

FREE

Temiskaming District Seasons

Fall 2024

Magazine

10 THINGS
TO DO **INSIDE**
to prepare your home
for winter

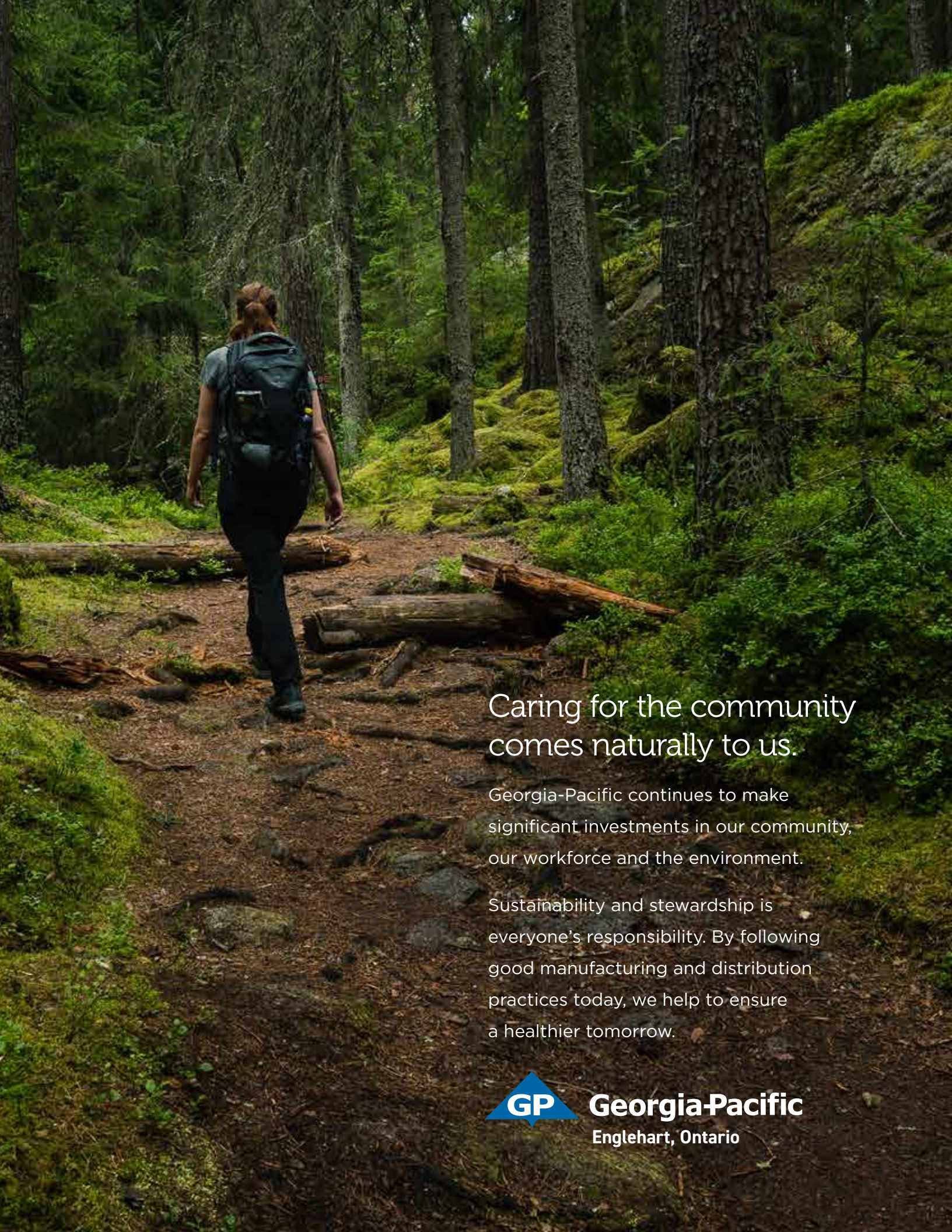


Home improvement

Stock up on
inspiration!



SPEAKER
PRINTING, PUBLISHING
AND PROMOTIONS



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SPEAKER

**PRINTING, PUBLISHING
AND PROMOTIONS**

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Fall wonders

Sustainable tips for celebrating the fall season

Here are some eco-friendly tips to help you welcome fall responsibly:

- Support local farmers' markets by buying seasonal produce, reducing carbon emissions associated with transportation.
- Decorate your home with natural elements like pinecones, gourds and fallen leaves instead of plastic or disposable decorations.
- As temperatures drop, conserve energy by sealing drafts, using a programmable thermostat and opting for warm layers instead of cranking up the heat.
- Use reusable bags, containers and utensils when enjoying fall picnics or packing school lunches.
- Before splurging on new fall attire, consider swapping or thrifting clothes. Repair, upcycle or donate items you no longer wear to extend the life of your wardrobe.
- Get creative with leftovers and preserve seasonal fruits and vegetables through canning, freezing or drying.

- Instead of bagging fallen leaves for disposal, compost them to nourish your



garden or donate them to local composting facilities.

- Simplify fall festivities by prioritizing meaningful experiences over material possessions. Instead of buying excessive seasonal items, host potluck dinners with friends or go on outdoor adventures.
- Opt for sustainable transportation methods such as biking or public transportation to enjoy fall foliage instead of driving.
- Join local sustainability initiatives or volunteer for fall clean-up events to make a tangible difference in your community's environmental efforts.

Making small changes can have a significant impact on the environment. This fall, do your part to celebrate the season responsibly!



Fall home decor ideas: welcome the season

As the air turns crisp and leaves begin to fall, it's time to infuse your home with autumn's warm and cozy charm. Here are some budget-friendly decor ideas to add a touch of autumnal magic to your abode.

