

Summer Edition

HAWEATERS

Guide

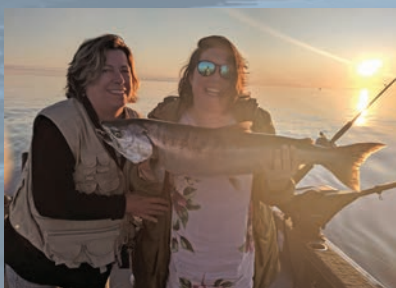
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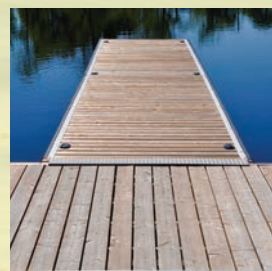
Summer getaway

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Floating or aluminum docks, which system is best for you?

by Michael Erskine
 MANITOULIN—Not all docks are created equal and getting the right dock to suit both your needs and location will usually take more than a Google search and a YouTube how-to video. Many of the Island's dock suppliers may differ on which dock system is the best overall, but all agree that it is in the buyer's best interests to seek out a reliable and experienced supplier/contractor to help guide you to the best choice.

by the number of people who come to us and say 'I wish I had not gone with the choice I made'," said Jim Ferguson of Ferguson Cottage Supply in Shegiuan-dah. That is an observation also shared, nearly word-for-word, by Brad MacKay of Kagawong's Manitoulin Cedar Products (also operating Wind and Wave). Rob Dearing, a Naylor Systems dealer servicing the Island, also concurred with the need to get expert advice before deciding on a dock system.

ally very site-specific," said Mr. Ferguson, who also owns Ferguson's Maintenance which does considerable work on islands and cottages in the Bay of Islands and McGregor Bay. "I prefer floating docks," he said. "The upside is they are exceptionally good with the changing water levels—they change with the water levels—so you are always at the right height. The downside is that they can be vulnerable to wind exposure." That is an important consideration when looking to place docks in

the exposed waters of the North Channel or around the Bay Estates area—it is more challenging to anchor in those conditions. Then there is ice, which can wreak havoc with most dock systems that remain in the water through the winter—especially crib systems. "The ice just destroys them," said Mr. Ferguson. Pole systems can also

work well in coping with fluctuating water levels, noted Mr. Ferguson, as they can be adjusted to suit the current level of the water. "A lot of them come with wheel systems so they can be pulled in during the winter," he said. But fluctuating levels caused by wind action, a common occurrence in the waters around Manitoulin

Island, can also cause serious issues. "I have had good results even in surges of three-and-a-half to four feet," he said. When you are in some locations the swells can reach six to seven feet high. "When there is a northeast blow hitting Bay Estates the water can get very rough," said Mr.

...continued on page 5



When choosing a dock system, water conditions will play a major role in what system is best for you.

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Summer getaway? Try rediscovering Manitoulin this year

by Warren Schlotte
 MANITOULIN—With COVID-19 causing complications in global travel, many people seeking getaways are looking closer to home. Thinking of one's home region as a travel des-

ination can take a bit of a mental adjustment but experts say there are ways to successfully rediscover the wonders that exist close to home.

"One of the whole points of travel and tourism is

exploration," said Mark Havitz, a recently retired University of Waterloo professor in its school of recreation and leisure studies who lives across Georgian Bay in Southampton.

"(Closer-to-home destina-

tions) are going to be way more important to a lot of people in Canadian society in the near future than it may have seemed to be before," he added.

Dr. Havitz said there are push and pull factors at work when anyone thinks of a vacation: push factors motivate someone to get away from their everyday routines and pull factors are what make a person wish to choose a particular getaway.

Pull factors include how interesting or exciting a travel opportunity is, how different it is from one's daily life, whether or not friends and family would be willing to join in the activity and, on an intellectual level, how associating with a particular option would contribute to one's outward sense of self.

These factors are different for everyone, so finding the best options locally will involve a brief consideration



Try a cycling adventure on one of Manitoulin's many highways and byways this summer.

of one's favourite aspects of a getaway.

To start, it can help to pretend that home is farther away. Rather than treating a part of Manitoulin Island that has yet to be explored as a mere day trip or brief excursion, look up a local accommodation such as a bed and breakfast, boutique inn or waterfront cabins that can help foster an immersive experience.

