

FREE

*Temiskaming District*

# Seasons

Summer 2024

*Magazine*

LANDSCAPING

*Create your plant paradise*

A taste of

summer

21 ideas for breaking the routine as a family, couple or solo traveller

Living at the **Cottage**  
Tick Check

**SPEAKER**  
PRINTING, PUBLISHING  
AND PROMOTIONS



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## **SPEAKER** PRINTING, PUBLISHING AND PROMOTIONS

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Publisher: Lois Perry

Editor: Steven Larocque

Creative Designer:  
Jason Campsall

Contributors:  
Brenda Craik  
Christine Benn

Contributing Writers:  
Darlene Wroe  
Sue Nielsen  
Lois Perry

# What are we doing

## 21 ideas for breaking the routine as a family, couple or solo traveller

Do you want to make the most of summer by getting out, having fun, relaxing or recharging your batteries? Whether you're in good company or on your own, these suggestions will make the warm season much more fun!

### WITH THE FAMILY

Make lasting memories by spending quality time with your family. You could:

1. **Go camping.** Sleep in a tent, roast marshmallows and stargaze. Fun guaranteed!
2. **Visit a water park.** Do you prefer the wave pool or the tube slides?
3. **Spend a day at the beach.** Splash in the water, build sandcastles, play Frisbee, and much more!
4. **Go hiking.** Explore the forests, lakes, waterfalls and mountains in your area!
5. **Treat your taste buds.** Local ice cream shops and U-pick farms will surely delight young and old alike!
6. **Play minigolf.** Look for a glow-in-the-dark course to challenge the whole family!
7. **Come face-to-face with animals.** Watch and pet adorable creatures at a zoo, aquarium or farm.



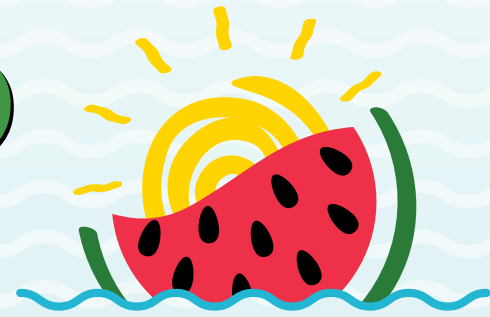
### AS A COUPLE

For special moments with your significant other, why not:

8. **Try an escape room.** Join forces to solve the riddles and escape in time.
9. **Taste local spirits.** Are you more of a winery or micro-brewery tour person?
10. **Book a cabin.** There's nothing like a weekend away in a peaceful spot to bring you closer together.
11. **Go for a picnic in the park.** A romantic meal outdoors is always a winner!
12. **Hit the road.** Take a road trip to discover new parts of your country.
13. **Sing karaoke.** Have a blast belting classics or singing your favourite songs.
14. **Go for a walk downtown.** What better way to explore a city than hand in hand?



# this summer?



## ON YOUR OWN

There's no reason why a solo outing should be dull. The possibilities are endless:

- 15. Go to a movie.** Munch on buttery popcorn while enjoying a show on the big screen.
- 16. Relax at the spa.** Why not treat yourself to a well-deserved break?
- 17. Visit a museum.** Learn about beauty or knowledge at your own pace.
- 18. Go shopping.** Visit your local boutiques or markets to pick up some unique finds.
- 19. Sip a coffee.** Find a specialty coffee shop, bring a book and settle in!
- 20. Go to a show.** Whether you visit the circus, theatre or concert hall, when the lights go down, who cares if you're alone?
- 21. Take part in a guided tour.** Opt for a heritage tour with an audio guide or join a group visit to a historic site.



# Living at the Cottage

## Tick Check

By Lois Perry

*This story is a repeat from  
2022 Season's Summer edition.*

*It is important that we all understand the  
dangers from a tick bite.*



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

Prior to this I didn't realize the danger that could be unleashed in a body from a small bite. A bite that was never felt, never found; a bite that went totally undetected. Sure, I knew that we had ticks in our district. In fact, since my dog Dora was a puppy I've been checking her regularly for them - and never found a single one. It became a joke in our household as all I would say is "tick check" and she would roll on her back for a



belly rub, foot massage and facial.

(I record the timelines since symptoms from an infected tick bite can present anywhere between three and thirty days.)

