



CK SPRING 2010 outdoorliving

Highlighting services and products that help you
enjoy outdoor living in Chatham-Kent

Rudbeckia - CK's Flower For 2010!
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Natures Pride - Landscaping At Its Best
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Protect Yourself With Remedy's RX!
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Welcome to our premier issue of "CK Outdoor Living." We are very excited to be offering this new publication to highlight services and products along with personal thoughts on gardening and outdoor living from local businesses and residents, here in Chatham-Kent.

When the first day arrives that we can leave our jacket at home, it seems we begin to plan this new season. Everyone wants to move to the outdoors, whether it be taking a walk, cleaning up our patios, raking out our gardens, opening our pools, or just lounging in our yards. In anticipation, we wait for the first robin to appear, for the first blue heron to fly down our Thames River, and finally for the first bud to emerge on our trees giving us the official sign that the season has begun. It's like everything becomes new once again and the scent of spring quickly leaves the cold of winter behind. Not long after a warm spell, and a bit of rain, our landscape gets painted green.

We hope you enjoy this publication and we wish all of our readers a safe and enjoyable summer, and a healthy harvest in the fall from the seeds they plant this spring.

Thank you to all our advertisers for coming on board with us for this premier publication as we couldn't accomplish this without you.

Sincerely,

Andrew Thiel, President
Nancy Schlereth, VP Sales
A.Thiel Marketing & Graphic Design

What's in your Garden Shed?

The following are some of the basic gardening tools for the "Home Gardener"!

Shears or Scissors

Handy for cutting flowers for vases and for removing deadheads

Pruners

Perfect for giving your garden a good trim to avoid overgrowth

Wheelbarrow or Garden Cart

Helps you to avoid heavy lifting of topsoil, mulch etc.

Watering Can

Great for fertilizing and watering containers

Trowel

Essential for planting your annuals and perennials

Spade

Its long handle makes it a perfect tool when trying to get into tight spots of your garden

Edger

Gives your garden a finished look

Waste Bags

A must to discard your weeds and with the paper ones available also a good choice for the environment

Soaker Hose

An inexpensive way to irrigate your garden

Fork

Critical tool for moving/splitting established plants

Metal Rake

Great for breaking up soil clumps and smoothing out your garden beds

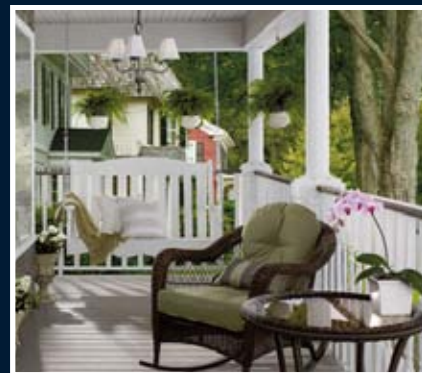
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**As displayed in the Chatham-Kent
Home & Garden Show**



CKoutdoorimages



Blue Heron on the
Thames River, 2010

Farmers Field near
Lighthouse Cove, 2009



Rudbeckia Tiger Eye Gold
Communities In Bloom
Flower of the Year
For Chatham-Kent, 2010

A view of the Thames
River from the River Road,
2009



Tulip Tree
Chatham-Kent ,
2009

Have an image you would like to see in next year's CK Outdoor Living Magazine? E-Mail your image with the details of where and when it was taken to info@athielmarketing.com or drop off the file at 159 King Street West, Chatham Ontario.

Custom Window - bringing "Sunroom Dreams" to life!

You'll be telling your friends and family that you practically live in your new sunroom, because honestly, that's where you will be spending most of your time.

At Custom Window, no details are overlooked to ensure that you are getting exactly what you want while choosing your very own Sunroom. After all, this is your opportunity to create that "special space" you've always dreamed about. Just imagine the peace and tranquility your new Sunroom will bring to that morning cup of coffee or evening refreshment, making you feel like you are somewhere else while enjoying your own backyard. No insects to bother you, protection from the elements yet still able to enjoy a bright sunny day. There is nothing quite like listening to the sounds of nature while enjoying the comforts of home.

Custom Window's Sunrooms are built by Canada's largest Sunroom manufacturer "Lifestyle Sunrooms". You can choose the Sunroom that suits you best from the outstanding products they have available:

- Cover your existing patio or deck with a **roof system** only;
- Enclose an existing covered porch with a **wall system** (three season or all season);
- A fully enclosed **three or all season Sunroom** that can be installed on an adequately built existing deck or foundation.

