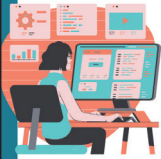


KEEP YOUR WORKPLACE SAFE #COVID19



- Keep workplaces clean & hygienic
- Promote regular and thorough handwashing
- Promote good respiratory hygiene
- Advise those who are sick to stay home

Order all your safety products from us



www.aroundandabout.ca

July 14, 2020 Issue #28 - Volume 24

WE'RE BACK! WE MISS YOU!



Sudbury Orthodontics
For The Smile of Your Life
For updated information on all our COVID-19 Safety Protocols visit our website at thesmilecentre.ca
705.869.0880 1.888.8.BRACES

DEALER DAY SPECIALS

MS 250 GAS CHAIN SAW

45.4 CC • 2.3 KW • 4.6 KG/10.1 LB

SAVE \$60

\$399⁹⁵

MSRP \$459.95 with 16" bar

STIHL

**TRAILSIDE
SPORTS**

705-869-0170

rick@trailsidesports.com

Espanola Little Theatre's Grand Dame Is 90 Years Young



By Rosalind Russell - Sharon Sproule turned 90 last Friday, July 10. She was born and raised in Delhi, Ontario, a small tobacco town not far from Simcoe and Tillsonburg. Sharon showed a talent for dance and performance very early in life. She and her high school best friend Faye often challenged the principal to explain why they couldn't do things that the boys could do. And that's how Sharon wound up leading the high school band as the drum major. Sharon met Bob Sproule when they were training as teachers in London, Ontario. They married, moved to Nairn Centre in 1952, and fell in love with the area and Northern Ontario. Bob was hired the following year by Andy Ellis, the principal of what was then called Espanola Public School, later re-named AB Ellis Public School. Sharon, Red McCarthy, and Margaret Best founded The Espanola Little Theatre not long afterwards in 1958. Having played a wide variety of characters over the years, Sharon says her favourite

Continued on back page...

CANADIAN TIRE ESPANOLA SAVE 25% ON SELECTED TIRES

MOTOMASTER	MOTOMASTER
SE3 ALL-SEASON TOP RATED: DRY TEST 24 Equal Monthly Payments PROMO 85⁹⁹ Reg 113.99 ea, up 185/65R15 BBR 34⁹⁶ TOTAL PRICE/4 TIRES ROAD RATED: 95.0 ^A	TOTAL TERRAIN A/T3 ALL TERRAIN LT TOP RATED: WET TEST 24 Equal Monthly Payments PROMO 116⁹⁹ Reg 155.99 ea, up 235/75R15 105T 46⁹⁶ TOTAL PRICE/4 TIRES ROAD RATED: 91.2 ^A



McCulloch INSURANCE
HOME • AUTO • RECREATIONAL • BUSINESS
705-869-4333

**Call today
for a quote**

(705) 869-4333

www.mccullochinsurance.ca

COMMUNITY NOTES

PROUDLY SPONSORED BY



The Massey-Walford Horticultural Society has planted their flowers at Heritage Park - thanks to the back-breaking work of Logan Emiry (tilled the soil) with helpers Klara Kluge, and Beth Emiry. Thank you to the members who planted and to Sheelagh and Granddaughter who weeded. Thank you to Calvin F. from Sagamok who gave a donation. All went well, as we practiced "social distancing." "Keep cool, be safe, and happy gardening." Silvana (Pres.)

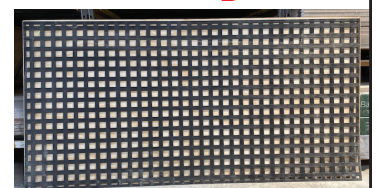
Do you have a NOTE for the Community? We invite not-for-profit organizations to submit information on their upcoming events in writing no later than **Wednesdays at 3:00 p.m. 25 Word Limit.** E-mail: around@aroundandabout.ca



Home Hardware
ESPANOLA
705-869-2130
830 Centre Street
Espanola

\$39.99
Reg \$44.99

**Black
lattice 4x8**



Continued from front page...

