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Seasons
Magazine

Summer 2022

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SPEAKER

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Life is beautiful when you're kayaking

There's nothing like an outing in a kayak to renew your ties with Mother Nature. Paddling at your own pace on a calm, crystalline lake, descending a river, negotiating rapids, floating over waves — every kayak outing is a real adventure.

Day-tripping in a kayak is a fantastic activity, but many fans plan an itinerary that includes camping as well. A prolonged trip makes it possible to leave for a few days to discover a body of water, just as if you were an explorer from another world.

Wherever there's water, there are kayaks. With family or friends, solo or in tandem, it is a truly exhilarating activity. You'll soon see that life is beautiful in a kayak.



**CAMPING
ADVENTURES
WANTED**



Are you still deciding on accommodations for your summer vacation or weekend getaway? Here are six good reasons to choose camping.

1. Camping is generally less expensive than other summer accommodations like cabins.
 2. There are camping accommodations for everyone.
 3. You and your family can meet new people.
 4. Campgrounds offer a variety of facilities like tennis courts, swimming pools and game rooms.
 5. You and your family can improve your cooperation and communication skills.
 6. Spending time in nature is a great way to relax and recharge your batteries. You can also enjoy picnics, barbecues, campfires and evenings under the stars.
- Lastly, camping is an excellent last-minute getaway because you can often pick up a site without a reservation.

Hello, SUMMER!

20 SUGGESTIONS FOR SUMMER FUN



There's no shortage of possibilities to entertain yourself during the summer. Here are several inspiring ideas to enjoy the hot, sunny days of summer to the fullest.

1. Admire our waterfalls and streams
2. Play tennis with family or friends
3. Visit an agricultural operation like a farm
4. Eat ice cream
5. Browse the library or a bookstore
6. Take a self-guided tour
7. Play miniature golf
8. Go for a boat ride
9. Have fun in the pool
10. Explore bike paths
11. Go camping
12. See a movie
13. Go shopping
14. Visit a museum
15. Have a picnic in one of our parks
16. Play water sports
17. Go hiking
18. Relax at a spa
19. Beat the heat at a beach
20. Enjoy a nice meal on a patio



FUN ACTIVITIES TO DO AT THE PARK

Do you have a few hours of free time? If the weather's nice, visit a nearby park to enjoy the fresh air. Here are a few fun activities you can try.

- Flying a kite
- Playing cards or board games
- Reading a novel, comic book or magazine
- Walking or biking
- Photographing nature or wildlife
- Drawing or painting
- Picnicking
- Practicing your badminton strokes
- Enjoying the facilities
- Solving crossword puzzles and sudokus
- Playing with a Frisbee or soccer ball
- Blowing soap bubbles with your kids

Some parks offer free events throughout the summer. Check the programming and attend the events that interest you.

Have a Great Summer!

Bring your office to the backyard

Do you work from home? Whether you want to escape distractions or enjoy some fresh air, moving your office outside could boost creativity and productivity.

Depending on your needs and available space, you can create an open office by installing an overhang on your deck to protect you from the weather and the sun's rays. This option is ideal for summer.

However, it may not work when making calls in the middle of a rainstorm so you may want to build a complete room, similar to a converted shed, which can be used year-round.

Your new workspace must be functional and have access to electricity and a stable internet connection. You will also need a heating unit and may want to consider investing in air conditioning. If a backyard office appeals to you, make it happen.

Build a treehouse with your child for an exciting summer project

A beautiful wooden treehouse instantly adds whimsy and fun to your backyard. While you can purchase many pre-made models, most people will agree that nothing beats a treehouse built by your own hands. You won't regret this opportunity to spend quality time together.

You can make your treehouse look like a cozy cabin or a tiny replica of your home. No matter what style you decide to build, you can teach your child about tools, technology and the construction process. They'll also learn how to plan and execute a project, providing them with valuable life lessons.

Building a treehouse is a satisfying project that could turn into one of your child's fondest memories.



