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# SPEAKER

PRINTING, PUBLISHING AND PROMOTIONS

Your weekly paper every day!

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#### Fall in love with trail running

Trail running can be demanding, but many people enjoy it. Here are a few reasons this activity is becoming increasingly popular.

#### PHYSICAL HEALTH

On top of the usual benefits of running,

trail running challenges your balance, co-ordination and agility. Running up and down hills, along winding trails and over uneven ground forces you to adjust your pace and stride to suit the terrain. Not only is it more challenging, but the movements are less repetitive, reducing the risk of injury. In addition, the ground is softer than asphalt, which limits the impact on your joints.



#### MENTAL HEALTH

Running over uneven terrain requires intense concentration. This increased focus helps you stay present instead of thinking about your worries and concerns. Plus, the benefits of spending time in nature and breathing in fresh air are well known. For these reasons, running outdoors can help relieve stress and keep your mind sharp.

What's more, the beautiful scenery helps you focus less on your performance and more on enjoying yourself. In particular, it encourages you to slow down and admire your surroundings. There's nothing like reaching your destination and being rewarded with a stunning view and a sense of accomplishment. Lastly, trail running is simply fun. It can be freeing to let yourself trample through dust, mud and puddles. If you don't mind getting a little dirty, head out and explore the trails in your area this summer.

#### How to build a campfire



Sitting around a roaring campfire with friends and family is one of the best parts of camping. Here's what you need to do to build the perfect fire.

- 1. Gather everything you need including a lighter or matches, newspaper, fire starter, kindling and firewood.
- 2. Crumple up a few pieces of newspaper and place them in the firepit.
- 3. Place a fire starter or a few twigs on top of the crumpled newspaper.
- Arrange the kindling in a cone shape over the nest of newspaper and twigs. Leave enough room for air to circulate.

- Light the newspaper or fire starter in several spots using a match or lighter.
- Build up the fire with logs using your method of choice once you have a steady flame.

In some campgrounds, you're not allowed to gather wood directly on site. Instead, you must purchase it from a reception desk or local store. If you're allowed to collect firewood at your campsite, make sure to only gather it from dead or fallen trees.

Finally, be careful to not pitch your tent too close to the firepit. If there's no designated firepit, make sure your campfire isn't near any low-hanging branches or bushes.

# Summer living Tan lines and good times

#### 5 summer activities to enjoy solo

can't have fun. Here are five solo activities you may want to try this summer.

- 1. Visit a museum. You can choose which exhibits you want to explore and not worry about being rushed or taking too long.
- Go to a movie. You can visit either a theatre or drive-in. Once the movie starts, it won't matter if you're there alone. Sit back, relax and enjoy the show.
- 3. Relax at the park. Take some time to read, do yoga or picnic at a nearby park.

- Being alone doesn't mean you 4. Attend an outdoor show. Once you're there, you'll be swept up in the festive atmosphere and probably won't need anyone to talk
  - 5. Eat at a restaurant. Take the opportunity to enjoy a delicious meal without having to worry about making conversation.

This summer, don't deprive yourself of doing things you like just because you're alone. Instead, make the most of the season and be open to trying new things.





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# Entrepreneurship

#### Five qualities of a successful entrepreneur



Dreaming of starting a business? Wondering what it takes to make it as an entrepreneur? While there's no one tried-and-true recipe, here are five qualities that successful entrepreneurs tend to have.

#### 1. LEADERSHIP

Good entrepreneurs are go-getters who forge out a path through thick and thin. They are effective communicators who know how to rally, influence, motivate and inspire others.

#### 2. CREATIVITY

They're forward-thinking individuals who are able to create a concept, an approach or a product that has long-term viability.

#### 3. FORESIGHT

They're possessed of a good deal of farsightedness, which is needed to look ahead and plan out the strategies needed to take their enterprise in the right direction.

#### 4. TENACITY

Entrepreneurs never give up: they persevere despite obstacles. They work relent-lessly, consistently managing to find ways to overcome the problems at hand.

#### 5. AUDACITY

They're risk-takers who rise to the challenge of finding success where others have failed. It's not a question of recklessness, but rather of being able to weigh and tolerate the risks.