Espanola Little Theatre's Grand Dame Is 90 Years Young



has got to be Lucy from Charlie Brown because she is such a rebel. She has acted on stage and on film too, including Summer Flame, Winter Ashes made for television production.

Her wide range of talent has garnered her many awards over the last 70 years of acting it up in over 40 productions. She was also the director of more than 15 productions, served as past president of the QUONTA Drama Region, was a publicist for the troupe, and won so many awards - too many to count! She is also acknowledged for her contributions on Espanola's Wall of Fame at the Espanola Regional Recreation Centre and received the Ministry of Citizenship Volunteer Service Award in 1988, the Governor General's Canada 125 Medal, the inaugural recipient of the prestigious Micheal Spencer Award for contributions to community theatre and was named one of Chatelaine's most Remarkable Women of 100 across Canada. She also worked on the radio for our local Moose FM's predecessor, CKNS, for many years.

These days, due to her arthritis, she



is no longer on stage, but Sharon is happily retired and living in the house at Tudhope and Spruce that she and Bob bought in the mid-50s. She stays in touch with friends and family via Facebook and email, enjoys her daily crossword puzzle, and watching vintage television shows when she's not watching the Food Network. Sharon is an enthusiastic and adventurous gourmand. She is always available to offer advice, for both on and off stage.

Sharon brings a sense of fun and adventure to everything, including during her years teaching everything from kindergarten to high school theatre arts. If you were in her kindergarten class, you might recall her colourful kaftans and multi-hued toenails.

Sharon has mentored many aspiring actors who have gone on to professional lives in theatre.

A COVID-19 friendly gathering was held on Sunday, July 12th at Sunset Estates - hosted by her children and extended family.

HAPPY 90TH BIRTHDAY SHARON ... we wish you many more!

Photos provided by the Sproule Family



Manitoulin Family Resources

**Cordially invites you to attend their
Virtual Annual General Meeting 2020**

Please join us to celebrate a year of change and progress in our programs

- Children's Services
- Violence Against Women Prevention
- Food Bank & Thrift Store

Date: Tuesday, July 28th, 2020 **Time:** 6:00pm – Presentation by KPMG

Please contact Denise Leblanc to register your attendance at
dleblanc@mfresources.net or call 705-368-3400 ext. 243

DURING COVID-19 WE ARE STILL AVAILABLE.

If you, or someone you know is being hurt,
you **STILL** have supports!



**Manitoulin Family
Resources/Haven
House Shelter and
Crisis Line**

1-800-465-6788

or 705 377-5160

or text 705 968-0499



MNIDOO MNISING
COALITION AGAINST DOMESTIC VIOLENCE

**Need help finding a job,
accessing education,
or hiring and training staff?
We're here to help!**

Our physical offices
are closed, but we're
still available to
assist you with all
your employment
and education needs
virtually, by phone,
or email.

OPEN

Contact us today!

Espanola
☎ (705) 869-4113
✉ espanola@cambriancollege.ca

Manitoulin
☎ (705) 368-3194
✉ manitoulin@cambriancollege.ca



CAMBRIAN
COLLEGE

EMPLOYMENT OPTIONS EMPLOI

EMPLOYMENT
ONTARIO

At Your Fingertip Business Directory

High Circulation • Competitive Rates
FREE distribution to your customers!
To Advertise in the Around & About
Business Directory, call 705-869-6883

STEVE'S
PLUMBING & HEATING
705-863-2877
office@stevesplumbingheating.com

SALES AND SERVICE OF: • furnaces • fireplaces • boilers
FREE ESTIMATES

Steve Donnelly Over 15 years experience locally

Singh Dentistry
Dr. Maninder Singh

Hours:
Monday 9-5
Tuesday Closed
Wednesday 9-5
Thursday 9-5
Friday 9-5

FOR ALL OF YOUR DENTAL NEEDS
State of the art facility
We deal directly with Insurance Companies
Free dental whitening kit with new patient exam

91 Tudhope St., Espanola 705-869-1880

RAINBOWCOUNTRY
GENERAL SERVICES
705-863-2492
SPECIALIZING IN KEEPING SENIORS IN THEIR HOME

Always wanted that
Dream Garage?
Dream Kitchen?
Dream Spa Bathroom?
Call us today.
Financing available

Financeit
<https://www.financeit.ca/s/vdiANu>
*Reduced rate for low income seniors

For ALL your renovation needs.

