

FREE

Temiskaming District **Seasons** *Magazine*

Spring 2017

Spring at the **Hilliardton Marsh**

ONCE A YEAR
by Darlene Wroe

SPIRIT PLACE
by Sue Nielsen

**KIRKLAND LAKE
HOMECOMING
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Walk Off The Earth
& Sam Roberts Band
to Headline

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SPEAKER

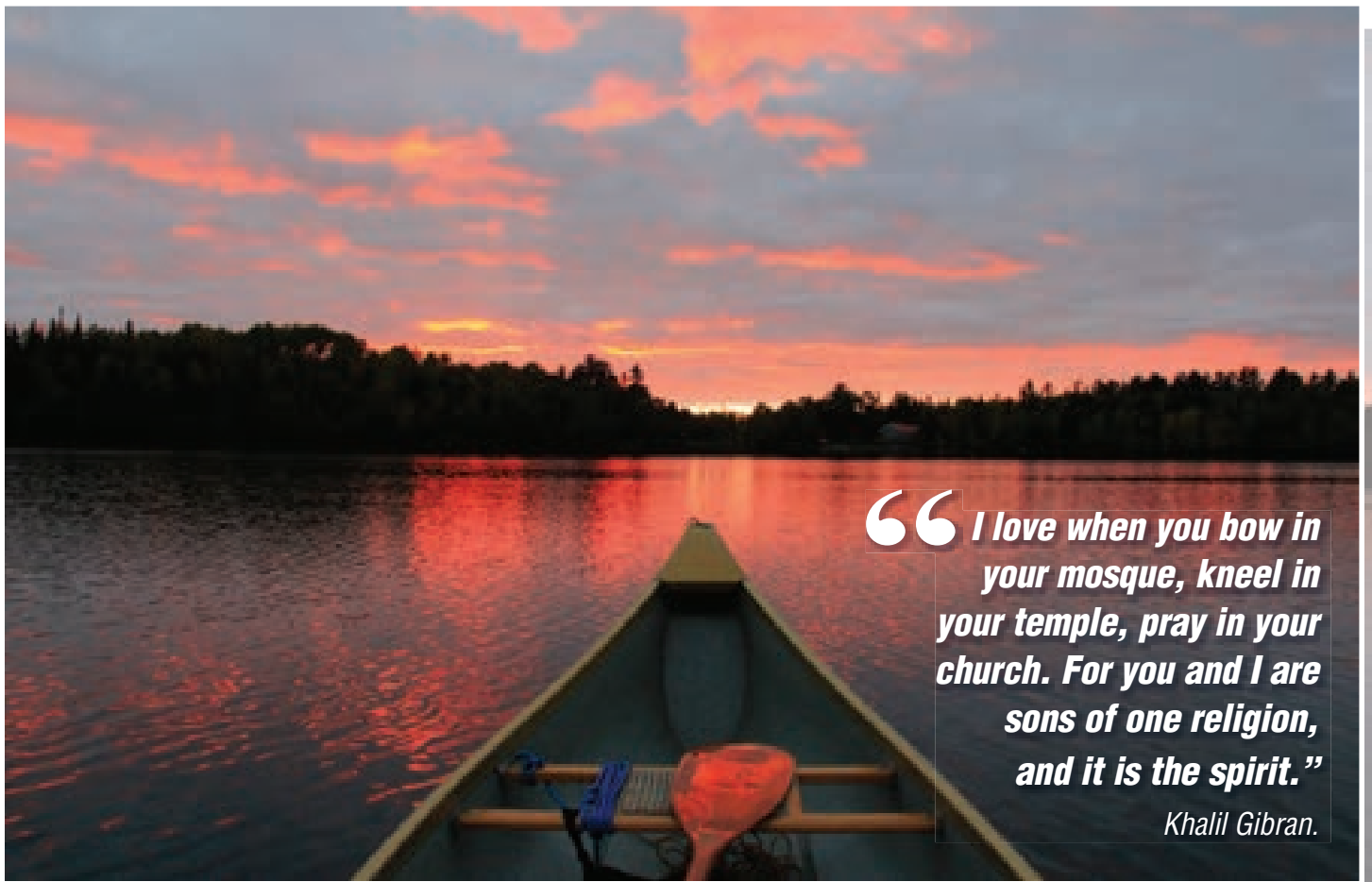
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**“I love when you bow in
your mosque, kneel in
your temple, pray in your
church. For you and I are
sons of one religion,
and it is the spirit.”**

Khalil Gibran.

SPIRIT PLACE

By Sue Nielsen

They say everyone has a spirit place. A special place where one feels completely at ease, somewhere you feel you are meant to be and that you are at your finest when you are there.

It is said that writers and artists seek out their spirit places to engage their body, mind and soul in the creative process.

In Roman times a spirit place was considered a place where magic exists, a place you might find fairies or elves, etc.

While I don't believe in fairies and elves, I do believe in magic.

Virginia Woolf said every writer needs a “room of one's own” to be productive.

It is well known that author J.K. Rowling started writing the Harry Potter series in an Edinburgh Café called The Elephant House.

Other famous writers have used booze, mind-altering substances and caffeine to kick start their creative juices.

There is nothing like finding that special place that allows you to do your own thing.

If you're like me, your special place, your spirit place, is somewhere in nature.

Mind you it doesn't have to be in nature, there are plenty of spirit places in urban settings as well.

I know a writer who sits in a mall all day long watching and listening to people for his unique inspiration.

He spots interesting characters and then lets his imagination take over.

I guess whatever turns your creative crank.

For others they find their *querencia* sitting on a pew or kneeling saying prayers in the midst of other parishioners.

Mind you, I once wrote a Weekender column in the midst of an insanely busy Starbucks coffee shop on Queen Street West in Toronto a few years back.

I think a spirit place depends on the person's personality and what they feel closest to in their lives.

A spirit place is somewhere where you can get your muse on.

I go to my spirit place almost every chance I can during the summer months.

My inspirational place offers more than caffeine or booze, it is a natural, organic place to find inspiration from a glass-like lake, a sky full of a million stars, a great blue heron springing up from the marshland and a silence that speaks loudly to your soul.

My spirit place often involves a canoe and paddle as you may have guessed (Bass Lake).

Some writers can focus in the midst of chaos quite well, but not me.

And to be clear, I don't actually write when I am in my spirit place, it is more of a decompression place where I sort out the day's or week's happenings, think over things and/or simply float along oblivious to our hurried, harried world.

My spirit place is my oasis of nothingness if truth were told. I don't have to answer phones, ask or answer questions, shop, put gas in the car or anything else.

I simply exist there.