Nature-inspired accents
Bring the outdoors into your decor with natural elements like pumpkins, gourds, acorns and pinecones. Arrange them in baskets or bowls or scatter them along mantels and tabletops for a rustic and inviting vibe.

Warm textiles
Swap out lightweight linens for plush throws, knit blankets and flannel pillow covers in rich hues of burgundy, mustard and deep orange. These cozy textiles will not only keep you warm but also add layers of texture to your space.

Festive wreaths
Welcome guests to your

home with a festive fall wreath adorning your front door. For a touch of rustic elegance, opt for one crafted from dried leaves, twigs or burlap.

Seasonal centrepieces
Create eye-catching centrepieces using seasonal fruits like apples, pears and cranberries arranged in wooden crates or trays. Add taper candles or LED lights for a cozy ambiance during autumn gatherings.

Scented candles
Lighting fall-scented candles throughout your living spaces will fill your home with the warm and inviting aromas of pumpkin spice, cinnamon and apple cider.

Visit local home decor and craft stores to effortlessly transform your home into a cozy sanctuary celebrating the season's beauty.



Photograph the falling leaves!

Autumn is an excellent time for photography enthusiasts to capture the beauty of the changing leaves. Here's a short guide to help you make the most of photographing fall foliage:

• **Timing.** Plan your photo shoot during the peak of fall foliage. Monitor local foliage trackers to pinpoint the best time to capture nature's spectacle.

• **Scout locations.** Explore parks, forests and scenic routes renowned for their autumn leaves. Look for diverse landscapes, including lakes, rivers and mountains, to add depth and interest to your compositions.



• **Focus on details.** Get up close and personal with the leaves. Use macro photography techniques to capture their intricate veins, vibrant colours and unique textures.

• **Play with light.** Utilize the soft, diffused light of early morning or late afternoon to enhance the warmth and richness of fall colours.

• **Compose thoughtfully.** Pay attention to composition and framing. Incorporate leading lines, diagonals and the rule of thirds to create dynamic and visually appealing images.

• **Experiment with angles.** Explore different perspectives, from ground-level shots to aerial views, to capture the falling leaves from unique angles.

• **Embrace motion.** Experiment with slow shutter speeds to convey the sense of motion and energy as leaves gently fall from trees.

Visit your local camera and photography stores to upgrade your photography kit. Let the falling leaves be your muse as you capture the magic of this fleeting season through your lens.



Pet care: fall safety

Fall is a beautiful time of year, but as the weather changes, so do the potential risks to your pets. As a responsible pet owner, prioritizing your furry friend's safety and well-being is essential. Here are some tips to keep your pet safe this fall:

• **Watch out for toxic plants**
Plants like mums and decorative corn are common in the fall but can be toxic to your pet if they eat them. To keep your pet safe, keep these plants out of reach or avoid them altogether. Contact your veterinarian immediately if you suspect your pet has eaten a toxic plant.

• **Beware of chemicals**
As rodents seek shelter from the cold, the use of rodenticides increases in the fall. Unfortunately, these substances can also be toxic to pets. Additionally, antifreeze, frequently used in the fall, is deadly to pets. Clean up any spills immediately and store these items securely.

• **Stay safe outdoors**
As the days get shorter and your walks get darker, ensure your pet is visible outdoors. You can invest in reflective gear, such as collars or leashes, to help drivers see your pet from a distance.

• **Stay up to date on vaccinations**
Fall brings increased exposure to wild animals, which can increase the risk of disease transmission. Ensure your pet's vaccinations are current to protect against potential diseases. You should also consider flea and tick prevention, as these pests can be more active during fall.

Book an appointment with a veterinarian to ensure your four-legged friend has a safe and enjoyable autumn.



Fall festivals around the world

With fewer crowds and milder weather, autumn is the perfect opportunity for wanderlust seekers to indulge in unique cultural experiences. Fall festivals offer a glimpse into the heart and soul of diverse communities from Europe to Asia and beyond. Here are five countries you may want to visit this fall:

1. **Germany.** Oktoberfest is an iconic celebration of Bavarian culture. Visitors can revel in traditional music, food, and, of course, beer. Plus, there's often a travelling carnival.

2. **India.** Diwali is the Hindu festival of lights. This celebration illuminates the streets of India with dazzling lights and fireworks, symbolizing the triumph of light over darkness and good over evil.

3. **Japan.** Vibrant foliage sets the stage for the Takayama Autumn Festival. This festival is about giving thanks while marking the beginning of preparations for winter. Ornate floats parade through the streets against a backdrop of crimson and gold.

4. **Ireland.** Samhain is an ancient Celtic tradition that's thought to be the precursor to Halloween. It marks the end of summer, welcomes the harvest and brings in the darker half of the year. People gather around bonfires, engage in festivities and enjoy a special fruitcake known as Barmbrack.

Contact a local travel agent to help you book the fall trip of your dreams.



Living at the Cottage

How to identify Ontario's 8 species of turtles

Ontario boasts eight turtle species, which is more than any other province in Canada. But that's in danger of changing—of the eight species, seven are at risk.

“What humans have done through contributing to habitat loss, hunting, and poaching, is target adult turtles. That increased adult mortality is actually what's driving the population down,” explains John Urquhart, conservation science manager for Ontario Nature. This, combined with the fact that few young turtles live to adulthood—only seven of every 10,000 snapping turtle eggs—means that species are being driven toward endangerment.

You're most likely to spot turtles in marshy areas where there is native aquatic plant life. But during nesting season, which runs from late May to early July, you'll also spot them crossing roads and in sandy or gravel areas.

1. Blanding's Turtle

Unlike snapping turtles, which have yellow spots, look for a bright yellow chin and throat. If you spot a turtle eating on land, it might be a Blanding's—most aquatic turtles feed exclusively in the water.

They're also likely to be seen on the move; Blanding's make the largest overland movement of any Ontario turtle to move from their summer nesting spots to overwintering habitat.

