

## From Melanie's Desk: Never Say Never



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**A**s part of the litigation process, clients go through an Examination for Discovery. This is essentially a question and answer session. Since COVID it's mainly been done virtually. The client comes to our office and we go online together to meet the defence lawyer and a court reporter. All the evidence is given under oath, and then transcribed into an official record.

Prior to the discovery we have an appointment with our clients to prepare them for the types of questions they may be asked and why they may be relevant.

We also send a letter outlining advice and important points to remember such as giving a verbal answer; listening to the question being asked and answering that question; being truthful and not guessing if you don't know the answer to something. Saying "I don't know" is an answer. Then there is the important advice of not answering in absolutes. Saying "I never do that", or "I always do this" can be a problem if your medical records or a witness or surveillance says otherwise.

So this advice of "never say never" was particularly relevant this summer.

First a little history. I have never liked needles. I suspect a dislike of being jabbed is pretty common. I became desensitized to this on the journey to motherhood and with being my mother's caregiver in her final weeks. Needles are not my favourite thing in the world but I am no longer a total chicken.

Now another little nugget of history: my mom got her first tattoo at 65 once she survived her first cancer surgery. She went on to get 4 in total. A shout out to Dean Sleiman who heard my mom say she may not survive his lengthy wait list for a 3D monarch butterfly and promptly got her an appointment. Mom loved you, Dean!

My take on tattoos has always been – nope, no way, no thanks – that's never going to happen. Not even the offer of matching sibling tattoos in memory of my mom could move me from that position.

Then this summer happened. Call it the magic of Disney or the crazy love I have for my



family but 8 of us got tattoos in Florida. 7 Mickey Mouse and 1 Minnie Mouse.

I faced my fear of needles and rationalized I could endure 5 minutes of discomfort. On the pain scale (many of you know it well) I ranked it a 3 out of 10.

So the discovery advice I give my clients also applies to everyday life. Never say never because you may end up doing something you once could never imagine yourself doing.

Since we are conscientious lawyers, we wanted to also share a warning . . .

Over the years we have seen many clients seeking compensation for negligence for many things that seemed like a good idea at the time. This goes beyond tattoos and permanent make-up which has caused facial scarring to voluntary plastic surgery with less than desirable results. It's always a good idea to do your research if you are planning to make any permanent changes to your appearance. The lawyers at our office don't practice in the area of medical malpractice but we do make regular referrals to lawyers we trust.

### Fun Fact: Canadian Helped Crayola Develop Inclusive Set of Crayons

When Victor Casale was a child he encountered a familiar problem: how would he draw himself without the correct skin-toned crayon? "Not being included or not having inclusive representation of shades – it's a feeling that I would hate to see in a child," Casale told CTV News Channel.

Casale worked in the beauty industry by helping companies create inclusive product lines that matched every skin tone. When Crayola wanted to create a set of skin toned crayons Casale was the natural choice to help with the project.

"The most exciting thing for me is that if a teacher or a parent puts a box of crayons on the table, no matter who's in that room or who's part of their family or community, they'll have a shade they can pick up to represent that person should they decide to colour them into their world," Casale said.





## Cooking Corner: Spinach Salad with Blueberry Dressing and Candied Pecans

With this spinach salad you can choose your own adventure! The blueberry dressing and candied nuts will taste great with stone fruits, raspberries, blackberries, and oranges.

*This recipe makes 1 1/4 cups of salad dressing and 2 cups of candied pecans.*

### Salad Ingredients

- Spinach
- Choice of fruit, such as: plums, peaches, cherries, blueberries, blackberries, raspberries, oranges

### Salad Dressing Ingredients

- 1 cup blueberries
- 1/4 cup balsamic vinegar
- 1 1/2 tbs maple syrup
- 1/2 cup olive oil
- Pinch of salt

### Candied Pecans Ingredients

- 6 tablespoons of brown sugar
- 1 1/2 teaspoons ground cinnamon
- 2 pinches of kosher salt
- Pinch cayenne pepper (optional)
- 1/2 teaspoon vanilla extract
- 1 1/2 tablespoons water
- Zest of 1 orange (optional)
- 2 cups pecans or other nuts

### Directions for Salad Dressing

1. Blend the blueberries until they've achieved a liquid consistency. Combine the rest vinegar, maple syrup, and salt.
2. Slowly pour the olive oil into the mixture until the dressing is emulsified and creamy.
3. Store leftover salad dressing in a sealed container in the refrigerator for a few days. Shake the dressing before using it again.

### Directions for Candied Pecans

1. Line a baking sheet with parchment paper or a silicone mat.
2. Add sugar, cinnamon, 1 pinch of salt, cayenne pepper, vanilla extract, water, and orange zest to a medium to large sized skillet. Turn the heat to medium and stir the ingredients together until it becomes a uniform sauce.
3. When the sauce begins to bubble, add the pecans to the skillet. Continue to stir for 2-3 minutes or until you smell a nutty aroma.
4. Spread the pecans on the baking sheet and sprinkle with a pinch of salt, if desired. Leave them to cool. Add the candied nuts to the spinach salad, use them to top sweet potatoes or oatmeal, or eat them by the handful!
5. Store leftovers in a sealed container at room temperature for a week, in the refrigerator for several weeks, or in the freezer for several months.

## Celebration Station: Congratulations to Our Champion Soccer Team!

As part of our continued community involvement Velocity Injury Law LLP was the proud sponsor of two youth soccer teams with the Amherstburg Soccer Club for the 2022 season. Celina De Vuono, who is a lawyer with our Velocity team, has coached youth soccer for several years. She proudly coached one of our sponsored teams (shown in photo) and one of her daughter's played on the team. On Sunday, August 7th the team won first place in the U11 Girls Division after a wonderful season. Well done ladies!!



2022 U11 Girls Velocity Injury Law Team

# We're Hiring!

Velocity Injury Law LLP is looking to recruit a **Receptionist**. If you know of a responsible person to work with our team, and who is eager to learn some legal skills along the way, please have them submit their resume to [rstewart@velocityinjurylaw.com](mailto:rstewart@velocityinjurylaw.com).

## 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**.