As Joni Mitchell sang, "I was a free man in Paris. I felt unfettered and alive, there was nobody calling me up for favours and no one's future to decide."

That's the key for me - to feel my most unfettered and alive in my spirit place.

As a little girl I ran to the woods surrounding my home to find peace and solitude.

As a grown woman, my mosque, my church, my place of magic and inspiration is felt in the rain, in the wind, in the setting sunset and in the deep and penetrating silence out on the water. This is what my spirit place is about. It elicits a feeling that never leaves me.



Spring Staples

Traditional sliced maple glazed ham

Delicious and easy to make, this traditional recipe is sure to steal the show at your upcoming Easter gathering. Be prepared for an intoxicating kitchen aroma that will have everybody's mouths watering!



INGREDIENTS (Makes 10 to 12 servings)

- 1 can sliced pineapple, in juice (not syrup)
- 1 fully cooked ham shank with or without bone, 2.5 to 3.5 kilograms
- 12 garlic cloves
- 1/2 cup brown sugar
- 1/2 cup maple syrup
- 1 tablespoon Dijon mustard
- 1/2 teaspoon of Chinese five-spice
- 1 orange, sliced (for garnish)

PREPARATION

1. Preheat oven to 350 °F.
2. Drain the pineapple slices, reserving the juice.
3. With a knife, make diagonal slits on top of the ham in both directions (see image). Place pineapple slices over the ham, keeping them in place with toothpicks. Throw in garlic cloves.
4. In a small pot, combine the pineapple juice, brown sugar, maple syrup, Dijon mustard, Chinese spices and 1/2 cup of water, and bring to boil. Let the sauce simmer over low heat for 8 to 10 minutes.
5. Place the ham on a grate in a shallow roasting pan. Pour 2 cups of water into the pan.
6. With a brush, generously coat the ham with sauce and place in the oven to cook.
7. After 40 minutes, take the roasting pan out of the oven, coat the ham with sauce for a second time, turn the pan 180 degrees and place it back in the oven for another 40 minutes. To determine if the ham is well cooked, insert a thermometer in the meatiest part; if the temperature is at least 140 °F, it's done. Brush the ham again with sauce and put the roasting pan back in the oven, as needed.
8. Once cooked, garnish with orange slices and leave to cool for at least 15 minutes before serving.



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Banana cinnamon muffins

Paired with a steaming cup of tea or a tall glass of milk, these light and fluffy muffins topped with crispy cinnamon flakes are sure to delight your taste buds!

INGREDIENTS

(Makes 12 muffins)

Muffins:

- 3 very ripe bananas, puréed
- 1/3 cup melted butter
- 3/4 cup sugar
- 1 egg, beaten
- 1 teaspoon baking soda
- A pinch of salt
- 1 teaspoon vanilla extract
- 1-1/2 cups flour

TOPPING:

- 1/3 cup sugar
- 1 tablespoon cinnamon

PREPARATION

1. Preheat oven to 350 °F and line a muffin tray with 12 cups.
2. In a small bowl, mix the sugar and cinnamon to make the topping.
3. In a bigger bowl, mix the bananas, butter, sugar, egg, baking soda, salt and vanilla extract. Next, add the flour and delicately mix with a spatula.
4. Pour half of the batter into the muffin moulds, taking care not to overfill, and sprinkle half of the cinnamon topping onto the batter. Once done, add the rest of the batter and topping to the moulds.
5. Bake for 30 to 35 minutes. To make sure the muffins are cooked through, insert a toothpick in the middle. Continue baking until the toothpick comes out clean.

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Spring at the Hilliardton Marsh



Spring at the marsh is something that keeps us motivated through the long winter months and the banding crew at the Hilliardton Marsh Research and Education Centre will soon be busy conducting migration research and welcoming visitors. The goals of the marsh are easily met in the spring to facilitate research and education. There is no better way to connect kids to nature then to have the opportunity to see a bird up close and perhaps get the chance to hold one before releasing it back into the wild. The challenge of connecting kids to nature has never been so urgent, prompting scientists to use the phrase "nature deficit disorder". This is described as kids who experience too much screen time and not enough time connecting to nature. If you

have a child or grandchild that that needs to reconnect with nature there is no place like the marsh in the spring.

Typically in the spring we band over 70 different species of birds and usually over 3000 individuals are banded. We attract over 400 visiting school children during the six week banding period and often have over 200 visitors on the weekends to join in on the excitement of monitoring a spring migration. If birds are not your child's thing we also offer the chance for kids to catch aquatic insects and frogs at our floating docks that allow kids to get right on top of the wetland. Catching dragonfly nymphs and even leeches and minnows always get kids excited. In fact it is often difficult to tear an engaged child away from the marsh ponds, so you are





cautioned not to plan another activity too close to your visit to the marsh.

The marsh is a not for profit charitable organization that survives on donations, visitor fees and the sales of memberships. The marsh also depends on the many partnerships it has including Ducks Unlimited Canada, The Ontario Ministry of Natural Resources and Forestry and the Township of Hilliard. Because these partnerships do not create funding for our projects, we appreciate and depend on our donations and memberships to keep us going. Recently we initiated a funding campaign called, "Fill The Feeder" to help us achieve some future plans to make marsh visitors more comfortable. These include an improved and expanded parking area and washrooms. Anyone wishing to make a donation will get a tax receipt for helping us out and have the great feeling of supporting a unique and often unknown jewel nestled On the edge of the boreal forest known to us as "The Marsh..

While there are several banding stations in Southern Ontario we are the only banding station in northeastern Ontario. Many of the birds that travel to the marsh spend their winters in

central and South America. These long distance migrants often overwhelm visitors with their colours and the chance to photograph these birds up close provide visitors with memories and photographs to last a lifetime. If you are traveling through the area you definitely should migrate to The Marsh. We are open for visitors starting Monday May 1st from 8am to 11am and the banding season wraps up Sunday June 11th. Unfortunately we cannot operate if it is raining and we strongly encourage people to check our website www.thehilliardtonmarsh.com for updates and cancellations. Another site of interest may be our Facebook page www.facebook.com/HilliardtonMarsh. If you visit the marsh website you will also find information on how to become a part of the marsh family by becoming a member, or even purchase some marsh merchandise.

We have been scanning the long term forecast for the marsh this spring and the forecast is for fun and wonder. We are hoping people will flock to the marsh for an unforgettable day with birds and nature. Bird is the word!





Walk Off The Earth & Sam Roberts Band to Headline K.L. Homecoming Concerts

The Kirkland Lake Festivals Committee has announced their much-anticipated 2017 Homecoming Week concert lineup featuring Walk Off The Earth and the Sam Roberts Band as headliners.