Blanding's turtle with head tucked into shell

Natmac Stock/Shutterstock

Fun fact: These turtles can live to be 75.



2. Eastern Musk Turtle

With an upper shell that is brown with black flecking and a yellowish lower shell, these guys are easily confused with painted turtles, snapping turtles, and Blanding's turtles. However, this small turtle only reaches a maximum length of 13 cm.

Keep an eye out for a light stripe above and below the eye on each side of the head in adult turtles. Generally nocturnal creatures, Eastern musk turtles also rarely



swim.

Musk turtle looking up at camera

Coulanges/Shutterstock

Fun fact: This turtle is named for the odor it emits when it's threatened, which—you guessed it—is strong and musky. It's also called “stinkpot.”

3. Midland Painted Turtle & Western Painted Turtle

Painted turtles feature distinctive black shells with dark red or orange markings. No other species native to Ontario claims these colours.

Easily spotted on the move, painted turtles will move over large areas overland in search of nesting sites.

These are the only non-threatened turtle species in Ontario, but they are still susceptible to the threats that face other turtles.

Painted turtle basking on wood in water

Michael Schober/Shutterstock

Fun fact: With a natural “antifreeze” that prevents them from freezing, these turtles can survive temperatures as low as -9° C.



4. Northern Map Turtle

Named for its markings, this turtle has contour lines on its upper shell that look like a topographical map.

They also feature a yellow spot behind their eyes. Don't confuse them with snapping turtles though; snapping turtles are larger and lack the distinctive shell markings of the map turtle.

Map turtle basking on rock in the sun

Paul Reeves Photography/Shutterstock

Fun fact: One of the largest threats to this turtle's pollution is water pollution. It can cause mass die-offs of mollusks, one of their primary food sources.



5. Snapping Turtle

The most prehistoric-looking of all of Ontario's native species, the snapping turtle has triangular spikes along its tail.

Most likely to be confused with



musk turtles, snapping turtles are significantly larger and grow up to 47 cm long.

Not the strongest of swimmers, these aquatic turtles are usually observed walking on the bottom of small ponds and rivers or crossing roads.

Snapping turtle walking on road

Brian E Kushner/Shutterstock

Fun fact: Most Ontario turtles only lay somewhere between three and 15 eggs. The snapping turtle lays around 50.

6. Spiny Softshell



As the name implies, the softshell turtle has a soft, leathery shell. A long snout makes this peculiar-looking creature unmistakable from its counterparts.

Spiny softshell turtle walking on sandy bottom of creek

Natalia Kuzmina/Shutterstock

Fun fact: With the ability to get nearly half the oxygen they require by breathing through their skin in the water, they're able to stay submerged for up to five hours.

7. Spotted Turtle

The spotted turtle features orange-yellow markings on its limbs, neck, and legs. However, it's most clearly identifiable from the yellow spots marking its shell.



While males have dark eyes and a dark chin, females of this species have orange eyes and a yellow chin.

Spotted turtle walking on grass

Jay Ondreicka/Shutterstock

Fun fact: Unlike most other turtles, spotted turtles spend the summer or dry season in a state of inactivity to avoid hot dry weather.

8. Wood Turtle



With a highly sculpted upper shell, Ontario Nature calls this species "one of Ontario's most attractive turtles."

The neck, chin and front legs are a vivid orange-yellow colour. Like their name implies, these turtles are likely to be found in woodlands or floodplains during the summer months.

Wood turtle walking on grass

Jay Ondreicka/Shutterstock

Fun fact: This turtle is no dunce. They're considered extremely intelligent and have been documented using creative methods to get their food, including stamping their feet to cause earthworms to come to the surface.

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FIRE PR

Space heater safety 101

Fire Prevention Week (FPW) is from October 6 to 12, and this year's theme is "Smoke alarms: Make them work for you!™." It's a great time to refresh your knowledge of fire safety, particularly if you use a portable heater for extra warmth. Follow these 10 tips to ensure you use your space heaters safely:

1. Place the heater on a solid, level and non-flammable surface. Never place a space heater on a carpet, table or other piece of furniture.

2. Keep the space heater at least one metre away from combustible materials, such as bedding and curtains.

3. Ensure the space heater isn't in a high-traffic area or doorway, where it could pose a tripping hazard.

4. Inspect the space heater for damaged cords or plugs before every use. If you notice fraying or damage, don't use the

heater.

5. Don't use a space heater in a workshop or garage near flammable paints, gas cans or matches.

6. Regularly clean the space heater to remove dust and debris buildup, which can pose a fire hazard if ignited by the heat.

7. Never leave a space heater unattended, and always turn the heater off when you leave the room or go to bed.

8. Plug the space heater directly into a wall outlet—don't use an extension cord or power strip. Moreover, don't plug other electrical devices into the same outlet as the heater.

9. Always read and follow

the space heater's manufacturer manual to ensure you don't overlook any critical safety instructions specific to your heater model.

10. Install smoke alarms and carbon monoxide detectors near where you use the space heater and test them at least once a month to ensure they work. These detectors can provide early warning in case of a fire or carbon monoxide leak related to the space heater.

Visit your local hardware store to find a space heater with an automatic shut-off feature that activates if the unit tips over or overheats. This additional safety measure can help prevent accidents and reduce the risk of fire or burns.



Do fire blankets really work?

Fire blankets are crucial tools in fire safety kits, and it's essential to understand how to use them for effective fire prevention and management. Here's an overview of what you need to know.

HOW DO THEY WORK?

Fire blankets work on a simple yet effective principle. Made from flame-resistant materials, they work by depriving the fire of oxygen and extinguishing it. It's important to remember that fire blankets are designed for small fires only. Attempting to tackle larger fires with a blanket can be dangerous and ineffective.

