


Live, Life, Style

*Celebrating 1
year in print!*

Magazine

Issue #12

FREE



The Helmet Debate

- Your Head is Worth it

The Peanut Butter Controversy

Home Staging

- The Home Staging Experience

Legacy of Love and Compassion

Mortgage Expert

- Your Credit Score

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Arnprior Shelter**

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Each issue of this magazine is an exhilarating and draining process. Usually it's just a time crunch and last minute panic. This time round it was more emotionally draining on me. A lot of the content is very close to my heart, and it was important that it be shared and emphasized.

When I spoke to Stephanie Cantrell of the Arnprior and District Humane Society she informed me that they currently have 160 cats needing homes. She has never seen it at this level in the 12 years she's been there! Cats seem to be a disposable pet to a lot of people, and pregnant moms the biggest cast off. Please read her article, read the profiles of the pets needing homes, there are LOTS more, and I would love to announce in the next issue that each of the ones we profiled has been re-homed! I have a special place in my heart for "Sam" as I have always adored orange tabbies. Unfortunately my husband is highly allergic. It breaks my heart that he's been waiting for almost 4 years for a home to call his own!!

The final article in the magazine this month was hard to set-up. But I so wanted to share some of the beautiful person that Mary Campbell was with our readers. In doing so I reread the last e-mail I received from her 10 days before her death. She was so upbeat, and looking forward to meeting Roarke when she finally got to go home. Unfortunately it never happened, she died 1 day after going home. While I was in many ways happy for her that she got to go home to die, where she wanted to be. It shattered me that she never got to meet my son, and that the world lost such an amazing person.

Her impact and legacy live on, and it's a testament to the person she was that the Nurse Pulse News has had regular submissions from her colleagues since her passing, sharing their memories and how influential she was to their lives.

On a final note, the election is October 6th! I hope you all get out and vote. It's so important to have your voice heard and your opinion known. The only way to do so is to cast your vote!

Sam Doherty
co-editor

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Or view this and all previous issues on our website:

www.livelifestyle.com

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The Home Staging Experience

The decision has been made. You're going to put your house on the market. You have many decisions to make and plans to carry out. One of your choices may be to hire a Professional Home Stager. How does this work? How long does it take? What will a Home Stager do for you? What will you be expected to do?

You are preparing to launch a new product on to the marketplace. You will want to put in every effort to be sure that this product, "your house" is fully prepared to market. Hiring a Professional Home Stager is a great decision on your part. Your Stager will take the mystery out of the decisions that you will need to make and help to inspire you to do everything necessary to prepare your home for photographs and showings.

The "staging experience" is still a bit of a mystery to many homeowners. Of course there are many differences between staging companies, but some similarities as well. Each house also has differing staging needs. Some are completely empty of furnishings and no one lives in them, while others have had twenty years of family life and still have active families coming and going.

I'd like to present a general outline of how my company approaches the "staging" of your home.

THE CONSULTATION - We are often called in for a consultation by the Real Estate Agent. Many clients are selling their homes themselves and they call us directly. This process takes two to three hours. The Stager will walk through your whole house with you, accessing everything from curb appeal, to all of your rooms, to unfinished basements and backyard patios.

"It is important to have a realistic schedule for your to do list." Budget will be a major consideration at the consultation. There are many options of how much work will be done and who will be completing the work. Each house has different needs, so this will affect the list of work and ultimately the budget.

This is decision time. Have a note pad handy and send the children to the neighbors. You will not want to waste this valuable time with your Stager. If paint needs to be updated, your Stager will have colour swatches available and will help you make correct choices for the present marketplace. Any repairs or updating of light fixtures etc. can be decided on at this time as well. De-cluttering, or what I like to call pre-packing choices will be made at the consultation.

Scheduling decisions such as painters, movers, cleaners, photographers can all be made at the consultation. Work can generally be divided up between yourselves, family members, contractors and your stager. Things generally move very fast from this point on.

THE LIST - Yes you will be left with a "to do" list by your Stager. The length of the list will depend on the needs of your home. Generally there is some painting to do. Minor repairs and light fixture upgrades are often on the list. De-cluttering or pre-packing is almost always on the list. Removing of some furniture may be a requirement, especially if you have lived in the house for a long time. Things tend to collect. If you have re-arranging of furniture to do (especially if there are stairs involved) you may be asked to do it before the staging date. This will mean that the Stager does not have to hire movers, thus saving you costs.