Our Children Our Future
Nos enfants notre avenir

SPACES AVAILABLE **ESPACES DISPONIBLES**
Sacred Heart Daycare Garderie Saint-Joseph
705-869-3171 **705-869-4800**
OPEN 6AM to 8PM **OUVERT de 6h à 18h**

DORION
CONSTRUCTION

• New construction • Renovations
• Garage packages

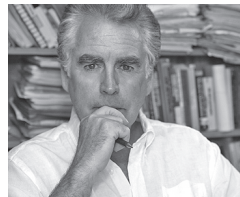
Tel (705) 865-3113 Cell (705) 862-4294

JC Plumbing & Heating
Jason Cowles
Certified Technician
Serving Espanola & Area
Business 705-583-3040
Mobile 705-863-3332
Sales & Service

Andrew Vondette
Computer I.T. & Network Specialist

Laptop/Desktop/Server Repair & Sales, Mobile Device Support
Virus & Malware Removal • Tune up & Optimization
Operating System Install • Data Recovery • Hardware Upgrades
NEW/REFURBISHED LAPTOPS & DESKTOPS STARTING AT \$125.00

705-521-3459 Professional, Reliable, Affordable!



All The World's A Circus

William Thomas

williamjthomas@gmail.com

Presidential Humour--A Precious Thing Of The Past

So very few presidents of the United States have displayed a good sense of humour. Besides integrity and intelligence, a good sense of humour is the most personal asset a politician can possess. (Imagine an angry Donald Trump stomping to the dugout after striking out on all three of those pitches!)

Trump is like the world's worst magician. "See that National Security Council Pandemic Unit that Obama created? POOF! I just made it disappear. What? What's that headed this way? The worst pandemic to hit the United States since the Spanish flu killed 52 million world wide. OOPS!"

President George W Bush could have been an excellent comedian except slapstick--choking on a pretzel and falling off a bicycle three times--does not count. Dubya--"I know how hard it is to put food on your family"--was like--"Is our children learning?"--badly "misunderestimated."

Vice-President Dick Cheney once compared his boss to Winston Churchill. Cheney actually attempted to draw a parallel between a statesman, an admiral, the architect of the greatest military triumph of world democracy and an illiterate, Vietnam draft dodger who on false evidence illegally invaded the country of Iraq leaving 175,000 civilians dead and a civil war in the making. A fair measure of a man is his words. Said Churchill: "Never in the field of human conflict was so much owed by so many to so few." Said Bush: "We cannot let terrorists and rogue nations hold this nation hostile or hold our allies hostile." (I think he meant 'hostage'.)

Great presidents of the United States had wonderful senses of humour. The illustrious Abe Lincoln, after being characterized repeatedly as "two-faced" by a political

enemy, rose to tell the audience: "Really gentlemen, if I had two faces would I be wearing this one today?" Lincoln lost few debates, his humour the rug that his opponents stood on at their peril.

John Kennedy could deliver a line as well as Johnny Carson. Dogged by the image during his campaign for president that his rich and powerful father was buying him the White House, Kennedy cleverly agreed with the accusations at a press conference and pulled out a telegram from his father to underscore the charge. "Dear Jack," Kennedy read. "Do not buy one more vote than necessary. I'll be damned if I'll pay for a landslide!" Humour always outdistances denial and Kennedy's upstart rich kid image disappeared.

Yet I don't believe any politician in North America was funnier than Morris Udall, a career federal legislator from Arizona and one-time Democratic presidential candidate. According to his book Too Funny To Be President, Udall established his reputation as a world class wit very early in life.

As a young attorney, he prosecuted a man for drunk driving. After all the drinking buddies of the accused testified to his sobriety, Udall equated the situation to a bartender shoving his last five customers out the door at closing time. "When the group reached their car, the leader turned to one of the men and said, "Simpson, you drive, you're too drunk to sing."