Fire blankets are particularly useful for kitchen fires, where grease and oil can fuel flames rapidly. They can also be used smothering small fires involving electrical equipment or appliances.

USING A FIRE BLANKET IS EASY

When confronted with a small fire, remember the acronym PASS: Pull, Aim, Squeeze and Sweep. First, pull the fire blanket out of its packaging. Then, aim it at the base of the flames, covering them completely. Next, gently squeeze the blanket to release any trapped air, ensuring optimal smothering. Finally, sweep the blanket across the flames to extinguish them entirely.

Finally, remember to regularly inspect your fire blanket for signs of damage or wear and replace it as needed to ensure its reliability in an emergency. Ensure a fire blanket is readily accessible to protect your home and loved ones.



PREVENTION

5 tips for preventing a fire in the garage

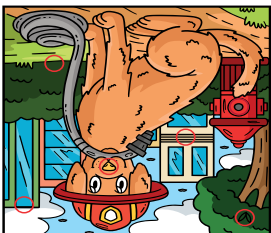
Preventing garage fires is vital for home safety, as this area often houses flammable materials and potential ignition sources. Here are five simple tips to help minimize fire risks in your garage:

1. **Keep it clean and tidy.** Regularly declutter the garage to prevent flammable materials like paper and cardboard from accumulating near heat sources or electrical appliances. Install shelving or storage bins to keep items organized and off the floor.
2. **Check electrical systems.** Ensure all garage wiring is in good condition and not overloaded. Consider hiring a professional electrician for periodic inspections, especially if you notice flickering lights or warm outlets. Install and maintain a functional smoke detector for early fire detection.
3. **Handle flammable materials carefully.** Store gasoline, paint and other combustible substances away from potential ignition sources, such as electrical outlets, to minimize fire risks.
4. **Use tools safely.** Adhere to manufacturer instructions and safety guidelines when using tools and equipment. Keep a fire extinguisher nearby and ensure everyone knows how to use it.
5. **Install fire-resistant materials.** Enhance garage safety by installing fire-resistant materials like drywall rated for fire resistance or fire-resistant insulation on walls and ceilings. These materials can help contain fires and impede rapid spread during emergencies.

Make your garage a fire-safe zone by staying organized and taking proactive fire prevention measures.



FIND 6 DIFFERENCES





FARM LIFE



Agrivoltaic farming: growing food and energy

Agrivoltaic farming is an innovative solution that's gaining popularity for good reason. Instead of choosing between farming or solar energy, farmers can now use the same land for both purposes, maximizing the use of their valuable land.

HOW DOES IT WORK?

Agrivoltaic farming involves installing solar panels above crops to provide shade and help them stay cool and hydrated. The panels also act as a shield, protecting the plants from harsh weather conditions like scorching heat or heavy rains. This shade also extends the growing season of certain crops, which helps boost yields.

However, agrivoltaics isn't just about growing food. It's also about generating clean, renewable energy. Farmers are increasingly turning to agrivoltaics to mitigate the impacts of climate change while securing additional revenue streams. They can sell the excess power generated from the solar panels back to the grid, thus creating an extra source of income.

GROWING POPULARITY

Agrivoltaic farming is becoming popular around the world. In Japan, for example, the government is promot-

ing agrivoltaics to increase the country's renewable energy capacity. Agrivoltaic farming is also gaining interest in areas like Africa, where it can help provide power to rural communities without access to the electricity grid.

Agrivoltaics is a shining example of how agriculture and renewable energy can work together to create a brighter, greener world.



Seed vaults: protecting the future

Seed vaults play a crucial role in protecting the future of the planet's plants. They're like time capsules that preserve the genetic blueprints of thousands of plant species, ensuring that the seeds of tomorrow's crops remain safe even in the face of challenges like climate change and disease.

What are they?

There are only a handful of seed vaults in the world, including the famous Svalbard Global Seed Vault in Norway and the Baekdudaegan Global Seed Vault (BGSV) in South Korea. These facilities can hold millions of varieties of crops originating from almost every country in the world.

Without the genetic diversity stored in seed vaults, farmers would have few options for replacing lost crops, leading to food shortages and economic instability.

Seed vaults are also crucial for restoring ecosystems. By

storing seeds from wild plant species, seed vaults ensure that they can be reintroduced into their natural habitats, helping to restore balance and protect the planet's biodiversity.

Seed vaults aren't just storage facilities — they're vital institutions that contribute to the future of life on Earth.



Bye-bye, bloating!

Cramps, gas, burping and gastric reflux are just a few unpleasant and embarrassing symptoms of difficult digestion. Fortunately, there are effective strategies to prevent one of the most common and uncomfortable issues: bloating. Follow this guide to learn more.

SYMPTOMS AND SOLUTIONS

Bloating happens when too much gas builds up in your stomach, intestines or colon. This leads to swelling, pain, spasms and the need to get rid of the gas through burping or passing wind. This can be really embarrassing, especially around other people! To help avoid this, follow these tips:

- Avoid eating heavy meals rich in fat and sugar.
- Eat slowly and chew each mouthful thoroughly.
- Don't smoke or chew gum. This causes you to swallow air.
- Limit drinks that contain gas, like beer, sparkling wine and soft drinks.
- Consult a healthcare professional if you have a food intolerance (e.g. lactose intolerance).
- Eat fibre, exercise and drink plenty of water to prevent constipation.
- Listen to your satiety signals to avoid overeating.
- Learn to manage stress better.
- Find out about products that can help you digest your food more easily (e.g. simethicone, activated charcoal and enzymes).

If you often feel bloated and it hurts a lot, have a fever, see blood in your stool or notice your legs swelling, see a doctor right away.



Are you using your treadmill correctly?