Custom Window's Lifestyle Sunrooms also have many superior features, some of which include:

- A **patented roof system** featuring tongue and groove panels joined by a standing seam which insures unbelievable strength and resistance to leakage.
- The three and all season wall systems are **custom manufactured**, pre-cut ensuring that the room is built to the Customer's design, thus eliminating on-site modifications in order to make the room fit. As a result, this ensures you the maximum glass area.
- Custom manufacturing results in **quicker installations** (usually one to three days) thus providing savings on labour costs.

There are many, many other features of Custom Window's Lifestyle Sunrooms, so please give us a call or visit us to find out more about these products.

***"Let us help you make 2010 the
year for a new sunroom!"***

***Custom Window is your one stop
source for quality Windows,
Doors and Sunrooms!***



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Sunroom Dreams

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highlighting services and products that help you enjoy outdoor living in Chatham-Kent - PG4

RUDBECKIA TIGER EYE GOLD

CK's NEW COMMUNITIES IN BLOOM Flower of the Year

Chatham-Kent Communities in Bloom is delighted to announce that Rudbeckia Tiger Eye Gold has been chosen as the 2010 Flower of the Year!

To create a unifying effect, CiB (Communities in Bloom) national judges encourage participating communities to adopt a Flower of the Year. Sharing a common flower or colour theme in public display gardens, community entrances, as well as residential properties nicely ties things together. Chatham-Kent's volunteer CiB committee members therefore brainstorm each fall to come up with a flower for the following season. To suit the widest range of floral displays possible, a lot is taken into consideration before the decision is made.

The ideal plant must be one that compliments a wide range of other plants and colour themes, looks great alone or can be easily incorporated into any established theme or display, and it should be heat and drought tolerant to do well in our local conditions. Past choices the municipality easily grew fond of were annual Blue Salvia and the Red Dragon Wing Begonia.

Ready for a change, the Chatham-Kent CiB committee is encouraging everyone to plant Rudbeckia Tiger Eye Gold in their front yards in 2010! Tiger Eye Gold is a new and improved hybrid annual Rudbeckia. It is very hardy, mildew resistant, and bears masses of long lasting 3" diameter deep gold flowers from early summer until mid autumn. It is a low care, sun-loving specimen that grows 18" - 24" tall and wide. The boldly golden blooms will attract butterflies and are likely to remind gardeners of a traditional



Black-Eyed Susan. For those that prefer perennials, a similar look (though a shorter bloom period) can also be achieved by planting this long time favourite.

Chatham-Kent CiB would love you to give Rudbeckia Tiger Eye Gold a try! It will present a fresh, new, unified and eye-catching look to our communities' public and private plantings for both visitors and residents to enjoy!

For more details on the Chatham-Kent Communities in Bloom program or information on how you can be a part of "People, Plants and Pride...Growing Together!", please phone 519.360.1998 or contact ckpch@chatham-kent.ca.



How Sun Rays Can Damage Eyes?

The sun produces many different types of light. The types that can harm the eyes are:

- ultraviolet radiation which is invisible
- blue light
- very intense or bright light

Different parts of the eye absorb different kinds of rays of the sun. The front part of the eyes may be damaged when over exposed to ultraviolet radiation (UV radiation). If visible light is too intense or bright then the retina can be damaged.

What Eye Problems Can UV Radiation Cause?

Over a long period of time, exposure to UV radiation can cause problems such as:

- macular degeneration - damage to macular that affects vision loss for older people
- cataract - gradual clouding of the eye lens
- pterygium - growth on the white of the eye
- skin cancer - cancer around the eyelids
- photokeratitis - corneal sunburn due to long hours of exposure at the beach or skiing

Sensitivity to UV radiation varies from one person to another. That is why YOU should not gamble : MAKE EYE PROTECTION FROM SUN A HABIT.

Who is at Risk from UV Rays?

Everyone including children is at risk from eye damage due to exposure to UV radiation. If you work or play in the sun for long periods of time then you are at highest risk, and eye protection from sun becomes more important.

The hazards of sun related eye problems is greater for people with the following risk factors:

- spend long hours in the sun without eye protection
- have cataract surgery before - unless the artificial lens used absorbed UV rays
- on certain medication such as tetracycline, sulfa drugs, birth control pills, diuretics and tranquilizers

(Consult your doctor as these drugs may increase the sensitivity of the eyes to light.)