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

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

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

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

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

The patches continued and then on July 16, I woke up with my eyes swollen shut and a mask-like redness across my face covering my eyes. I attended emergency at the Temiskaming Hospital that day and was seen by two doctors. They agreed that my presentation looked like the "lupus mask" and immediately ordered a variety of blood tests including a test for lupus and a test that would determine my CRP levels. Unfortunately, the results for some of these tests could take up to two weeks to return. They also suspected that I had food poisoning and contacted the Temiskaming Health Unit.

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

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

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

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

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

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

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

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

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

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

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

During the ensuing days, Dr. Scott kept in close touch with me and during one conversation the possibility of Lyme disease was discussed. Dr. Scott ordered the test. About a week later (Aug. 25) Dr. Scott called me - we had a positive result on the Lyme disease test.

He prescribed an antibiotic (Doxycycline).

Since then I have been weaned off the prednisone.

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

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

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

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

I have no idea when I was bit.

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

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

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

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



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# Ticks 101:

## Prevention and Treatment



**Blacklegged tick**  
*Ixodes scapularis*

How to avoid getting a tick bite

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

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

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

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

### Cover up wear:

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

### Put clothes in the dryer

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



### Maintain your property

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

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

### Check yourself and your children

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

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

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

### Check your pets for ticks

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

### How to Remove a Tick

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



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

### You should see your doctor right away if:

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

### Call 911 immediately if you experience:

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

# Summer Sunshine

by Grace Johnston



As the summer months approach and the days begin getting warmer, the sunshine rays may cause slightly more damage than we think. Even though relaxing in the sun is arguably the best way to spend a summer's day, it is important to stay protected while doing so. The painful, blistering sunburns most of us have experienced will more than double the risk of skin cancer developing later in life. Over 90 percent of all skin cancers have progressed due to sun exposure. Despite potentially feeling safe on a cloudy day, roughly 80 percent of UV rays will still have the ability to pass through. While all types of cancers have serious health effects, skin cancer is the most avoidable cancer out there. Skin cancer can be tricky for a non medical eye to catch but key signs to look for are moles and spots changing rapidly or starting to itch. If concerns arise over any sun spots the most beneficial thing to do is reach out to a doctor. Better safe than sorry! Even though many risks are present when it comes to the sun, don't let them effect your beach days ahead. With proper sun protection no summer fun will be lost. Sunscreen is a top contender for best forms of sun protection. The sun releases both UVA and UVB rays. The typical sunscreen will block UVB rays but not every sunscreen pick will tackle the tricky UVA rays. When sunscreen shopping, it is important to look for "broad spectrum" which indicates both UVA and UVB protection. Now that we've covered the different sunshine rays, what about SPF (Sun Protection Factor)? You may have seen many different SPF levels on a variety of bottles. The present level of SPF determines the percentage of rays being blocked. An SPF 30 sunscreen is perfectly acceptable and much higher won't have a great difference

in sun protection. Don't be fooled, the levels of SPF do not change the fact sunscreen should be reapplied every two hours and possibly sooner if you're enjoying time in the water. Although sunscreen is fantastic at defending UV, a hat and sunglasses are recommended for further protection. Even though many risks are present when it comes to the sun, there is also a long list of beneficial factors. The sun is the best way for us to obtain vitamin D. Vitamin D is an essential nutrient for maintaining strong and healthy bones. Alongside vitamin D, Calcium is also heavily dependent throughout absorption in the body and relies on vitamin D to do so. This combination will help lower the chances of osteoporosis and multiple sclerosis by maintaining healthy bones. Other than bone health, the sun is a proven immunity booster as it has protective abilities against certain bacterias and viruses. If you are feeling slightly sun deprived try going for walks throughout work time breaks, or enjoying virtual meetings outdoors. However you may choose to soak up the sun, remember to do so safely. Summer sunshine can be short lasting up here in the north, enjoy it while it lasts.



# If you encounter a black bear **Stop.** **Do not panic.** **Remain calm.**



## If you encounter a black bear

Generally, the noisier the bear is, the less dangerous it is, provided you do not approach. The noise is meant to “scare” you off and acts as a warning signal.

### Do

- Slowly back away while keeping the bear in sight and wait for it to leave.
- Throw objects, wave your arms and make noise with a whistle, air horn or yelling if the bear does not leave.
- Prepare to use bear spray.
- Get inside a building or vehicle, if you are nearby, as a precaution.
- Drop any food you may be carrying and slowly move away.
- Leave a bear alone if it is in a tree. Leave the area. The bear will come down when it feels safe.
- Play dead only if you encounter a mother bear with cubs.