Have you just purchased a new or used treadmill to work out in the comfort of your own home? Here are a few tips to help you get the most out of your treadmill:

- **Maintain proper posture.** Wear well-fitted athletic shoes to avoid tripping, and position your feet on either side of the belt when you start the machine. Walk or run with your shoulders back, head up, and swing your arms with your elbows bent at a 90-degree angle to maintain balance. Keep your feet hip-width apart and point them forward.
- **Set realistic goals.** If you want to stay motivated, don't try to break records from day one. Instead, start with lighter workouts and gradually increase the difficulty level as time goes on.
- **Mix up your exercise routine.** Depending on your treadmill type, you may be able to choose from various exercise programs, such as high-intensity intervals, incline training and more. Experiment with these programs and switch them up to avoid getting bored with your treadmill.

Don't forget to drink water during your workout sessions. Have fun!



Look up, way up!

by Sue Neilsen

I heard the loons wailing and wailing the other night as I finished my swim. Perhaps they were sending out a gathering message as we often see large numbers of loons together on a lake at this time of year.

The fall air is really quite beautiful and of course the lake water is refreshing. Not cold, but refreshing, if you know what I mean.

Fall in Northern Ontario is my favourite time of year.

There's just something special about the air, the light and the feeling you get as you search for your sweater.

It's been a fantastic summer here in our region. We had many days of warm weather and sunshine and spring came early after a gloriously mild winter.

The night skies have been absolutely incredible this last while with showings of the Milky Way, the Perseid meteor shower delighting us in August and those super moons dazzled us coming up big and bold over the horizon.

September brings the planets Jupiter and Saturn back into view and Venus is hanging low on the horizon with the crescent moon in the background. The corn moon, or the Harvest moon, lights up the night sky like a big silver pearl.

Away from any stray light sources, looking up at the stars on a clear night is a great stress buster.

It's like looking at a giant screen, only it is real, it isn't computer generated or AI generated and our eyes will thank us.

Lifting our eyes to the heavens lifts our spirits, at least it does that for me.

That feeling of awe and wonder still gets me every time.

When we take in something bigger than ourselves, like the stars and the universe, we feel less inclined to think we are in control or that we are the centre of everything.

Because when you look up at the great unknown your earthy problems don't seem so important anymore.

I heard that the two astronauts stuck at the space station won't be coming back to earth until 2025.

Veteran astronauts Sunita Williams and Butch Wilmore have been on the International Space Station since June 6. They were only supposed to be there for eight days.

There have been issues with the thrusters on the rocket ship that got them to the space station and so, with caution in mind, they will return on a flight sometime in 2025.

With the lyrics of the David Bowie song *Space Oddity* in my head, "For here am I sitting in my tin can, far above the world, Planet Earth is blue and there's nothing I can do." I wonder if those astronauts are having panic attacks or mental health issues?

We may never know this because of course the billion dollar mission they are on comes first, right?

I can't help but feel those outer space missions are incredibly wasteful because there are so many people here on earth who are hungry, homeless and in need of help.

There are literally millions of people who do not have access to safe, clean drinking water.

When you look around and see all the problems here on earth, space exploration suddenly seems like a luxury.

There are people in our society who are terrified of the idea of something that isn't being managed or controlled by man.

We have messed up and polluted our earth and now we are turning our attention to outer space leaving all that space junk out there.

My goodness, enough already.

Fall Wonder Recipes

Beef meatball soup

The intoxicating smell of this heart-warming meal will have you hooked.

INGREDIENTS

Servings: 4

- 450 grams ground beef
- 1 clove garlic, minced
- 1 teaspoon Italian seasoning
- 1 egg, lightly beaten
- 1/3 cup grated Parmesan cheese
- 1/3 cup breadcrumbs (Italian or regular)
- 2 tablespoons vegetable oil
- 1 onion, finely chopped
- 2 medium carrots, coarsely diced
- 2 medium potatoes, coarsely diced
- 1 tablespoon tomato paste
- 1 litre beef broth
- Salt and pepper, to taste
- Chopped parsley, for garnish



DIRECTIONS

1. In a large bowl, combine the beef, garlic, Italian seasoning, egg, cheese, breadcrumbs and a little salt and pepper. Shape into balls slightly smaller than golf balls. Heat 1 tablespoon of oil in a large frying pan and brown the meatballs on all sides. The aim is to colour them, not



- cook them thoroughly. Set the meatballs aside with all the cooking liquid in the pan.
2. Heat the remaining oil in a large pot and saute the onion, -carrots and potatoes for a few minutes. Add the tomato paste and beef stock. Bring to a gentle boil and simmer for 15 minutes.
3. Add the meatballs and cooking liquid to the pot and simmer for 10 more minutes (the vegetables should be tender).
4. Season with salt and pepper to taste and garnish with parsley.

Peppers stuffed with sausage meat

Looking for your next go-to comfort food recipe? Bursting with delicious flavours, this one is sure to please!

Ingredients

Servings: 4 (two pepper halves per person)

- 4 bell peppers in various colours, halved lengthwise (with stems, if possible)
- 450 grams sausage meat, your choice
- 1 onion, finely chopped
- 1 clove garlic, finely chopped
- 1 cup cooked rice
- 1 teaspoon Cajun spices (or other spicy seasoning)
- 1 cup store-bought tomato sauce
- 1 tomato, chopped
- 1 cup shredded strong cheese, such as medium cheddar or Monterey Jack
- 1 cup grated cheese that melts well, such as mozzarella or Gruyere
- Salt and pepper, to taste



Directions

1. Remove the membranes and seeds from the peppers and preheat the oven to 350 F.
2. In a skillet, saute the sausage meat, onion and garlic in oil until the meat is cooked through. Remove from the heat and drain the fat. Add the rice, spices, sauce, chopped tomato and spiced cheese. Add salt and pepper to taste.
3. Stuff the 8 bell pepper halves with the rice mixture. Place

the peppers in an ovenproof dish and cover with aluminum foil. Bake for 30 minutes.