Those who prefer exquisite gastronomic experiences on their travels will be pleased to try Manitoulin's fine-dining experi-

ences at places such as the School House Restaurant in Providence Bay, 1890 Restaurant at The Inn at Gore Bay, Anchor Bar and Grill in Little Current or the Meldrum Bay Inn and Restaurant. Planning a journey around fine fare can be an anchor point to a week-end-long outing.


As many will attest, Manitoulin is an outdoors-lover's paradise. Its landforms are unique to the region including the alvars of Misery Bay and beyond, the sand dunes and beach in Providence ...continued on page 6




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...Floating or aluminum docks, which system is best for you?

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Ferguson.

“But it is really location-specific when it comes to what kind of dock you are considering putting in on Manitoulin Island,” said Mr. Ferguson. “Making the wrong choice can result in a very costly mistake.”

Mr. Dearing, who has been selling Naylor Systems for upwards of five years (Naylor Systems, the supplier, has been in the business for 45 years) and worked as a contractor installing the systems for the previous owner for a number of years before that, noted that the aluminum systems he sells have lightweight going for them. “They are pretty easy to put in,” he said, noting they also have a very strong construction.



An aluminum, or pole dock, can be more expensive, but suits choppy waters well. **Shutterstock**

Tough construction is an important consideration, agrees Mr. MacKay. He also sells aluminum systems, and his are made in Ontario by RnJ Machine, one of the pioneers in the industry. “The decking is all made-on-Manitoulin cedar,” he adds. The docks themselves are pole docks, with frames ranging from medium duty to heavy duty construction.

“Our frames are all fusion-welded,” Mr. Ferguson said of his Whitewater brand. “A lot of systems depend on the wood structure. Ours have one solid welded frame so you are not relying on wood, it makes for a more stable deck. We are not the least expensive, and I wouldn’t want to be. I want my customers to be more than happy when the job is done.”

Pole docks are not only adjustable to changing water levels, notes Mr. MacKay, they also tend to be “more stable than floating docks. People with balance challenges or vertigo can have trouble with a lot of floating docks.” Mr. MacKay notes that his company does sell floating docks, as they are often the best option when the dock needs to be installed in deep water where it is too far down to install posts.

“Really, the two biggest things are waterfront exposure or deep water, and what they want to do with the dock,” he said. “Do you just want access to your boat or do you want an outdoor extension to your living space?”

Kind of like a deck where you might want to have guests over for a barbecue or just some way to get in an elevated door to your house? “Absolutely,” he replies.

All of the dock suppliers also agree heartily that, like

most things in life, you get what you pay for, and if something is a lot cheaper than its competitors there is usually a reason.

A good dock system will easily set someone back somewhere between a couple of thousand dollars and heading toward \$15,000 (and even more depending on size and type), but when the investment in the boat you will attach to it can range in the \$30,000 range or more, you want some assurance that the docks that vessel is attached to will stay put. “You don’t want that \$50,000 boat banging into your dock,” said Mr. Dearing. “We sell boat lifts as well and that is a good option for helping to protect your boat from wave action.”

The dock business has been great this season, according to all of the dealers approached by The Expositor. “I think there are a lot of people looking at the money they have saved by not going away on an expensive vacation this year because of the pandemic and putting that money into the dock they have always wanted,” suggested Mr. Dearing. “We have probably surpassed what we did last year already.”

This article is not meant to be the definitive word on dock construction and choices, but one thing is noticeably clear from The Expositor’s discussions with local suppliers—it is an investment that calls for professional guidance.

One other impact of the pandemic should be considered, cautions Mr. MacKay. “We usually put in and take out a lot of docks for people,” he said, “but this year we are asking people to sign a waiver if we put their docks in.” Should the pandemic incapacitate Mr. MacKay or his workers to

the point they cannot do the work, or health officer restrictions be imposed that prevent them from being able to take the docks out, they won’t be held liable. “I don’t like it one bit and it probably won’t come to that,” he said. “But it is the responsible thing to do—make our customers aware of that possibility.”

