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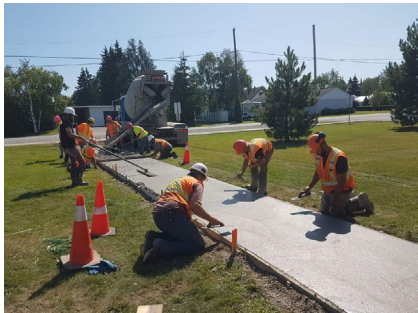
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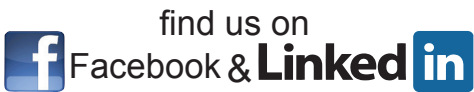
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STREET FESTIVAL

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**SPRING
BLOWS IN**
*with the winds
of change!*

Changing your **CAR**? Now is the perfect time!

If your old car has high mileage, mechanical issues or visible signs of wear, spring is the perfect season to say goodbye. Consider these key factors when shopping for your next vehicle.

Essential features

When you see a vehicle that catches your eye, it's easy to act on impulse. Before you sign a sales contract, make sure the car meets the following criteria:

- Does the price fit your budget?
- Does it have enough seats?
- Does it have sufficient cargo space for your lifestyle?
- Is it equipped with your must-have features?
- Are the seats, especially the driver's seat, comfortable?
- Is it fuel efficient? If it's an electric vehicle, does the battery have sufficient range?
- Did you notice any unusual signs during the test drive?

New or used

Depending on your budget, you may prefer a new vehicle. A new car is more reliable, comes with a comprehensive warranty, often has the latest

technologies and typically requires less maintenance.

However, a used car can be more affordable because its initial depreciation has already occurred. Plus, the insurance costs are generally lower. To avoid unpleasant surprises, have a trusted mechanic inspect the used vehicle you're considering.

Find the perfect car by visiting local dealerships to explore the options.



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5 golden rules for changing your **DECOR**

Have you been feeling dissatisfied with the appearance of your home lately? Consider springtime your opportunity to redecorate. Follow these five golden rules for a successful makeover.

1. **Get inspired.** Flip through magazines or visit home decor websites to find styles you love. If you need help making choices for your home, book a consultation with an interior designer.

2. **Declutter.** Remove everything cluttering your space. Consider donating or selling unwanted or unnecessary items. Finish off by cleaning your home from top to bottom.

3. **Paint.** A fresh coat of paint can instantly revitalize a dull room. Choose light, neutral colours for a calming effect. If you want to energize your space, opt for vibrant hues.

4. **Furnish.** Purchase new—or new to you—furniture or give your existing pieces a makeover. Let your taste

and budget be your guide.

5. **Accessorize.** Simple accessories can breathe new life into your home. Choose items that reflect your personality, from cushions and picture frames to rugs, knick-knacks, plants and draperies.

Visit your local stores to find everything you need to transform your home this season.



How to change your **ROUTINE** for a more fulfilling life

Do you feel exhausted or depressed by your routine? Good news! Spring is just around the corner, the perfect time to reassess your lifestyle. Try these tips to help you start feeling better.

- **Reduce your screen time.** Social media, video games and other screen-based activities can eat up your precious time. Be mindful of this and set specific time limits, including a clear start and end time.

- **Move more.** Even 15 minutes of physical activity a day, such as walking or dancing, can significantly improve your mood and energy levels.

- **Get better sleep.** Create a soothing nighttime ritual. Shut down your screen devices at least an hour before bed. Instead, read a book, do some knitting or take a bath to promote restful sleep.

- **Strengthen your relationships.** Spend time with people who make you feel good. Engaging with supportive friends and family can help reduce stress and boost your morale. Join a group activity or check in with your loved ones.

- **Get plenty of fresh air.** Rejuvenate your body and mind by reconnecting with nature. Try going for a walk or bike ride in the woods or a nearby park a few times a week.

Changing your routine doesn't happen overnight. Adopt new healthy habits gradually and celebrate each small victory along the way.



"That's it, I'm changing my **LOOK!**"

Spring is a time for new beginnings. As the days get longer and the snow starts to melt, you may feel inspired to refresh your life—and your wardrobe. Whether you want to prepare for a new job, mark a life transition or simply feel better about yourself, changing your look can work wonders. Try these tips for a successful transformation.

Inspiration

Before rushing off to the stores, take some time to reflect. What style are you going for? Casual or chic? Contemporary or timeless? For inspiration, browse fashion magazines and explore lookbooks from boutiques that capture your interest. Check out social media for the latest trends.