4. Remove from the oven, remove the foil and spread the melting cheese over the peppers. Return to the oven for 10 minutes, or until the cheese has melted. Broil for a toastier appearance.



This recipe is excellent with sausage meat, but ground beef or pork will also provide delicious results!

Winter-proof your home!



10 THINGS TO DO OUTSIDE to prepare your home for winter

As the leaves fall and a chill creeps into the air, it's time to turn your attention outdoors and winterize your home. Here are 10 tasks you should tackle:

- 1. Clean the gutters.** Clogged gutters can lead to water backup, which can damage your roof.
- 2. Trim tree branches.** Remove any tree branches that are hanging over your home, especially weak ones, as heavy snow can cause them to snap.
- 3. Seal leaks and cracks.** Inspect your siding, windows and doors for cracks or gaps. Use caulk to seal openings and prevent drafts.
- 4. Inspect the roof.** Check your roof for missing shingles, loose flashing and signs of wear and tear.
- 5. Protect exposed plumbing.** Frozen pipes can burst and cause major headaches (and expenses). Consider wrapping exposed pipes with insulation for added protection.
- 6. Disconnect and store hoses.** Once the cold weather

arrives, hoses left outside can crack or burst. Disconnect them from spigots, drain the remaining water and store them in a protected location.

- 7. Winterize your sprinkler system.** Most sprinkler systems must be winterized to prevent the pipes from freezing. Locate your shut-off valve and drain the system.
- 8. Prepare your patio furniture.** Move outdoor furniture to a protected area like a garage or shed, or cover it with weatherproof material.
- 9. Clear dead leaves and debris.** Rake up leaves around your foundation and flower beds to promote good drainage and prevent unwanted pests.
- 10. Stock up on winter supplies.** Create a stash of ice melt, snow removal tools and firewood before winter arrives to save you time and frustration when the snow flies.

If you complete these tasks, you'll be well on your way to a cozy and trouble-free winter season.



10 THINGS TO DO **INSIDE** to prepare your home for winter



Don't wait for the first snowfall to scramble! Here are 10 ways to winterize the interior of your home:

- 1. Seal drafts.** Drafty windows and doors are a significant source of heat loss. Use weatherstrip or caulk to seal any gaps and keep warm air inside.
- 2. Service your heating system.** Prevent winter breakdowns by investing in a professional tune-up for your furnace or boiler.
- 3. Reverse your ceiling fan direction.** Many ceiling fans have a switch to change the blade direction. In winter, set your fans to rotate clockwise to push warm air down from the ceiling.
- 4. Inspect and replace your HVAC system's air filters.** Clogged air filters restrict airflow and make your heating system work harder. Replace your air filters regularly for optimal efficiency.

ciency.

- 5. Winterize your pantry.** Create space for winter comfort food with staples like soups, stews and hot cocoa. Stock up on non-perishable items in case of bad weather.
- 6. Check safety devices.** Test all your smoke and carbon monoxide detectors and ensure they have fresh batteries.
- 7. Deep clean carpets and rugs.** Before tracking in winter grime, thoroughly clean your carpets and rugs with a steam cleaner or carpet shampooer.
- 8. Gather winter supplies.** Stock up on cozy blankets, throws and extra pillows for those chilly nights.
- 9. Winterize unused rooms.** Reduce the heat in rooms that don't often get used in winter to save energy.
- 10. Plan winter maintenance.** Schedule any interior maintenance projects you've been putting off, like painting touchups or minor repairs. Winter is a great time to catch up on these tasks while staying warm and cozy indoors.



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The top 10 home design and decor trends of 2025

In 2025, home design and decor are primed for a dynamic shift. As lifestyles evolve and technology advances, living spaces are bound to reflect these changes. Here are the top 10 anticipated trends shaping homes in the year ahead:

- 1. Sustainable living.** With growing environmental awareness, sustainable design will take centre stage. Expect to see eco-friendly materials like bamboo, reclaimed wood and recycled plastics incorporated into home furnishings and decor.
- 2. Biophilic design.** As urbanization continues, there's a greater desire to reconnect with nature. Biophilic design, which integrates natural elements into interior spaces, will flourish. Living walls, indoor gardens and large windows offering views of greenery will become commonplace.
- 3. Multifunctional spaces.** As homes become smaller and more expensive, multifunctional spaces will become essential. Furniture that serves dual purposes, such as sofa beds and expandable dining tables, will allow homeowners to maximize their living areas.
- 4. Tech-integrated design.** The rise of smart home technology will revolutionize design concepts. From voice-activated assistants to integrated home automation systems, technology will seamlessly blend into the home's aesthetics, enhancing convenience and comfort.
- 5. Bold colours and patterns.**

Say goodbye to neutral palettes as bold colours and patterns make a comeback. Vibrant hues like emerald green, mustard yellow and terracotta will inject personality into interiors, while geometric and abstract patterns will add visual interest.

- 6. Vintage revival.** Nostalgia will play a significant role in design trends, with a resurgence of vintage and retro styles. From mid-century modern furniture to art deco accents, expect nods to the past with a contemporary twist.
- 7. Global influences.** Cultural diversity will inspire design choices, with homeowners embracing elements from around the world. Think Moroccan-inspired rugs, Japanese Shoji screens and African mudcloth textiles, which will add an eclectic flair to interiors.
- 8. Wellness-oriented design.** With an increased focus on

health and well-being, homes will be designed to promote relaxation and rejuvenation. Spa-like bathrooms, meditation corners and ergonomic furniture will create tranquil retreats within the home.

- 9. Maximalism.** Minimalism takes a back seat as maximalism gains momentum. Layering textures, mixing patterns and showcasing collections will create visually rich and eclectic spaces celebrating individuality.
- 10. Customization and personalization.** Homeowners will seek unique, customized solutions that reflect their personalities and lifestyles. Personalization will be vital in creating exceptional spaces, from bespoke furniture pieces to one-of-a-kind artwork.

