

## From Melanie's Desk: Ah, Spring!



**A**h, spring! The sound of water rushing as the snow melts is music to my ears. It makes me happy. It's a welcome "good bye and good riddance" to the last remnants of the dirty snow piles next to sidewalks and in the corners of parking lots.

Ah, spring! My favourite season.

**Here are my Top 5 reasons to love spring!**

### Stamping The First Robin

I am waiting to see my first robin of the season so I can stamp it. Have you heard of this tradition or is it just something my parents taught me? Let me consult Google ... okay whew! It is a thing "people" do, not just us folk who grew up in the country.

Here's what I was taught: you keep a look out for the first robin you see. Then, you make a wish and lick your right thumb. *Given the heightened awareness of germs, maybe wash your hands first.* Then you make a fist with the left hand. You draw the right thumb across the clenched fist and then "stamp" the

fist with your right fist. I feel like this article should come with an instructional video. Consult our Velocity Injury Law Facebook Page and I will post one as soon as I see my first robin of spring. The video needs to be authentic!

So if winter gives us one thing, it's the return of spring birds and the chance to make an annual spring wish!



Photo credit: Unsplash

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### Easter Fun

I asked the ladies I work with to share some of their favourite Easter memories or traditions. Rochelle and her extended family have a tradition of spending Good Friday together. Celina admits to eating too many of those foil wrapped eggs and regretting it later (I can relate). Laura puts her adorable guinea pig Sybil in a basket of eggs for an annual photo shoot. If you love guinea pigs, follow the famous Sybil on Instagram @TheSybilLife.



Instagram: @TheSybilLife



### Just for Fun: Easter Jokes

**How does the Easter Bunny keep his fur looking so nice?**

**He uses hare spray!**

**What kind of stories do Easter eggs like to tell their children?**

**Yolk tales!**

My favourite Easter memory comes from my later childhood years. My mom was tired of hearing the 4 kids argue over who got “more” eggs, so she did something ingenious. She tied a piece of yarn to each kid’s bedpost and then strung 4 different coloured balls of yarn around the house. When you got up, you would start rolling your ball of yarn up. When you got to the end there was a basket of treats hiding in a cupboard somewhere. Such fun!

### Outside Activities

Biking, roller-blading, hikes, and playgrounds! I love that you can actually enjoy being outside in the warmer weather. Even if the sun is weak on your face at first. This spring my daughter Elina is going to learn to bike without training wheels – with a helmet of course.

For years I have been involved with Helmets on Kids. A properly fitted helmet is crucial for both children and adults. For anyone under 18 years old, it’s the law. For adults, it’s just smart. The human skull is only 3 pennies thick!! Prevention of brain injuries is key. I know far too many people living with brain injuries to take unnecessary chances.

### Flowers

I am obsessed with spring flowers. My absolute all-time favourite are tulips. I planted more this past fall just to enjoy seeing them come up this spring. I’ll take a picture and will post it – as long as the squirrels don’t get them first!

### My Birthday

My daughter claims that spring is my favourite season because my birthday is in spring. It’s not the only reason, but it doesn’t hurt!



## Ingredients

- 1 cup all-purpose flour
- 1 tablespoon sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 large egg
- 3/4 cup milk
- 1/4 cup butter, melted

## TOPPINGS

- Banana slices
- Blueberries
- Colourful M&M's
- Maple syrup (optional)

## Cooking Corner: Fluffy Bunny Pancakes

This recipe makes **2 bunnies**.

### Instructions

1. Preheat griddle over medium-high heat.
2. Whisk together flour, sugar, baking powder and salt.
3. In a separate bowl, combine egg, milk and melted butter; stir into dry ingredients just until moistened.\*
4. For each bunny, make a pancake 4 inches wide for the body, a pancake 2-1/2 inches wide for the head, two small rectangular pancakes for the feet and two oval shaped pancakes for the ears. Spoon batter onto griddle; cook until bubbles form on top of pancakes. Flip the pancakes over and cook until the second side is golden brown.
5. To form bunny, place ears at the top of a plate. Place head slightly overlapping the bottom of the ears; top with body slightly overlapping head and feet slightly overlapping body.
6. Place a banana slice on each foot; arrange M&M's at the top of each foot for toes. Arrange M&M's into a flower shape on the bunny's belly; place banana slices for the bunny's cheeks, blueberries for the eyes, a red M&M for the nose, and extra pancake for the whiskers and teeth. Serve immediately.

\*Chef's Note

Fluffy pancakes are the best pancakes! To make sure your bunny pancakes are as fluffy as possible, avoid over-mixing the batter once you've combined all of the ingredients. Over-mixing causes pancakes to be tough and chewy. If you're not in a rush to get breakfast on the table, let the batter rest for a bit before scooping it onto the hot griddle; this allows the proteins to relax before cooking.

## Heping Hands: Ruth and Celina Donate Time

We, at Velocity Injury Law, cannot fathom the stress and anxiety the Ukrainian people are experiencing. Our prayers go out to all who are displaced and otherwise impacted by what seems like unwarranted hostility and aggression from a foreign regime.

The Southwestern Ontario Gleaners are located in Leamington, Ontario. Who are they? And, what do they do? Local food growers donate their unmarketable produce to the Gleaners. Their facility then cleans it, dehydrates it, and turns it into either nutritious soup mix or fruit mix. The mixes are then packaged and distributed within Canada and internationally to feed those in need.

On Monday March 14th, 2022, Ruth Stewart, Celina DeVuono and her two children donated their time to help clean, sort and chop potatoes and red peppers. These vegetables were turned into soup packages to be shipped to Poland where several millions of Ukrainian refugees have already fled. A container of soup packages left for Poland in early March, and a second container filled with soup packages and medical supplies left in mid-March.

To learn more about The Southwestern Ontario Gleaners, and how you can support their valuable work, visit: **SWOGleaners.ca**.



The Southwestern Ontario Gleaners in Leamington

## About Us: Who Do We Work With at Velocity Injury Law?



- Sometimes our clients are the families of loved ones who have died in a tragic accident.
- Most of our clients became injured as a result of a motor vehicle collision or slip and fall accident.
- Sometimes our clients are residents of a nursing home who have been injured.
- Some clients have not been involved in an accident, but have become ill. They look to us to help them with their short-term and long-term disability claims.
- Most of our clients are from Windsor and Essex County, but occasionally people from other parts of the province request our services. We have some clients in Chatham-Kent, Sarnia, London, Toronto and a few in northern Ontario.

For more information about our services, visit our website: **www.VelocityInjuryLaw.com** or give us a call at **519-946-4300**.