These are the secret ingredients shared by most successful entrepreneurs. If this sounds like you, chances are you too may be able to launch and run a successful business of your own.

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#### 4 ways to support small businesses

Small businesses provide a wealth of benefits to their communities, from creating jobs to offering personalized customer service. Unfortunately, they've been among the hardest hit by the COVID-19 recession, and they need continued support to survive and recover. Here are four ways you can help.

#### 1. CHECK LOCAL INVENTORIES

Before you head to a big-box store or place an order with a large e-commerce company, find out if the items you want are available through the shops in your area. In addition to carrying many of the same products, small businesses are likely to also sell high-quality goods from local brands. Browse in person or consult their online store.

#### 2. PICK UP YOUR TAKEOUT

If a local eatery doesn't have its own delivery fleet, opt to pick up your order. This helps restaurant owners maximize their profits, as they can avoid having to pay fees to a third-party delivery service. Since the same often applies to retailers, choose in-store shopping or curb-side pickup as much as possible.

#### 3. BE A LOYAL CUSTOMER

Small businesses rely heavily on their regular customers, so continue to frequent their stores and tip service workers generously when you can. If a business is temporarily closed or you currently don't need anything, consider purchasing a gift card for future use. You can also volunteer your services if you have marketing, accounting or other relevant skills.

#### 4. SHARE THE LOVE ONLINE

Referrals are a major source of new customers for small retail and service businesses, especially those with a limited marketing budget. Help spread the word by sharing their posts on social media, writing online reviews and posting pictures of their products on Instagram or Facebook.

Finally, remember to thank small business owners and employees for their continued hard work.



#### 4 summertime sports for kids

Sports are fantastic for keeping children out of the house and active during the summer. Here are four that can be played in the backyard or at the park with minimal equipment.

- **1.Dodge ball.** This classic schoolyard game can be played almost anywhere. All you need is a soft ball and enough people to form two teams. Use chalk or various objects to delineate the playing field. Since this game is more fun when lots of people participate, invite your neighbours to join in.
- **2.Badminton.** While this sport is usually played with a net, all you really need are two rackets and a shuttlecock or birdie. It's just as fun to play without a divided court as it is with one.
- **3.Soccer.** All it takes is a ball and at least two players to get a game going. If you don't have nets, you can use trees, rocks and other landmarks as goal posts.
- **4.Football.** As long as you have a football and plenty of space, you can play this American classic. Opt for flag football to reduce the risk of injury. Instead of tackling, players grab strips of fabric tucked into each other's waistband.

If your child doesn't like competitive sports, you can introduce them to jogging, cycling or yoga instead.



#### 3 things to do with kids at the pool or beach



There's plenty of fun to be had at the beach or pool during the summer. Here are three activities to keep your family busy all day long.

- 1. Play volleyball. This classic beach game is a great way to get moving on a hot day because you can play it either on land or in the water. If you get tired of chasing after the ball every time it flies off the court, get the kids to take turns retrieving it.
- **2.** Have a swimming race. With the help of floatation devices, the whole family can participate. To keep things interesting, vary the strokes for each race. See who can swim the fastest dog paddle, front crawl and breaststroke. If you're a large group, organize a relay race.
- **3. Play in the sand.** You don't have to get wet to have fun at the beach. Encourage your kids to be creative by drawing in the sand or building a sandcastle. You can also take turns burying each other — just be sure to leave your heads above ground.

In addition, be sure to bring toys like pool noodles, boogie boards, water guns and beach balls. A day spent by the water can be endlessly fun for the whole family, just make certain to wear sunscreen, stay hydrated and watch young children closely.

# Support your LOCAL PRODUCERS!

Know your farmer, know your food.



### Farmers markets: the best place for locally sourced goods

For many people, the mention of a farmers market brings to mind stalls packed with fresh fruits and vegetables. However, these bustling spaces offer an abundance of other regional goods. Here's a sampling of what you might find.

#### **ORNAMENTAL PLANTS**

Bring your backyard to life or add a pop of colour to your garden with a wide selection of flowers, plants and shrubs. Ask growers on site about the best choices for your shaded, sunny or damp yard.