With the help of interior designers, decorators, home decor retailers and furniture makers, you can craft a beautiful home that enhances your quality of life.






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that can make a poets and a
painters paradise.

October comes to bless us with this
tapestry of delight

Woven by nature in green and crimson,
yellow and white.

The last of earths bounties still are
found in rich earth, Flowers still stand strong,
and grow

for all their worth.

A carpet of multicoloured leaves
are found in wood

And forest, street or glen, Next years
growing would

Not be the same without their
falling like a plasant

Summer rain upon this land of ours.

October is sent

As a gift for all to see the may beauties
of the simple tree,

With the loss of leaves we see the graceful
lines of pure symmetry.

Ann Margetson



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3 misconceptions about buying local

Purchasing goods from local businesses contributes to the economy. It also showcases the creativity of local entrepreneurs and promotes environmental sustainability. However, certain misconceptions about buying local persist. Some believe it's too expensive, limited to seasonal availability or exclusive to certain types of people. Do you share any of these opinions? Find out the truth for yourself!

1. IT COSTS TOO MUCH

Buying local is often associated with high prices. Granted, production standards and wages for local workers can increase the cost of certain types of goods. However, plenty of affordable options are still available. Many shops focus on products from their region or province. You can buy local products without breaking the bank by spotting weekly discounts.

2. IT'S ONLY SEASONAL

Many people believe local products are limited to food items

available only in certain seasons. Sure, summer brings an abundance of fresh, local fruits and vegetables, but many local artisans offer clothing, jewelry and even musical instruments year-round.

3. IT'S ONLY FOR "GRANOLAS"

Environmentalists, sometimes mockingly dubbed "crunchy" or "granola," were among the first to advocate for buying local. In the 2010s, this consumption model became widely adopted. About 40 per cent of consumers buy local because they believe local products are more sustainable and better for the environment. It makes sense! Local products travel much shorter distances than their foreign equivalents, inevitably reducing their carbon footprint.

Purchasing local products isn't the answer to every problem. Furthermore, experts have been slow to reach a consensus on a single definition of the term. Some define it as a product assembled in one region from components or ingredients produced elsewhere on the planet, while others may not.

Some retailers take advantage of consumer appreciation for locally produced goods to double down on their marketing efforts, which can cause confusion for shoppers. However, buying locally helps breathe life into your community and reduces greenhouse gas emissions. It's a choice that benefits everyone!

Do you want to encourage this type of consumption? Look for initiatives from your local merchants, artisans and producers.



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Raising youth awareness of the importance of buying local: a winning practice for the future!



Introducing your children to the concept of buying local is an excellent way to educate them about the sources of their consumer goods and their impact on the environment. You can take a variety of actions to raise your kids' awareness about the hard work of producers and entrepreneurs in your region. Here are a few things to try.

Get information from schools

Many schools have teamed up with organizations to offer students workshops on responsible eating, local and recycled clothing, urban agriculture and more. Does your children's school not offer these types of activities? Try talking with the teaching staff and encouraging them to put in a request to participate in these initiatives.

Visit local businesses

Some companies offer guided tours of their production facilities for educational purposes. Young people can visit honeybee hives, sewing workshops, maple groves and other local businesses.

These experiences help them better understand where their food and goods come from and make them more aware of the positive impacts of buying local.

Explore museums

Looking for something to do with your nephew, teenager or other young person in your life? Consider visiting museums or interpretation centres in the various communities near you. These establishments often feature exhibits on subjects like agriculture or the effects of local wildlife on the economy.

It's important to note that these activities aren't meant to enforce local consumption on the next generation once they're self-sufficient. The main goal is to encourage critical thinking so that they can make informed choices in the future. If you need inspiration, contact your local municipality for a wide range of activities aimed at young people.



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5 things to consider when buying a rural property

Investing in a rural property can be an exciting venture, offering stillness, space and a closer connection to nature. However, before making such a significant decision, it's crucial to consider the following factors to ensure a smooth transition:

1. **Accessibility.** Think about how easy it will be to get to and from your property, especially during bad weather. For example, make sure that the property is on a well-serviced road or prepare yourself for difficulties if the property is located on a dirt road that may become impassable during heavy rain or snowfall.
2. **Community dynamics.** Find out how close you are to amenities such as grocery stores, healthcare facilities, schools and recreational activities. You should also consider the sense of community and social opportunities available in the area.
3. **Environmental considerations.** Assess environmental factors like soil quality, water sources and the risk of natural disasters like floods or wildfires. Consult with local experts or agencies to better understand these factors.
4. **Infrastructure and utilities.** Check for availability and costs associated with utilities like water, electricity and internet connectivity. Septic systems and wells are also common in rural areas, so inquire about their condition and maintenance requirements.
5. **Zoning and land use regulations.** Research local zoning laws and land use regulations to ensure that your intended use of the property aligns with zoning restrictions. Also, inquire about any future development plans in the area.

With these simple points in mind, you can make an informed decision when purchasing a rural property and ensure it meets all your needs and expectations for a fulfilling countryside lifestyle.



How remote work has changed the real estate market

How people work has changed drastically over the past few years, and remote work is becoming increasingly popular. As more and more people opt for this setup, their priorities in property selection have also shifted.

BUYER PREFERENCES

In the past, many people prioritized being close to urban centres and office hubs when choosing a place to live. However, with remote work arrangements, buyers now prioritize factors such as more space, better amenities and proximity to nature.

This shift in preference has resulted in fluctuating real estate values across different areas. For instance, suburban and rural areas are witnessing heightened demand, while metropolitan areas are experiencing adjustments.