It is important to have a realistic schedule for your to do list. If the Stager arrives on staging day and the house is not ready, they may have to reschedule at an extra cost to you.

STAGING DAY - When the big day arrives it is important that the house is ready to stage. Meaning, the list must be complete. I have staged houses where the painters were still working. This makes for a slower, less productive day. If you have children, it is better if they are out for the day. In fact you do not need to be there at all. Some homeowners enjoy going out for the day, and coming home to the new look of their house.

For a complete home staging, your Stager will arrive in the morning with a truckload of props, artwork, lamps etc. If new furniture is arriving it should be scheduled to arrive at least the day before either by yourself or your stager. Once everything is moved into your house, your Stager will begin to work their real magic. Your Stager will go from room to room arranging and priming until each room is completely ready for photographs and showings.

At the end of the day, the Stager will remove any garbage (packaging etc.) that they have brought in with them and clean up any messes that they may have made. There should be no "to do" list at the end of this day. When the Stager leaves, the house should be ready for the photographer.

SOLD AND DE-STAGED - You probably will not see your Stager again until your house is SOLD! At this time your Stager should return in a timely fashion to remove any staging props or rental furniture.

Yes there is always work on your part when preparing to move. Allow your Stager to help make it as painless and as enjoyable an experience as possible. As a bonus, once you see your home staged, with many of your own furnishings, you will have many exciting ideas for decorating your new home!



Robin Stewart

Certified Staging Professional

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Stage F/X by Robin

Home stagers work closely with Real Estate Agents to help sell your home.

PAULA'S RECIPE CORNER



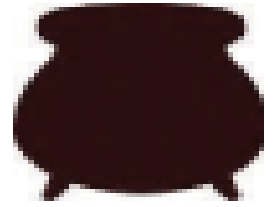
Paula Westwell
Recipe Queen

foodwithpaula.blogspot.com

Spaghetti with Roasted Squash

- 1 Pkg spaghetti
- 1/2 onion, chopped
- 2 cloves garlic, grated or finely chopped
- 1 Butternut squash
- Olive oil
- Salt
- Pepper
- Nutmeg

Chicken stock (use vegetable stock if you prefer vegetarian)



Preheat the oven to 400 degrees celcius.

Sprinkle a baking sheet with olive oil. Cut the acorn squash in half, length-wise and brush both sides with olive oil. Sprinkle with salt and pepper. Place cut side down on cookie sheet and bake in the oven until flesh is soft, about 45 minutes or so. Once squash is soft, scoop out all the flesh and set aside.

Fill a large pot with water and add a generous amount of salt. Bring to a boil. Boil pasta until al dente.

Meanwhile, heat up some olive oil in a saucepan, and add the onion until soft. Add garlic, salt and pepper. Add the flesh of the squash and a little chicken stock to make a sauce. Add a little grated nutmeg just to taste. Add the sauce to the spaghetti and toss.

Yum!

Visit Paula's blog online at: foodwithpaula.blogspot.com

What Is It?



Hint, this time it's NOT a piece of farming equipment!

Send your guesses to : whatisit@livelifestyle.com

LLS

The Peanut Butter Controversy - A Pediatrician's View

Surprisingly, at least to me, one of the more controversial topics that I receive email about is our listing peanut butter in our article on starting solids. It used to be believed that you should just avoid giving large chunks of peanut butter to younger children, as this was considered a choke hazard, but that it was okay to offer small amounts of smooth peanut butter that was thinly spread. Now, I get many emails from parents who were told by their Pediatrician or allergist to not give their children peanut butter until they are at least 2-3 years old.

The worry about food allergies is the main reason for these new warnings. Although allergies to peanuts are not the most common type of food allergies (allergies to milk and eggs are more common), they can be among the most serious and are usually considered to be the least likely to be outgrown.

It would seem that one of the main reasons to not give peanut butter to your children until they are older is to prevent your child from developing a peanut allergy.

It is often recommended that children who are at high risk of having food allergies, either because:

1. they have had intolerances or allergies to other foods/formula
2. they have other 'allergic type disorders,' such as eczema, allergic rhinitis (hay fever), and/or asthma or family members with these conditions
3. they have other family members with food allergies or other 'allergic type disorders'

Food allergies are much less common than most parents believe, only affecting about 3-6% of children and 1-2% of adults.

avoid those foods that cause the most allergies, including cow's milk, citrus fruits and juices, and wheat until 12 months of age, eggs until age 2, and peanuts and shellfish until 3 years of age.