#### **ORGANIC GOODS**

While it can sometimes be a challenge to find fresh organic produce in grocery stores, there's no shortage of it at farmers markets. Many small-scale cultivators and breeders specialize in organic farming practices. Take your pick from organic fruits, vegetables, meats, cheeses, eggs and more.

#### **ARTISANAL GOODS**

Farmers markets aren't just about eating and drinking. Among the tables laden with food you'll find an array of unique creations. These often handcrafted products range from soaps, creams and essential oils to candles, clothes and linens.

For these local products and more, take a stroll through a farmers market near you.



#### How to eat locally all year long

If you favour food produced in your region, you'll help protect the environment and support the local economy. Plus, you'll gain access to fresh and affordable ingredients. Though it's often more associated with summer, eating locally can be done year-round. Here's how.

#### LEARN ABOUT THE REGION

Start by familiarizing yourself with what foods grow in your area and when they're harvested. A seasonal food list will make it easier to plan your meals. Keep in mind that some growers use greenhouses to ensure that their fruits and vegetables are available year-round. Consult online resources or speak with growers at your local farmers market to learn more.

#### PREPARE FOR WINTER

Good food storage practices allow you to enjoy a wide range of produce throughout the year. Apples, onions and various root vegetables, for example, will keep for months if stored in a cool, dark place. Other summer produce can be purchased in bulk and then canned, frozen or pickled. This will allow you to diversify your meals in winter without buying out of season.

#### **EMBRACE SEASONAL SUBSTITUTES**

Eating locally year-round requires creativity and a willingness to adapt your diet to the season. Start with simple changes. Swap spinach and lettuce for nutrient-rich alternatives like leeks and cabbage during the winter. Pick up a seasonal cookbook at your local bookstore if you need a bit of inspiration.

With a little planning and effort, you can enjoy locally sourced meals year-round.





**CONVENIENCE STORE** 







# Learn How to Reduce Your Risk of Tick-Borne Illnesses During Warmer Seasons

As the weather is getting warmer, the Government of Ontario is reminding everyone to take the necessary precautions when spending time outdoors to prevent tick bites and reduce the risk of Lyme disease.

Lyme disease is a potentially serious infection that comes from being bitten by an infected blacklegged tick. Infected ticks can be found almost anywhere in Ontario, particularly in wooded areas or areas with tall grasses and bushes, including city gardens and parks.

"Now that warmer weather is finally here, we want to ensure Ontarians know how to protect themselves from Lyme disease and other tick-borne illnesses," said Christine Elliott, Deputy Premier and Minister of Health. "The areas where ticks can be found are spreading, and as a result, more Ontarians are at a greater risk of getting a tick bite. By taking simple precautions, you can protect yourself and your family so that we can all enjoy the outdoors safely."

When spending time outdoors, you can protect yourself from tick bites by:

- Wearing light-coloured clothing so it's easier to spot ticks.
- Wearing long-sleeved shirts, long pants tucked into your socks, and closed-toed shoes.
- Using an insect repellent with DEET or icaridin in it, which is effective and safe when applied as directed on the label.
- · Staying on marked trails.
- •Checking yourself, your children, and your pets after being outdoors and removing any ticks promptly, and washing your clothes after an outdoor activity.

"Lyme disease is preventable and can be treated successfully if the necessary precautions are taken," said Dr. David Williams, Chief Medical Officer of Ontario. "While ticks are most active in the spring and summer months, they can also be found during the fall when temperatures are still above freezing. I encourage everyone to follow these simple steps year-round to protect yourself and your families."

While outdoor activities can help improve physical fitness and mental wellness, they are not risk-free and COVID-19 transmission can occur as a result of outdoor gatherings. It remains critical that Ontarians continue following public health measures to reduce transmission of the virus, protect hospital and public health capacity, and save lives.

#### **Quick Facts**

- Infected blacklegged ticks can be found almost anywhere in the province, and there have been over 2,000 cases of Lyme disease in Ontario since 2019.
- Early symptoms may include fever, headache, muscle and joint pain, fatigue and an expanding rash.
- If left untreated, Lyme disease can make you feel tired and weak. In severe cases, it can affect your heart, nerves, liver and joints, and, in very rare cases, cause death.
- While ticks are most active in spring and summer, they can be found during any time of the year when the temperature is above freezing.
- In consultation with the Chief Medical Officer of Health, the Ontario government has extended the Stay-at-Home Order until at least June 2, 2021.
- Effective May 22, 2021 at 12:01 a.m. the province will reopen outdoor recreational amenities with restrictions in place, such as maintaining physical distancing. Outdoor limits for social gatherings and organized public events will be expanded to five people, including with members of different households.