What is the Best Eye Protection from Sun Rays?

Proper eye protection using hats can block UV rays. Take note that UV rays come from different directions. They radiate directly from the sun and reflect from the ground, water, snow or sand surface and other bright surfaces.

Use suitable eyewear such as sunglasses and wear a wide-brimmed hat. A wide-brimmed hat can block about half of the UV rays as it can limit rays that hit the eyes from above and also around sunglasses. A combination is the ideal method for eye protection from sun.

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Creating Family Retreats in your own Backyard!

Looking for a unique space for your family's "Staycation" this year? Let Nature's Pride assist you through design and creation from simple patios, walkways, and plant life to your most elaborate outdoor living rooms and outdoor kitchens.

With having many years of experience and numerous projects completed, Nature's Pride is ready to help you create your own personal oasis.

We truly pride ourselves in making the complete delivery package enjoyable from design to installation. Your vision combined with our experience is key when designing your dream area. A combination of proper planning, elements and texture, and utilizing all available space make each project a true haven to enjoy for years to come.

From our very first project we have been able to establish our clients' vision and have continued to harness it with enthusiasm and passion from yard to yard.

So let us handle it for you; let us create the ideal outdoor living solution that's perfect for you and your family!

"Our clients are No. 1 and we thank them for our success. It truly is a team effort which allows us to build a special relationship with our clients along the way. We provide them with our very best and stand behind all we do; that's what we are truly all about."

Sincerely,
Wayne Michaud
President, Nature's Pride Landscape Group Inc.



Get away from the everyday...

Have you been anxiously anticipating the day where you can comfortably relax in your own personal oasis? Well, the wait is over! As spring nears, landscaping and design professionals at **Nature's Pride Design Group** are pleased to offer you unique outdoor living spaces perfect for those who enjoy the fresh air and warm sunlight. Nature's Pride Design Group continues to provide competitive pricing, unsurpassed quality, exceptional design and craftsmanship to accommodate all of your outdoor dreams. Breathe new life into your outdoor space with the knowledge and expertise of Nature's Pride.



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Top Ten Tips To Make Your Landscaping Project A Success

1. Provide Your Landscaping With Year-Round Interest
2. Layer Your Flower Beds When Planting
3. Use Evergreens and Other Foliage Plants for Continuity
4. Use Annuals to Supplement Perennial Color
5. Incorporate Hardscape Into Your Landscape Design
6. Install Water Features
7. Use Form and Texture to Your Advantage
8. Make Your Life Easier With a Low-Maintenance Yard
9. Use Drought-Tolerant Plants
10. Include Specialized Garden Carpentry from Simple to Spectacular Structures

Sherry's Corner

After a long cold winter, spring is finally here!! Time to plan your garden or pond and start your home improvement projects—freshen up your gardens with some great colour schemes. Need more ideas to help usher in spring? Read on and be inspired...

I suffer from an incurable affliction...decorating wanderlust...whether it be inside the home or out in the garden, I have no shame, I love change and many others have the same diagnosis. Symptoms include visiting every home decorating business and garden centre in a 100 mile or so radius. Whether inside or out, we all want change and are striving for more beauty... Having once owned a garden centre, I know that we are very lucky in the Chatham- Kent area that we have a HUGE selection of stores that carry garden products—from patio furniture to pond ideas, trees, shrubs, evergreens, flowers, and every garden supply available. We have some of the best garden centres in Ontario, with many qualified designers.

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To establish change in my own garden, I plan a colour scheme with flowers every year. I also plan texture. Why not plant some interesting vegetable or herb plants in amongst your flowers? For example, there are many varieties of lettuce and cabbage that have interesting leaves and colour—with herbs the scent is incredible. Every year I plant several basil plants all around my backyard patio. Not only is the scent to die for, but later in the season you can harvest and use in cooking. Later in the fall you can make some fabulous pesto.



Do you have a special event to celebrate this year? Why not plant a tree? Whether it is a flowering tree—like a Kwanzan cherry with beautiful double pink flowers or a majestic maple tree with beautiful fall colour, it will provide shade and memories for years to come. Can you imagine 30, 40, 50 years from now looking at that tree that you and your family planted and all of the memories will come rushing back?

Enjoy the spring—it breathes new life into everyone. Remember April showers bring May flowers.