Action

Once you have a clear idea of your new style, visit your local clothing and accessory boutiques. You'll find everything you need to revamp your wardrobe and showcase a new look that reflects your personality.

Happy shopping!



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Green living

In 2026, spring chores go green

Do you associate the arrival of spring with cleaning? If you want sparkling clean results without harming the environment, adopt these eco-responsible practices.

- **Use cleaning products that are safe for the environment.** Look for biodegradable cleaners that are ECOLOGO®-certified and preferably locally made. Alternatively, you can make your own cleaning solutions using non-toxic, inexpensive ingredients like baking soda, essential oils, lemon juice, white vinegar and table salt.
- **Dispose of hazardous products properly.** Don't throw away items like light bulbs, batteries, leftover paint, medications and ink cartridges in your household garbage. Instead, sort them and take them to designated collection points. You can check your city or municipality's website for recycling instructions.
- **Say goodbye to single-use paper towels and wipes.** Use washable products to dust and clean all the surfaces in your home. You can easily transform stained t-shirts and used towels into rags with a pair of scissors.
- **Optimize how you wash and dry your textiles.** Machine wash curtains, carpets and other items in cold water using a biodegradable detergent and hang them on a clothesline to dry (if the weather permits). Alternatively, you can put them in the dryer with a few dryer balls to get rid of wrinkles and static electricity.

Visit your local stores to find products that will help make your spring cleaning as green as possible.



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Spring eating made simple

Grilled beef salad

This tasty, protein-rich salad makes a delicious summer treat.

Ingredients

- 400 grams sirloin steak
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 peach, sliced
- 4 cups mixed greens
- 1 cup fresh cilantro, chopped
- 1/2 cup walnuts, toasted
- Salt and pepper to taste

For the vinaigrette

- 3 tablespoons mayonnaise
- 1 tablespoon Dijon mustard
- 1 tablespoon lemon juice
- 1 teaspoon honey
- 1 tablespoon water (or more)
- Salt and pepper to taste

Directions

1. Remove the steak from the refrigerator and let sit for about 20 minutes until it reaches room temperature. Season the meat with a generous amount of salt and pepper.
2. Heat a cast-iron skillet or barbecue grill over high heat, then drizzle a little oil into the pan. Sear for two to three minutes on each side for a rare steak, or longer if preferred. Remove from heat, cover loosely and let stand for 8 to 10 minutes.
3. In the same pan or on the grill, melt the butter and grill the peach slices for one to two minutes on each side, until charred and lightly caramelized.
4. In a small bowl, whisk together the vinaigrette ingredients, using water to adjust the texture as needed.
5. Divide the greens among four small plates. Add cilantro and sprinkle with toasted walnuts.
6. Slice the beef against the grain into thin strips. Arrange the slices on the salad. Add the grilled peach slices, then top with vinaigrette. Serve immediately.



PISTACHIO ICE CREAM (NO ICE CREAM MAKER NEEDED)

INGREDIENTS

Servings: 8 to 12

- 600 millilitres heavy whipping cream
- 1 1/2 cups roasted pistachios (with little or no salt)
- 1 can sweetened condensed milk
- 1 teaspoon vanilla extract
- A pinch of salt
- A few drops of green food colouring (optional)

DIRECTIONS

1. In a large bowl, use a stand mixer or an electric hand mixer to beat the heavy whipping cream until stiff peaks form. Then, set aside.
2. In a food processor, chop up one cup of pistachios (reserve the remaining pistachios for garnish) until they turn into a ball of dough with a similar texture to peanut butter. Scrape down the sides of the bowl if necessary.

3. Combine the pistachio paste, sweetened condensed milk, vanilla and salt in a large bowl. If using, add the food colouring at this stage. Gently fold the whipped cream into the condensed milk mixture. Pour into a rectangular, 8 x 10-inch dish.
4. Sprinkle the remaining pistachios over the top. Cover with plastic wrap and freeze for at least 4 hours before serving.



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Planning a gathering at the park? Slip these games into your bag

Summer is THE season for park hangouts. It's the perfect time to enjoy group activities. Are you having a picnic with friends? Celebrating a loved one's birthday? Bring along these fun games.

Mölkky

This Finnish game requires skill and concentration. Set up the wooden pins, numbered 1 to 12, and throw the small log—the mölkky—to knock them down. The goal? Score exactly 50 points.

Spikeball

Two teams stand around a small net that looks like a mini trampoline. Players spike the ball (similar to volleyball), bouncing it off the net in an attempt to outplay the opposing team. If you want a cardio-intense game, this one's for you!