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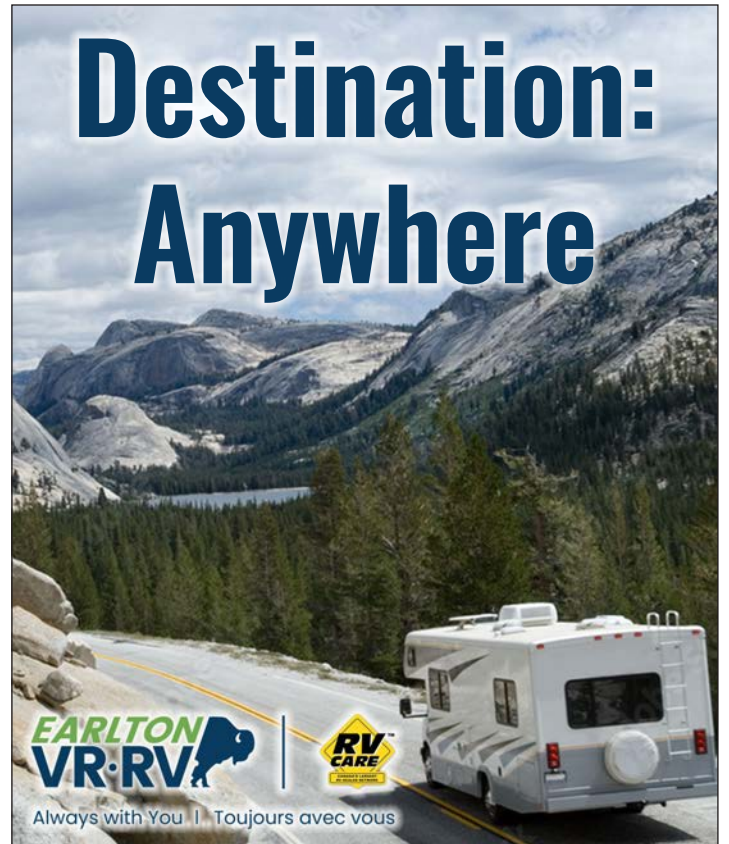
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The magic of the flowers

Darlene Wroe

There is nothing that speaks more of summer than the profusion of plants that emerge, grow and fill the air with their headiness.

As children we would pick dandelions, daisies and other wildflowers that grew abundantly in the fields and along the sides of the country roads where I grew up.

When I was about five my father left, unable to be part of a family, probably because of his four years of war experiences. A year later my grandfather died.

So, our little family was headed up by two very powerful and determined women who had almost nothing but their own personal forms of magic.

My grandmother's magic was growing and caring about all green things, all four-legged things, all winged things, and all small children.

My mother's magic was in her absolute kindness, self-sacrifice, and strength to care for and raise her children alone.

The home was nothing, and barely habitable, but through the magic of these two women, it seemed like a fairy palace.

The home was surrounded by four trees that protected it from excess winds, heavy snows, torrential rains, and summer heat.

Closer to the walls of the home there were great banks of flowers.

It was the flowers that brought the greatest magic to that little house.

There were the great gladiolas imbued with the regality of a flower that was a head above the others. The peach and cream colours of this glowing patch of perfection always attracted me.

My grandmother possessed the greenest of thumbs, and like the other things she put her hand to, her gardens thrived.



Just beyond the house, somewhere near the woodpile but not directly under it, there was a pond about a foot deep and fairly persistent from the time of the snowmelt until well into summer.

The tiger lilies loved it and grew on its edge with a narcissistic nod to the brilliant reflections when the sun slid overhead. They were massive and brilliant, and seemed quite happy to expand through that almost eternally damp area.

My grandmother carefully nurtured a patch of wild roses growing in the corner, soaking up the southwest light.

She also had a great fondness for the old-time irises, which were less colourful, but had a reassuring presence in their muted purples, filling out the flowerbeds that circled the house.

Beneath their feet the pansies were as dependable as the dandelions in finding spaces where they could put their heads back and relax as they soaked up the summer rays.

My favourite flowers were the long rows of sweet peas that my grandmother would grow each year, just for the delight of them, and probably because she saw that I loved them particularly.

She would set up a long string of chicken wire, suspended from post to post. I am sure my younger brother was corralled into such tasks. At the foot of this long stretch of metal netting, the sweet pea seeds would be set. Large, hard and wrinkled, it was hard to believe that in a very short time they would soar upward and produce an array of jewel-like petals that cast a most heavenly aroma.

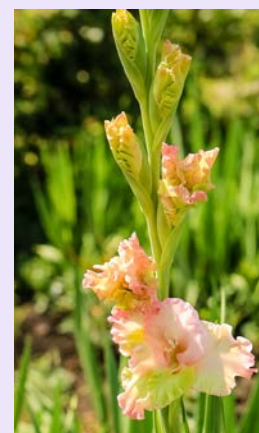
If you had peeled away the flowers, the trees, the birds, and the fields of wild flowers from that humble little home, it would have been a sorrowful sight most likely considered unfit for human habitation.