However, if your child is not at risk of having a food allergy, this may not be necessary. Still, some children who are not high risk still have allergic reactions to peanuts, so the only way to avoid an allergic reaction, if you are worried about it, is to avoid peanuts and peanut butter.

As with many things, you have to weigh the benefits of giving your child peanut butter with the risks of an allergic reaction. And peanut butter can be a beneficial food. The American Academy of Pediatrics even includes peanut butter as a snack food for a one year old child in this article on toddler diets and calls peanut butter a healthy snack.

It is believed that peanut allergies are increasing because we are being exposed to peanuts so much, so taking steps to decrease that exposure and possibly prevent a food allergy does make sense. And most allergists do believe that the earlier that you are exposed to a food, the more likely that you may develop an allergy to that food.

So is there any reason to give your younger children peanut butter?

I think the best reason is that most younger children, even those who are very picky eaters, like eating peanut butter and it is a 'good' food, being high in protein, having plenty of calories, no cholesterol, and being rich in vitamins and minerals, including iron, Vitamin E and B Vitamins. Combine some peanut butter thinly spread on a piece of white bread, and you are also getting your child lots of calcium too (from the bread).

Other things to keep in mind:

* Food allergies are much less common than most parents believe, only affecting about 3-6% of children and 1-2% of adults. According to our own Nutrition Survey, 16% of respondents thought their children had food allergies, way above the usual incidence reports. So your child is likely less at risk for developing a food allergy than you believe.

* Your child may very well develop food allergies no matter what you do.

* Allergists are most likely to see kids with allergic diseases (makes sense, right) and so are going to lean towards recommending that you avoid peanuts and other 'allergic' foods.

* While the American Academy of Pediatrics does recommend delaying the introduction of peanuts until a child is 3 years of age, that recommendation is only for 'high-risk infants' and not for all children. Remember that children are considered to be at high-risk for developing allergies to peanuts if they have other food allergies or other family members with food allergies.



Continued from Page 6 - Peanut Butter Controversy

I am not saying that you have to give your children peanut butter. I don't own a peanut farm and don't receive any subsidies or grants from the peanut lobby or the American Peanut Council, but I do believe that peanut butter can be a nutritious food that most kids like.

I also think that it isn't necessarily a good idea to restrict your children's diet, especially when they are likely already picky eaters. However, even if they aren't at risk for food allergies, if they have a varied diet and aren't very picky, then not giving peanut butter isn't going to do any harm either.

Hopefully this article will give you more information about the risks and benefits of peanut butter and will help you make a healthy decision for your family.

Keep in mind that the best way to avoid food allergies is to breastfeed exclusively for the first six months of your child's life (that means no formula supplements and no solid foods), continue to breastfeed until your child is at least 12 months old, avoid peanuts and tree nuts while you are pregnant and breastfeeding (especially if your child is high risk), and consider using a hypo-allergenic formula (such as Nutramigen or Alimentum) if you do want to supplement breastfeeding with formula.

This article can be found on the web at:

http://www.keepkidshealthy.com/nutrition/peanut_butter_controversy.html

LLS

Entertainment Corner

This section is to advertise musical groups and artists that are looking for bookings in the Ottawa Valley area. Send us your information to be included: info@livelifestyle.com

The Brysonaires - Country - square dances - Contact Paquette 819-648-2403.

Daybreak - Rock with Santana sound - Contact Andy Pigeon 613-432-8580.

Eddy & the Bandits - Country (Haggard, Jones, Paisley, etc) - Jeannie 613-433-3603 or email : jeanniegodda@hotmail.com.

The Fabulous A Team Band - Oldies Rock n Roll, Country, Blues and more - Angie Towell 613-433-8278.

Fifth Street - Classic and country rock - Contact Andy Taylor 613-432-7113.

thehinterlandband - Original and covers of folk rock/pop - Contact Colin Whyte - 613-312-7845

The Usual Suspects - Traditional Country with a Texas Swing influence - Chuck Pierce at 613-646-2610 or Larry Dougherty at 613-432-1571.

