

ESPLANADE PARK NOW HOME TO NEW REFLECTIONS GARDEN

Pickering has announced that its Esplanade Park is now home to new garden and public art piece - Reflections - created by Studio F Minus. It said the Reflections Garden is intended to reflect the impact of Covid-19 on the community and our resilience, providing a public space for reflection, wellness and gathering.

In 2018, the City of Pickering received provincial support to complete Phase 1 enhancements to Esplanade Park through the Main Street Fund. Phase 1 included the installation of several pieces of permanent public art including four sculptures by artists Geordie Lishman, 'Spirit of Pickering', and two sculptures by artist Ron Baird, 'Pollinators'.

Phase 1 upgrades were installed in 2020, and included upgraded landscaping and seating in Esplanade Park. With the funding support of \$255,375 from the Government of Canada, Federal Economic Development Agency for Southern Ontario, Canada Community Revitalization Fund (CCRF), the City of Pickering was able to initiate Phase 2 of this project in 2023.

In response to the pandemic, Phase 2 of the Esplanade Park project includes a Reflections Garden. This section of Esplanade Park includes sensory plantings, accessible seating, a shade structure and playable music instruments. The new permanent public art, 'Reflections' by Studio F Minus serves as the focal point for this space.

In their proposal Studio F Minus made the following statement: "Reflections is a highly engaging yet intimate work of public art that feels incomplete. Among an intriguing array of mirrored panels that force you to take a look at yourself from different perspectives, sits a solitary void to the open sky. The sculpture marks the lives of those we lost to Covid-19 and examines themes of loss, grief, self-reflection, and how they each require time".

"Esplanade Park is in the heart of Pickering's City Centre and is animated for City events and commemorations, and used daily by residents as a place to gather, unwind, and recreate," said Mayor Kevin Ashe. "Vibrant, sustainable, and accessible public spaces are critical towards building a strong and connected community. The innovative, and tranquil addition of the Reflections Garden to Esplanade Park will become a preferred destination for our residents and visitors seeking reflection, inspiration, and serenity."

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LATER Signs and Symptoms of LYME DISEASE



- Severe headaches
- Neck stiffness
- Additional rashes
- Severe fatigue
- Arthritis
- Facial or Bell's palsy
- Intermittent pain in muscles, joints, and bones
- Heart palpitations
- Dizziness
- Shortness of breath
- Inflammation of the brain and spinal cord
- Nerve pain
- Shooting pains, numbness, or tingling in the hands or feet
- Problems with short-term memory

Enjoy the outdoors without a tick!

You can enjoy the return of warm weather and outdoor activities by preventing tick bites that can cause Lyme disease and other infections like anaplasmosis.

Before your outdoor activity, you can take the following precautions to prevent tick bites: Wear light coloured long-sleeved shirts and pants to spot ticks more easily;

Tuck your shirt into your pants, and pull your socks over your pant legs;

Use bug spray containing DEET or Icaridin on your skin

and clothing (always follow the directions on the label);

Walk on cleared paths or walkways.

When you return, take time to specifically inspect these 10 areas of your body (favorite tick hiding spots): head and hair in and around the ears under the arms around the chest back (use a mirror or ask for help) waist belly button around the groin legs and behind the knees between the toes

What to look for: You may not notice a tick bite because ticks are tiny and their bites are usually painless. Feel

your skin for bumps and see if there are any tiny black dots. Most people get Lyme disease after being bitten by:

- a nymph, which is about the size of a poppy seed (1.15 mm)
- an adult female tick, which is about the size of a sesame seed (3 mm)

Found a tick? Remove it immediately to reduce the risk of infection. To do this properly, watch the Lyme disease video: How to properly remove a tick.

Don't forget to also check your pets!

IT IS LYME DISEASE SEASON TAKE PRECAUTION

Symptoms of Lyme disease

Signs and symptoms of Lyme disease can vary from person to person after being bitten by a tick.

Lyme disease occurs in stages. The signs and symptoms of each stage can overlap. In some people, Lyme disease may present in a later stage without a history of prior signs or symptoms.

Early signs

The most commonly reported sign of Lyme disease is an expanding skin rash that typically begins at the site of the tick bite. This rash is called erythema migrans. It slowly grows to more than 5 cm in diameter over several days, and can sometimes:

- be circular or oval-shaped
- look like a target or bull's eye
- go unnoticed, especially if it's on:- dark skin
- a part of the body that's difficult to see

Some people may not develop a rash.

Other early signs and symptoms include: fever - chill - fatigue - headache- swollen lymph nodes - muscle and joint aches

If left untreated, the infection

could spread to the joints, heart and nervous system.

If you become ill

Early diagnosis and treatment of Lyme disease can prevent complications. Consult your health care provider right away if you've been:

- bitten by a tick and develop symptoms of Lyme disease
- to an area where black-legged ticks may be found and develop symptoms of Lyme disease

You may not feel a tick attach to your skin or notice being bitten by a tick because ticks are tiny and their bites are usually painless.

Tell your health care provider: where on your body the tick was attached how long you think the tick was attached to you

where you were (city and province) at the time you were bitten by the tick or may have been exposed to ticks.

Diagnosing Lyme disease

Diagnosing Lyme disease can be challenging as symptoms vary from person to person.

Symptoms of Lyme disease can be similar to other illnesses. A diagnosis of Lyme dis-

ease is based on: symptoms, travel history, blood tests, when required, exposure to blacklegged ticks

Your health care provider will assess if you need a blood test. You usually won't need a blood test if you: have the characteristic expanding rash and were exposed to black-legged ticks

Only get tested by a licensed public health laboratory. Testing by private, non-licensed laboratories may not be reliable.

Treating Lyme disease

Lyme disease is treated with antibiotics. The earlier you receive treatment for Lyme disease, the greater the chance of a successful recovery.

Some people who are treated for Lyme disease may continue to have symptoms after treatment. The cause of these symptoms isn't currently clear, but continued antibiotic treatment: may produce unwanted side effects hasn't been shown to improve symptoms or outcomes