

HOME & GARDEN



Bring in the Feeders at Night

By *Christine Urquhart*

Are you looking after the birds, bees and butterflies that come into your yard? Birds, bees and butterflies need water as well as a good food supply. Water is easy; just



make sure your bird bath is cleaned out on a regular basis.

As to food supply, for birds this means seeds, or in the case of hummingbirds, sugar water. For bees and butterflies this means flowers.

What a wonderful way to make your yard welcoming and pretty while helping out these useful insects. Both bees and but-

terflies help with pollination. We need our vegetables pollinated to keep them growing and keep us growing.

I know that raccoons can cause havoc in our yards, cute as they are. One solution is to bring in your feeders each night (this will also keep the deer out of them if you're lucky!) Another is to have your feeders in places where creatures, such as raccoons and deer, can't reach them. Otherwise you end up feeding more than the birds!

At this time of year you can

expect to see many different kinds of birds in your yard. There are the hummingbirds - ruby throated ones only, chick-a-dees, juncos, gold finches, purple finches, pine siskins, blue jays, mourning doves, grackles, starlings and many more!

We also get a good variety of butter flies

I am not very knowledgeable about the different kinds of butterflies but do enjoy watching them and wondering what they are. Remember, where you live used to be wilderness. Let's put some of those "unpeopled" areas back in our yards.

I Found It At The Market – Home Décor and More

By *Debbie Brown*

There are so many choices for finding unique pieces that add beauty to your surroundings. You know, that piece that is just the right colour, the right size and perhaps always creates a conversation with your visitors.

Throughout Colchester, consumers seek out the flea markets, farmers markets, craft markets and artisans markets to highlight their shopping experience.

Usually flea markets showcase a whole variety of items depending on the products vendors have brought in to sell. You may find anything from casserole tops, pictures, antiques, and more. Sometimes you'll find a piece of something you have been collecting for years and you walk away from the sale happy to have found a treasure for the day.

There are a numbers of tools that help your success at scouting out the finds. Take a measuring tape, a magnifying glass, and a list of things you need to find. Since the products are usually

exciting and the price right, the temptation to buy everything is very strong for many flea market goers. A list of what you need and want comes in handy.

Colchester has lots of choices for farmers markets, craft markets and artisan markets. In this world of impersonal, a gift to one's self or family and friends handcrafted, held and personalized by the artist, expresses an appreciation for value.

Many products will last for years, to be saved and loved by generations. For example, quilts have been passed down for centuries.

Looking for some treasures, Colchester has lots to offer. Here are some new ones.

Check out the new Sunday Market at the Mastodon Ridge in Stewiacke from 11am to 3pm., every Sunday.

On August 13 from 9am to 3pm at the Colchester Legion Stadium, on Lorne Street in Truro, there will be a Giant Garage Sale Market. Call Joel at

the Colchester Legion Stadium at 902-893-1701 for more information.



6 Girl Power Camps in 2016

The Central Nova Women's Resource Centre is organizing six Girl Power camps for 2016 throughout Colchester County. Girl Power Camp is

for girls aged 8-11 who want to participate in a summer camp in a gender-based learning environment. This year camps have been expanded

to 4 days per week.

This year camps will be offered for the following weeks: Tatamagouche-July 4-7; Bible Hill July 11-14; Truro July 25-28; Debert August 2-5; Brookfield August 8-11 and Truro August 15-18.

The cost of the camp is \$60.00, and limited subsidies are available.

For more information or to register, please contact the Central Nova Women's Resource Centre at 902-895-4295 or email cnwrc@eastlink.ca

Pets Become Part of Our Family

By *Christine Urquhart*

I am sorry to tell you that our daughter Brenda's cat, Sylvester had to be put down recently. She was 14 years old and got sick very quickly but that doesn't make her loss any easier. For those of you who own pets, you understand how much a pet becomes part of the family.

These wonderful animals never judge us. They accept us as we are - tall or short, fat or thin, rich or poor, green or purple - and just love us. We are blessed if we can share a home with a pet no matter how long they live with us.

If you don't have a pet, please go to the SPCA and

adopt a pet who needs a good home. If you do have a pet, remember that on these hot days they need a good water supply as well as shade. Never leave a dog outside, tied up without any access to food and water and shelter.

Just think how you'd feel if you were the dog. Also, never leave a pet in a hot car with the windows shut. Much better, for them, if you left them at home, while you do your errands no matter how much they love to go with you.

Animals, such as dogs and cats, love us unconditionally. Let's show them our love as well.

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