# COURSE At the

by Lois Perry

#### To the Dock!

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 selfcontrol 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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#### How and why you should regularly check your smoke detectors



Each floor of your home, including the basement, should be equipped with a smoke detector. It's also a good idea to put a smoke detector in every room. However, the most important thing of all is regularly checking that they work properly.

HOW TO INSPECT SMOKE DETECTORS
Once a month, press the "test" button on each of your smoke detectors. If you don't hear anything, replace the battery immediately.

In addition, you should confirm whether your detectors can actually detect the presence of smoke. Once a year, blow out a candle under them. If they don't go off, then they need to be replaced as soon as possible.

SMOKE DETECTORS SAVE LIVES
The best way to prevent casualties in the case of a fire is to have functioning smoke detectors. Here's why.

- Most fire-related casualties occur overnight. A smoke detector's alarm allows occupants to wake up and evacuate in time.
- Smoke inhalation is the leading cause of fire-related death. Smoke spreads quickly, and occupants have on average two min-utes to evacuate before smoke inhalation becomes life threatening. Smoke detectors allow you to react before it's too late.

The bottom line is that well-functioning smoke detectors are the best way to keep you and your family safe.

# FIRE Prevention Not every hero wears a cape. PLAN and PRACTISE your ESCAPE!

#### What to do if thereis a fire in your kitchen

More house fires start in the kitchen than in any other room. Of these, most are caused by grease. Here's what to do if a fire breaks out while you're cooking.

If the fire is contained and it isn't spreading quickly, you can extinguish it. The first step is to eliminate the heat source. If it's possible to do so without injuring your-self, turn off the oven or stove.

Next, you need to deprive the fire of oxygen. In the case of an oven fire, leave the door closed and wait for the fire to extinguish itself.

If it's in a pan, smother it with a lid or baking sheet. To do this safely, hold the cover in front of you like a shield and cover the pot from front to back. Don't throw the lid on the fire, as you risk spreading the flames around.

If you don't have a cover, baking soda can be used to smother the flames. However, you'll likely need more than the small box you keep in your fridge. You can also use a fire extinguisher, as long as it's rated B, which designates that it's safe to use on grease fires. Never use water to extinguish a grease fire.

If the fire is burning too hotly to be smothered or it begins to spread fast, evacuate the house and call the fire department immediately.

#### **Practice Campfire Safety**



Never build a fire on a windy day.

Keep campfires small and manageable

Never leave campfires unattended.

Keep plenty of water close by.

Douse fire completely when done

Have a Fire Safe Summer!



COBALT FIRE DEPT.

## 6 fire safety tips for homeowners living near wooded areas

If you live near a forest or wooded area, you should take extra precautions to protect your home and family from fires. In addition to having functioning smoke detectors and an evacuation plan, here's what you should do.

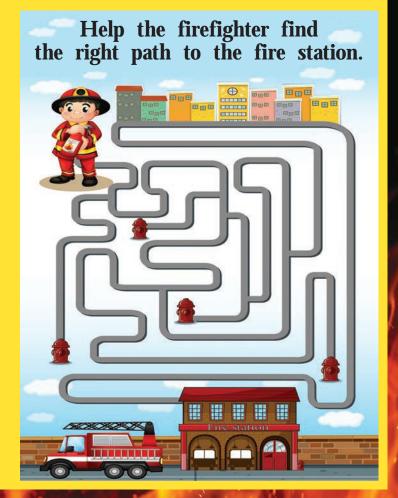
- 1.Always confirm whether there's a fire ban in your region *before* lighting a bonfire.
- 2.Privilege fire-resistant construction materials such as metal, brick and stucco for building structures on your property.
- 3.Remove all flammable vegetation and materials (including firewood) that are within a 10-metre radius of your home. This will reduce the risk of a fire spreading from the forest to your home and vice versa. Additionally, fences and propane tanks should

be kept away from the home and other buildings on the property.