Running very unsuccessfully against Jimmy Carter for the 1976 Democratic presidential nomination, Udall bombed in the very first primary in New England. After which he said: "You can go home again. In fact, the people of New Hampshire insisted on it."

Later in the campaign and doing no better,

Continued on page three...

NOW OPEN! Our office is following all Covid-19 safety protocols

Turn U!ed Around

Chiropractic - Acupuncture - Orthotics
Pain Management - Cranial Therapy
Free Phone Consultation

Espanola Chiropractic Office
CALL US 705-869-2737



Dr. Dario Laurenti
www.drilaurenti.com

Studio Twelve
Hair Design

We're Back!

BOOK NOW 705-869-2915

HDVS LANDSCAPING & CUSTOM DESIGN

Lawn Care "The Company That Puts Customers and Quality First"

Moving / Aerating / Dethatching / Fertilizing / Sod / Seeding
705-865-1506 www.hdvsonline.com

MARTIN'S SERVICES
2233 Lee Valley Road

NEW TIRE SALES
Install, balance and repair services.
705-849-8038 705-583-2164

GUILDCREST HOMES
Authorized builder A division of PRO-FAB

HOLMES APPROVED HOMES
MODULAR

Rene Lefebvre Carpentry & Construction Ltd.
Over 100 models www.guildcrest.com
705-865-3262 renele5@hotmail.com

Continued from page two...

Udall was asked by a reporter: "What separates you from Jimmy Carter?" "About 700 delegates," he replied. Asked if he would accept the second spot Udall said: "I'm against all vice-including the vice presidency." Having fun with Carter after the president's infamous Playboy interview Udall quipped: "You think Plains, Georgia is small, my hometown of St. Johns, Arizona was so small you couldn't even lust in your heart."

Udall who had a glass eye, liked a drink or two and referred to himself as a "one-eyed Jack Mormon." While enlisting in the US Navy in 1942 it came time to read the eye chart. Udall put his left hand over his bad eye and rhymed off the letters. Then he put his right hand over his bad eye and again, rhymed off the letters. He passed.

After his dismal defeat in 1976 some party liberals urged him to take another shot at the Democratic nomination. Declining gracefully, Udall declared: "If nominated, I will run--for the Mexican border. If elected, I will fight extradition." Rare is the man who can rise above abject bitterness and forsake revenge for a very funny proverb. After losing a majority leadership battle despite

being assured of the support of members of the Democratic caucus, Udall waxed both profound and profane. "I have learned the difference between a cactus and a caucus," he said. "On a cactus, the pricks are on the outside."

Witty, self-deprecating and endlessly funny--Udall himself was no joke. Few elected representatives in the history of the United States could match his record legislative achievements and he was always described as "decent and graceful," even by his opponents.

Ravaged by Parkinson's disease and having lived almost his entire life in the two cities--St Johns, Arizona and Washington, D.C.--Udall was asked by family in which town he wished to be buried. Wry til you die, Mo Udall replied: "Surprise me." Humour, modesty and class--all words President Donald Trump would have to look up in a dictionary thereby making it only the second book he has ever picked up besides that Bible he held in a recent Washington photo op...upside down.

Books written by William Thomas are available at www.williamthomas.ca and delivered by Canada Post Comments: williamjthomas@gmail.com

New Manitoulin OPP Detachment Nearing Completion

The new Manitoulin OPP detachment, which will serve the Manitoulin Island and the Espanola area, is nearing completion.

Lauren Wiseman of Bird Construction says the 1,700 square metre facility will feature offices, evidence storage vaults, secure functions areas including holding cells and interview rooms, as well

as a public admittance area. Located on Boosneck Road in Little Current, it will be state-of-the-art and is one of nine new detachments being constructed as part of the OPP Modernization Phase 11.

The COVID-19 pandemic caused slight delays, but completion is expected by the end of the year.

Half Of Espanola Habitat For Humanity Duplex Sold

Espanola has lost half of its affordable Habitat for Humanity property to the open market.

CEO of Habitat for Humanity Ontario Gateway North Kimberley Woodcock says when the Espanola duplex was completed three years ago they were sold to Habitat homeowners at an affordable price and supported by a Habitat mortgage featuring zero down payment, zero interest and geared-to-income monthly payments.