~ Sherry Molema



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In 2002 Blazin' BBQ had its debut at S.A.R.S.STOCK, one of the largest benefit concerts and barbeque events in North America. From there we have been building our reputation through Ribfests, concerts, and corporate catering across Ontario.

Along the way we have received many awards for ribs, chicken, sauce, and pulled pork. Our most prized possession is winning 2007 best ribs and sauce at Canada's Largest Ribfest in Burlington, Ontario.

Our mission is to create old southern style barbeque with a modern Canadian Edge. Through flare and showmanship, we strive to provide a fun and exciting atmosphere to keep our guests entertained. We pride ourselves in finding the freshest and finest quality ingredients available, ensuring we present the best product to our valued guests.

Feel free to drop by for some of our world famous ribs this July 9, 10, 11th at the Chatham Ribfest in Tecumseh Park.

"This is my favourite summer dish when returning home from Ribfests all over Canada. Hope you enjoy this recipe as much as the upcoming summer!"

- Matt Jenkins, President, Blazin BBQ Inc.



"This is my favorite summer dish when returning home from Ribfests all over Canada"

- Matt Jenkins, President, Blazin BBQ Inc.

Blazin' Back Yard Barbeque Shrimp

Preparation

- Mix contents of marinade with 1 ½ - 2lbs of uncooked deveined shell on shrimp (deshelled uncooked shrimp can also be used).
- Allow mixture to marinate for one hour or overnight for best results.
- Mix contents of dipping sauce and place in fridge for 30 minutes.
- Strain excess marinade from the shrimp, onions, and lemon slices prior to cooking.
- Cook shrimp, onions, and lemons in a perforated pan on pre-heated barbeque over medium to high heat while constantly rotating shrimp for 5-7 min (or until fully cooked)
- Serve on your favorite platter accompanied by the dipping sauce.

Marinade

2 garlic buds minced
1 lemon sliced
1 Spanish onion sliced
½ cup olive oil
½ lemon, juiced
¼ teaspoon curry powder
Generous amount of fresh ground pepper
Pinch of sea salt

Dipping sauce

½ cup of mayonnaise
¼ cup of ketchup
1 ½ tablespoons prepared yellow mustard
½ teaspoon soya sauce
½ teaspoon curry powder
1/8 teaspoon ground coriander

Remedy's Rx[™]

Chatham-Kent's Local Drug Store

426 St Clair Street
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519.436.0005

As we quickly approach the hotter temperatures we find ourselves outside a lot more and exposed to the ultraviolet (UV) radiation which is part of the field of light that comes from the sun. Although most of the harmful radiation is blocked by ozone in our upper atmosphere, small amounts still come through. We all need natural sunlight for good health, however, too much exposure to the harmful UV rays increases our risk of sunburn.

Anita and Jeff White of Remedy's RX (426 St. Clair St.) carry a full line of sunscreens, so please drop by and they would be happy to help you pick out the best one for you based on your daily exposure to the outdoors.

Did you know?

- The sun is strongest between 11 o'clock in the morning and 4 o'clock in the afternoon or when the UV index is 3 or higher.
- The sun can burn your skin even when it's cloudy.
- Your sunscreen should be waterproof and have an SPF of 15 or higher.

***In addition to Ombrelle, Hawaiian Tropic, and Avène sunscreens, Remedy's Rx also carries, Neutrogena sunscreen, which is endorsed by the *Canadian Cancer Society*.**



Popular Herbs and their uses!

Through the ages, gardeners have grown herbs. Reasons have varied ~ and still do. Man has used herbs to treat illnesses for thousands of years and some herbs were even thought to have magical powers. Try your hand this summer at growing herbs to add great flavor to your cooking, and your teas, make your own potpourri, or even design a home grown arrangement of dried flowers.

Basil, Sweet

Add to tomato sandwiches, salads, and sauces or make your own pesto.



Chives

Great topping for your baked potatoes and has a mild onion flavor. The chive is a natural pesticide because its onion scent will keep bugs away from your flowers.



Lavender

Although some varieties are edible and can be used as a tea, it is grown mostly for its fragrance. Lavender attracts hummingbirds, butterflies, and bees and crushed leaves can be rubbed on the skin to repel mosquitoes.



Marjoram, Sweet

It enhances many, many foods. One of the most fragrant and popular of all herbs.