COMMERCIAL SURPLUS

It's also worth noting that remote work has had a significant impact on commercial real estate. Many companies are downsizing their office spaces, resulting in a surplus of city commercial properties. This surplus has led to lower commercial property values in these areas.

THE AGE OF DIGITAL TOOLS

The remote work trend has also fostered a trend of virtual property tours and transactions. With virtual tools, buyers can view properties and make offers without visiting the property. They can even close deals from the comfort of their homes. This has made the property-buying process more convenient and time-efficient for buyers.

Reach out to a professional in your area to help you navigate these changes and help you buy or sell your property.



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How to choose a remote starter

Check out your options!

If you're hoping to stay warm during winter or make your life a bit easier, a remote starter could be a helpful tool. Are you considering purchasing one but are unsure about the different options available? Here's a short guide to help you make the best decision.

you forget your keys or phone in the car.

You can add various options to your remote starter to better suit your needs. To find the model that's right for you, contact an auto parts retailer in your area.

TYPES OF STARTERS

Here's an overview of the three main types of remote starters:

- One-way starters are the least expensive type of starter. They transmit information from a remote control to the car. Their range is often limited, but some models can extend to several hundred metres.
- Two-way starters are slightly more expensive than one-way models but have a better range. They also allow you to control other vehicle functions, like cabin temperature and door locks.
- Smart starters centralize all operations on a smartphone app. If you can access a cellular network, they have a virtually unlimited range. You can also share control with several users.

THINGS TO CONSIDER

Do you park on the street or in a garage? If you're often away from your vehicle, consider getting a two-way model that allows you to start it remotely and turn on the heater. Are you the type of person who easily misplaces personal belongings? You could get a smart starter that you share with a loved one so they can unlock the doors remotely if



ABS brakes 101

Most cars on the road today are equipped with an anti-lock braking system (ABS). This braking system has been around since the 1960s and has been mandatory on all new cars sold in Canada and the United States since 2012. It has made driving a whole lot safer (and continues to do so!). Keep reading to learn more about this ingenious system.

HOW IT WORKS

Your car's ABS automatically activates when you firmly press the brake pedal. ABS operates with the help of sensors that detect the rotation speed of a wheel. If the sensors detect a rapid drop in speed, they send a message to a controller that releases and applies the brake up to 20 times per second. This is what causes the brake pedal to vibrate.

ADVANTAGES

ABS prevents your car's wheels from locking up during hard braking, allowing you to control your vehicle. This system keeps the steering wheel manoeuvrable to help you avoid obstacles and minimize skidding (on icy roads). Road tests have shown that ABS significantly reduces braking distances, particularly on slippery surfaces. ABS can also improve your reaction time during emergency manoeuvres.

Just like your car's suspension or engine, the ABS must be regularly serviced by a professional to ensure it's working properly. Contact a local mechanic for peace of mind.



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3 super impressive ancient monuments!

As you know, humans have been building fabulous things for thousands of years. Here are three of the world's most famous and fascinating ancient buildings!



1. THE GREAT PYRAMID OF GIZA

Have you ever seen photos of the pyramids (those pointed tombs in Egypt)? Dating from around 2,550 BCE, the Great Pyramid of Giza is made up of over two million stone blocks, each weighing between two and 15 tonnes! How tall is it? An impressive 147 metres. It's hard to believe people built this monument without modern tools and equipment.

2. MACHU PICCHU

Situated at an altitude of over 2,400 metres in Peru, the fortress of Machu Picchu was built in the 15th century. It was also used, among other things, to study astronomy, practice agriculture and hold religious ceremonies. This mysterious city of nearly 200 buildings is undoubtedly the best-known symbol of the Inca Empire.



3. THE COLISEUM

Construction of this amphitheatre in Rome, Italy, began in 71 CE and was completed about 10 years later. With a capacity of over 50,000 spectators, it was used for almost 500 years for entertainment, such as gladiatorial battles. Although now in ruins, it remains one of Rome's most popular attractions.

What monuments would you like to visit one day?

Why do leaves fall in autumn?

Walking through fallen leaves and collecting the most colourful ones is one of the best things about fall. But why do leaves fall after changing colour? Here's the answer.

Leaves are filled with chlorophyll, which gives them their beautiful green colour. Chlorophyll acts as a kind of "solar panel" for trees. However, during fall, there's less sunlight, reducing the level of chlorophyll in the leaves.

As chlorophyll remains in the branches, the green colour fades from the leaves, revealing other hues like red and yellow. This creates that beautiful multicoloured scenery.



When leaves lose their green colour due to the absence of chlorophyll, they become useless for the tree's survival. In fact, they even make the tree more vulnerable to cold temperatures. As a result, the base of the leaves where they connect to the branch gets blocked. This causes the leaves to take in less sunlight and nutrition from the tree, eventually drying out, dying and falling off.

Make sure you check out the fall colours in your area!

"I'm in a fight with my friend. What should I do?"

It's never pleasant to be in a disagreement with a classmate. Have hurtful words been exchanged? Has a promise been broken? Whatever the reason, it's normal to feel sad or angry. Here are some tips to help you get back on track:

- **Make the first move.** Tell your friend you'd like to talk. If you're too embarrassed to speak to them in person, send them an email or text message. If they refuse to meet with you, tell them you're ready when they are. You'll just have to be patient.

- **Be honest.** If you've done something wrong, admit it and apologize sincerely. If the other person misbehaved toward you, explain your feelings as clearly as possible.

- **Speak in the first person.** Express your feelings using "I" and avoid hurling insults. For example, you could say, «I felt betrayed when you told my secret," rather than "You're a traitor for telling my secret."



- **Ask for help.** If the conflict drags on or if emotions run too high, you can ask someone to mediate. This is an unbiased friend or adult who can help you manage your dispute and find a solution.

Finally, always stay calm and listen carefully to what the other person has to say.



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