She says the homeowner of 365 Adelaide Street decided last year to sell her home and Woodcock explained Habitat exercised its first right of refusal and purchased the property in late 2019 with the intent of placing another homeowner from Espanola into the home, which has been vacant since then.

However, Woodcock says when the COVID-19 pandemic hit, the organization was not able to place another family and had to suspend all its operations on March 18th.

Woodcock explains to survive the financial crisis the organization is facing and to ultimately serve more families in the future, Habitat was forced to sell the home on the open market.

It was sold last month.

Woodcock recognizes that the build was supported by charity dollars, in-kind labour and material donations as a way of providing affordable housing in Espanola, but emphasizes they had no choice with no other funding coming in.

She adds this decision does not affect the neighbouring family who continues to reside in and enjoy their Habitat home.

Under New Management
Renovations Ongoing!

THE FISH STORE

MANITOULIN TROUT FARMS

Now Offering:
• Fresh Perch
• Fresh Pickeral
• Fresh Trout
• Fresh Whitefish
• And More!

Located Behind the Beer Store
in Little Current

Store Hours:
Mon-Wed: 7-4, Thurs: 7-6, Fri: 11-7, Sat: 9-1

NEW

espanola
regional hospital and health centre
hôpital régional et centre de santé
d'espanola

FOR ALL
LABORATORY APPOINTMENTS PLEASE CALL:

8am - 2pm
705-869-1420 Extension 3056

All Lab services require an appointment. Due to the high volume of calls, if no one answers please hang up and try again.

OBITUARY



Bartlett – Elizabeth Rosena of Espanola passed away at the Espanola Nursing Home on June 28, 2020 at the age of 99. Dear daughter of the late John & Rosena (nee Hubbert) Hodgson. Beloved wife of the late Thomas Bartlett. Loving sister of William Hodgson, John Hodgson, Clara McEwen and Marie Dougherty all pre deceased. Elizabeth was a devoted member of the congregation of the Jehovah Witness. Also, will be sadly missed by many friends & relatives. Cremation with

interment of ashes in the Bellingham Cemetery at a later date. Arrangements by BOURCIER FUNERAL HOME Ltd, Espanola.



Fortin – Alphonse Joseph of Massey passed away in the Manitoulin Centennial Manor, Little Current on July 2, 2020 at the age 93. Dear son of the late Joseph & Auxile (nee Lemieux) Fortin. Beloved husband of the late Helena (nee Meredith)(2012). Loving brother of Joseph Fortin, Leo Fortin, Lucien Fortin, Eva Fraser and Evelyn Fortin all pre deceased. Dear brother in law of Ken (Judy) Meredith, Raymond (Mary) Meredith and Beth Meredith. Also, will be sadly missed by many nieces, nephews,

friends & relatives. Cherished by caregivers Roger and Judy. Alphonse was town foreman for the Town of Massey for many years. He was also a butcher for Red & White in Massey and was past president of the Lee Valley Autumn Leaves. Special thanks to the staff at the Manitoulin Centennial Manor. There was a graveside committal service on Monday July 6, 2020 in the Immaculate Conception Cemetery, Massey at 11 AM. If so desired, donations to the Lee Valley Autumn Leaves would be appreciated. Arrangements by BOURCIER FUNERAL HOME Ltd, Espanola.

CLASSIFIEDS

Real Estate • Rentals • Services
Lost & Found • Items For Sale
Prayers • Thank You • Notices
Personals • Vehicles
Special Occasion

Highest Circulation &
Best Rates In Town!