But it was shining inside and out. The inside air always smelled of soap, and the outside air always smelled of flowers - at least in the summer months. Otherwise it smelled like snow. There were always clean clothes flapping on the clothesline, and there were always fresh-baked cookies.

Every birthday of each of the five children was celebrated with great fanfare, along with every holiday.

A white lace tablecloth covered the table for every Sunday dinner, and we were always told to wash before eating, clean the dishes after each meal, and to say our prayers before going to sleep.

The home where we lived was not much, but somehow it was the best of homes, because of the flowers, because of the love, and because of the powerful magic of two very strong women.



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Local produce is extremely high-quality because it travels quickly from the farm to the market.



When imported produce travels long distances, it must be picked early, ripening in the darkness of a warehouse or transport truck to land on your plate in edible condition.

PURE GOODNESS

Local produce doesn't need to be treated with protective coatings. That means when you sniff a tomato grown in your region, no paraffin or mineral oil comes between you and the sweet scent of the earth. You indulge all your senses when you enjoy the fresh farm-to-table taste.

When selling locally, farmers also don't have to worry about transportability when selecting their growing varieties. When it comes to fruits and vegetables, supporting local producers is more than a good idea. It's perfectly delicious!



3 WAYS TO MAKE HOMEMADE ICE CREAM



There are many ways to make delicious home-made ice cream. Here are three easy methods for making this delicious dessert.

1. IN AN ICE CREAM MAKER

Combine egg yolks, sugar, milk and cream in a large bowl. Then, place the mixture in the ice cream maker and turn it on. The machine will cool and mix everything together for about 30 to 45 minutes. After that, the ice cream is ready to eat.

2. IN A DISH

Use a hand or stand mixer to beat cream, eggs and vanilla until stiff peaks form. Stir in frozen fruit and condensed milk with a spatula. Then, place the mixture in the freezer in an airtight dish for at least four hours.

3. IN BAGS

You can make ice cream in 10 to 20 minutes with this easy method. Pour heavy cream and vanilla into a small plastic bag. Then, place the small bag into a larger bag containing ice cubes and salt. Vigorously shake the bags until you reach the right consistency.

If you're craving ice cream but don't have time to make it yourself, visit one of our local ice cream shops.

If you want to make vegan ice cream, you can replace the dairy products with coconut or soy milk, coconut butter, coconut oil or soy cream.



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Get fresh with our recipes

Glazed fruit skewers

Sweet and juicy, fruit makes a great summer dessert. This delicious glaze enhances the natural flavour of the fruit to create a crowd-pleasing favourite.

INGREDIENTS

Skewers

- 10 strawberries, halved lengthwise
- 10 kiwi cubes
- 10 blueberries
- 10 pieces of pineapple
- 10 pieces of cantaloupe
- 10 wooden skewers



Simple syrup

- 1/2 cup water
- 1/2 cup brown sugar

DIRECTIONS

1. Combine the water and brown sugar in a saucepan and cook over medium heat until the sugar is completely dissolved. If the mixture starts to boil,

lower the heat slightly.

2. Once the sugar has completely dissolved, remove from the heat and allow to cool for 45 minutes.
3. Thread the fruit pieces one after the other on the skewers.
4. Brush the skewers with the simple syrup.



Roasted tomato and goat cheese bruschetta

INGREDIENTS

- 20 cherry tomatoes, cut in half
- 1/4 cup olive oil
- 8 slices of baguette bread
- 8 tablespoons goat cheese
- Fresh basil, coarsely chopped
- Salt and pepper, to taste
- Honey, for garnish (optional)

Drizzle some honey over the bruschetta before serving for a subtle sweetness.

DIRECTIONS

1. Preheat the oven to 350 F.
2. Toss the cherry tomatoes with olive oil and spread them into an oven-safe baking dish. Season with salt and pepper. Bake for about 15 minutes or until the tomatoes start to pucker.
3. Lay the bread slices on a baking sheet and toast in the oven until crisp.
4. Spread a tablespoon of goat cheese on each slice of bread.
5. Add some fresh basil and the roasted tomatoes.

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Barbecue grilled sweet corn

INGREDIENTS

- 6 ears of fresh sweet corn with husks
- 1/2 cup sour cream
- 1/2 cup mayonnaise
- 1 clove of garlic, minced
- Salt and pepper, to taste
- 1/4 cup crumbled feta cheese, for garnish
- 1 teaspoon paprika, for garnish
- 1 bunch of fresh coriander, chopped, for garnish



DIRECTIONS

1. Preheat the barbecue on high.
2. Soak the cobs for about 10 minutes

in a bowl of cold water. Keep the husks on. Drain.