Are you an expert? Got some advise or just an opinion? We're always looking for fresh content and new contributors. Contact our office. 613- 433-9780 or info@LiveLifeStyle.com

Arnprior & District Humane Society - by Stephanie Cantrell - Shelter Manager

The Arnprior & District Humane Society is a small no kill shelter located on Didak Dr. in Arnprior. The dedication and hard work of a few volunteers, made the dream of having a humane society a reality in October of 1997. Since then thousands of lost, stray, injured and abandoned animals have passed through the doors on their way to finding permanent, loving homes.

The Arnprior Humane Society serves Arnprior and McNab/Braeside, and sometimes other areas when space permits. All animals admitted to the shelter receive vet care which includes spaying & neutering, vaccinations, deworming and microchipping, they also receive grooming, food, love and undergo temperament testing, all before they are placed up for adoption. The shelter relies mainly on donations to keep the doors open, including several fundraising activities throughout the year. They are fortunate to have many tireless volunteers who donate their time as well as many supporters who bring in much needed supplies.

One of the most important functions of the humane society is to provide education to the public. The most important message that we can get out is to spay/neuter your pets. Unfortunately the pet population is exploding and causing crisis situations in shelters. There is always an influx of pets in the summer months, however each year the number seems to increase. The Arnprior Humane society currently is housing over 155 cats and 8 dogs. Spaying and neutering is expensive but is necessary, it not only benefits your pets health but also prevents certain behaviour issues. This year we have had a huge increase in pregnant 7-8 month old kittens coming into the shelter. These kittens are not physically mature, they often have problems delivering and sometimes reject their kittens. There has also been an increase of cats coming in with kittens that are already pregnant again, cats can get pregnant while still nursing. The best way to prevent this from happening is to have your pet spayed or neutered by six months of age, if your pet is not fixed than it should not be allowed to roam outside.

Owner's relaxed attitudes during the summer months also contributes to the many cats that are entering shelters. With the nice weather, well intentioned owners tend let their indoor cat enjoy some time in the backyard or on the deck, but it takes so little for something to go wrong and for the cat to go astray. If they are lucky the cat will come back, sometimes hours or days later, hopefully unharmed. Unfortunately all too often they don't. The number of cats entering the shelter almost triples during the summer, very few cats are claimed by their owners whereas most dogs are claimed. Many people believe that cats are able to fend for themselves, and this is true of cats that have been born outside, and have always had to rely on their hunting instincts to provide for themselves. Unfortunately your average house cat that has always had a full bowl of food and fairly sheltered life tends to not do well, they are brought to the shelter emaciated, starving and very often injured. Many municipalities are being over run with stray cats roaming the streets.

Many people are now considering keeping their cats indoor, since outdoor cats have a much shorter lifespan, they can bring home parasites and disease, they also cause a nuisance to neighbours and end up costing so much more in vet bills. Indoor cats will bond more closely with their owners, it is easy to keep an indoor cat happy with a variety of toys and regular playtime. If you feel that your cat must go outside than it is very important to ensure that your cat can be identified, either with a microchip or a collar with identification.



Shelter Staff

The Arnprior humane society would also like to encourage people to stop buying from pet stores and puppy brokers which will help prevent backyard breeders and puppy/kitten mills, whose only concern is to breed for money. These people do not care for the health and welfare of the pets, that are very often kept in horrendous conditions. There are thousands of homeless pets sitting in shelters waiting for a family to come along and take them home. The myth that shelter animals are "broken" with behaviour and health problems is false. Adopting from a shelter is a wonderful way to give a homeless pet a secure and loving home. Typically shelters have a deep understanding of the temperament and health of the animals in their care and will provide you with a full background assessment. A major priority for the Arnprior shelter is to find a lasting, compatible match between an owner and a pet that brings joy and a daily dose of happiness to all family members.

The shelter is often asked why they don't give away the animals for free. While that would be great, free pets mean more families would be able to afford a homeless animal. However, the reality is that being a responsible pet owner costs money! A free puppy or kitten sounds great, but that's just the start- all new pets need to be checked by a veterinarian, dewormed, vaccinated and spayed or neutered. A typical free pet can cost upwards of \$500, to have everything done that comes included with a shelter animal. We provide a health check, deworming, flea treatment, vaccinations, microchip, spay/neutering as well as a health guarantee. Our adoption fees are \$160 for cats/kittens and \$250 for dogs/puppies.