Walk Off The Earth will perform at the Community Complex on Friday, June 23, the opening night of Homecoming Week. The viral hit-making quintet is a global phenomenon with over 650 million online views of their music.

The Burlington, Ontario band has redefined how music acts interact with their fans. Walk Off The Earth had already established a significant international following when their cover of Gotye's "Somebody I Used To Know," ignited the blogosphere, eventually garnering more than 175 million views.

Walk Off The Earth was awarded the prestigious Group of the Year award at the 2016 Juno's. The band's infectious hit songs include: Red Hands, Gang of Rhythm, Shake, Rule The World, Hold On (The Break), and Fire In My Soul.

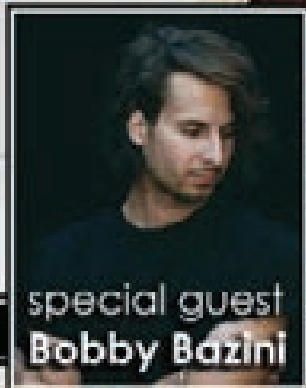
Bobby Bazini and his band will open the Walk Off The Earth concert. The soul-infused singer-songwriter returns to Kirkland Lake following a sold out solo performance during the 2012 Kirkland Lake Winter Carnival.

Following the success of his *Where I Belong* album, which sold over 125,000 copies and was the best selling Canadian album of 2014, Bazini released his third album, *Summer is Gone*, last November. The album debuted at #2 on the Canadian album charts.

The Sam Roberts Band returns to Kirkland Lake following their attendance-breaking concert at the Community Complex during 2011 Homecoming Week. Canadian rock icon Kim Mitchell will open the concert, which is set for Saturday, June 24.

The 6-time Juno Award-winning Sam Roberts Band released their sixth album, *Terraform*, last fall. Recorded at The Bathhouse, the Tragically Hip's recording studio near Kingston, the album includes the hit songs *If You Want It* and *FIEND*.

WALK OFF THE EARTH



special guest
Bobby Bazini

Friday, June 23rd

Kirkland Lake Homecoming

Roberts has recorded a slew of radio hits over the past 15 years including: Brother Down, Don't Walk Away Eileen, Where Have All The Good People Gone, Bridge To Nowhere, Them Kids, Detroit '67, I Feel You, Let It In, and We're All In This Together.

Kim Mitchell returns to Kirkland Lake as part of the bill for the June 24th concert. Mitchell has been a favourite of local music fans since performing in Kirkland Lake in the 1970's as the frontman for Max Webster.

Since launching his solo career in 1982, Mitchell has recorded

Canadian rock anthems like Go For A Soda, All We Are, Patio Lanterns, Alana Loves Me, Easy To Tame, Rock n Roll Duty, and Rockland Wonderland.

Tickets for the concerts are \$40 each and go on sale beginning Saturday, April 22 at 10am at the Community Complex. Online tickets will be available through the Kirkland Lake Festivals Committee's website: www.klfestivals.com

The Walk Off The Earth concert is an all-ages show with a licensed area for ages 19+. The Sam Robert Band concert is for

ages 19+ only.

The Festivals Committee is hosting Homecoming celebrations from June 23-July 2 including a free Canada Day Party, which will also serve as the official opening of the newly-renovated Civic Service Stadium.

Past performers for Kirkland Lake's Homecoming Week include: The Tragically Hip, Arkells, Alan Doyle, Hedley, Blue Rodeo, Simple Plan, Tom Cochrane, Marianas Trench, Serena Ryder, The Trews, The Sheepdogs, Colin James, and Down With Webster.

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Tips for a greener thumb

1. PLAN IT OUT. Before you get your hands dirty, try to envision your ideal garden as a whole. Sketch the layout of the space you have to work with and its surro y to success.

2. ACQUIRE TOOLS. Digging, planting and maintaining your garden requires some basic equipment. A beginner's toolbox should include a spade, a hoe, a rake, a trowel, a wheelbarrow, a watering can, some shears and a pair of gloves. Having the right tools makes gardening infinitely more enjoyable and helps prevent injuries.

3. MIND THE LIGHTING. Your garden or flowerbeds should ideally be located in a spot that receives lots of sunlight and little wind, but many species do well in shadier conditions. Before you settle on a variety to sow, consider its solar needs and whether or not you can fulfill them.

4. PREPARE THE SOIL. Provide your plants with the best possible soil conditions and watch them thrive! Removing rocks and pebbles, tilling the ground and adding some fertilizer goes a long way in creating a fertile space to grow.

5. KEEP BLOOM CYCLES IN MIND. Enjoy the results of your hard work for as long as you can by including plants that flower at different times of the season in your garden.

6. MATCH COLOURS. Try to match your flowers to your home's exterior for a stunning, cohesive effect. Don't feature too many hues, however, to avoid a cluttered look.

7. PLANT IN GROUPS. Foster cross-pollination and improve your garden's vitality by planting in bunches. Avoid isolating single specimens — your plants are social creatures too!

8. MIX IT UP. Create a balanced look by varying the height and shape of the plants in your garden.

9. GIVE IT SPACE. Your adorable sprouts and tiny seeds will eventually grow into full-fledged adult plants. Consider how large they'll be once they reach maturity and plan accordingly. Always follow the recommended planting depth for each variety as well.

10. ASK FOR HELP. Need some assistance? Don't hesitate to seek advice from the pros at your local gardening centre or nursery. Their valuable expertise could make a world of difference when it comes to achieving the landscaping of your dreams.





What are spilled flowerpots?

Spilled floral arrangements are an increasingly popular trend. This gardening style involves sowing or planting flowers in a way that appears as though they're cascading from a vase, keg, wheelbarrow or other versatile object. To add a unique and rustic touch to your outdoor space, consider the tips below.

THE CONTAINER

Different types of receptacle can be used to create your spilled flowerpot; for example, terra cotta pots, oak barrels, metal pails and old gallons of milk all work marvellously. Take a look around the house to see what you can find!

THE EARTH

Choose a quality soil rich in nutrients to see your plants flourish in all their splendour. For optimal results, add a fertilizer specially concocted to help flowers grow strong.

THE FLOWERS

Before making your selection, consult a gardening specialist to know which kinds of flowers are most likely to coexist in harmony. Once you have a better understanding, don't hesitate to aim for diversity! Go with vibrant colours and unique varieties for a truly spectacular effect.

Plan a daytrip to your local nursery or garden centre to procure everything you need for a beautiful spilled flower display worthy of your neighbours' envy.