### Do not

- Run, climb a tree or swim.
- Kneel down.
- Make direct eye contact.
- Approach the bear to get a better look.
- Attempt to feed a bear.
- Let your dog off its leash.
- Play dead unless you are attacked by a mother bear defending her cubs.

## If a bear attacks

- Use bear spray and immediately leave the area.
- Fight back with everything you have.
- Do not play dead unless you are sure you are being attacked by a mother bear defending her cubs.

## Who to contact

Not every bear sighting is an emergency situation. Here is who to call if you encounter a bear.

## Emergency situations

Call 911 or your local police if a bear poses an immediate threat to personal safety and exhibits threatening or aggressive behaviour, such as:

- enters a school yard when school is in session
- stalks people and lingers at the site
- enters or tries to enter a residence
- wanders into a public gathering
- kills livestock/pets and lingers at the site

Police will respond first to an emergency situation, but may request assistance from the ministry during daylight hours.

## Non-emergency encounters

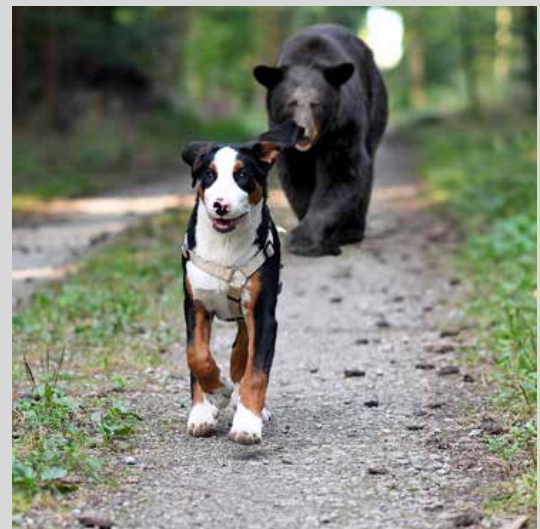
Call the toll-free Bear Wise reporting line at **1-866-514-2327** or TTY **705-945-7641** if a bear:

- roams around or checks garbage cans
  - breaks into a shed where garbage or food is stored
  - is in a tree
  - pulls down a bird feeder or knocks over a barbecue
  - moves through a backyard or field but does not linger
- This line operates 24 hours a day, seven days a week, from April 1 to November 30.

## If you own a dog

Keep your dog on a leash when out in bear country. Be aware that unleashed dogs can cause defensive black bear attacks on people. Unleashed dogs returning to their owners can cause a chase response that may lead a bear back to the owner. Take these precautions with your dog:

- leash your dog(s) to reduce the potential of dogs harassing a black bear or of being attacked by one
- check your yards for the presence of a black bear before letting your dogs out and keep an eye on them while they are in the yard
- manage your own safety first
- if you encounter a bear, remove yourself and your pet from the area as soon as you can do so safely



## COLOURFUL COLESLAW



This easy and delicious coleslaw can be prepared in just a few minutes. Why complicate your life?

### INGREDIENTS

Servings: 6 to 8

- 80 millilitres apple cider vinegar
- 80 millilitres olive or vegetable oil
- 1 teaspoon Dijon mustard
- 1 tablespoon honey or maple syrup
- Salt and pepper to taste
- 1 small red cabbage, thinly sliced
- 2 carrots, grated into thin strips
- 1 sprig parsley

### DIRECTIONS

1. In a small saucepan, heat the vinegar, oil, mustard, honey (or maple syrup), salt and pepper until just boiling.
2. Place the cabbage and carrots in a large bowl and pour over the hot vinaigrette.
3. Mix well. Then, let cool and macerate in the fridge for at least 2 hours or, ideally, overnight.
4. Garnish with parsley just before serving.

# A taste of summer

## TURKEY AND BACON BURGERS

In the mood for a delicious treat? These gourmet burgers are packed with flavour and sure to please.