3. Grill the cobs for 12 minutes or until the husks are charred. Peel the cobs and continue cooking until they're toasted in some places. Turn the cobs often to prevent them from burning. Remove from the grill and allow to cool for a few minutes before serving.
4. In a bowl, combine sour cream, mayonnaise and garlic. Add salt and pepper. Brush the ears with this mixture. Sprinkle with feta cheese, paprika and cilantro.



Caesar pasta salad

INGREDIENTS

Salad

- 1 box (454 grams) Campanella (or other short pasta of your choice), cooked and drained
- 2 cups romaine lettuce, torn
- 16 cherry tomatoes, halved
- 1 cup store-bought croutons
- 2 chicken breasts, cooked and diced
- 4 tablespoons grated Parmesan cheese, for garnish

Dressing

- 1/4 cup store-bought mayonnaise
- 1/4 cup plain Greek yogurt
- 1 clove of garlic, minced
- 1/4 cup grated Parmesan cheese

- 2 tablespoons Dijon mustard
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- Salt and pepper, to taste

DIRECTIONS

1. Combine the pasta, lettuce, cherry tomatoes, croutons and chicken in a large bowl.
2. In a separate bowl, whisk together the dressing ingredients.
3. Pour the dressing over the pasta and toss well. Add salt and pepper to taste.
4. Arrange pasta salad in serving bowls and top with grated Parmesan cheese.

If you love salads, you'll definitely fall in love with this divine twist on a classic.



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Sue Nielsen
Light seeker

Spirit of the North: The loon's call

I heard them long before I saw them. Their calls raised the hair on the back of my neck in the early morning hour.

It is the call of the wild, it is hypnotic, mysterious and it is emblematic of our northern spirit.

It was the haunting call of a loon on a calm, mist-covered lake.

Loons have four different calls and I have come to know them all.

Among the calls is the tremolo, a wavering call given when a loon is alarmed. Then there's the yodel, sounded for the male loon's territorial claim. The wail is the haunting call that loons give back to each other to figure out each other's location.

And then there are the soft short hoots so they can keep in contact with each other.

Admittedly, I often call to the loons when I am on the lake.

I whisper out the soft hoots and sure enough, they hear me and show up near my canoe.

You can call me loony if you like, but I love these birds and their beautiful plumage.

The former NHL hockey player, Larry Hillman, winner of six

Stanley Cup rings, had a loon call that was second to none.

He just passed away recently and may he rest in power and peace.

I had many wonderful talks with him on his cottage deck. He was an incredibly kind and generous human being who loved lake life and the loons.

The red eye, the pearl necklace and the way the loons stand up and spread their wings in a power pose is incredible.

When I paddle around the lake I often follow a pair of loons observing them preening their feathers.

They reach back to an oil gland located at the base of the tail feathers and smear the waterproofing substance all over their bills.

Then they rub their bills all over their body.

It's quite the process and it is fascinating to observe.

When the loons are content and happy, out pops the foot in what is called a "loon waggle".

The loon waves its foot back and forth and it is so funny to watch.

Some people say the waggle is meant to cool the bird off while others say it is a sign of contentment.

Either way, I say the loons are waving at me.

While not endangered yet, Bird Studies Canada says loon populations are on a steady decline.

The loons on Bass Lake have not been successful in raising a chick since at least 2016.

A robust and aggressive population of otters on the lake has taken its toll on the loon population.

And last summer, the loons nested incredibly close to the beach, which was precarious at best.

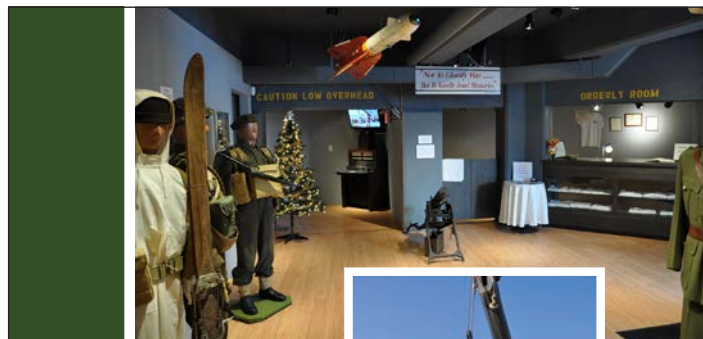
People must understand getting close to a nesting loon is never a good idea. The mother loon can become so stressed that she bolts from the nest and does not return leaving the eggs unprotected. She must sit on the nest at least 28 days, which is a long time.

Please, if you see a nesting loon, do not go up to her, do not try to touch her and do not stick a camera in her face.

