheltered from the wind. Add a few flat rocks so butterflies can warm up.
- **Host plants.** Adult butterflies need to lay their eggs on plants that caterpillars can eat such as dill, fennel, milkweed and parsley.
- **Mud puddles.** Some butterflies get their

INTERMEDIATE

nutrients from the water in damp soil and sand, so leave a few areas free of mulch and keep them moist.

- **Nectar plants.** Asters, coneflowers, milkweed, phlox and zinnias are just some of the flowering plants that attract butterflies. Choose species native to your region.
- **Varied blooms.** To provide butterflies with a viable home, you'll need a variety of plants so there are flowers in your garden from spring until fall.

In the fall, let leaves accumulate in your garden so that caterpillars, chrysalises and dormant adults have a warm place to overwinter.

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Broccoli Risotto

Ingredients

- 2 tablespoons olive oil
- 3 tablespoons butter
- 1 green onion, finely chopped
- 4 cloves garlic, chopped
- 1 ½ cups rice
- ½ cup dry white wine (such as Sauvignon Blanc)
- 2 tablespoons lemon juice
- 5 cups hot chicken broth
- 1 cup heavy cream
- 3 cups cooked broccoli florets
- 2 tablespoons chopped fresh chives
- 1 tablespoon grated Parmesan cheese
- 1 ½ tablespoons grated Asiago cheese
- salt and pepper to taste

Directions

Step 1

Heat the olive oil and butter in a large, heavy-bottomed saucepan over medium-high heat. Add the onion and garlic; cook and stir until the garlic begins to turn golden brown at the edges, about 2 minutes. Pour in the rice, and stir until the rice is coated in oil and has started to toast. 3 to 4 minutes. Reduce the heat to medium and stir in the white wine and lemon juice.

Step 2

Cook and stir until the wine has mostly evaporated, then stir in one third of the chicken broth; continue stirring until incorporated. Repeat this process twice more, stirring constantly. Stirring in the broth should take 15 to 20 minutes in all. Stir in the cream, and cook 5 minutes before stirring in the broccoli, chives, Parmesan cheese, and Asiago cheese. Cook and stir until the risotto is hot; season to taste with salt and pepper before serving.



Pineapple Dream

Pineapple Dream

Ingredients:

Crust:

- 2 ½ cups graham crumbs
- ½ cup unsalted butter

Layers:

- 2 cups powdered sugar sifted
- ½ cup unsalted butter softened
- 4oz cream cheese softened
- 8oz Cool Whip
- 20oz crushed pineapple, drained well

Directions:

Step 1

Preheat oven to 300 F.

Step 2

Melt butter in the microwave and allow to cool. Combine the crumbs and butter and toss together until incorporated. Press 2 cups of the crumb mixture firmly into a greased square pan and bake for 8-10 minutes. Place on wire rack to cool.

Step 3

Beat the cream cheese and butter together until creamy. Turn the mixer down to low and add the powdered sugar one cup at a time until incorporated. Turn up and beat well for a minute or so. Add a heaping tablespoon of the drained pineapple and stir in with a rubber spatula. Spread the cream cheese and pineapple mixture over the crust.

Step 4
Fold the remaining pineapple into the Cool Whip and spread on top of the cream cheese mixture. Sprinkle the remaining graham cracker crumb mixture on top. Refrigerate for at least 4 hours, preferably overnight

Note:

To make no-bake, omit step 1, place graham crust in refrigerator for 20 minutes instead of baking in oven. Keep in mind, this will make a less firm crust



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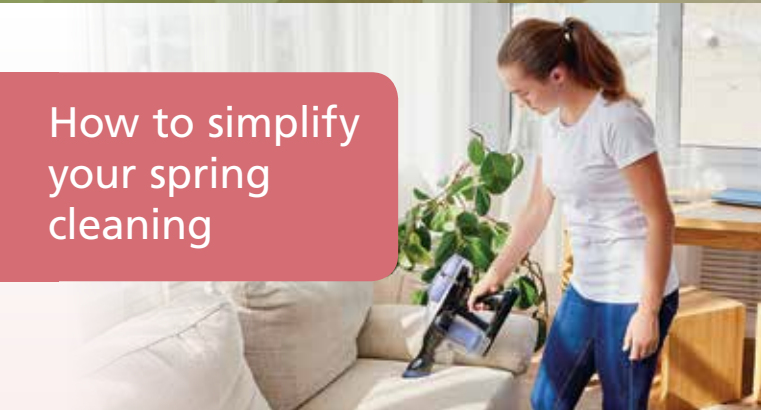
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The joys of spring

AT HOME



How to simplify your spring cleaning

After a long winter cooped up inside, and with warmer weather on the horizon, now's the perfect opportunity to thoroughly clean your home. Here are a few tips that can make spring cleaning easier.