Many of Manitoulin’s hardware stores, such as RONA Little Current Building Centre and Manitowaning Mill, also carry both floating and aluminum docks, so be sure to check out their stock too.

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...Summer getaway? Try rediscovering Manitoulin this year

...continued from page 4
 Bay for swimming and tanning and the breathtaking vistas atop escarpment bluffs from east to west.

For those who prefer an invigorating outdoor experience, try a hearty hike. Many have traversed the famous Cup and Saucer but great, lesser-known alter-

natives abound including McLean's Park in Assiginack or the Lewis Twin Peaks Trail on Highway 6 in Sheguiandah. Numerous beach options exist across Manitoulin for an aquatic adventure.

Tired of the same old fishing hole? Why not lodge up for a weekend at a fishing resort like Lake Wolsey

Cabins and go in search of a thrilling sportfishing experience or rent a room at On the Bay Bed and Breakfast in Providence Bay and book yourself a fishing charter.

At a slower pace and with fewer cars on the roads compared to a usual year, this may be an ideal time to try out a cycling tour on part of Manitoulin Island. Stick

to out-and-back day trips from a home starting point, try a multi-night adventure and book stays in between or bring the bikes for a drive and use pedal power to explore a far-off area on the Island. Manitoulin Island Cycling Advocates has a map of Island cycling routes available for purchase online for just \$2.

The same could apply as equally to paddlers as it does to pedallers—strap a canoe or kayak onto the car and head to a new waterway for peaceful aquatic adventures or, if ambition runs as strong as with the duo from 'The Challenge,' attempt to paddle around as many of Manitoulin's lakes as possible this season.

If all else fails, reach out to someone on a different part of Manitoulin Island. Tourism experts agree that locals are the biggest brand ambassadors for a place and will often be able to offer suggestions about hidden gems in their areas.

According to Dr. Rachel Dodds, a Ryerson University professor and past director of the Hospitality and Tourism Research Institute,



Try your hand at paddling this summer.

local tourism can make a big positive impact on regional economies, providing it is done in a respectful, responsible and sustainable way.

Staying close to home can slash one's carbon footprint. And though international air travel is still possible these days, passengers must complete mandatory 14-day quarantine periods and pay higher airfares with limited schedules.

Home-bound destinations, while often a bit more expensive, are better for

health concerns and removing headaches by avoiding travel restrictions and quarantines.

"There's so many opportunities to do interesting things in Canada and especially Ontario, the most populous province. We need to showcase that traveling here is easy," said Dr. Dodds.

To help plan your on-Island adventures and get away without a 'getaway,' visit ExploreManitoulin.com for places to stay, things to do and delicious food to try.



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Creating your backyard oasis with RONA Little Current Building Centre



Creating a backyard oasis for your family and friends is easy with RONA Little Current Building Centre.

You've spent your winter daydreaming of summer barbecues, patio parties and relaxing in the sun, and now that spring is here you can finally turn those dreams into reality. Whether you live in town or in the country, creating a backyard oasis is made easy with the help of RONA Little Current Building Centre.

The first step is assessing your space and needs. Do you need a new deck or to refresh your deck or patio? If you are looking at building a new deck, be sure to compare the different decking materials available. Each has its own advantages.

Pressure-treated wood

Pressure-treated lumber is the most commonly used decking material. It should always be used instead of fresh, untreated spruce lumber. Pressure-treated lumber is often selected because of its favourable cost and durability. If you go this route, keep in mind that you should wait six months to a year to stain or paint your finished deck.

Composite

Composite decking is even-grained and lasts at least twice as long as pres-

sure-treated wood if cared for properly. The decking features a realistic wood grain pattern, offering the warmth and style of real wood without the maintenance. There is no need to stain, paint or retouch, just select from the several colour choices available. Built to withstand Canadian winters, it offers UV protection so the colour won't fade and it is stain and scratch resistant for lasting performance. In the spring, easily clean with simply soap and water. With deck board starting at as little as **\$1.99/linear foot**, what are you waiting for?

With environmentally-friendly products on everyone's minds, it's good to know that pressure-treated wood is now manufactured with chemicals that are less harmful than in previous years, while composites are made from wood fibers and recycled plastics. Whatever option you choose, RONA Little Current Building Centre sells more than 100 environment-friendly products for deck building.