Benefits of biodegradable mulch

Many gardeners know that the secret to a beautiful flowerbed resides in a layer of fresh mulch or wood chips. There are countless varieties of flowerbed coverings available on the market to fit every landscaping preference; however, the most eco-friendly are those that eventually decompose into the ground. These types of biodegradable mulch usually contain straw, pine needles, tree branches, dried leaves, sawdust, compost, grass and yes, even newspaper!

Did you know that mulch plays four essential roles when it comes to healthy plant growth?

1. It prevents weeds from peeking through
2. It deters insects from invading your flowerbeds
3. It reduces the need for frequent watering
4. It naturally enriches the soil

Nutritious, environmentally friendly and affordable, biodegradable mulch is a smart choice to enhance the beauty of your outdoor space. Is your green thumb itching to get dirty? Run down to your nearest nursery or garden centre without delay to find quality mulch and other gardening must-haves!

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PROM *must haves* REVEALED

Because every prom look needs the perfect shoe

Prom night is fast approaching, and your look is almost complete. You've procured the dress and booked your beauty appointments. Now, all that's left are shoes to match! Follow these tips to waltz into prom with style and comfort on your side.

First, don't bet on finding the perfect pair just days before your big gala. Start your search early — at least a month in advance — and take the time to visit two or three boutiques every week to explore your options. It's normal to feel indecisive when faced with countless pairs of ballerina flats, sandals and high heel pumps. Instead of trying on every pair imaginable, ask a sales associate for help. With a trained eye for style, they'll suggest a few models that perfectly complement your dress while staying within your preferences and budget.

Second, there's no reason why style and comfort should be mutually exclusive. To avoid having your magnificent evening spoiled by throbbing feet, invest in a pair of trendy shoes that are equally comfortable — especially if you plan on dancing until the wee hours of the morning. Opt for a pair of shoes fitted with a cushioned insole, for example, or choose a platform wedge over

a stiletto. Finally, make sure to wear your shoes a few times before the big night — even if just around the house — to break them in and reduce the risk of agonizing blisters. Again, you're going to want to shop in advance!





3 timeless hairstyles for prom

Are you still debating what to do with your hair for prom? Here are three suggestions for a timeless 'do!

1. THE BUN

This hairstyle represents the height of elegance and sophistication. A versatile option, the bun can be worn any number of ways, each as flattering as the next! Whether you choose to wear it low, high or on the side; twisted, braided or perfectly wound, you'll get a stunning look worthy of the red carpet.

2. THE PONYTAIL

This classic — and trendy — hairstyle is a favourite among prom-goers. Easy to master, the ponytail keeps your hair away from your face while giving you a sophisticated charm. Wear it high and slicked back with a strand camouflaging the elastic, or low and casually undone for an endearingly messy look. For something more elaborate, try coiling a

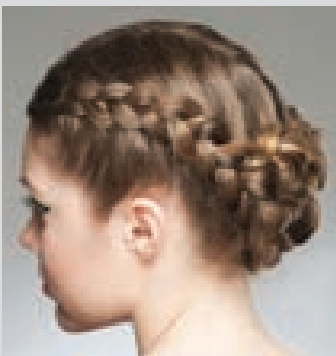
few loose strands around an iron to create beautiful curls.

3. BRAIDS

The possibilities are endless when it comes to braids, so have fun experimenting with different variations of this elegant, boho-chic trend. In need of suggestions? Try replicating the braided garland worn by maidens of the past, or show off your beautiful long locks with a traditional French braid or an impressive fishtail tress.

BOOK YOUR APPOINTMENTS!

If you have your heart set on one of the above hairstyles but don't think you have the skills to pull it off yourself, make a trial appointment with a professional right away! A talented specialist, your stylist will ensure you look nothing short of stunning for the big event.



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ONCE A YEAR

By Darlene Wroe

Spring in the North is something different than it is in more southerly climes.

Spring in the North is a slow release, a relinquishing of the long, icy grip of winter.

Dandelions, hardy pansies and early bulbs are the first harbingers, appearing cautiously in late April when wild storms can still appear around the corner.

Each one is a triumph, and headline-worthy news. Flowers are appearing!

The crows, not overly loved at any other time of year, are also

joyfully announced. Their raucous exchanges are glad tidings to Northern ears which have been listening too long to the silence of falling snowflakes.

Every breath of southern breeze is celebrated for the smell of green growing things that it bears across the white-washed world.

Winter-weary eyes peer hopefully along south-facing walls, waiting for the first few blades of new-green grass. While later whipper-snippers will trim them to their roots, for now they are great signs of hope. It's spring! It's spring!

The hardy robin pecks in the earth for little things that creep and crawl. How the earth and all its creatures survive, we don't want to know. We are busy with pots and plants, and planning rows of peas and potatoes, tomatoes and carrots, onions and cabbages.

Even the flying biters can't take the joy from us that our favourite season has arrived. Spring blackflies bring July blueberries. The strawberries and raspberries will also soon be abounding in low bushes and along forgotten fences.

Our Northern springs are less pink and more green. We have become proficient at discerning the uncountable shades of green. Vistas of forest display the lines of the many stands. Neighbourhoods of trees are counted by the subtle varieties of green that are seen in a new spring.

The birds return in waves. Their arrival is quick and orderly. They live closely to the cycles of the sun and the moon, feeling their warmth and pull. They are not alone. The mice, the hares and other creatures are also moving, and the owls, the hawks and other great birds follow the flow of their food source. Much is happening in the spring, following a pattern that humans likely will never understand.

The magic of the land leaps up under a spring's full moon, and very quickly it has happened, and spring has ended and summer is suddenly here.

Breathe deeply. Stand under the open sky, by day and night, and feel the springing up of new life. Spring is coming. It's a once-a-year only occasion.



spring pulse poetry festival

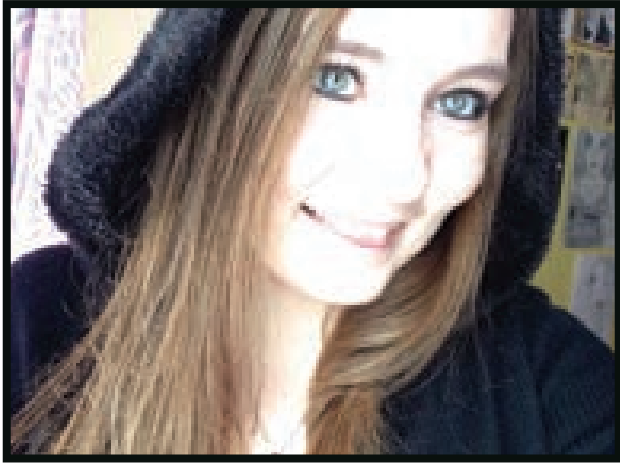
SPRING SOUVENIRS

In a cotton ball sky,
April sun is on high.
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in earth gem jewellery store.
Blotched black ice juices
the lakes water womb.