### INGREDIENTS

Servings: 4

- 4 slices bacon
- 1 tablespoon vegetable oil
- 450 grams ground turkey
- 1 egg, beaten
- 1 small onion, finely chopped
- 1/2 cup breadcrumbs (ideally seasoned)
- 1/3 cup parsley, coarsely chopped
- Salt and pepper to taste
- 4 hamburger buns
- Condiments and toppings of your choice

### DIRECTIONS

1. In a large frying pan, slowly cook the bacon slices in the vegetable oil until crisp. Place on paper towels, leaving the bacon fat in the pan.
2. While the bacon is cooking, combine the ground turkey, beaten egg, onion, breadcrumbs, parsley, salt and pepper in a large bowl. Use the mixture to form 4 patties. Try to make the patties the same size as the buns.
3. Cook the patties in the bacon fat for 3 or 4 minutes on each side or until the meat is cooked through.
4. Assemble the burgers with the bacon, condiments and toppings, such as tomatoes, lettuce, onions, pickles, mayonnaise and ketchup.



# SPICY GRILLED HALLOUMI CHEESE

Planning to host a barbecue?

Try this simple and original starter before grilling the main course.

## INGREDIENTS

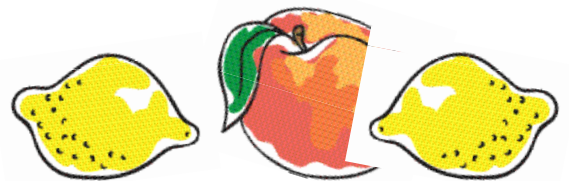
Servings: 4

- 1 cup + 1 tablespoon water
- 1 cup rice vinegar
- 1 cup sugar
- 1 tablespoon ketchup
- 1 tablespoon fresh ginger, finely grated
- 1 or 2 teaspoon(s) red pepper flakes
- 1 clove garlic, finely chopped
- 450-gram block halloumi cheese
- 2 teaspoons cornstarch
- A few small fresh red chillies, sliced (for garnish)



## DIRECTIONS

1. In a small saucepan, bring the cup of water, vinegar, sugar, ketchup, ginger, red pepper flakes and garlic to a gentle boil. Make sure all the sugar has dissolved, and then let it cool completely.
2. Slice the cheese in half lengthways. Then, cut each half in half to make four large sticks.
3. Place the cheese in a bowl and cover with the marinade. Let marinate in the fridge for a few hours or overnight.
4. Drain the cheese, making sure to keep the marinade.
5. Bring the marinade to a boil in a small saucepan. Dissolve the cornstarch in a tablespoon of water. Gradually pour into the marinade and simmer gently until the mixture thickens.
6. Thread the cheese pieces onto wooden skewers.  
Grill on all sides on the barbecue or in a pan on the stovetop.
7. Pour the marinade over the cheese skewers, garnish with chopped red chillis and serve warm.



## LEMON AND NECTARINE ICED TEA

### INGREDIENTS

Servings: 6 to 8

- 1 litre water
- 80 millilitres honey
- 2 lemons, sliced into rounds
- 2 nectarines (or peaches), cut into quarters
- 3 tea bags (ideally lemon or orange pekoe)
- Sprigs of fresh mint for garnish

### DIRECTIONS

1. Bring the water, honey, lemon and nectarine slices to a boil in a medium saucepan. Stir well.
2. Remove from heat and add the tea bags. Let the tea steep for 4 or 5 minutes.
3. Pour the tea into a pitcher and let it cool completely before placing it in the fridge for at least an hour.
4. Divide the fruit between several small clear glasses, add ice cubes, pour over the tea and garnish with mint.



# LANDSCAPING

*Create your plant paradise*



## Geotextile landscaping fabric: discover how it can be used

Whether you're a seasoned gardener or just starting out, the success of your landscaping project depends on various factors. One way you can make things easier is by using geotextile fabric. Here's a brief overview of its benefits.

### MINIMIZES EROSION

Geotextile fabric is generally made of synthetic materials such as polyethylene. It acts as a barrier between the ground and your plants. It helps retain soil, reducing the impact of wind and water to limit the risk of erosion.

### REDUCES THE NEED FOR WEEDING

Are you tired of pricking your fingers on the thorns of your rose bushes while pulling weeds? Try placing geotextile fabric under wood mulch to block out sunlight and prevent those pesky plants from returning. Your back will thank you!

### SUITABLE FOR A WIDE RANGE OF PLANTS


Do you dream of beautiful hydrangeas but have alkaline soil instead of acidic soil? Geotextile fabric can protect plants suited to acidic soil from a naturally higher pH. Sleep soundly, even after planting

your rhododendrons, which tend to sulk at the first sign of alkalinity.

How will you use geotextile fabric?