If it is time for a new pet in your life, you will surely find your perfect companion at the Arnprior & District Humane Society. There are so many wonderful pets at the shelter, cats and dogs of all ages, shapes, sizes and breeds, waiting in hope for a home, someone to share life with, someone to love.

Make adoption your first option- and you will find your special companion.

Open Mon-Sat 12pm-5pm, closed on Sundays.

490 Didak Dr, Arnprior, ON

Phone number: 613 623-0916

www.arnpriorhumanesociety.ca

district.spca@bellnet.ca

#2868 SAM



Sam has been at the shelter since October 2007. He is a very handsome, 4 year old neutered orange tabby. Sam was just a kitten when he was abandoned in a house by his owners, he lived there for over a month with no human contact, he survived by drinking the water out of the toilet. He was very shy, and afraid of people when he came in, over the years we have worked with him. He is still shy but warms up to some people. He can be affectionate once he knows you, he is a calm, quiet cat. Sam really enjoys the company of other cats, and would do much better in a home where he has another cat for company. He is strictly an indoor cat. Sam will require an owner with patience, that can give him time to settle in. Please consider giving this handsome boy a forever home.

3709 BRUNO

BRUNO HAS BEEN AT THE SHELTER FOR OVER A YEAR! Bruno is a Bull mastiff mix, he is a big, loveable, silly boy & loves tummy rubs. He is fully housebroken and has good manners. Bruno knows some basic obedience commands. He is a large, strong dog that requires a home with lots of space, with a fenced yard. An owner with large breed experience would be ideal. Bruno must be in a home where he is the only pet, with no children. This wonderful dog deserves to find his loving forever home.



#3840 REGAN



Regan was brought to the shelter last September, she had been straying for some time. Within a day of being here, she gave birth to five beautiful kittens. Regan is a very sweet little girl, she is approx. 3 years old. She is an affectionate cat, likes attention and enjoys being groomed. Regan tolerates other cats but really prefers her own space. She is quiet, and loves to lay on her pillow in the window bird watching. She is easy to handle and gentle, and a very clean cat. Regan would be fine with children, she also is good with dogs. She will make a wonderful companion for her new family.

#3872 MILO



Milo is very friendly, extremely affectionate & loves attention. Unfortunately, Milo must live in a cage at the shelter because some of the other cats pick on him. Milo is becoming frustrated with being cooped up all the time. The shelter is willing to reduce the adoption fee for the right home. Milo would make an ideal companion for someone who is home alot. Please consider giving this handsome cat a chance at a new home.

To Adopt any of these precious animals please contact the Arnprior Humane Society. The right home doesn't have to be in Arnprior, they will adopt to any area as long as it's the right fit!

If you can't adopt please consider donating.

613-623-0916

district.spca@bellnet.ca

www.arnpriorhumanesociety.ca

Interesting Stats.

We held a poll on our Facebook Page about the “**Black Dog Myth**”. That is the theory that black dogs & cats are the hardest to adopt. While shelters will tell you that these are the hardest and last to place, apparently the views of our voters was different. A whopping **80% responded - “No Black Is Beautiful”** In fact there was a **0% response to the “I would never adopt a black pet”** option. Let’s hope the next time a black pet needs adopting, one of our voters will step in!

LLS

You And Your Credit “Score”

I had to write on this today as I’m completely stunned by the response I got from Equifax.

I called Equifax on behalf of a client to try and understand the discrepancy between their “score” and my “score” (a significant difference of 60 points).

What I was told by the Equifax representative is there are two “scoring” methods. One for consumers to determine approximately what their performance over time is (i.e. how they pay/manage credit) and another, your BEACON score which determines your credit worthiness or overall risk assessment. The BEACON score is what is calculated and used by all credit/lending facilities and is calculated at the time of request.

The two “scores” are not linked in anyway. “They should be relatively close.”, the representative tells me.

What does this mean? Well if you work hard at changing your “score” or at least the consumer version there of, this may not have any significant impact on your BEACON score.

Case in point, my client thinks he has amazing credit. My view of the same file says he’s a borderline case at best.

Bottom line, I can’t get him a mortgage and all I am allowed to tell him is that he needs to fix his credit. The only thing he can do to fix it is to wait and it will repair itself over time. How long? Well then he has to get me to view my side of the credit story to tell him if he’s close or not. There’s no way he can tell if he’s over the magic number or not. Translation too long as his renewal is in very short order.