Pussy willows dream
of the full moon.
A blue heron circles
atop the beaver pond.
Ravens caaall, caaall, caaall,

echoes through it all.

David C. Brydges



Madison McNaught is a co-op student at ESCSM. She will be going on to study Graphic Design at Georgian. This editorial is her first published piece.

Family Will Always Come First

In life, kids always grow up having someone who they look up to. It can be anyone. A singer, a band, an actor, a friend, a family member - a role model for their own lives.

Usually this person ends up being motivational and strong, who knows how to get through difficult situations. I have a person like this in my life but recently, he has been injured and seeing him suffer through the pain breaks my heart entirely.

He's not a man who usually makes it known to others about when he's hurt but let me tell you, these past few weeks have been the toughest thing I have ever been through. There comes a time when we all have to be strong and, on February 11, 2017, it was my turn to be strong.

My dad had come home early, in crutches, from a Midget hockey tournament that he was supposed to be refereeing all weekend. My first thought was that the games had been played early so he was done early. But when my mom came into the living room and had told me that my dad had hurt himself, my heart sank to the floor. I was in disbelief and just couldn't wrap my head around it. He walked through the door, struggling and clearly in pain. I asked what happened as I tried to keep it together.

"A kid's hockey stick got stuck between my legs as he went for the puck, I tried to move but my skate got stuck so my leg turned the wrong way. Strained a groin. Worst pain I have ever felt in my entire life," he said.

My dad has a very big pain tolerance but he has never felt anything as excruciating as this. I helped him take his big winter boots off because, since that day, he cannot bend over or up his leg or put pressure on his left foot, which kept him from walking.

As the days went by, progress was made, little by little he could put more pressure on his left foot.

It's an injury that takes time to heal, but impatience and the hatred of feeling useless is getting to him. Therefore, my job is to try and keep my dad in a positive mindset no matter how frustrated he is with the situation. This injury is keeping him from working and has completely changed the way he looks at things.

"I have been in that situation dozens of times and nothing has happened, but this time it was different," he said.

Though he is done for this year's hockey season, he has all summer to think about whether or not he wants to continue with refereeing next year. That is, if he is capable of skating by then.

The doctor had told him if he was capable of walking by February 27, he could go back to work, but a chain of events lead to him still being on crutches and having to get his time-off extended.

It seems now his sciatic nerve is bothering him, which keeps him awake at night. Therefore, dad had went to his first physiotherapy

appointment and what a difference it has made. He was given exercises to loosen up his tensed muscles that are trying to protect his injury which is keeping him from walking. He was also told that not only could it have been a strained groin, but a pelvis injury.

Over time he met another physiotherapist who told him that it would have been better if he had just broken his leg altogether because a broken bone takes four to six weeks to heal and a strain or tear takes 12 weeks.

A lot of progress has been made throughout the past five weeks and we can't wait for him to be back on his feet and have all of this behind us.



I Love
You Dad





This year, LEARN SOMETHING NEW AND EXCITING

The possibilities are virtually endless when it comes to learning for fun!

But sometimes it's a lack of motivation rather than a dearth of ideas that causes people to stay at home. If that's the case for you, you could always recruit a friend to sign up with you.

WITH A FRIEND

Registering for classes with a friend can turn these weekly get-togethers into a ritual. It could be the perfect occasion to get involved in an activity that you don't dare do alone for fear of looking silly. With a friend you'll feel a lot less self-conscious and you'll be able to overcome your inhibitions.

WITH YOUR SIGNIFICANT OTHER

One of the secrets shared by happily married couples is that you should always make time for each other. Taking a class together can be the perfect opportunity to have fun with your life partner. Just be careful not to drag the cares of home along with you. The slogan "Let's think about ourselves for a change" could be your new magic formula for keeping the fun in your relationship and a common point to talk about at home.

PARENT-CHILD FUN

This could also be a great opportunity to share some quality time with your child. There are all kinds of classes that could interest the both of you so you can share the fun together: pottery, karate, painting and carpentry are just a few suggestions from among all the possibilities.



Signing up for a class is like giving a gift to yourself. Taking a class with someone else is a great way to double the pleasure. Cake decorating, dancing or even working out at a gym goes twice as well when there are two of you.



Try This!

The art of "throwing" **POTTERY**

Pottery making is an art form that goes back to prehistoric times. Originally intended for daily household uses, pottery is now used to accessorize the home, adding that perfect final touch to your decor. And you'll feel even prouder if you actually made the pottery that enhances every room in your home.

SOMETHING FOR EVERYONE

Pottery is a fun and relaxing activity for people of any age, as well as for art lovers and the creative at heart. A teacher will demonstrate all the different stages of pottery making,

the techniques of throwing (also known as turning), hand moulding, baking and enameling. The idea is to experiment by creating everyday functional objects and decorative pieces.

Different pottery making techniques can be learned, depending on your skill level: pinch-pot; coiling and slab; stamping; throwing and moulding.

Keep an open mind and be daring enough to try a new experience;
you won't likely be disappointed.

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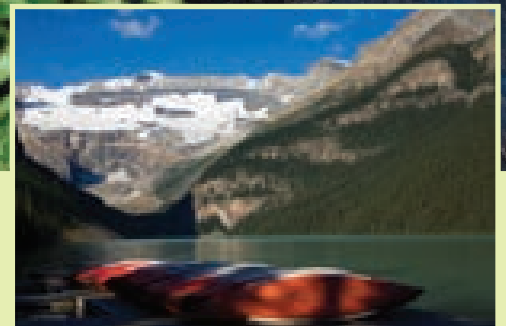


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DISCOVER THE HEALTH BENEFITS OF MAPLE SYRUP

Are you a fan of sweet, golden maple syrup? If so, you'll be happy to know that this one-of-a-kind treat — one of Canada's most emblematic exports — packs quite the punch, health-wise!