There is actually a wildlife harassment law that can be invoked if someone disturbs wildlife or harasses them.

The pair of loons on my favourite lake have just mated and hopefully in three weeks or so we will see the chick or chicks riding on mom or dad's back.

And when they are in Larry's bay this summer, they will surely sound a wail of a parting song singing "This one's for you Larry."



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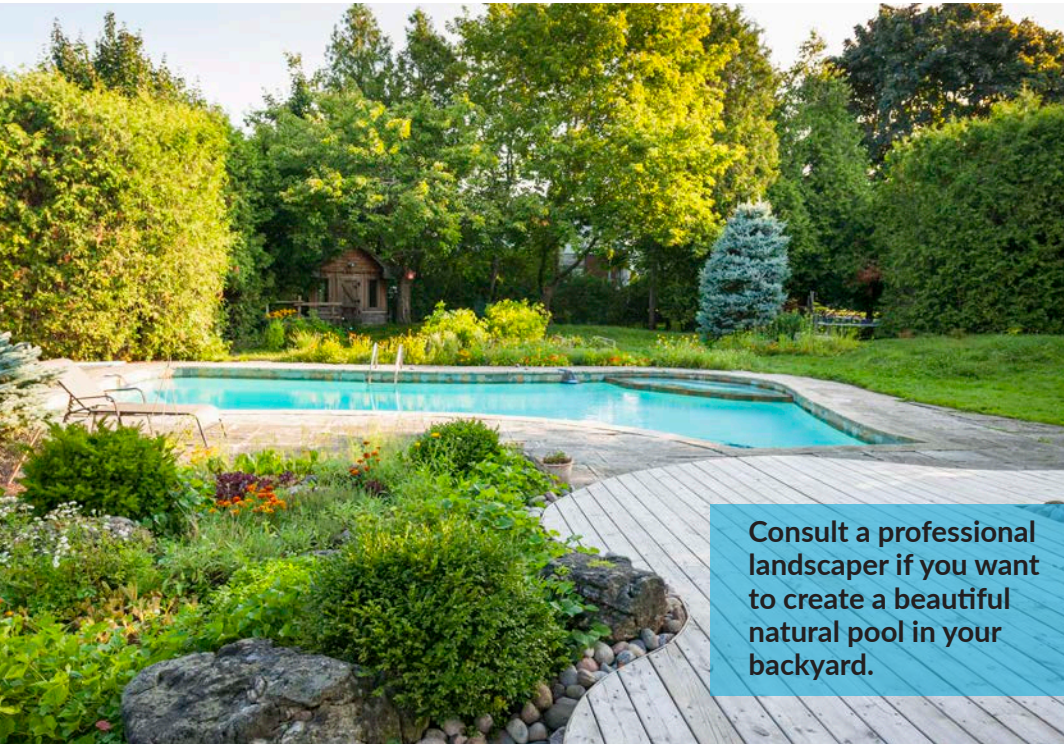
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Bring cool air and some sweet,
refreshing rain.
The vivid blue sky shows
no clouds right now,
The merciless sun does weaken
and can drain
All living things, as it strides
in great power
Undaunted 'cross its vast
expanse of sky.
Nothing escapes, even each
bold sunflower
Droops its head as the sun
reaches up high.
Yet, in winter, we long for
hot summer days,
Long to sit on a beach, play
in the sand,
Watch the boats sail through
summer's hot haze.
Think of all the good things
that are at hand,
But gentle summer breeze
blows soft and sweet,
And so, take away the harsh
summer heat.*

Ann Margetson



Install a natural pool this summer

Natural pools don't contain harsh chemicals and often feature beneficial aquatic plants like water lilies, pond sedges and perennial grasses. This attracts more flora and fauna, like birds and butterflies.



Consult a professional landscaper if you want to create a beautiful natural pool in your backyard.

The aquatic plants in natural pools help clean, oxygenate and regenerate the water naturally, therefore, you don't have to worry about keeping up with intense maintenance. Only the central swimming area requires a filter and skimmer.

The cost of designing and building a natural pool is equivalent to that of an in-ground concrete pool, however, natural pools are much cheaper to use and maintain than traditional pools.

Natural pools don't require much effort. Simply clear away fallen leaves and debris, prune the aquatic plants in the fall and add phosphorite or bacteria to prevent algae.

You must empty the filtration pipes before the first snowfall, so they won't crack. That's it!