CLEAN FROM TOP TO BOTTOM
Even if you use a cloth or brush designed to trap and hold dust, there are sure to be particles that get swept into the air as you clean. Since dust settles, however, you can catch any remaining debris as you work your way toward the floor.

CHOOSE THE RIGHT TOOLS
Invest in quality equipment to ensure your cleaning is as effective as possible. For example, using a vacuum with a HEPA filter will significantly reduce the number of particles that get

recirculated into the air. Similarly, a strong sponge will hold up to scrubbing even the toughest stains if it's paired with the right cleaning product.

USE YOUR TOOLS CORRECTLY
If your vacuum has several attachments, alternate between them to effectively clean blinds, curtains, fabric lampshades, armchairs and narrow spaces. Do you have a high-performance washer? If so, take the time to read the labels on your rugs, cushions and other decorative pieces so you can wash them using the right settings.

Visit local stores to find all the cleaning products and equipment you need to make your home shine this spring.

5 things that will bring spring into your bedroom

Do you want to refresh your home for the season? Here are a few design elements you can incorporate into any bedroom to create a spring-like atmosphere.

1. Pastels. Choose soft shades of pink, blue or green to give your room a fresh feel. Additionally, opt for white walls, bedding or accessories to help brighten up the space.

2. Flowers. From dried and artificial arrangements to floral-pattern fabrics and wallpaper, there are plenty of ways to bring spring blooms into a bedroom. Go for classics like roses, tulips, lilacs and cotton flowers.

3. Wood. This is a timeless and elegant material that'll match any design style. To evoke the lightness of spring, consider introducing rattan, slatted or driftwood furniture, depending on the theme of your room.

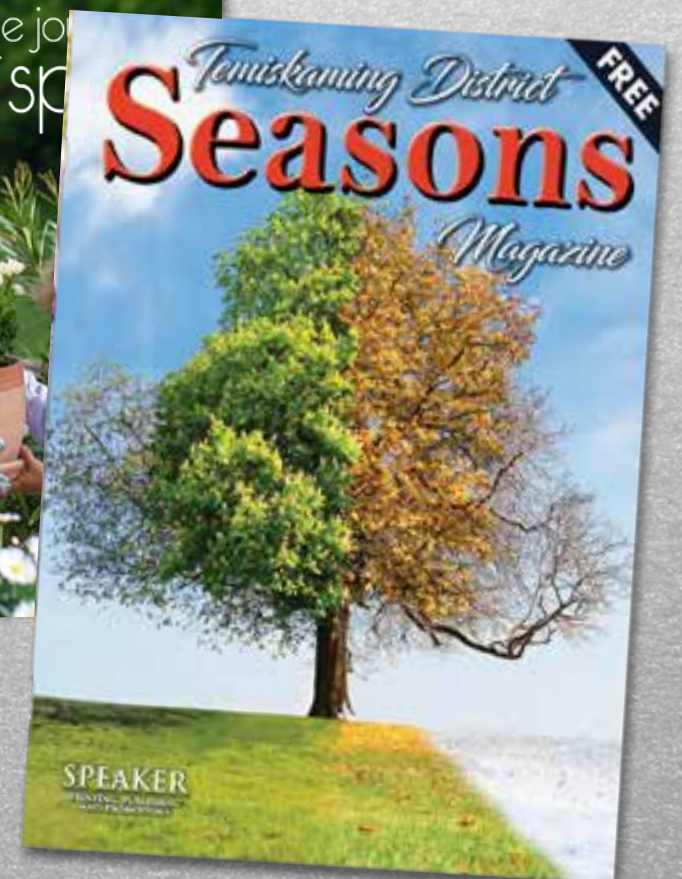
4. Light materials. Berber rugs, sheer curtains, linen cushions and macramé are all great options for a minimalist space that captures the airiness of spring. Japanese interior design trends can serve as inspiration.

5. Storage. If you want to create a calming atmosphere, your room needs to be clean and organized. Additionally, removing clutter can help you shed the heavy feeling associated with winter and give you a sense of renewal.

For more inspiration, visit home decor shops in your area or speak with an interior designer.



Check out some of our other publications find them at Speaker or participating dealers and online



SPEAKER

PRINTING, PUBLISHING
AND PROMOTIONS

Fire Prevention

Every Second Counts:
← PLAN 2 WAYS OUT! →

Smoke alarms: an integral part of your home fire escape plan

According to the National Fire Protection Association (NFPA), an estimated three out of every five home fire fatalities in the United States occur in homes with no smoke detectors or no working smoke alarms. This type of loss can be prevented by correctly installing the right number of smoke detectors in the right areas of your home and ensuring that they're in working order.