True maple syrup, which is essentially concentrated sap collected from red or sugar maple trees, is 100 per cent natural and contains no artificial colours, flavours or preservatives. An excellent sweetener with versatile applications in the kitchen, it has slightly more calories than white or brown sugar (but fewer than honey). However, it stands out from other sweetening ingredients thanks to its nutritional value: a 60-millilitre serving of maple syrup contains 100% of the recommended daily intake of manganese and 60% of riboflavin. It's also a source of zinc (18%), magnesium (7%), calcium (5%) and potassium (5%). Compare that to a serving of brown sugar, which only contains 4% of the recommended daily intake

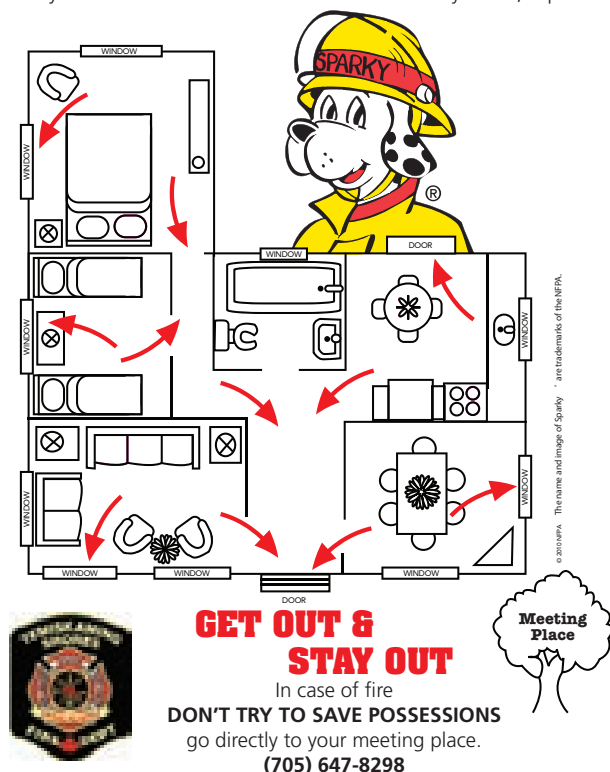
of calcium and 2% of manganese, magnesium and potassium.

And that's not all! Maple syrup is packed with polyphenols, which are powerful antioxidants, as well as the plant hormones abscisic acid (ABA) and phaseic acid. The latter two chemicals speed up the body's ability to process glucose, thus giving maple syrup its low glycemic index. In a nutshell, when it comes to choosing a sweetener to use in your favourite recipes, you can turn to maple syrup without too much guilt! Just remember that it's still a high-sugar food and should be consumed in moderation.

A 60-millilitre serving of maple syrup contains 100% of the recommended daily intake of manganese.

KNOW WHERE TO GO.

Develop and practice a home fire escape plan. In case a fire starts, everyone must know **TWO WAYS OUT** of every room, if possible.



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#IndigenousReads: five Aboriginal works to read for National Aboriginal Day

In an effort to facilitate reconciliation by increasing understanding of Indigenous issues, the Government of Canada sponsors #IndigenousReads. Our country is home to many talented Indigenous writers that share meaningful narratives with readers across a variety of genres and forms. This year for National Aboriginal Day, pick up one of the following reads—there's something for everyone—and learn more about indigenous issues, cultures and history. After all, the stories of Canada's Aboriginal people are best told in their own words.



MEDICINE WALK / By Richard Wagamese

Ojibway writer Richard Wagamese is the author behind the novel *Medicine Walk*. This powerful masterpiece tells the tale of a young man's journey with his dying father through the outback of British Columbia. A reverie about the role of stories in our lives, *Medicine Walk* is punctuated with sharp wit and superb

storytelling. Wagamese is one of Canada's most notable authors and journalists.

THEY CALLED ME NUMBER ONE: SECRETS AND SURVIVAL AT AN INDIAN RESIDENTIAL SCHOOL / By Bev Sellars

This award-winning memoir, penned by long-time chief and current council member of the Xatsull First Nation, outlines the stories of three generations of women and their experiences at a church-run residential school. This deeply personal account recounts atrocities committed at the school—beatings, forced labour, hunger, etc.—with a clear and evocative voice. Ultimately, this memoir articulates the author's path to healing and is an important part of the national conversation on reconciliation.

THE RIGHT TO BE COLD / By Sheila Watt-Cloutier
Former international head of the Inuit Circumpolar Council and Nobel Peace Prize nominee Sheila Watt-Cloutier depicts the toll climate change has had on Inuit communities in her memoir,

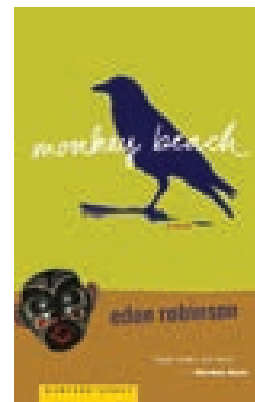
The Right to Be Cold. The book artfully weaves a personal account of how an Inuk woman raised in a traditional Inuit hunting culture became one of the most influential humanitarians and environmentalists of our time with larger concerns about sustainability in the Arctic and the impact of climate change on Northern communities and indeed, the world.

BIRDIE / By Tracey Lindberg

Cree writer Tracey Lindberg is the author of *Birdie*, a novel that was a finalist for Canada Reads in 2016. This darkly humorous novel tells the story of a Cree-Métis woman struggling with a secret from her past. It's about her journey from Northern Alberta to Gibsons, British Columbia, in search of Pat John—aka Jesse from CBC's *The Beachcombers*—and her internal journey towards healing after a series of tragedies.

MONKEY BEACH / By Eden Robinson

Monkey Beach by Haisla writer Eden Robinson was nominated for both a Giller Prize and the Governor General's Literary Award. The narrative of the novel centres around the enigmatic disappearance of a young Haisla man and the effect it had on his sister and other family members. While this literary mystery is written in elegant prose, it's also speckled with wit and humour. It explores the juxtaposition of traditional cultural influences with the everyday grittiness of modern life on a reserve.





By Lisa Neil, B.A., LL.B
Evans, Bragagnolo & Sullivan LLP Barristers & Solicitors

YOUR LIFE & The Law

How to Safely Catch Spring Home Buying Fever

The sun is shining brighter, the days are getting longer and the snow is finally starting to melt. April showers bring spring flowers and also spring home buying fever. A dark, cold and very long winter has been known to cause people to act a little irrationally and impulsively and to get caught up in the energy and excitement of spring when it finally arrives. The real estate market is often flooded with buyers and sellers at this time of the year. These conditions are perfect for the uneducated home buyer to get caught up in the dreaded spring buying fever.

By following a few simple steps, you can take advantage of the hot spring real estate market while avoiding the dangers and madness that spring fever can bring. A little preparation, planning and help from a good financial institution, real estate agent, home inspector and contractor is the best cure for the fever. It will also go a long way to ensuring that you end up with your dream home instead of a property nightmare.

