

## From Melanie's Desk: A New Mother's Day Tradition



**I** cleaned out my fridge today. It's not an activity that I have time or motivation for. It took almost 3 hours. Granted, it had been over a year since the last deep clean. My mother used to clean my fridge. She would just come over and on a random day, be in the fridge for something – declare it “disgusting” and then roll up her sleeves and dig in. Funny, the things you miss once your mom has passed on.

In her honour today, I listened to The Beatles while I worked. I also enlisted my daughter's help. I figured maybe we could start a new tradition where she helps me clean the fridge. I did have to bribe her with unlocking a unicorn app on

her iPad to get help emptying and reloading the fridge. She also held the door on my many trips to the recycling bin once I had rinsed out all the expired jars. So that's something.

Given that Mother's Day is approaching, that got me thinking, what do I want my daughter to remember me for? What will make the highlight reel?

Then that got me thinking about all the mothers that I have represented over the years. The tears that have been shed over not being able to do things with their kids as they are growing up. The guilt they feel when they ask their kids to take on more of the household chores.

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Melanie's mother loved The Beatles. In her honour, friends and family shared their memories on the back of this photo.



The frustration at not being able to do the things other moms are doing without pain or paying for it later.

The worry and stress on kids who have to watch their mother suffer.

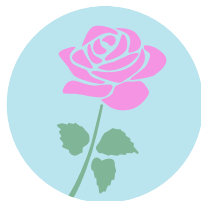
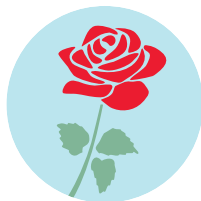
The sadness in knowing that their kids will only know a mom who is injured.

The tragic cases where an accident takes away the ability for someone to become a mom at all.

If a mother is seriously injured, then there is the ability for the children to make a claim for loss of care, companionship and guidance of their mother. Usually, this loss or change in parenting ability is compensated for under the mother's own pain and suffering and loss of enjoyment of life. While money is what the law can offer, it's not a very satisfying substitute.

So back to the fridge and the things that mothers do for us. Things big and small that make a difference in our everyday lives; the selfless giving and sacrifices. The love.

Happy Mother's Day to all those who Mother!



**Gift Giving Tip: How to Choose Roses for a Bouquet of Flowers**

Ordering a bouquet of flowers can feel a bit overwhelming because there are so many gorgeous options to choose from. The first thing you should consider are the personal preferences of the recipient; but, if you don't know their favourite bloom you can use the traditional language of flowers as a guide.

Different colours of roses convey different sentiments. A dark crimson rose symbolizes mourning, red is for love, pink connotes happiness, white conveys a sense of innocence, and yellow symbolizes friendship.

This Mother's Day you might consider pink roses for the maternal figures in your life, and red roses to signify your love for your partner.



## Cooking Corner: Fesenjan

Nothing says winter cooking like a warm and hearty stew, but by spring we're looking for a way to shake things up. Enter Fesenjan! This Persian stew, featuring pomegranate and walnuts, has a surprising depth of flavour.

*Serves 4*

### Ingredients

- 2 cups walnuts toasted, then pulverized
- 3 to 3 1/4 lb chicken cut into pieces
- Olive oil for frying
- 1 large onion finely diced
- 1 tbs tomato paste
- 1/2 tsp ground cinnamon
- 1/4 tsp of turmeric or powdered saffron
- 2 cups pomegranate juice
- 2 tbs honey
- Juice of half a lemon
- 1 tsp salt
- Chopped parsley
- Pomegranate seeds
- Plain white rice

### Cook's Note

We separated the skin from the chicken breast and sautéed it in a bit of olive oil until the skin was brown and crispy. We drained the rendered fat from the pan and kept the chicken skin to use as a salty crunchy garnish, like bacon bits.

### Instructions

1. Pulverize the walnuts using a blender, a food processor, a mortar and pestle, or a strong plastic bag and a rolling pin.
2. *Optional* Sauté the chicken skin until it is crispy. Leave some of the rendered fat in the pan. See Cook's Note.
3. Brown the chicken in the pan. Do this in batches if the pan is too crowded.
4. Remove the chicken from the pan.
5. Add more rendered fat, if necessary. Soften the onion in the pan.
6. Stir in the tomato paste, cinnamon, and turmeric / saffron. Cook for 1-2 minutes.
7. Return the chicken to the pan along with the walnuts, pomegranate juice, honey, salt, and lemon juice. Stir thoroughly and bring to a boil, then reduce to a simmer.
8. Simmer slowly for as long as it takes for the chicken to cook through and the sauce to thicken – about 1 hour.
9. Taste and adjust seasoning, if necessary.
10. Serve stew over plain white rice and garnish with chopped parsley, pomegranate seeds, and crispy chicken skin.



### Just For Fun: Why Are Barns Painted Red?

If you were to drive through the countryside of rural Ontario you'd see more than a few red barns. The barns stand out from the sloping green fields and giant blue skies. Aside from aesthetics, why do farmers choose to paint their barns red?

Some believe that we inherited the tradition from Scandinavian farmers who painted their barns the same colour as brick, a material that signified wealth. Others believe that farmers would paint their barns as a way to protect them from the elements. They would combine skimmed milk, lime, and red iron oxide and use the mixture to paint their barns because it was cheap and long lasting.

Farmers noticed that their red homemade paint absorbed more of the sun's rays than plain wood, which helped to keep the barns warmer during the harsh winters. Today, barns are probably painted red because it's the traditional choice.



### 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](http://www.VelocityInjuryLaw.com) or give us a call at **519-946-4300**.