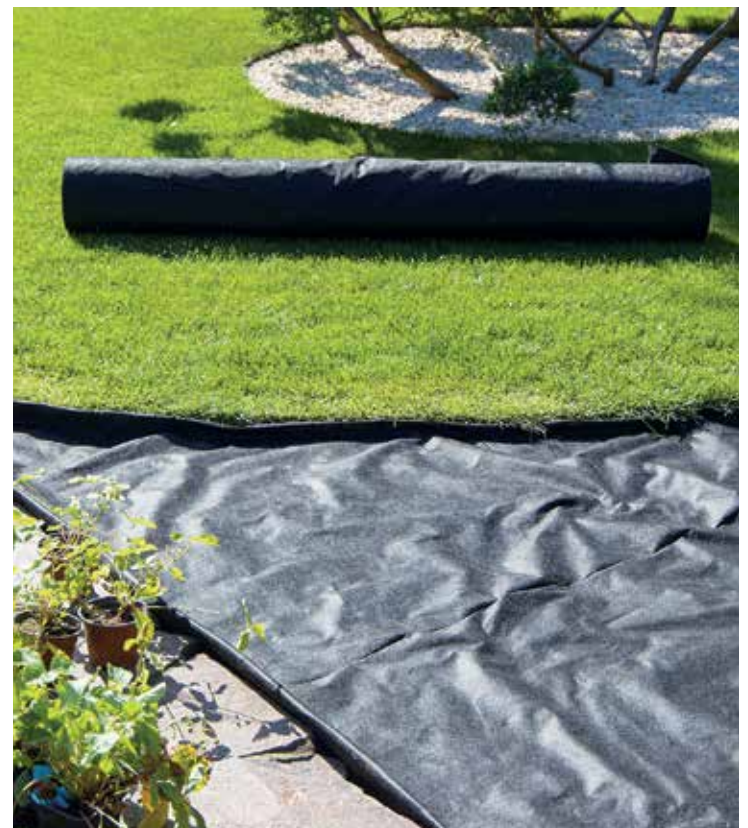
### CHOOSING THE CORRECT TYPE OF GEOTEXTILE FABRIC

**Woven geotextile fabric will do the trick if you want to stabilize a slope or separate a layer of stones from a layer of sand. Non-woven felt fabric is most effective for drainage purposes. Ask a gardening professional to help you choose a suitable fabric.**

 <p><b>Demora</b> Construction Services Inc.</p>	<p>999464 Hwy 11 North just south of the 9 mile on the corner of Maybrook Road and in town at 270 Broadwood Avenue New Liskeard</p> <p><b>please call ahead 705 647 3800</b> same number for both offices</p>
--	---



**Screened mixed topsoil available at both of our locations!**



## LANDSCAPING

# Factors to consider when planting the right tree in the right place

Are you thinking of planting a tree or multiple trees on your property? Whether you select the location or the tree first, there are certain factors you need to consider to ensure the tree survives and thrives. Here are a few:

- **Soil type.** Different tree species have specific soil preferences. You must determine if your soil is dry, damp, sandy or loamy and choose a tree that will grow well in those conditions.
- **Sunlight.** The amount of sunlight your planting site receives and the amount required by the tree species is another important factor.
- **Hardiness zone.** Choose a species that can survive in your region's hardiness zone, or it may not make it through the winter.
- **Tree characteristics.** You must consider various aspects of the tree, including its height, width, shape, type, colour of the leaves, flowering habits and other characteristics that suit the available space and match your preferences.
- **Surroundings.** If your yard has a swimming pool, vegetable garden, parking area or power lines, it will influence your choice of tree species and location. For example, you don't want a tree whose fruit will fall on your car or the neighbour's property or that will eventually shade your vegetable garden.
- **Local regulations.** Some cities and towns have specific requirements regarding the species planted and the location.

Don't hesitate to consult your local plant nursery to make an informed decision.

### GOOD TO KNOW

Developed by scientists and policymakers at Natural Resources Canada (NRCAN), the My Tree app helps you choose the right tree for your backyard. It includes over 180 native and introduced tree species and their colour-coded hardiness zones.



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## Which flooring should I choose for my basement?

Finishing the basement is a crucial step in completing your home. However, before you can install your new television or exercise equipment, there are a few things you need to do, such as cover the floor. There are several materials to choose from, including ceramic, vinyl and engineered wood. Which should you go with? Here's a comparison.

### CERAMIC

Although typically expensive, ceramic has its advantages. It's moisture resistant, tolerant of temperature extremes and waterproof, making it ideal if you live in a flood zone. Ceramic is also very durable but can be a bit cold on the feet.