There are many matters to consider when buying a home. One of the most important is, to take a little time to understand your personal and financial needs and goals. Doing this will help you avoid disappointments and unfortunate outcomes and will make the home buying process more enjoyable and less stressful. Three important things to do before even beginning your new home search are: evaluate your short-term and long-term needs; obtain a mortgage pre-approval from your bank; and do the “worst case scenario money stress test”.

1. **Evaluate your short-term and long-term needs and goals.** If you are single and purchasing your first home, you may want to consider a smaller home closer to urban areas with restaurants, bars and shopping. A growing family should be looking for a larger home that will accommodate more kids and that is near schools, parks and recreational facilities. You will want to choose a home that will meet your needs for at least 5 years and, 10 years or longer, is even better. Frequent moves can become costly; expenses like mortgage penalties, legal fees and realtor commissions can quickly eat up any equity in your home and profit from the sale.
2. **Obtain a mortgage pre-approval from your bank or financial institution.** Before you begin looking at homes, meet with your bank to obtain a “mortgage pre-approval”. Your finances and income will be reviewed and you will find out how much the bank will lend you to purchase a home. Many people wait until they find a home they love before they go to the bank, only to find out that they do not qualify for the amount they need.
3. **Do the “worst case scenario money stress test”.** Can you survive financially in the event that you lose your job? What if the interest rates rise significantly or you suffer an unexpected illness or accident? It is important to consider these factors and determine if you could continue to make your monthly payments if you were required to rely on employment insurance.

**This article is provided for general information purposes only and should not be considered legal advice.*

or disability insurance to cover your living expenses. Most financial professionals will tell you that you should not spend more than 30% of your monthly salary on your mortgage, utility and property tax expenses. This is a great rule of thumb and will help to ensure that you are not over extended on your monthly payments with no breathing room for unforeseen expenses or a drop in income.

You are ready to start looking for a home. Now what? Hire a real estate agent. It is certainly possible to purchase a home on your own without an agent. People are increasingly buying homes after finding them on such sites as Kijiji and in various facebook groups and on other property listing sites. I don't recommend trying to purchase a home on your own unless you have a lot of home buying experience. Your agent is knowledgeable in home buying and selling and will provide you with invaluable help and assistance throughout the process.

After all your careful planning and research, you found the home of your dreams. But, before you fall completely in love, make sure to do your homework. Now begins one of the most crucial parts of the home buying process: the inspections. Your offer to purchase should always be conditional upon a home inspection and also permit you the opportunity to return to conduct various other inspections. You should also always ensure that the requirement for a final inspection on the day before, or on

the morning of, the closing of your purchase is included.

What inspections should you do before finalizing your offer to purchase? Hiring a reputable home inspector is a good first step. However, as anyone who has ever watched the amazing Mike Holmes rescue distraught homeowners on his tv show knows, a home inspection only covers very basic issues and the inspector only performs a surface inspection of some parts of the home. It is by no means an extensive inspection which would reveal every potential problem. In order to avoid becoming Mike Holmes' next project, hire a licenced contractor to inspect the home before your offer is final. Have the contractor inspect such things as the roof, the foundation, the attic, the basement and also have them take a look at the plumbing, heating and electrical systems. A contractor has the expertise and knowledge to give you an opinion on the structural integrity of the home. Also, if you are planning to do any renovations, repairs or add an addition to the property, now is the time to determine if these are possible and what the costs will be.

Buying a home is an exciting experience whether it is your first home, your dream home or your retirement home. With a little preparation and planning and the help of experts, you can ensure that the purchasing process is virtually stress free and that your new home will be exactly what you want and will provide you and your family with years of happiness and enjoyment.



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The Healthy Kids Community Challenge

The Healthy Kids Community Challenge is all about helping Ontario kids make healthy choices. Our community is one of 45 across the province chosen to be a part of this special project. That means new ideas and programs are coming to our community – things that make it easier for kids to be active and eat healthier. These are the keys to good health as our children grow up and become adults.

Vegetables and fruit: Both are important

Vegetables and fruit both contain important nutrients for children's growing bodies. Both are grouped together in the Food Guide. Yet different types of vegetables and fruit contain different kinds and amounts of vitamins, minerals and fibre.

- Choosing dark green and orange vegetables and fruits more often can help increase your intake of iron¹⁰ as well as folate and vitamin A¹¹. Salad greens, kale and spinach are also rich in vitamins C, E and K, and broccoli and bok choy are also rich in many of the B-Vitamins. These vegetables also contain an abundance of carotenoids-antioxidants that protect cells and play roles in blocking the early stages of cancer, as well as having high levels of fibre, iron, magnesium, potassium and calcium.
- Furthermore, greens have very little carbohydrates, sodium and cholesterol. The dark greens supply a significant amount of folate, a B vitamin that promotes heart health and helps prevent certain birth defects¹².
- Vitamin A helps maintain normal vision and keeps your skin, eyes and immune system healthy. It also promotes normal growth and development. You get vitamin A from plant foods. Plant foods contain carotenoids which is a form of vitamin A. Carotenoids are found in dark green, yellow, orange and red vegetables and fruit¹³. Vitamin C is important for your health. It plays many roles in the body, including:
 - Helping the body absorb iron;
 - Helping the body heal wounds;
 - Acts as an antioxidant¹⁴;
 - Protects cells from damage and thereby may reduce the risk of cardiovascular disease and some cancers¹⁵.

Therefore, we need to ensure kids eat a mix of both vegetables and fruit of many different colours.

Fresh, frozen, canned or dried?

Frozen and canned vegetables are generally as nutritious as fresh. They can be an affordable way to get the recommended daily servings.

Dried fruit is a nutritious choice. Look for varieties with no added sugar and salt. A food guide serving of dried fruit is 60 mL, (¼ cup).

Look for frozen, canned and dried vegetables or fruit without any added salt or sugar.

Why should we choose to boost veggies and fruit?

- Vegetables and fruit contain many nutrients that protect our health and fuel our bodies³. Nutrients provided by vegetables and fruit include carbohydrates, vitamins A and C, potassium, magnesium and some B vitamins such as folate⁴.
- Eating a diet rich in vegetables and fruit may reduce the risk of certain types of cancer⁵ and heart disease⁶. This type of diet is also linked to healthy weights.

Canada's Food Guide recommends that children:

1. Eat a mix of different vegetables and fruit each day. Kids should eat at least one dark green (like broccoli, romaine lettuce, green peas and spinach) and one orange vegetable (like sweet potatoes, carrots and winter squash) each day.
2. Choose vegetables and fruit prepared with little or no added fat, sugar or salt. Vegetables that are steamed, baked or stir-fried are better choices than deep fried⁷.
3. Have whole vegetables and fruit more often than juice⁸. Fruit juice contains as much sugar (though from naturally occurring fruit sugars rather than added sugar) and calories as soft drinks⁹.