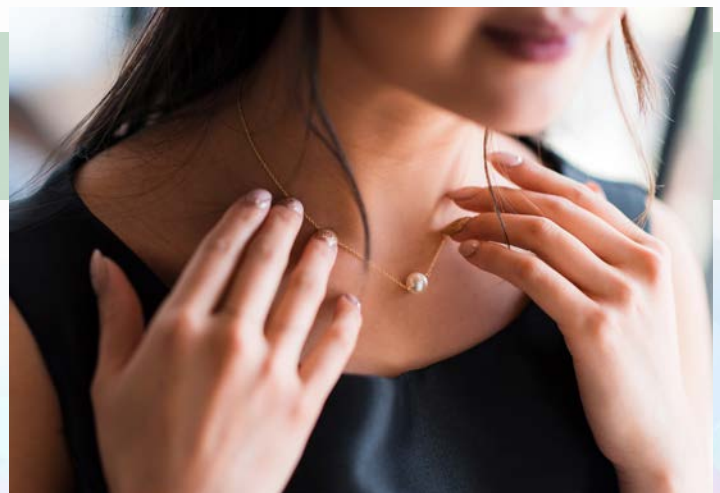
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TIPS TO PREVENT SWIMMER'S EAR

Known medically as *otitis externa*, swimmer's ear occurs when water remains in the ears after swimming. This infection is characterized by inflammation of the auditory canal, which can cause pain, especially when you touch your earlobe. Other common symptoms include itchiness, a blocked feeling in the ear, hearing loss and discharge. Here are a few tips to prevent swimmer's ear this summer:

1. Dry your ear canal gently with a towel every time you get out of the pool or the shower. Tilt your head to the side to allow any extra water to drain out.
2. If you use cotton swabs, stop. These small rods can cause abrasions or minor injuries or even push earwax into the ear canal, all of which leave the skin more susceptible to infection.
3. Check your pool water regularly. Polluted or overly chlorinated water can create a welcoming environment for bacteria.

Stay hydrated this summer

Over half of your body is made up of water. If you don't drink enough water, you may find it difficult to concentrate or struggle with joint pain and chronic headaches. Drinking enough water also helps your body absorb nutrients and maintain your energy levels.

In the summer, your body loses a lot of water, particularly during heatwaves and when you're active outdoors. Your body sweats to regulate temperature. If you don't drink enough water to replace what you sweat out, you risk getting heatstroke. Here are a few things you can do to prevent dehydration:

- Drink a glass of water at every meal
- Eat fruits and vegetables with high water content, such as cucumbers and strawberries
- Always have a bottle of water on hand and take small sips throughout the day
- Infuse your water with fruit, berries, mint or cucumber to make it more appealing
- Don't wait until you feel thirsty to drink water

Some signs of mild dehydration include dry mouth, fatigue, constipation and dizziness. In more severe cases, you may experience symptoms like extreme thirst, absence of urine, rapid breathing, confusion and fainting. If you have any of these symptoms, see a medical professional as soon as possible.



4. Wear earplugs designed to prevent water from penetrating the ear canal while you swim. You may also want to avoid putting your head underwater.

Despite taking the necessary precautions, do you or a family member think you have swimmer's ear? See your doctor or pharmacist and ask about antibiotic drops to treat the infection. If you want to soothe the pain, acetaminophen or ibuprofen can help.

Nous sommes à votre service...

Nous offrons une gamme de services et de programmes de soins de santé primaires de programmation/activités communautaires à la clientèle et aux communautés.



L'équipe interdisciplinaire partage des objectifs communs et des responsabilités professionnelles pour mieux répondre aux besoins de la clientèle.

La composition de l'équipe interdisciplinaire est:

- infirmières ou infirmiers praticiens,
- médecins,
- infirmières ou infirmiers autorisés,
- infirmières ou infirmiers auxiliaires autorisés,
- 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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Older homes are often more difficult to insure if the house is over 25 years old and hasn't been updated.

Buying an older home?

Have you fallen in love with an older home? You may be tempted to seize the opportunity and skip an inspection, especially if there are several interested parties, but before taking on a mortgage, here are a few things to keep in mind.

Some materials that were popular in the past are now undesirable or even prohibited such as asbestos and lead. Before you buy, find out if your dream home hides any unpleasant surprises.

Check to make sure there are adequate electrical circuits and a sufficient number of power outlets as energy efficiency wasn't a priority in the past.

Single-paned windows and poorly insulated walls could drive up your heating bill as well.

Even if the home's foundations and frame have survived well over the years, you may still be faced with many renovations. Think through the additional expenses you may incur to preserve the home's character.

Among the many aspects to consider is the insurability of the building, so before taking the plunge, call a qualified inspector.