- 4.As much as possible, privilege tree species that have a low degree of flammability such as birch, maple, poplar and aspen. Additionally, make sure their crowns don't touch, as this will reduce the risk of flames jumping from one tree to the next.
- Try to collect as much rainwater as possible. You can install collection drums under your gutters and add small bodies of water to your landscaping.
- 6.Keep tools that could help fight a fire on hand such as long water hoses. It's also a good idea to have a ladder that's long enough to access your roof.

If you follow these safety tips, you may be able to prevent a fire from striking. At the very least, you'll be better prepared in case one does occur.







**COLEMAN Township FIRE DEPT.** 





One of the great miracles of the natural world takes place each spring when hundreds of thousands of birds migrate north to the Boreal forest to nest and raise their young. One species of bird that does this is the common loon, which many of us know by its haunting call, beautiful red eyes and distinctive markings.

That haunting call is said to exemplify the "spirit of the north."

It sends shivers down my spine when I hear it.

I've had some amazing nature moments these last few years. I swam with a moose, ran with a fox through the forest, observed an eagle and crow talking to each other, photographed a buck and a doe up close and on and on.

But last week something very special in my nature notebook happened.

A pair of super friendly loons swam quite close to my canoe and then both of them swam towards the shoreline of the lake. They paused several times, all the while looking back at me as if they wanted me to follow them.

So I obliged and followed.

They led me to a marshy section of the shoreline where a small outcropping of land, more like a tiny island was located. It was then that I knew exactly what they were up to. I have observed loons on the lake each and every year and I know

their behaviours like the back of my hand.

The female loon hopped up on the island and proceeded to pull out grasses to make a nest.

She also reached down to the bottom of the lake with her long beak and pulled up mud for nesting materials.

All the while the male loon was watching over her and then they traded places.

He got up on the nest and swirled grasses around and placed mud along the edges as well.

The loon bodies are made for water and swimming but they are not well suited to land travel.

Their legs are too far back in their bodies making walking on land awkward at best.

It is a rare sight indeed to see a loon on land.

It was an amazing moment as I am sure they were showing me what proud parents they may be once the nest is finished and she lays an egg or two.

We haven't had a successful chick reared on the lake since 2015 by my calculations.

The presence of predators (otters, raccoons) and motorboats on the lake has ruined the loon's chances of raising a successful clutch each year.

While not endangered yet, experts say the loon population is on a steady decline.



And loons will abandon a lake if they cannot find a suitable nesting habitat and we don't want that either. So, if you know there are nesting loons on your lake or on a lake you travel on, be mindful of the wake from your motorboat or personal watercraft.

Be mindful there could be a young chick just learning how to swim and your waves could very well swamp the



poor wee bird.

If you come across a loon's nest, leave the area immediately.

Give those parents space to incubate the eggs, which is roughly a 28–30 day timeframe.

Let's make sure we continue to hear the beautiful call of the loons, an endearing symbol of the north and of the wilderness.





#### Finally, A Home

When I was first built, I was a sight to behold, Ceiling and walls with colours so bold.

The volunteers worked quick and never sat, They built me with care for Habitat.

A solid foundation made me strong, But to the homes around me, I didn't belong.

Try as I might, I didn't know why, I was three whole stories and my peaks touched the sky.

My rooms were empty, like they always had been,

Until the day a family moved in.

Suddenly rooms that were peaceful and quiet,

Became loud and noisy, just like a riot.

The tiny ones screamed and marked up my walls,

They played all day and rode bikes through my halls.

But then in the evening, when the fireplace sizzled,

The parents read stories and the little ones giggled.

There was crying and anger but also pure joy, A family bond I wouldn't destroy.

No longer just plaster with metal and chrome, Instead of a house I was finally a home.

-Castin Blanchard

## **Backyarding Personality Types**

Backyarding Has a Purpose. What's Yours? Identify your backyard's purpose, then build the yard of your dreams.



#### Landscaper

Your yard makes neighbors green with envy. You know how to maintain a healthy living landscape all year long, and you have the latest outdoor power equipment to make even big jobs easier. You put the right plant in the right place, so your green space is always thriving.