705-869-6883

SERVICES

KH GROOMING PET SERVICES – Kristey Hagan, certified pet groomer. Call or email to book an appointment. 705-936-7702, khgrooming@hotmail.com 9/1

STANS PAINTING – Residential and commercial, interior and exterior. Drywall repair, stain & varnish. Free estimates. 705-869-3629. 8/11

MINI-EXCAVATOR FOR HIRE/RENT – Daily and weekly rates. Affordable float fee's. All your excavation needs. Incl Blueskin/wetbasements,. Fully insured. 30+ years. 705-863-0095. 8/11

CHERYL'S MASSAGE THERAPY & ACUPUNCTURE – To make an appointment call 705-863-3223 or email cherylsmassage7@gmail.com 8/4 R

NORTH CHANNEL CARPENTRY – All your carpentry needs. Drywall, siding, windows & doors. Custom garage packages & sheds. Fully insured, 30+ years. 705-863-0095. 8/11

THANK YOU

The family of Reg Bourgon would like to sincerely thank family members, friends and neighbours for all acts of kindness and sympathy including online and Facebook messages, calls, sympathy cards and flowers. Words cannot express how grateful our family is for the exceptional care Reg received at the Espanola Nursing Home, the entire staff are very special people. Thank you to Bourcier Funeral Home and to Mr. Gary MacPherson for the graveside service. Shirley Bourgon and Family.

ESPANOLA SELF STORAGE – 6x8 and 8x10 Storage units available in Espanola. Located behind the car wash. Call 705-869-8405. 8/4 - R

CARE GIVER – Are you looking for a compassionate care giver for your loved ones. I have 20+ years of extensive nursing home care and in home care. For more info call 705-869-8131 and leave a message, and I will return you call. 7/28

LION LANDSCAPING - Mowing, trimming, flower beds, raking - residential or commercial properties. Regular cuts and vacation coverage. We're registered and insured. Take pride in your lawn! Call Bobby at 705-865-1039 or 249-878-7205 (text). 7/21.

FOR SALE

FARM FRESH FOODS - now open for produce. Find the little red stand up at the house this year. 960 highway 17, 8 km west of Massey. 705-865-2826, or 705-865-1788. 7/14

LEE VALLEY FEEDS – Baler twine, net wrap, silage wrap, and bunker plastic, in stock at Lee Valley Feeds. 416 Lee Valley Rd, Massey. 705-865-9996. 7/28

FOR SALE - 2 Campers For Sale: Palomino Truck Camper - \$1500 firm. Year 2000 18.5 ft Westwind Trailer - \$6500 firm. Call Richard at 705-679-0705. 7/21

WANTED

WANTED – Farm land to buy or lease. 50 acres or more. Please call Ron Farr at 705-521-3658. 7/14

EMPLOYMENT OPPORTUNITY



POSITION AVAILABLE FOR FULL TIME DENTAL ASSISTANT.

Please contact our office at the number listed below to submit your application.

espanola DENTAL CENTRE

Phone: (705) 869 2687 Email: info@espanoladental.ca

800 centre street unit 108, Espanola, ON P5E 1J3
Located in the Espanola Mall



Nicky Lamothe – Publisher/General Manager
STAFF

Andrew Vondette – Director of Publication & Design
Murielle Leblanc – Director of Office Supply Sales
Rayann Muncaster – Director of Production
Vickie Trahan – Bookkeeper
Jaymie Muncaster – Digital Content Creator
Rosalind Russell – News Correspondent
Bill Leeney – Graphic Designer

705-869-6883

email: around@aroundandabout.ca

Around&About is printed locally by OJ Graphix INC.

Distribution by Around & About

The advertiser agrees that the Publisher shall not be liable for damages arising out of errors in advertisements beyond the amount paid for the space actually occupied by that portion of the advertisement in which the error occurred. There shall be no liability for non insertion of any advertisement. The publisher reserves the right to edit, revise, classify or reject an advertisement. Ad space must be reserved Wednesday to be placed in the following week's issue. Copyright and/or property rights subsist in all advertisements and in all other materials appearing in this edition of Around & About. Permission to produce wholly, or in part, any part in any form whatsoever, particularly by photographic or offset process in publications must be obtained in writing. Any unauthorized reproduction will be subject to recourse in law.

Six Teens Canoeing Across Ontario For Canadian Food Banks

Six Toronto teens who have some experience as camp counsellors are taking a canoe trip across Ontario to raise funds for food banks across Canada. The six left on June 26th from Wabakimi (WAB-BACK-IM-ME) Provincial Park near Thunder Bay and are making their way south-east to Ottawa.