Others elements to consider when building a new deck are:

Size of the deck

Even before the details

are determined, calculate the approximate size of the deck. For example, make sure there is enough space for each planned activity as well as for the number of people who will be using these areas. As a general rule of thumb, however, plan for 100 square feet per occupant.

Split levels

A deck with split levels can accommodate a sloped yard and a separation of activities. If planned correctly, split levels can also avoid the need for a railing and stairs.

Anchored/standalone

The majority of decks are anchored securely to the home, which is an integral part of the overall structural system. Yet, some decks are standalone and do not need to be anchored to the home. Determine your deck's main structural support scheme.

Groundlevel patio or elevated deck

A patio at ground level could be an alternate option for an elevated deck. Concrete pavers, paving stones and tiles are favourite flooring materials for ground-level patios. Additionally, a ground-level patio could be used in conjunction with the

deck's design.

Did you know that composite tiles are now available? An alternative to concrete stone, composite tiles offer the same benefits as composite decking and are great way to refresh an old space. Simple to put together, they work on decks, in the backyard, and even sauna floors. Leadvision Composite Deck Tile is only \$39.99/10 square feet.

Still not sure about your

construction resists stain, mold and mildew. With ease of cleaning and fade resistance, the canvas can easily be taken down within minutes. The strong tension straps and buckles allow you to pull the shade tight and flat. It is a modular, flexible solution starting at just \$849 that is customizable to your needs.

RONA, the Little Current Building Centre also carries a wide selection of umbrellas and gazebos. The 10' cantilevered umbrella from Henrika (\$180), for instance, provides an attrac-

look at your available space, the furniture's resistance to the sun and weather conditions, maintenance requirements and storage needs.

Once you've selected your outdoor furniture, complete your look with an outdoor rug, pillows, solar lights and patio lights.

Many outdoor rugs are now made of durable UV-treated polypropylene plastic, making it easy to clean with a garden hose and its innovative design allows you to easily fold and move it around. With trendy colour and patterns available, a rug will comple-



Patio lighting is a great way to elevate your outdoor space.



Toja Grid Pergolas' construction resists stain, mold and mildew and is made of 100 percent synthetic HDPE construction. Starting at \$849, it is a modular, flexible solution.

deck or patio material and design? Stop in at RONA Little Current Building Centre for a free quote!

Another key piece to creating your dream backyard space is shade. Consider the direction your deck or patio faces. If the sun's summer rays will be too intense at certain times of the day, add shade with plants, a lattice, an umbrella, a pergola or a gazebo.

New to RONA Little Current Building Centre this year is the Toja Grid Pergolas. Made of 100 percent synthetic HDPE construction, Toja Grid Pergolas'

tive shelter from the sun. Add an outdoor décor canopy to your umbrella to relax without being bothered by mosquitoes and other insects.

Backyards have evolved into extensions of the home. With the incredible popularity of barbecues and outdoor cooking, the deck has been transformed into an outdoor dining room and lounge area.

RONA Little Current Building Centre has a variety of outdoor furniture styles to suit your tastes. When selecting your outdoor furniture, you need to

ment any outdoor décor.

While a deck is commonly used during the warmer months of the year, it can be used for a greater length of time if the design will allow. Cooler nights could benefit from heated lamps, outdoor fireplaces and propane fire pits, all available at the RONA Little Current Building Centre.

Don't wait until summer to create your backyard oasis. Spring into your RONA Little Current Building Centre and make your vision a reality so you can spend your summer season enjoying your new space.



Designed for durability and beauty, this composite deck board is a great choice for your decking project. With no need for staining, painting or sanding, this decking board is easy to install. It offers UV protection so the colour won't fade, and it is stain and scratch resistant for lasting performance. Starting at \$1.99/linear foot.

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First time salmon fisherwomen Caroline and Rachel had a blast reeling in this Chinook salmon from South Baymouth last summer.

Capture the rush Tips for finding, and landing, your dream salmon this summer

LAKE HURON—For some, it's the acceleration of a motorcycle; for others, it's the thrill of the hunt. Me? I'm after the next big hook-up. No, I'm not talking about Tinder, but fish of the salmonid variety.