SMOKE ALARM SAFETY TIPS

- Install smoke detectors on each level of your home, especially near bedrooms and areas prone to fire hazards (e.g. around the fire-place and kitchen).
- Depending on the model, mount smoke alarms high up on the wall or ceiling. Remember, smoke rises!
- Don't install smoke alarms near windows, doors or ventilation ducts where drafts could interfere with their sensory capacity.
- Test smoke alarms every month by pressing their "test" button.

According to the NFPA, dead batteries account for one-quarter of smoke alarm failures.

- Change batteries twice a year. As a rule of thumb, batteries should be replaced at the same time that you change your clocks for daylight saving time. If your alarm emits a repetitive chirping sound, it means the batteries are running low.
- Automatically replace any smoke detectors that are more than 10 years old. They're way past their prime!
- Hire a professional to interconnect all smoke alarms for increased safety. This way, when one sounds, they all do.
- If you are, or someone you know is, hard of hearing, invest in special alarms that use strobe lights or bed shakers to alert occupants of a potential fire.



COLEMAN Township FIRE DEPT.

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



Seasons, Spring 2021



COBALT FIRE DEPT.

NORTHERN *changed my life!*



Ever since kindergarten, I wanted to be a nurse when I grew up. So you can imagine how exciting it was for me to finally get the opportunity to begin researching and applying to nursing schools around the country. I had my eyes set on Queen's, Western, the University of New Brunswick, the University of Ottawa, and other large universities, scrutinizing criteria to get in. And so I got to work. I started perfecting every aspect of my life. I got straight A's in school, was a competitive ringette player, soccer player, and runner, had tons of friends, volunteered every other weekend, and was an active member of clubs and groups in my high school. I felt like I was in control of my future and I knew that my perfect life would lead to a perfect application and I would be accepted into all of my dream schools for my dream program.

Needless to say, I burnt out. All of that hard work and dedication landed me in a situation where I struggled with my mental health, received twelve university rejection letters, failed a calculus class, had grades dropping to C's, and I didn't have one single friend. I hated myself. I felt like a failure. I barely had enough willpower to get out of bed in the morning, I skipped school so much I was threatened with expulsion. I felt like I had nothing to live for. I felt like I had lost control and, quite frankly, I felt like I blew it.

I had visited Timmins the year before as a coach in the Ontario Ringette Provincial Championships and my Dad, seeing me drowning, reminded me there was a school there and that we had met someone who graduated from Nursing during our time in Timmins. We talked about how they have a ringette team I could play for, plenty of trails I could run on, and we didn't remember it being too small of a town. So I applied. I applied late and figured I had absolutely no chance of getting in.

And then, one day, it came. My first, and only acceptance letter. I remember sitting at the kitchen table sobbing and my mum dancing in celebration around me. For the first time in months, I felt like I had a plan. I felt like I had direction. I finally had hope.

In September of 2016, my mum, sister, and I drove 10 hours to Timmins. The minute we got there, I broke down. I didn't think I would be able to do it. I screamed, cried, and begged my mum to take me home. I had just spent nearly a year feeling trapped and afraid and alone and now I was expected to be okay living completely on my own without anyone to help me. I thought I had made the biggest mistake of my life. Together my mum and I went into the school and met two ladies who soon would become two of my biggest role models and supporters - Johanne Carbonneau and Shawna Foy. And so, in good faith, my mum left me there. Spoiler alert: the age old saying rang true "mothers know best".

On the first day of school, I met the people who would soon become my best friends for the next four years, and for the rest of my life. I started feeling like I could really do something with myself. I felt like I had a purpose again. I now knew for certain that Nursing was exactly what I wanted to do with my life. My professors, classmates, and clinical instructors all knew my name. Suddenly, I felt like I had a supportive and loving family around me at all times. Slowly but surely, my grades went up, and I became involved. And by the end of my first year, I was finally happy.

I have now graduated. I am a Registered Nurse. I did it! When I look back on the past four years, it brings tears of joy to my eyes. I have grown so much. I have truly grown into the woman I always wanted to be. And I owe so much of that to the staff and students at Northern College. The bonds I created at Northern College are unlike any other and I will always cherish them.

Every time I walk into Northern College, without fail, I feel like the best version of myself. The smile on my face is always genuine when I am at Northern. I owe so much of who I am to this school. I am so grateful for all of the opportunities Northern College has given me. I am so proud to be a Northern College alumni.

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