### VINYL

Flexible and easy to maintain, vinyl is highly moisture resistant. Additionally, you can easily install it yourself. Are you on a tight budget? Vinyl is an affordable option. The only drawback is that it wears out more quickly than other flooring options.

### ENGINEERED WOOD

Made of several layers of plywood with natural wood on top,

engineered wood is less likely to warp than hardwood floors, which aren't recommended for basements. Although often the most expensive solution, engineered wood offers a warm and distinguished finish.

Other materials are gaining popularity in basements. For example, cork provides excellent soundproofing, while laminate is available in various shades. Are you torn between several options? Consult a flooring professional. They'll help you find the right flooring for your style and budget.



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## Add chrome to your decor!

Are you looking to change up your home decor?

Chrome, a popular choice from several years ago for its futuristic allure, is again making its way into homes. However, this time, it's a touch more subtle. One of the reasons for chrome's renewed popularity is the brightness it brings to certain rooms when incorporated into light fixtures and chair and table legs. Here's a look at a trend that's as brilliant as it is versatile.

Creates a contrasting effect  
A chrome finish provides a striking contrast when paired with a wide range of materials and textures in your home. For example, placing a chrome vase on a dark wood table or hanging a chrome light above a stoneware kitchen island can instantly elevate your living space.

Maximizes light  
Do some areas of your home lack light? If so, consider chairs with chrome legs or a lamp with a chrome base. Chrome reflects light, helping dark or isolated rooms come alive.

It provides a sleek look  
Chrome is an excellent choice for creating a sleek look in your bathroom. It's neutral and easy to clean, making it ideal for items like shelving, towel bars, mirror frames and small baskets. These items add style to your bathroom and help keep it neat and organized.

Do you want to add a few shiny accents to your space? Are you looking to redefine your interior design completely? Try chrome for a long-lasting and elegant look!



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## *spring pulse poetry festival*

### **A GARDEN FAIR**

There is such a wonderful feeling  
When you gaze at your garden fair.  
As you see each flower and scrub  
grow,  
Freshening with their scent, the  
night air.

The rich brown earth yields to all  
Her gifts of fresh grown foods.  
The beans and peas rise as you  
watch,  
Then gives her richest bounty in the  
fall.

As you weed and tend your garden  
To have many flowers and food,  
But we cannot make them grow,  
Each seed had to have life within.

Yet, can you find a garden tended  
by man  
That can compare to the beauty  
seen  
In the wonderful chaos shown in  
nature?  
When wildflowers grow without a  
plan.

Although I love a planned garden  
neat  
And colours blend and a pattern's  
shown,  
Where vegetables are in straight  
rows.  
I love more the wildflowers so  
sweet.

Ann Margetson

# Local market CULTIVATING COMMUNITY



## Famers' market fun

Beyond simply shopping for fresh produce and artisanal goods, farmers' markets offer a treasure trove of activities to delight visitors of all ages, including:

- 1. Tastings.** Many vendors offer free samples, from freshly picked fruits to homemade jams and cheeses. Sampling these tasty treats can inspire you for your own kitchen creations and can also be a fun way to try new things.
- 2. Live music and entertainment.** Some markets feature live music performances by local musicians. You can soak up the vibrant atmosphere while tapping your feet to great tunes. You might even find a new musician or band to follow and enjoy!
- 3. Animal encounters.** Outdoor markets often have petting zoos and animal encounters where kids can meet goats, chickens, rabbits and other animals. This is a great way to teach children about where their food comes from and to give them a hands-on experience with nature.
- 4. Classes, workshops and demos.** Some markets host workshops, demos and classes on composting, beekeeping and organic gardening. You'll not only gain new knowledge and skills, but you'll also have the opportunity to connect with others who share your passion for sustainability.

Farmers' markets are a great place to strike up a conversation with local merchants and producers. They're passionate about their products and can offer insights into the farming process and tips on preparing and using their goods. In the end, you'll feel more connected to your food.



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# Local producers: the heartbeat of your food scene

In an era of mass production and global supply chains, local producers offer a refreshing connection to the land, the people and the stories behind your food. Here are three good reasons to support the producers in your area:

## 1. THEY CONNECT COMMUNITIES THROUGH FOOD

Food is a universal language that connects people and creates a sense of community and belonging. Whether it's a multigenerational family farm or a craft brewery using age-old techniques, each producer brings a unique perspective, offering opportunities for people to come together, share their stories and learn from one another.