...continued on page 13

...continued from page 12

Oregano

With its wonderful sweetness and fragrance, this is the herb that gives Italian cooking its unique flavor.



Parsley

It enhances any flavors and is used as a garnish. It also freshens your breath because it has a high concentration of chlorophyll so remember to eat your garnish!



Peppermint

The leaves can be used as flavoring in tea, ice, lemon water, and fruit drinks.

Best if planted in a pot on its own as it grows vigorously and can spread quite rapidly in a garden.



Rosemary

Is popular for meats and dressings. You can also soak rosemary stems in water and use them for vegetable skewers.



Sage

This strong, aromatic herb is good for making stuffing for poultry, rabbit, pork, and baked fish. With pork or turkey, sage dressing is a traditional favorite.



Thyme

Used mostly in gumbos, bouillabaisse, clam chowder, poultry stuffing, and slow-cooking beef dishes. Can be planted along a garden walk and will release its fragrance when stepped upon.



Your Bicycle Checklist

When getting your bicycle road or mountain ready, the following is a guide of things to check at the beginning of each season to ensure you a safe and enjoyable ride

- Tires
- Handle bars
- Brakes
- Chain
- Gears
- Pedals
- Seat fit
- Head, tail and safety lights
- Helmets



More and more of us are looking for a healthier lifestyle both for ourselves and for our children and what better way to get there, than to bike there.

"Chatham Outdoor Power and Pedal" 34 Inshes Avenue (off Richmond) is your local Trek Dealer so stop in and take a look at their line of Bicycles and the products and services that they offer. Make this year the year you get back on your bicycle, and enjoy the ride!

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"Kustomize" your golf cart with Kustom Karts Canada

"Kustom Karts Canada" was founded in 2005 by president, Darrin Kivell.

Darrin has been in the business of custom building distinctive pool tables with "Maple City Billiards" since 1987. By 1997 his pool table business had really taken off and Darrin was required to buy a larger manufacturing and storage facility. Through hard work, Maple City Billiards was recognized and awarded the industry of the month award in 2004 by the municipality. As busy as this industry kept him, Darrin always wondered about doing something in the off season, from May to October, when everyone was hanging up their pool cues and moving to the outdoors, to enjoy the warmer weather. In late 2004 when the economy unexpectedly started to tighten up a little, Darrin could see a change coming in the industry, and as he'd always been thinking of taking on another project during the off season it was then that he founded **"Kustom Karts Canada."** He believed that custom golf carts would be the next big hit in the public eyes as not everyone can afford \$40,000. To spend on buying and fixing up an old car, but \$4,000 on a customized golf cart seemed possible.

Together Darrin and his son Matthew started their new business. Matthew, having incredible mechanical and electronic knowledge, along with Darrin's years of experience as a business owner, make them a great team. Being strong supporters of both the Canadian and U.S. economy, they stand behind the quality of their products, providing the best possible workmanship at a very reasonable price. ***"Using the same integrity as we use when building our pool tables, we ensure that we use as many parts as possible made right here in Canada or made at our neighbors the U.S. Now doesn't that give you a good feeling!"***

"Kustom Karts Canada" offers their clients top quality, parts and service and deem that this is why they have been successful and will continue to be during this next decade. The father & son team have no limits when it comes to quality & service and as their business grows and they add more employees they will personally mentor them assuring that no cart leaves their shop without the high standards they support!



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www.maplecitybilliards.com

Need A "Sun Hat"?

When the sun is out.....then the outdoors is where we all want to be! However, while we are enjoying the outdoors, it is becoming increasingly more important that we protect ourselves from the sun's rays.

Did you know that sunstroke is a result of too much sun on an unprotected head? So the best way to avoid that is to "WEAR A SUN HAT."

A sun hat can shelter your skin from the sun's harmful UV Rays. The best choice in a sun hat will provide shade for not only your head but also for your neck, face, and ears.

To participate mail us your entry form to the address below, or drop off your ballot at the Gift Fairy, or email your contact information to info@athielmarketing.com.

You will be entered into a draw to win one of this years latest fashion of "Ladies Sun Hats" (up to a \$75.00 value) donated by "The Gift Fairy" 137 King Street West ~ Chatham.

Winner to be randomly drawn on July 30th.

CKoutdoorliving
Highlighting services and products that help you
enjoy outdoor living in Chatham-Kent

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A.Thiel Marketing & Graphic Design
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