Frisbee

This popular plastic disc fits easily into your bag or picnic basket. Toss it casually with friends or organize a quick team game before enjoying your outdoor meal.

Summer is made for playing! Visit a specialty retailer in your area to stock up on all kinds of outdoor fun.



Geocaching: an exciting activity to try this summer



Do you enjoy treasure hunts and outdoor activities? Geocaching is the perfect activity for you! This summer, discover this exciting hobby that brings together players from all over the world.

WHAT IS IT?

You can try geocaching on your own or with family and friends, and you can do it almost anywhere. Players use a GPS device or smartphone to search for caches, which are small boxes hidden in nature. Simply download the coordinates from a website or mobile app and set off on your adventure.

When you find a cache, which often contains a notebook or document, you can leave a short message for the next person who finds it. You can also hide your own cache and share the coordinates online so other explorers can join the fun.

WHAT PRECAUTIONS SHOULD YOU TAKE?

The thrill of a treasure hunt is exciting, but it's important to consider the potential environmental impact and keep others safe. Always place caches in locations that are safe to reach and don't disturb wildlife or damage natural habitats.

In addition, hiding a cache in certain areas, such as national parks or protected sites, may require official authorization. Once you've taken the necessary precautions, all that's left to do is have fun! Many regions even offer themed geocaching trails that highlight local history.

Are you intrigued? Pick up some hiking boots and outdoor clothing from your local retailers and make the most of summer.



This summer, explore your community by taking a walk



In the summertime, walking is an excellent means of exploring your community while keeping in shape. Here's how to infuse a little vacation into your fitness routine.

Plan your walk

You can set your walking plan to correspond with other tasks on your day's schedule. Do you have errands to run? Go to your destination and set aside an extra 15 to 30 minutes to explore the surrounding area. Is your schedule somewhat flexible? Choose a few hidden gems in your city and set off on an adventure.

Adjust your routes

Whether you walk around a city or the countryside, the physical activity helps you maintain a healthy cardiovascular system. As you become more familiar with the routes in your area, you'll be able to keep fit by adapting your walks to include hills and rolling parkland.

For an even more enjoyable experience, purchase a pair of comfortable, supportive walking shoes from your local sporting goods retailer.



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CAMPING



Leave the rush behind

Is wild camping right for you?



Want to enjoy nature but find developed campgrounds overcrowded and overstimulating with their parties, loud music and motorboats? Wild camping may be the perfect fit for you. However, this unique experience isn't for everyone. Here's what you need to know before heading out.

THE PRESENCE OF WILDLIFE

Camping in remote areas often exposes you to wildlife. You must



manage your food and waste carefully, because strong smells can attract unwanted visitors. It's best to hang your food and garbage in bags from a tree and never bring them into your tent.

Before you leave, take the time to

learn about what to do if you encounter a wild animal like a bear. Additionally, since remote camping areas aren't treated for insects, expect plenty of flies, mosquitoes and other pests. Be prepared!

WATER MANAGEMENT

Since you won't have access to washroom facilities, you'll need to bring water with you and carry the necessary gear to filter and purify any water you collect from rivers or streams. Remember: clear water isn't necessarily safe to drink and could make you sick.

FIRE SAFETY

A propane burner is useful for cooking, but a campfire can help you stay warm, dry your clothes and keep mosquitoes away. You'll also need to purchase specific tools, such as a hatchet, fire starter and waterproof matches. Be prepared to awaken the scout within you.

In short, wild camping certainly has its challenges. However, it offers a true change of scenery. Before you set out, make sure you purchase the proper equipment from an outdoor retailer near you.

How to set up camp with an RV

Are you heading out on your first RV camping trip? Follow these essential steps to set up camp properly.

1. Park your RV. Slowly back into your assigned spot and position the RV so the water and electrical hookups are within easy reach.

2. Stabilize your rig. Once you've locked the wheels, lower the stabilizer jacks or activate the pneumatic leveling system. Your refrigerator will thank you!

3. Hook up. If you have an electrical hookup, switch

off the circuit breaker at the campground terminal, plug in your power cable and connect it to the vehicle. Then, turn the terminal back on. Next, hook up the sewer hose. Make sure it has a slight downward slope to allow proper drainage. Switch your appliances to electric mode and turn off the auxiliary water pump.

After a quick final safety check, all that's left to do is get out your folding chairs and barbecue.



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.

LEMON AND NECTARINE ICED TEA

This refreshing iced tea is easy to make. Enjoy it by the pool or when having a barbecue.

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.



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