## 2. THEY PRIORITIZE SUSTAINABILITY

Compared to mass-produced goods, locally sourced products require fewer resources for transportation and packaging. Moreover, many local producers prioritize organic farming methods and ethical treatment of animals, meaning you can feel good about the products you're consuming. By supporting local producers, you're contributing to a more sustainable future for everyone.

## 3. THEY CELEBRATE DIVERSITY

Local producers showcase the diverse tapestry of food culture. They bring tradi-

tional recipes passed down through generations and innovative culinary experiments to the table. By supporting local producers, you can learn about different cultures and traditions through food and connect with people from various backgrounds.

By supporting local producers, you're helping maintain a vibrant food scene and contributing to the health and well-being of your community and the planet. It's a win-win situation!

Next time you're grocery shopping, consider local options and see the difference it can make.



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\* Fiore MC, et al. Treating Tobacco Use and Dependence: 2008 Update  
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## Selling a property in summer: all the benefits you could wish for!

Real estate transactions can happen at any time of the year, rain or shine. However, putting up your “for sale” sign in summer has unique benefits. If you plan to sell your home soon, you should know why summer is the ideal time.

- **Better lighting.** Days are longer in the summer, which makes it easier to showcase the interior and exterior of your property. You can even arrange evening viewings, which isn’t possible during winter when it gets dark early.
- **Nicer weather.** The warm summer weather generally puts people in a good mood. This can make them more inclined to take their time viewing your home and ask questions. The summer sun creates a holiday-like atmosphere, which is conducive to buying. Bonus points if you have a swimming pool!
- **Showcase landscaping.** Summer is the ideal season to highlight the beauty of your landscaping. Your flowerbeds, vegetable garden, hedges, patio and other features can attract prospective buyers who enjoy spending time outdoors. This could lead to more attractive offers.
- **Serious buyers.** Serious buyers tend to house hunt in summer, often while on vacation. They typically want to move before the start of the new school year, which motivates them to finalize the deal quickly. If you want to sell your house fast, summer is the perfect time.

Contact a local real estate agent for a worry-free experience.



## Eco-friendly homes: addressing various issues

The housing industry significantly impacts the environment, mainly due to the energy consumption involved in manufacturing and transporting building materials. However, constructing or renovating a “green” home can help to minimize this impact. Here’s how:

- **Buy local.** Building a “green” home means utilizing locally sourced materials like wood or stone from nearby areas. This helps reduce emissions by minimizing the amount of fuel required for transportation.
- **Reduce energy use.** Incorporating technologies like solar panels and heat pumps into your home design can help reduce strain on the grid and lower your monthly utility bills.
- **Focus on indoor air quality.** Using natural and non-toxic materials in your living space and ensuring proper ventilation can significantly improve your indoor air quality. This can help prevent potential health issues such as headaches, fatigue and

asthma, often caused by humidity and poor air quality.

- **Be water-wise.** A single person can use up to 350 litres of water a day. Eco-friendly homes feature low-flow taps, showerheads and toilets to limit water waste.

While eco-friendly homes often require a higher initial investment than traditional buildings, they offer valuable energy savings, making them more cost-effective in the long run.





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## How to get the most out of your car's air conditioning system

Optimizing your car's air conditioning system can make all the difference between a comfortable ride and a sweaty, miserable journey. Here are six tips to ensure your car's AC system works efficiently:

1. Keep up with regular maintenance. Conduct routine maintenance, including getting your AC system inspected at a trusted auto repair shop every spring before the summer heat sets in.
2. Park in the shade. Park your car in the shade whenever possible to prevent the interior from heating up excessively. Using a windshield shade can also help minimize heat buildup inside the vehicle.
3. Pre-cool the cabin. On hot days, roll down the windows or open the doors for a few minutes before starting your journey to release the hot air trapped inside.
4. Use recirculation mode. When the cabin is sufficiently cooled, switch to recirculation mode to circulate the already-cooled air inside the car. This helps reduce the workload on the AC system.

5. Adjust the fan speed and temperature. Set the temperature to the lowest setting and adjust the fan speed to a comfortable level. Setting the temperature higher forces the AC to mix warm air with the cold, making it work harder.

6. Regularly clean the vents and ducts. Use a soft-bristled brush or compressed air to remove dust and debris that could restrict airflow in air vents and ducts.