My fishing partner Aaron Case, 'Bone,' often says that I'm not too fond of fishing. He knows me very well. I'm fond of catching, and in particular, salmon.

For me, salmon is the pinnacle of the freshwater fishery. The slashing runs that can peel off hundreds of feet of line at once and the aerial assault to shake the hook both get my heart racing. However, it is the calculations, the analytics of salmon fishing that I enjoy the most.

It said that 90 percent of the fish are caught by 10 percent of the anglers. Never a more accurate sentence was spoken when concerning salmon fishing. It has taken me 40 years, but I feel that I'm closing in on the 10 percent, Bone may tell you otherwise on some days.

There is a myriad of factors that go into catching salmon, and for the purpose of this article I will stick to

the basics.

One of the most common questions that I receive is, 'where do I fish?' While seemingly the simplest, it is also the most difficult one to answer. Salmon is a transient fish that is continuously on the move in search of their next meal. I know in the most basic sense anglers are looking for my 'spot,' but in reality I don't have one, but more of a general area.

My advice to anyone wanting to know the spot to fish is to go where the salmon are. No, this is not a wise-guy answer but a general rule I follow. As I said previously, salmon are only after one thing, food. Find the food and you will find the spot to fish for salmon. Seek out structures in the form of shoals, pinnacles and drop-offs that the bait will hang around. I seldom care about how many fish I'm marking on my graph. I care more about how much bait I'm marking. It is pointless to fish an area devoid of bait. Search out the food source and the salmon will be around them.

Once you have found the baitfish, it is time for lure

selection.

I could go into a plethora of lure options, however, I will not go into types for the simplicity factor and just stick to colour.

Colour plays the most crucial role in my selection of a lure. I know from experience that dark colours tend to work the best in our part of Lake Huron. If you do not already know how the light spectrum works in water, I will give you a quick reference. Black, green and blue (shades or combinations of them, i.e. purple) are visible at the greatest depths. Red, orange and yellows have limited visibility the deeper you go.

With the colour spectrum in mind and generally bait down below 60 feet, the colour choice is simple. Go dark!

Now it is time to put the lure down. How deep do you go?

Salmon like specific temperatures, from the low 40°F (4°C) to mid 50°F (10°C) range is where you will generally find them. This can be tricky to locate the precise water column unless you are fortunate enough to have a Fish Hawk temperature gauge.

As a general rule, when I'm first setting up I will set my lines 80' and 60' on one downrigger and 70' and 50' on the other. I find this spread of lines covers the most likely water that the salmon will occupy. When I start marking fish and bait, I will adjust the downriggers accordingly.

...continued on page 10

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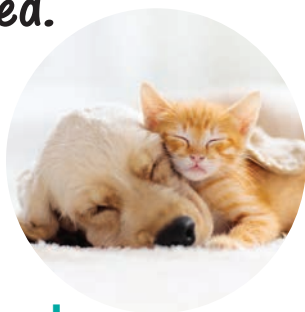
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Reduce greenhouse gas emissions while enjoying the drive

by Lori Thompson,
Local Journalism
Initiative Reporter

HONORA BAY—Transportation is the second largest contributor to greenhouse gas emissions in Canada, only just behind the oil and gas sector. Canadians are beginning to see more electric vehicles (EVs) on the road as individuals look for ways to reduce their personal carbon footprint. While there is still a large gap between sales of EVs and standard fossil fuel powered vehicles, the market share for EVs has increased, again, in 2019, according to a report by Electric Mobility Canada (EMC) which notes that sales of EVs in Canada have now surpassed 100,000.

An EV is a good option, said Gary Fuhrman of Honora Bay, even in a Northern Ontario winter. Mr. Fuhrman and his wife, Pam Jackson, purchased a Chevrolet Bolt one year ago.

The EV is important for both economic and ecological reasons, Mr. Fuhrman said. “Just like our investment in the solar power system that allowed us to

go off-grid several years ago, buying into it was expensive up-front, but saves a ton of money afterwards.”