Recommended Number of Food Guide Servings per Day¹

Age in Years	2-3	4-8	9-13
Number of Vegetable and Fruit Servings	4	5	6



Let's get started!

All kinds of groups will be joining forces in our community to support the Choose to boost veggies and fruit theme. There will be new actions, programs, policies, and campaigns aimed at making vegetables and fruit the easy choice for a meal or snack, in all the places kids spend time.

Let's encourage our kids to eat more veggies and fruit!

To learn more about the activities in our community or to get involved, contact your Healthy Kids Community Challenge project manager:

Tammy Flood

hkcc@temiskamingshores.ca

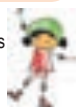
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Learn more about our Healthy Kids Activities at www.temiskamingshores.ca Under the Resident Tab!

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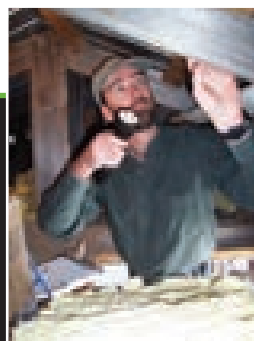
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First trimester ultrasound: delightful and informative

The first ultrasound, which is usually performed eleven to thirteen weeks after your period stops, will establish the date of conception and determine your expected delivery date. You'll also get to see your future bundle of joy and hear its tiny heart beat for the first time. In addition to its emotional value, the first ultrasound assesses fetal development and detects any anomalies that could hinder proper growth. Skipping this appointment is a bad idea for any expecting mother, regardless of age and number of previous pregnancies.

VITAL STATISTICS

Your first ultrasound will confirm that you're on the right track to bringing a healthy bundle of joy (or several!) into the world. The technician will start by making sure the embryo is successfully implanted in the womb before carefully

recording its pulse. Then, he or she will measure each limb — and any formed organs — and compare the results to general growth charts. All of the data collected during this appointment will be of great use later on when it comes time to plan your delivery.

EARLY DETECTION

Many problems can be detected or ruled out by studying the fetus and its environment. An embryo that's observed in the right place negates the possibility of an ectopic pregnancy, just as a regular heartbeat excludes any potential heart problems. Illnesses like Down's syndrome and pre-eclampsia can also be caught right away. Should your examination yield any abnormal results, your doctor will reassure you and recommend the best course of action for your health and that of your child.



Important information about your child's health can be gleaned from the first ultrasound.

Sleep problems in pregnant women

The effects of pregnancy can be felt in any aspect of your life, including your sleep cycle. When your sleep quality is poor due to physical discomfort, troubling nightmares or an overactive mind, staying awake — and alert — throughout the day can become quite the challenge. Here are a few pointers to help you get the rest you need.

Physical factors

The changes your body goes through during pregnancy can easily get in the way of a good night's sleep. Breast tenderness, back pain and seemingly random bouts of nausea can be difficult to keep under control. And even when those symptoms aren't present, there's no escaping the nighttime bathroom breaks that only get more frequent as your baby grows against your bladder. Every woman is different, so you'll need to take a trial-and-error approach to find the right sleep solution for you. Start by adding a few extra pillows to your bed, and try sleeping with one between your legs and one under your shoulders.

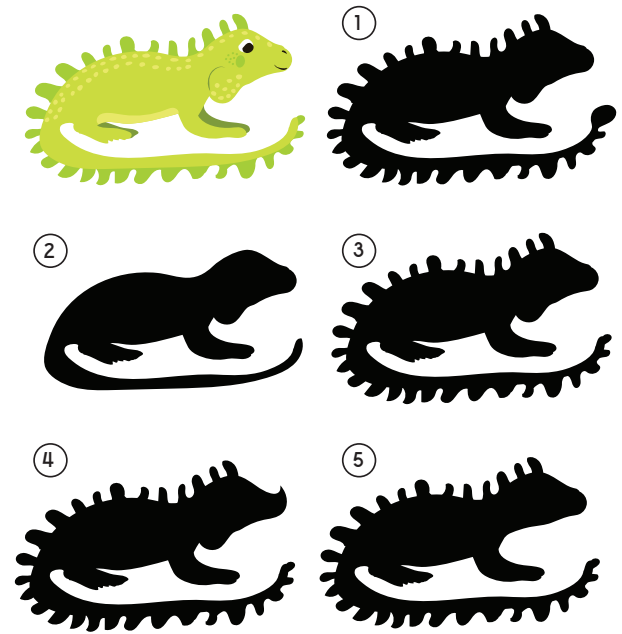
Recovering lost sleep

If sleepless nights no longer provide you with enough rest to get through the day, your weapon of choice is a nap. Get your energy levels back on track by taking an afternoon snooze a few times a week, but don't overdo it. Remember: hitting the hay at a reasonable hour is your best bet against next-day fatigue. Your body needs all the hours of sleep it can get to carry you through your daily routine, which is why health-care professionals emphasize the importance of an early bedtime for pregnant women.



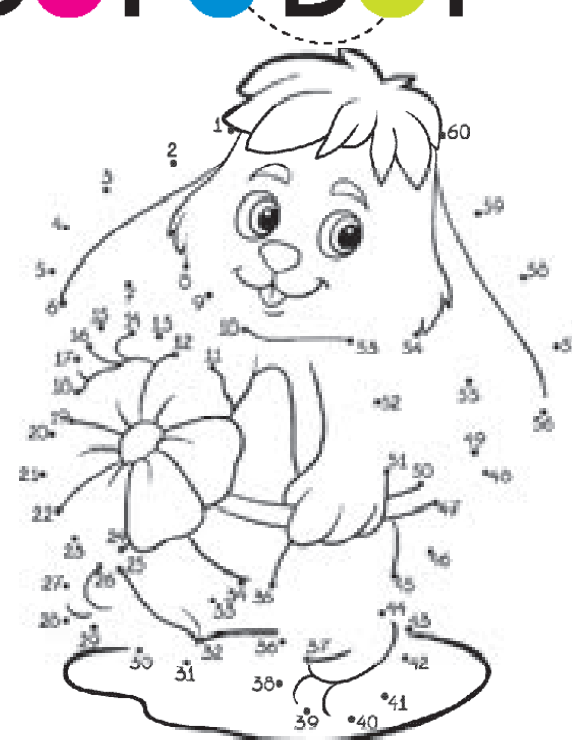
Private eye

Which of these shadows matches the lizard?



ANSWER: SHADOW NO. 3

DOT TO DOT



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