With COVID-19 protocols allowing no open camps this summer, they decided to take the trip and set a goal of \$1,000 a day during their sixty-day excursion. They have already raised over \$46,000.

The six will be stopping in Espanola on August 4th and in North Bay on August 14th to

pick up fresh supplies. The team is also receiving support from Tanner's YIG in Espanola.

They have an agreement with Food Banks Canada stipulating half of the funds raised must go to Indigenous communities across Canada.

Cailan Robinson, George Kirjjan, Nolan Aziz, Tim Mulligan, Will Vyse, and Jacob Heisey all graduated from high school this year. They worked together last summer at Camp Ahmek in Algonquin Park where they were counselors-in-training and canoe instructors. If all goes as planned, the guys will reach



their destination on August 24. For more information about the initiative or to donate, visit www.canoe4covid.com. The public can also follow their journey on social media @Canoe4Covid.

Schools Offering Online Registration For The Fall

School might be out for the summer, but the registration process is continuing online.

Rainbow District School Board Education Director Norm Blaseg says they are preparing for a number of scenarios for when schools reopen in the fall.

He says the key to a smooth transition is to ensure students are registered as soon as possible providing

the board with the most up-to-date projection of student enrolment broken down by grades in each of their schools.

The policy of the Rainbow Board is similar to all the other local schools boards with online registration being offered by all.

Parents are encouraged to visit their schools' webpages and/or call for more information about the process.

Houseplant Tips & Tricks

You may have noticed lately that houseplants are all the rage – and I'm here for it! My house is home to over 30 different leafy babies and I think it's a wonderful way to connect with nature inside our homes. Over the years, I've learned many tips and tricks to help my plants thrive and this week I'm going to share a few with you:

- **Clean your plants:** Dust on the leaves of your plants can reduce their ability to photosynthesize (feed themselves). Clean them by placing them in your bathtub and showering them with lukewarm water OR gently wiping each leaf with a damp cloth or sponge.

- **Group them together:** Plants release water vapor through their leaves during the process of transpiration, so groups of plants can create a little pocket of humidity in a dry house.

- **Fill a saucer with water:** Another way to create humidity for your plants is to place your potted plant on top of or beside a saucer with water. As the water naturally evaporates, it will increase the humidity level around the plant. If you're placing your pot on top, be sure to put some pebbles in the saucer to still allow water to exit the drainage holes.

- **Use sheer curtains:** believe it or not, too much direct sun can hurt your plants by drying them out and scorching their leaves. Try hanging sheer curtains on your windows to give them the right amount of filtered sunlight.

Have questions or comments? Feel free to forward them to jaymiemuncaster@gmail.com Have a happy hippie week!



Recipe

This recipe comes from a customer and loyal reader of my recipe columns. Other recipes she has shared with me have been winners, so there's no doubt that the following will be delicious. With strawberries in season, this is the perfect time to try these muffins and that's my plan this weekend.

Strawberry Butter Streusel Muffins

- 2 cups all-purpose flour
- ¾ cup of sugar
- 2 tsps baking powder
- ½ tsp salt
- 1 cup milk
- 2 eggs
- ½ cup butter, melted
- 1 tsp vanilla
- 1 cup fresh strawberries, diced



For Streusel

- ¼ cup flour
- ½ cup sugar
- 2 tbsps butter, softened

Preheat oven to 350 degrees. Make your streusel first. In a food processor, or with a pastry blender combine all ingredients until crumbly. Set aside. For the muffins, combine the flour, sugar, baking powder and salt in a large mixing bowl. In a medium bowl, beat eggs, then add milk and beat again. While beating, add butter and vanilla. Pour wet ingredients into your flour mixture and mix with a fork just until combined. Spoon a tablespoon of batter into paper lined muffin tin, add a few strawberry pieces then another tbsp of batter, being sure to only fill cups about 2/3 full. Top with 4-5 more strawberry pieces. Top with about 2 tsps of streusel mixture. Bake in oven for 25-30 minutes, or until a toothpick inserted in center comes out clean. Let muffins rest for 10 minutes before removing to racks to cool completely.