If your home needs new or more insulation, contact Northern Spray Foam. Call Rob Watchorn for all of your mortgage needs.



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SUMMER FIRE SAFETY REMINDERS

The arrival of summer brings a time to enjoy outdoor fun with family and friends. Here are a few safety reminders:
CAMPFIRE DO'S AND DON'TS:

- Build your campfire where there's no risk of it spreading – away from tents, trailers, dry grass, leaves and over-hanging tree branches
 - Never use gasoline to start a campfire and never pour it on an open flame
 - Always put your campfire out with sand and water
- FIREWORKS SAFETY:**

- An adult should always discharge all fireworks
- Keep a water hose and pail close by in case of emergency
- People watching should be a safe distance away
- If you have a dud firework, place it in a bucket of water for at least 30 minutes before safely disposing of it
- Keep sparklers away from children

BBQ SAFELY:

- Never use a BBQ indoors or in an enclosed space
- Place your BBQ well away from decks, fences and plants
- Don't leave your grill unattended when cooking
- Check your propane tanks and lines regularly



COLEMAN Township FIRE DEPT.

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

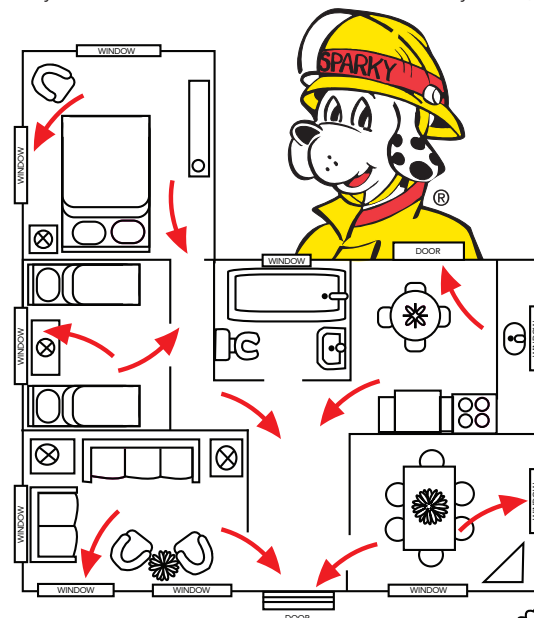
Have a Fire Safe Summer!



COBALT FIRE DEPT.

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.



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GET OUT & STAY OUT

In case of fire
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Selling your home: focus on the most profitable upgrades

If you're planning on selling your home, you may want to make a few upgrades to make it more attractive to potential buyers and maximize your profit. This is an excellent idea if you invest in the right places. Here are a few things to consider.

REFRESH YOUR WALLS

If you're on a tight budget, a fresh coat of paint can do wonders. For just a few hundred dollars, you can drastically improve your home's appearance to make a good first impression on potential buyers if you choose a subdued palette.

REDECORATE THE KITCHEN

A bright and attractive kitchen can instantly make foodies fall in love with your property. If your appliances are dated or the space is poorly designed, renovating it is a profitable investment.

TRANSFORM THE BATHROOM

Potential buyers often try to imagine their everyday lives when touring your home. Consequently, a cramped, dark and unwelcoming bathroom won't earn you any points. Instead, turn this room into a true oasis of relaxation. You'll be glad you invested the money.

FOCUS ON THE DETAILS

Although large-scale renovations like repairing the roof or finishing the basement can really pay off, replacing accessories, such as light fixtures and faucets, can instantly modernize your home and increase its sales potential.

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FENCE IDEAS

to boost curb appeal

When building a new fence, pick high-quality, durable materials to ensure it lasts for years to come. Here are some of the most durable fencing materials on the market.

1. Wrought iron. Ornamental iron fences can last hundreds of years if regularly maintained. However, iron is prone to rust and must be regularly repainted.
2. Brick or masonry. Fences built from brick or concrete

can withstand the test of time. These materials are pricey and are usually installed by professional masons.

3. Aluminum. Lightweight, rust-resistant and easy to install, aluminum requires little to no maintenance and can be painted to match your home's exterior.
4. Vinyl. A relative newcomer in fencing material, vinyl can be designed to resem-



ble wood and metal. It doesn't rot or rust and is resistant to pests. All you need to do is wash it down once a year to keep dirt and debris at bay.

5. Pressure-treated wood. Wood fences are timeless. Pressure-treated wood can

last many decades with annual upkeep, such as painting and staining.

Consult the professionals at Earlton Timber Mart to discuss what type of fencing material is best for your property.

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Need an air conditioner?