Does this make any sense to anyone else? How is the consumer supposed to know something is good enough when they can’t even access the same view as the credit companies have?

I’m speechless.

Who do we get to fix it? No one as they are a monopoly (or maybe a du-opoloy with TransUnion which is just as bad). You’re out of luck today, but just wait a while. It will get better and you can reapply in a few months. How many? We can’t tell you that. Please try again later.

JRW



John Walsh is a Mortgage Agent with Mortgage Alliance. He is a specialist in investment properties and commercial. Licence Number: M08000603
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Community Events

The Community Events Section is free. If you have something to include please email it to : info@livelifestyle.com

Horton

October 1st - Final Fall Market - 8am - 1pm in support of the cement pad for the rink. Both vendors and buyers needed.

\$5 for vendors for space for the day.(Bring your own table)
 Horton Community Centre, 1005 Castleford Road

October 21st - Country Dance - 8pm - 12am - The Countrymen - Tickets \$8/advance \$10/door
 Advance tickets available at: Scotts and Sons, Horton Township Office & Balloons n' Critters

Happy 20th Birthday!



Mitchell Doherty

October 19th

Happy 21st Birthday!



Amber Rees
 October 16th

Happy 22nd Birthday!



Lacey Doherty

October 23rd

Halloween



candy costume flashlight fog ghosts ghouls goblins
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October 2011



JOIN US ON FRIDAY OCT-28 FROM
6:00-8:30 P.M! IN THE MAIN PART
OF THE RENFREW ARMOURIES
WE ARE HAVING A HALLOWEEN
DANCE!
PLEASE WEAR YOUR COSTUME!

Monday to Thursday mornings 9:00-11:30!

115 Veteran's Memorial Blvd
Renfrew
Ont

3,4,5,6,10,11,12,13,17,18,19,20,24,25,26,27,31

Play N Learn- This is an opportunity for adults and children to participate in activities geared to developing and enhancing early learning from birth to school age. Please bring indoor shoes and a healthy snack!

Mondays Oct 3,10,17,24,31
1:00 -3:00p.m
115 Veteran's Memorial Blvd
Renfrew

Prenatal and Nutrition Program-Join us for refreshments and healthy recipe's followed by information and support for pregnant woman and teens. Vitamins and food vouchers are available.

Wednesdays Oct 5,12,19,26
Armouries Main hall
115 Veteran's Memorial Blvd

Let's Get Moving- Physical activity is important for children's overall health. Please bring a fruit or vegetable snack and indoor shoes!!



Wednesdays Oct, 5,12,19,26
1:00-3:00 p.m.
115 Veteran's Memorial Blvd
Renfrew

Under One Club-Early learning for infants and their parents. Come spend the afternoon and share some

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

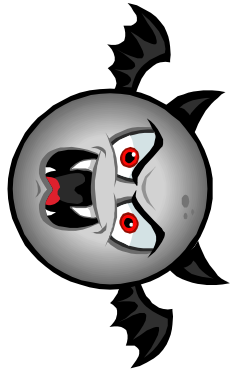


Wishing everyone a very safe and spooky Halloween!

Halloween Dance
6-8:30p.m.

Thursday Oct 6,13,20,27
1:00 -2:30 p.m.
115 Veteran's Memorial Blvd
Renfrew

Kids in the Kitchen!- An introduction to preparing and trying new foods. Children join staff cooking up new recipes. Suitable for children 3 1/2 -6 yrs. Pre registration is necessary!



"It takes a village to raise a child"



The Helmet Debate

Sam Doherty



Some recent discussions on riding helmets got my attention. There is still such a cliché of unnecessary tackiness when it comes to this life saving device. You're not a good enough rider. You shouldn't be riding THAT horse. There is no trust between you and your horse. And an assortment of other criticisms.

The excuses for not wearing one are just as silly; Helmets give me headaches. They're too hot. Too ugly. Too expensive. Make me look stupid. OMG, do you know what a helmet does to my hair?? And for men... Well it's just not 'manly' needing to wear a helmet. Like it's some sort of mar on their masculinity.

Let's put this in perspective, hockey players wear helmets and padding, football players wear helmets and padding, even baseball players now wear helmets. They're still 'cool', still considered athletic and still considered skillful. In all these sports the player is on the ground or ice, not levitated off the ground. Yet their injuries from falls, impacts and collisions are often times catastrophic, even with this layer of protection. For them the 'unknown factor' is another human, relatively the same size.