Get an AC tune-up with a certified auto technician in your area to ensure your vehicle stays cool in the scorching heat.



## 5 tips for choosing a first car

Choosing your first car is an exciting milestone, but it can also feel overwhelming with so many options available. Here are five tips to help you navigate this important decision:

1. Set a budget. Determine how much you can comfortably spend on your first car. Remember to factor in the purchase price (plus taxes) and ongoing expenses like insurance, fuel, maintenance and registration fees.
2. Consider your needs. Do you need a car with ample cargo space for hauling gear, or is fuel efficiency a top priority for your daily commute? Think about your lifestyle and driving habits and make a list of must-have features.
3. Do your research. Look into the reliability ratings and safety features of different makes and models.
4. Test drive several cars. Take the time to test drive multiple vehicles to get a feel for their handling, comfort and overall driving experience. Pay attention to factors like visibility, ease of parking and interior comfort.
5. Consider buying used. Buying a used car can offer better value for your money, as you can get a newer model with more features for a lower price than buying new. Ensure the used car you're considering is inspected by a trusted mechanic to ensure it's in good condition.

By following these tips and doing thorough research, you can find a car that provides reliable transportation for years to come.



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## Are you bored and overheating? Make a fan!



Making a fan is an exciting summer project, especially when it's hot! Here's how to make a cockade fan, which has a pretty round shape when opened.

### MATERIALS

Gather the following materials:

- 1 sheet of paper
- String
- Scissors
- 2 popsicle sticks
- Glue
- 1 elastic band

### DIRECTIONS

Follow these steps to create your very own fan:

Step 1: Fold the sheet of paper in half.

Step 2: Cut the paper along the fold. You'll end up with two rectangles.

Step 3: Create an accordion with each rectangle, making the folds approximately one centimetre apart.

Step 4: Using glue, join the two accordions to form one very long one. Let dry before moving on to the next step.

Step 5: Flatten your accordion completely, then fold it in the centre to make a V shape.

Step 6: Using string, tie a knot in the hollow of the V and cut off the protruding ends.

Step 7: Glue the centre parts of the accordion together to "close" the V. Let dry.

Step 8: Glue a popsicle stick to each side of the fan in the outer folds. Let dry.

Step 9: Unfold the fan to form a large circle. In other words, the V becomes an O, and the two popsicle sticks touch.

Step 10: Tie the popsicle sticks together with a rubber band or ribbon to finish your cockade fan!



Feel free to customize your fan by drawing designs on the paper or applying small stickers, for example. You can also paint the popsicle sticks!

## The amazing flying squirrels!

Have you ever heard of flying squirrels? Despite their nickname, flying squirrels don't actually fly — they glide.

### FLIGHT EXPERTS

These unique mammals live in trees and have a skin membrane connecting their front and back legs. By stretching out their legs and launching themselves into the air, they can activate this "natural parachute" and glide through the air for impressive distances. Flying squirrels use their tails to stabilize themselves in the air.

Scientists have calculated that flying squirrels can glide more than 80 metres! These tireless little creatures are nocturnal and feed on insects while leaping from tree to tree to avoid predators.

### FLUORESCENT PINK FUR

Unexpectedly, researchers

found that certain flying squirrels have fluorescent pink fur that glows when exposed to ultraviolet light. The only other mammals with fluorescent fur are opossums. Surprising, isn't it?

It's fascinating to think about what else scientists may discover about these little-known but incredible creatures. Only time will tell!



## The beach is a great place to have fun!

Are you on holiday and about to go to the beach? You're in luck! Whether at home or abroad, you're sure to have lots of fun. Here are a few activity ideas perfect for spending hours of fun in the sand.

### SPORTS

If the beach isn't too crowded and you can access courts, you can play games like Frisbee, disc golf, Finnish bowling or volleyball.

### WATER GAMES

Put on your goggles and check out what's under the water, splash around with your friends or pretend to be a dolphin or mermaid. Remember to stay close to the shore and that a responsible adult is always present and keeping a watchful eye on you.

### KITE FLYING

Is it windy? Great! If the beach isn't too close to trees or power lines, get out your colourful kite and let it soar.

### SCULPTURES

The possibilities are endless when it comes to creating shapes and sculptures with wet sand! You can build castles, characters, animals and more. Bring a small shovel and plastic moulds.

Don't forget that spending all day at the beach means being exposed to the sun's rays. Make sure to wear a hat and apply sunscreen every two hours. Have a great holiday!





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