The Bolt costs \$44,800 before the \$5,000 rebate from the federal government (an Ontario rebate was cancelled by the current government) but maintenance



Gary Fuhrman in his Chevrolet Bolt EV. Pre-planning trips is a must with an EV and they might take a little longer as you charge up along the way. There are apps available for locating charging stations that make this easier.

costs are minimal and, of course, there is no cost for gasoline. There’s also no engine so no oil changes and no cooling system maintenance. EVs don’t have an exhaust system either. “We do have to rely on hydro to power the car in winter but it’s still a lot cheaper than

gas for the same amount of range,” he said.

The ecological reasons for buying an EV were even more compelling. “We need to break our addiction to fossil fuels and learn to get along with less consumption of energy,” Mr. Fuhrman stated. “We’ve all

been trained to be consumers but now we need to be conservers. EVs are not the whole solution, of course. Our EV is a small part of the energy transition we are living through in order to slow down the global heating which is already killing people and ecosystems ev-

erywhere.”

On a full charge and in summer driving conditions, the Fuhrman-Jackson car has a 400 km range when fully charged. That drops to 280 km in the winter; cold batteries do not perform as well, although that is similar for gasoline powered vehicles. Heavy use of interior heating or air conditioning can also reduce mileage sig-

nificantly.

There are three levels of charging plugs. Level one plugs into any standard three-pronged outlet but offers a slow charge, providing five to eight km per hour of charging time. Most owners will leave their EVs plugged in overnight with this plug. Level two offers a faster charge, closer to 50 km per hour. It does need a

240V outlet and that can cost approximately \$1,000 to install. The cost to charge varies but averages around \$1 per hour in a typical home or public charger. Level three is good for a long trip, offering the quickest charge but at a higher cost.

There are charging stations within range of Manitoulin. There is one at Northern ...continued on page 10

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...Tips for finding, and landing, your dream salmon this summer

...continued from page 8

The final steps involve speed and line distance.

I perform a lot of down-rigger depth adjustments, so that factor directly affects the distance that I like to have my lures set back from the boat. I tend to run long leads of 65' up to 120' behind the cannonball. The long lead gives me time to adjust up or down in depth

if I mark fish or bait. If I was to run the lead to short the time it takes for me to drop it down or up to target a marked fish, it would be too late.

Trolling speed is the final chapter in this simplified equation. I always like to start at 2.5 mph and adjust accordingly. If I begin to mark fish and have no takers, I drop my speed down

to 2 mph. I'm generally inclined to go slower first before increasing the speed. Over the years, I have had much more success using a slower troll than I have trolling at a faster speed.

Finally, never troll in a straight line. This applies to all species of fish but really stands out with salmon and trout. Try to troll a large sweeping 'S' pattern. The

reason behind this is twofold. Your lures are travelling through clean water (water that your boat has not passed over directly), and the S pattern continuously varies the speed of your bait.

While these are all general rules that I follow, nothing is set in stone. Experiment with techniques, change your speed, lure colour and depth.

Getting out on the water makes for a fantastic day. Taking home a salmon for the barbecue makes for a great dinner. However, experiencing the rush of a salmon is what it's all about for me.



The deeper the dark is the general rule of thumb for choosing a salmon lure.

Tight lines,
Dave

EDITOR'S NOTE: Dave Patterson is a pro staff angler, member of Ontario Fishing Guys and columnist

of *Get Reel in the North*. Follow the Ontario Fishing Guys on Instagram, Facebook or visit their website at OntarioFishingGuy.com.

...Reduce greenhouse gas emissions

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Ford in Espanola; PetroCanada at Four Corners in Sudbury has one, and there are two charging stations located at the Georgian Bay Travel Centre outside of Parry Sound. There is also a charging station now located at Huron Sands in Providence Bay.

The Fuhrman-Jacksons took a trip to Toronto last January. The Bolt handles just fine with winter tires, Mr. Fuhrman said. "The only difference from a gas burning car is that the EV can accelerate much faster so you need a light foot on the accelerator when the road is icy. The EV's range is shorter in cold weather though."

They stopped at Sudbury and Georgian Bay on their journey, and with 80 km left in range they reached Toronto, only to come to a standstill in the midst of a typical Toronto traffic jam. This leads to another benefit of the EV: when the car is not moving, it's not using the battery. They arrived at their Air BnB with 70 km to spare.