#### · Outdoor athlete

Forget basement workouts - you have an outdoor gym and exercise space that makes the neighborhood running club want to pit stop at your house. Your yard is the ideal place to stay active and inspire others to work out, too.



#### WFH Pro

Your work from home means nature is your background, and there's no lag on the living landscape. The birds, squirrels and, yes, the dog your co-workers see on conference calls are all real. All you need is strong wi-fi, your nicest sweatpants, and a jacket for chilly morning meetings, and you're ready for work.



#### • Nature Lover

You know that nature starts at your own backdoor, and understand pollinator support and plant choice. You prefer to spend your free time in the urban habitat of your living landscape, watching the birds, bats, butterflies and other wildlife that count on your yard for food and shelter.



#### • Kid Zone Creator

You know the safest place for young kids is in your own backyard, and you work hard to create an outdoor fun zone they will never want to leave. A flat area of sturdy turfgrass to play sports and pitch a tent? Check. Treehouse? Check. Zipline strung safely between backyard trees? Check. An elevated garden where they can help grow family meals? Check. Natural playscapes, like a patch of sand bordered by rocks and log stump seating? Check. "Fun" is your middle name, and you are winning at this



#### Zen Master

Your yard provides you and your family a place to be still and de-stress. Whether it's coffee in the morning or yoga in the afternoon, You know that spending time outside is good for your health and well-being, and thanks to your yard these benefits are only steps away.



#### Entertainer Extraordinaire

Your backyard was the neighborhood hot spot long before the pandemic made that trend posh. Family milestones, birthdays, graduations, reunions, socially distanced BBQs – your yard is \*the\* place to gather. Your yard is set up for success with patio furniture, fire pit, yard games, plenty of outdoor seating, string lights, and maybe even an outdoor kitchen.



#### • Pet Pamperer

Your focus is on Fido – no one knows your yard better – and you take cues from your four-legged friends about how to purpose your backyard. You've planted appropriate turfgrass that can stand up to pet play, and you've used soft foliage to create a natural barricade between "off limits" areas and the rest of the lawn. Trees and shrubs are strategically planted for shade, and you've even set up a shallow water feature to help your pup cool off on hot days. Planting with purpose for you means keeping toxic plants out of the picture. (Fora complete list, visit ASPCA's list of non-toxic and toxic plants.)



#### **TurfMutt.com**







#### KANSAS CITY STYLE BBQ SAUCE



#### **INGREDIENTS**

• 3 tablespoons olive oil

2 cloves garlic (minced) 1 cup ketchup 1/4 cup water 1/4 cup cider vinegar 1/4 cup brown sugar 1 tablespoons paprika 2 teaspoons chili powder 1 teaspoon onion powder 1 teaspoon cayenne 1 dash tabasco sauce (can substitute franks hot sauce)

1 dash worcestershire sauce

#### **DIRECTIONS**

- 1. Gather the ingredients.
- 2. Heat the oil in a medium saucepan. Add garlic and cook over medium-high heat for 20 seconds. Take care not to burn the garlic.
- 3. Add the remaining ingredients—ketchup, water, cider vinegar, brown sugar, paprika, chili powder, onion powder, tabasco sauce and worcestershire sauce. Reduce the heat to medium. Simmer on low for 13 to 15 minutes until thickened. Stir occasionally. Watch for burning and reduce the heat or take it off of the burner, if needed.
- 4. Remove the sauce from the heat and let it cool for 5 minutes before using on meat. Cook meat on
- 5. Prior to using the sauce on meat, set some sauce aside for a table sauce.
- \*\*Note: best on ribs\*\*

#### FRESH SPRING ROLLS

These homemade spring rolls are so delicious, you'll want to make them for every occasion this summer.