A horse is on average 10 times the size of a human. Can move at 30mph – 40mph and send you flying with a force of impact of 250 pounds! Sorta makes the knight in shining armour seem a whole lot smarter back in the day then we are now eh?

Horses are prey/flight animals, while the human response to unknown might be "Oh this might hurt." The horse's response is entirely different. "This will kill me." "I'm gonna die." The bird in the tree becomes the pterodactyl. The snake in the grass an alligator. Deer in the bush; big, ugly, unhappy bear of course. The horse is not worried about being hurt, he's worried about dying. The most well trained horse can't alter his natural instincts. No matter how much trust he has in you.

He's not running cause he doesn't trust you. He's not fleeing for his life cause he wants to hurt you. In fact IF he's thinking of you at all, he might just be thinking he's saving your life to!

I've been riding for over 30 years, and am embarrassed to say my balance is not what it use to be, age and recently having a baby seem to have thrown it all outta wack. Recently I was riding a beginner horse having a good ole time of it, something kept bothering him, but we kept on trucking. Finally he just couldn't cope with whatever it was, he went right, I went left and down I went. He didn't bolt, just startled and I couldn't compensate. It wasn't a hard fall, nor remotely graceful, landed mostly on my shoulder but the side of my head smacked the ground (thankfully it was pretty decent depth of sand). I can't imagine the outcome had I not had a helmet on. And this was only at a trot.

Don't be stupid, wear a helmet. Your family and friends won't care how pretty you look or your hair is, if you're dead or brain damaged. Enough of our body is left vulnerable when we ride, don't risk the one part you can protect. After all it's not just the impact of the fall itself that can hurt you, you risk being stepped on as well!



In February of this year my aunt passed away. It's still an emotional thing to even talk about. She was a special woman, not only to me but to so many others. She left a legacy that few can. I was proud to have known her. Her loss was felt not only by her family, friends and colleagues but by all the parents and children who ever passed through the doors of CHEO and were privileged enough to have Mary be the one to greet them. Mary was my rock through seizures, fevers, asthma attacks, broken bones and an assortment of other childhood ailments that my two older children had. As long as she was there I knew my child would be okay.

There is now an annual "Mary Campbell Award" for the best member of the CHEO emergency department. The Triage area has been dedicated to her as "Mary's Office".

I miss her.

-Sam Doherty

Leaving a legacy with a smile and kind word - Nursing Pulse News

by Debby Voskamp

I've worked with many wonderful nurses during my 25 years in this profession. Mary Campbell was one of the finest. I say "was" because Mary passed away a few months ago after a short battle against cancer. Nothing I write would do true justice to the person and the nurse that Mary was, but I would like to honour her for the positive influence she had on me, both as a nurse and as a person, over the 20 years we knew one another.

Mary was a triage nurse in the emergency department. She practised nursing for 36 years and always had a smile and kind word for colleagues, patients and families. She never judged others, or spoke badly of anyone. She felt that the people who came to emergency, no matter how trivial the problem seemed or how busy the department was, were there because they needed our expert help. The way that she responded to them reflected that belief.

Mary was always focused on the people friends, colleagues and patients. Her part of her purpose in life. She lived a



in her life. She was devoted to her family, work gave her joy and she believed it was life with no regrets.

Mary led by example. She was consistent, did the right thing. She wasn't afraid to wasn't right, but was also open to the opinions of others.

dependable, knowledgeable, and always voice her opinion when she felt something

Mary was quick with a kind word or praise when it was needed or deserved, but would also let you know if you had acted in a way that disappointed her. She expected the best from all nurses. I miss her wisdom.

When she was first diagnosed, and everyone was trying to deal with their feelings of sadness, Mary reminded us to take care of each other. She left us with a legacy to strive to be the best that we can be, as human beings and as professionals; and to treat everyone with kindness, respect and compassion.

I will always honour Mary's memory by making an extra effort to establish a positive connection with the patients and families I work with every day. I will make the same effort with colleagues. You just never know how much of an impact a smile and your thoughtful, caring words will have. Mary showed us every day that what you give of yourself to others will come back to you.

Small private stable in the heart of Renfrew County

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Monica Wilcox and Amber Rees

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