If you need to buy a new air conditioning system, you have a number of options.

The appropriate system for your home will largely depend on the type of dwelling you live in. If you own your home, you might want to invest in central air conditioning.

To install a central system, look into available financing options.

The ideal cooling capacity for your air conditioner (measured in British thermal units or BTUs) will depend on the size of your dwelling, the quality of the building's insulation and the number of rooms and storeys you want to cool.

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Late Bloomer

So 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.

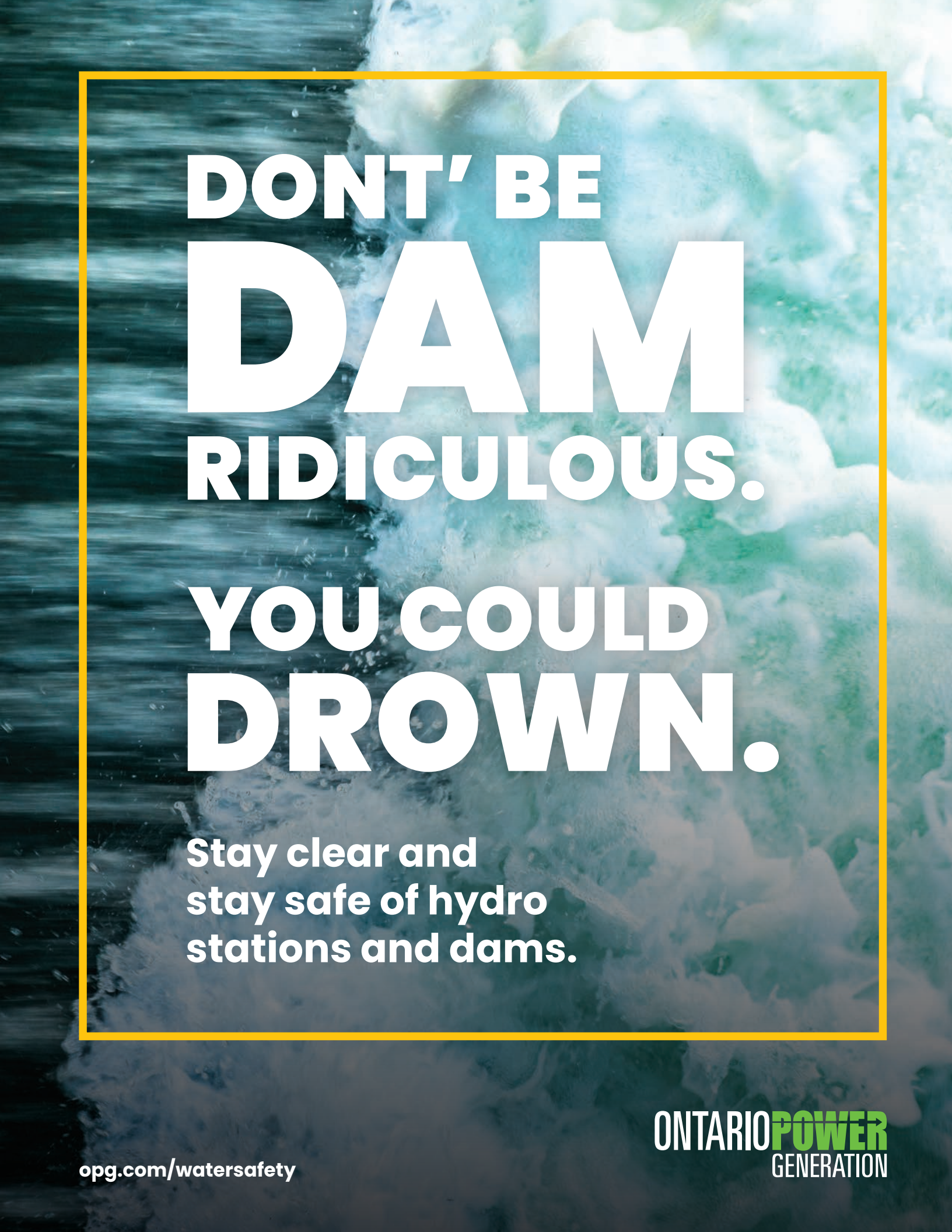
Without regret, we can see our journey thus far as one with meaning, as it has led us to this place, has helped us become who we are - richer, deeper and more complex than we may have been decades earlier.

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 unlive life. More deadening than our last breath is our daily life devoid of our passion and purpose.

Begin today.



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YOU COULD
DROWN.**

**Stay clear and
stay safe of hydro
stations and dams.**