The regeneration feature (all EVs have these) means that energy is captured during braking and used to charge the battery. A paddle shifter on the steering column allows for maximum regeneration by controlling the braking, allowing the car to slowly come to a complete stop without the driver touching the brake pedal. "It's an energy conserving feature, so it's even more help-

ful in winter," said Mr. Fuhrman. "Using it instead of the brakes to slow down the car doesn't cause a skid because the slowdown is gradual."

While the Fuhrman-Jacksons are very happy with their Bolt, EV sales in Ontario have actually dropped at the same time they are rising in other parts of the country, most notably in Quebec and British Columbia. According to EMC the main reason for the drop in Ontario was the cancellation of the government financial incentive. The starting price for EVs is around \$35,000, so although there are significant savings on gas and maintenance, the up-front cost is higher. It may take five to seven years to come out ahead compared to purchasing a new gasoline powered vehicle. Recent reports suggest it will be another three years before there is price parity between EVs and gasoline powered vehicles.

Another issue is the current lack of options. There are five main contenders in the Canadian market. The Bolt ranks second in sales, behind the Nissan Leaf. For those who like their trucks, Ford is working on an electric pickup similar to its F150 line. Tesla also has a truck model in the works. For those who find the silence of an EV off-putting, there are companies working on a variety of aftermarket soundmakers, including one

...continued on page 11

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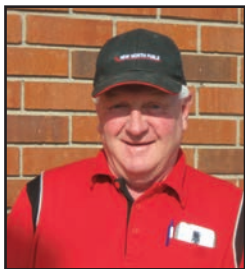
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How to design a fitness room at home

MANITOULIN—People exercise for many different reasons. Exercise can improve one's appearance, reduce the risk for illness, alleviate stress or anxiety, and even help pass some time. Exercise is often a social activity, but in the wake of social distancing guidelines issued in response to the COVID-19 outbreak, many people have found themselves looking for ways to exercise at home.



Building a home fitness room has never been a more timely project, and such a project can continue to provide rewards even when life returns to some semblance of normalcy. Here's how to successfully stock a home gym.

- Find a dedicated space. A home gym will be limited by the amount of space that can be devoted to workouts. Possible fitness room locations include a spare bedroom, a garage, a basement or an enclosed patio. Measure the space so you can pick and choose equipment that will fit. Leave some floor space empty for movement exer-

Stay fit while staying home.

cises or mat activities.

- Keep the space bright. Darkness can sap energy levels, so invest in mirrors and adequate overhead lighting to make the space inviting. Natural light can make the exercise area more enjoyable.

- Consider the flooring. New flooring can protect against damage and make an area more conducive to working out. Rubber mats can offset echoes and reduce the noise of running on a treadmill or setting down heavy weights.

- Use space-saving equip-

ment. A home gym space will likely not be as expansive as the space inside a traditional fitness centre. Thankfully, many activities do not require a lot of space or equipment. Classic exercises like squats, lunges, push ups and sit ups require little gear but still produce results. Figure out which equipment you like the most and invest in two or three key pieces. Dumbbells of various weights, a medicine ball and a yoga mat can be all you need to create a versatile, effective workout. A total resistance exercise (TRX) system and a door-mounted pull-up bar also are great space-saving options.

- Have a TV hookup. A home gym may benefit from a smart TV that you can use to stream workout videos or catch up on the latest news while running the treadmill or using the stationary bike.

A home gym is beneficial year-round, and can be especially valuable when social distancing guidelines are put in place.

...Reduce greenhouse gas emissions

...continued from page 10

that mimics the roar of a truck.

The Fuhrman-Jacksons enjoy their quiet Bolt though. "It's the quiet and the zippy acceleration that makes it fun," Mr. Fuhrman said. "Especially when you need to pass a slow truck on Hwy 6 and don't have a lot of room. The EV can zoom around it in seconds."

An EV purchase was already in their future but later, when their 2010 Honda hybrid

brid wore out, he said. "My wife Pam took a test drive in the Bolt last spring and she couldn't wait to buy it because it was such fun to drive."

There are many other EV options available besides the Bolt, such as the Ford Focus Electric, Hyundai IONIQ Electric, Hyundai KONA Electric, Volkswagen e-Golf, Toyota Prius plus many high-end models, not to mention the many hybrid vehicles on the market, including from all the major domestic brands.

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