**Start to finish:** 1 hour (45 minutes

active)

Servings: 4 rolls

#### **INGREDIENTS**

- 4 sheets rice paper
- 8 mint leaves
- 4 iceberg lettuce leaves
  1/2 cup cilantro
  1/2 cup basil leaves

- 1 cup rice vermicelli, cooked and cooled
- 1/2 cup carrots, peeled and juli-
- 1/2 cup cucumbers, julienned
- 8 shrimp, cooked and peeled
- 1 cup ponzu sauce
- cup fish sauce
- 1 lime, quartered

#### DIRECTIONS

- 1.Fill a large bowl with warm water. Soak 1 sheet of rice paper in the water for about 20 seconds, or until it's soft. Place the sheet on a clean work surface.
- 2. Layer the following ingredients on the sheet, in this order: 2 mint leaves, 1 lettuce leaf, 1/4 of the cilantro, basil, rice vermicelli, carrots and cucumbers, and 2 shrimp.
- 3. Gently fold the lower edge of the rice paper over the filling, and roll it upward until the filling is completely wrapped. Make sure to gently squeeze the ingredients together, and fold in the sides of the rice paper when it's wrapped half-
- 4. Repeat steps 1 to 3 for the remaining rolls. Refrigerate the rolls for 15 minutes before serving them with ponzu and fish sauce. Garnish with lime wedg-





#### **CHOCOLATE BERRY MOUSSE SURPRISE**

#### **INGREDIENTS**

• 3 ½ cups chocolate 2 kit kat bars (broken into 12 pieces each) few sprigs of mint to garnish 1 balloon

#### **MOUSSE FILLING**

1 ½ cups strawberries (extra 1 ½ cups for decorating – optional)

½ cup granulated sugar

1 cup whole or whipping cream (cold)

#### **DIRECTIONS**

- 1. Blow up balloon. Melt ½ cup of chocolate. Dip the lower half of the balloon in melted chocolate. Let set.
- 2. Clean and slice the strawberries, In a blender or food processor add the sliced strawberries and the sugar and puree. Remove 1/2 a cup of puree and set aside.
- 3. In a cold bowl add the cream and beat until stiff peaks form. Then fold in the remaining puree (not the 1/2 cup) gently. Set aside
- 4. Melt 2 cups of chocolate, pour into bundt pan. Cover all of inside of pan with chocolate. Place in fridge, chill with cream mixture.
- 5. Once done chilling, pour half of mousse in chocolate coated pan, add strawberry slices. Cover with remaining mousse. Top with kit kat pieces. Cover with 1 ¼ cup melted chocolate. Return to fridge for 2 hours.
- 6. Invert on to plate. Place chocolate covered balloon in center. Break balloon, remove leaving chocolate cup. Fill cup with reserved puree, add fresh berries and mint to garnish. Return to fridge until ready to serve.





# Update your home « without going broke!

## 8 TIPS to save money on home renovations

One of the most daunting aspects of a renovation is the price tag. Here are 10 tips to help ensure your next home improvement project doesn't break the bank.

1. LOOK AT THE BIG PICTURE

If you plan to upgrade the style of your home, determine whether you need to tackle structural issues first. Overlooking an old roof, cracked foundation or leaky windows can be a costly mistake if you have to rip out your new kitchen or bathroom in a few years to deal with safety concerns or water damage.

2. WRITE OUT A DETAILED PLAN
Create a list of all the projects you hope to get done. In addition to helping you establish a realistic budget, you can use this information to decide whether it's more cost effective to complete the renovations all at once or in stages. For example, compare the cost of paying a plumber's call-out fee several times to the expense of temporary housing if all your bathrooms are out of commission.

**3. SET AND MAINTAIN A BUDGET**Before you begin any type of renovation project, it's important to calculate the approximate total cost. Take into account everything from permit fees to the final furnishings. This foresight will ensure you only take on projects you can afford. Remember to set aside about a fifth of your budget for unexpected costs.

**4. HIRE A RELIABLE CONTRACTOR**Don't hire a contractor simply because they're the cheapest. Instead, ask friends for recommendations, read customer reviews online and interview at least two or three contractors to ensure you find some-one reputable. Insist on seeing a detailed contract to avoid surprise fees. If possible, schedule your renovations during the off-season as companies tend to charge less.

**5. SPEND MONEY STRATEGICALLY**Keep in mind that certain expenses might increase the cost of your renovation, but they'll save you money in the long run. For example, buying high-quality countertops and insulation are worthwhile investments because they last longer and perform better than



cheap alternatives. You should also prioritize projects that add value to your home, such as bathroom and kitchen remodels.

**6. KEEP THE EXISTING FOOTPRINT**Unless the current layout is incredibly dysfunctional, it's best to work with what you have. Avoid moving walls, windows, plumbing and large appliances, as these undertakings can decimate your budget. Instead, repaint the walls, rearrange the furniture and use effective storage solutions to make the space feel more open and airy.

#### 7. BUY MATERIALS IN ADVANCE

Once you commit to a renovation project, give yourself plenty of time to shop around for discounts on materials, appliances and furnishings. Look for end-of-year sales and they-pay-the-tax promotions. Additionally, consider opting for floor models or slightly damaged pieces to cut costs without compromising on style.

**8. OPT FOR CLASSIC DESIGN FEATURES**A timeless look and neutral palette are best when it comes to more permanent features like tiles, flooring, countertops and major pieces of furniture. Save bold patterns and statement pieces for curtains, throw pillows, feature walls, light fixtures and other design elements that are inexpensive to change as your style preferences evolve.



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# SPEAKER

PRINTING, PUBLISHING AND PROMOTIONS

# Building STAY a house? ON TOP of the process

#### THINGS TO CONSIDER BEFORE BUILDING YOUR OWN HOME

Are you thinking of acquiring a lot, hiring various subcontractors (maybe even doing some of the work yourself) and otherwise building your own home from scratch? While such an ambitious project could save you a ton of money, it requires both time and energy and involves a fair share of risks and challenges. Here are some key points to keep in mind to ensure that everything goes smoothly.

#### THE BLUEPRINTS

The first step of your project will be to secure quality blueprints. You can either go with pre-existing plans or else entrust the drafting to a professional if you want something that's fully customized to your tastes. In any case, make sure that the blueprints conform to your local bylaws and construction regulations. And make several copies, just in case.



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#### **BUDGET AND FINANCING**

As soon as possible, and before starting the work, find out how much money you can borrow, then open accounts with your suppliers. Make sure your budget is comprehensive and accounts for the cost of materials, labour, permits, legal fees, and, of course, the inevitable unexpected scenarios. A good thing to keep in mind is that your bank or lending institution will likely only distribute funds incrementally, at certain predetermined stages of the project.

#### **RULES AND REGULATIONS**

Make sure to acquire all necessary building permits and thoroughly research your legal obligations. In addition to the paperwork, you'll be responsible for paying your workers and ensuring the safety of the jobsite. In some circumstances, hiring workers requires you to register as an employer.

#### **INSURANCE**

Having public liability, fire and theft insurance is strongly recommended for the duration of the project. Loan insurance may also be a wise investment.

#### THE SCHEDULE

Ideally, aim to spread out the work over a six- to eight-month timeframe, and schedule a buffer period between each subcontractor so that you can attend to any issues that might arise. Being prepared for potential delays could save money on postponement fees.

Finally, if you want to become an owner-builder, it's useful to have certain technical skills and a good understanding of the scope of the work to perform. This will help you evaluate quotes from suppliers and coordinate efficiently between the different contractors present on the iobsite.

# Late Bloomer

o many of us are waking up from the hibernation of decades of life realizing our mortality; getting, perhaps for the first time, that we aren't getting any younger, that our days are numbered, and that if we want to make our mark on the world, we had better do it sooner than later.

Late bloomers are inspirational; they show us, in very real terms, that it's not too late to do what we always wanted to do. Whether we resisted doing art because we didn't want to be poor or didn't write that book because it never seemed like the right time, the time is now to undertake our passions and life's purpose.

Without regret, we can see our journey thus far as one with meaning, as it has led us to this place, has helped us become who we are - richer, deeper and more complex than we may have been decades earlier.

Rather than being haunted by the road not taken, let's cut through the forest and get there now, venture to the time and place that is our destiny, and create enough space around us to reinvent ourselves.

It really is never too last to become what we might have been and leave the world a better place because we have travelled this way.

Don't put off for another day what you have always dreamed of doing and who you have always dreamed of becoming. You don't have to fear death, but rather the unlived life. More deadening than our last breath is our daily life devoid of our passion and purpose.

Begin today.



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