

Talk about good coffee! Miss Muggins Coffee and Fresh Donuts

CHAPLEAU EXPRESS

Vol. 17, Issue 22, February 9, 2013

PIZZA HUT & KFC There's a Reason We're Number 1 "0 TRANS FAT" 864-0911

And what a performance!



Back row(L.to R.)Hilary Arsenault, Meghan Quinn, Jerret Paquette, Tyler Friend, Noah Mitchell-Hourie, Wolfgang Burkholder. Middle row (L to R) Kris Kerr, Fr. Sebastien Groleau, Ceilidh-Ann O'Hearn, Lauryn Pellow, Maisie Fortin. Front row (L to R): Cole Crockford, Kassie Friend, Sommer Holmes, Keiko Larocque, Kerry-Ann Cook, Melanie Dillon, Ceejay Larocque, Bonnie Ivey and Anthony Aceti.



Hilary Arsenault reading out a list of special gifts for Director Anthony Aceti, including "Marbles, for the ones you lost while putting together this show."

By Mario G. Lafreniere Last Friday and Saturday, the community benefited from a preeminent cultural event comprising of local talent.

Chapleau Onstage presented its' first production ever

"An Evening of Musical Theatre". The play was directed by a talented Anthony Aceti who also performed live, providing the

music for the play.

The cast of eighteen comprising of Ceilidh-Ann O'Hearn, Cole Crockford, Jerret Paquette, Noah

Mitchell-Hourie, Kassie and Tyler Friend, Keiko and Ceejay Larocque, Kerry-Anne Cook, Lauryn Pellow, Maisie Fortin, Melanie Dillon, Sommer Holmes, Wolfgang Burkholder, Father

Sebastien Groleau, Bonnie Ivey, Hilary Arsenault along with local volunteer Meghan Quinn had been rehearsing since early October.

What a breath of fresh air to see people of all ages,

coming together, and performing as they did. Anxiety and stomach butterflies may have been present, but it certainly wasn't apparent as they all performed as seasoned veterans. The majority Cont'd on P.6

OPP Warn Public To Use Caution Wolves Observed In Community



Long Term Forecast

Table with 5 columns: Day, High, Low, and weather icons for Friday through Wednesday.



On February 5, 2013 the Ontario Provincial Police (OPP) Chapleau Detachment responded to a request for assistance at a local school. An employee was leaving the school at 8:00pm and observed

a wolf coming towards them on school property. The employee returned inside and contacted OPP for an escort to their vehicle. This was done without further incident.

OPP patrolled the community throughout the evening and found that the wolves are feeding on garbage left out for pick-up. It has also

been reported that there are persons feeding the wolves. The OPP remind the public that these are wild animals and should not be encouraged into our communities. Ensure your garbage is secure and not placed at curbside until the morning of your pick-up.

Please use caution when out during

the evening and night time hours. Do not leave small pets unattended outside. Keep in mind these animals are in search of food and will return to areas that provided nourishment in the past.

The OPP will respond to emergency calls about wild animals if there is an immediate threat to the public.

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RAPPORT D'OTTAWA par Carol Hughes

Membre du Parlement Fédéral
Algoma-Manitoulin-Kapuskasing



La Député Hughes d e m a n d e a u g o u v e r n e m e n t d e p r e n d r e u n e n g a g e m e n t à l'égard d u s e r v i c e f e r r o v i a i r e v o y a g e u r s

Le désaveu du gouvernement de l'Ontario à l'égard du service ferroviaire voyageurs dans le Nord de l'Ontario, pousse la députée Carol Hughes à affirmer que le gouvernement fédéral a un rôle à jouer pour promouvoir ce moyen de transport dans la région.

Prenant la parole devant la Chambre des communes mardi, la députée d'Algoma-Manitoulin-Kapuskasing a fait valoir les nombreux avantages du service ferroviaire de voyageurs et réclame plus de services dans les régions nordiques et rurales.

« Depuis quelques années, les services ferroviaires voyageurs connaissent une période difficile, non parce qu'ils ne sont pas rentables, pratiques

ou bénéfiques sur le plan environnemental, mais parce que les gouvernements au Canada ont sans cesse réduit leur engagement à l'égard du transport ferroviaire. »

Mme Hughes a fait valoir les aspects positifs du service ferroviaire voyageurs sur les économies locales, rappelant que ce ne sont pas que les employés des chemins de fer qui en bénéficient.

« Pour bien des gens, le service ferroviaire est le moyen de transport en commun privilégié, voire le seul moyen de transport disponible. Le train est une valeur ajoutée pour la région et il sert de point d'ancrage aux économies locales », poursuit Mme Hughes. « Chaque emploi créé par les chemins de fer crée un emploi supplémentaire dans la région. »

Elle a expliqué à quel point la perte du service ferroviaire d'ONR, ainsi que la réduction généralisée du nombre de destinations à Via Rail, sont difficiles à vivre pour les passagers et les entreprises qui ont

besoin de ce service.

« Moins de trains veut dire moins de clients », précise Mme Hughes. « Ce qui peut sembler une décision anodine pour les personnes qui ont des choix – comme celles qui vivent dans de grands centres – est catastrophique pour des municipalités comme Hornepayne. »

La députée a vanté l'efficacité des groupes populaires qui font une promotion active du service ferroviaire voyageurs et qui font preuve du manque de leadership justement au gouvernement.

« Pendant que le gouvernement réduit les services de VIA Rail, des groupes comme la Coalition for Algoma Passenger Trains essaient de les revitaliser », précise Mme Hughes. Quand le gouvernement décidera-t-il d'emboîter le pas et d'écrire une autre page de l'histoire en s'engageant à restaurer le service ferroviaire voyageurs et à préserver l'infrastructure nécessaire pour en assurer la pérennité? »

The Chapleau Express

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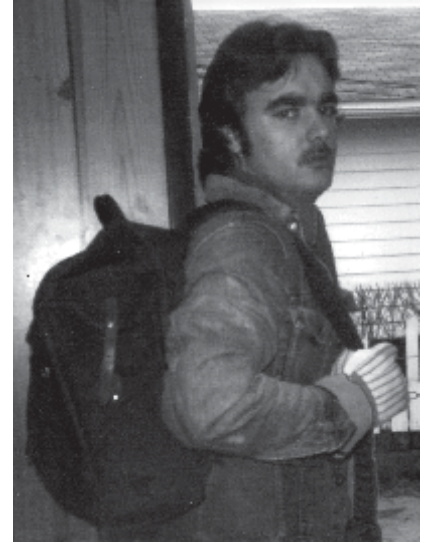
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WOW! Look who's Turning "50" Happy Birthday Honey



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La chef du Parti libéral de l'Ontario Kathleen Wynne profitera de l'élan que lui donne son élection historique

La première ministre élue Kathleen Wynne a remercié son parti à l'occasion d'un congrès à la direction historique et s'est engagée à se mettre au travail immédiatement pour la population de l'Ontario.

« Cette course à la direction était axée

sur les idées et sur l'enthousiasme » a déclaré madame Wynne. « Maintenant, en tant que parti, nous allons prendre cette vision et profiter de notre élan pour assurer un avenir meilleur. »

« Je tiens à remercier Dalton

McGuinty pour nous avoir mis sur une aussi bonne voie » a ajouté madame Wynne. « Je tiens à saluer et à remercier tous ces candidats remarquables et leurs supporters qui ont travaillé très fort pour donner un souffle nouveau au Parti

libéral de l'Ontario. »

Kathleen Wynne s'est engagée à profiter du regain d'énergie du Parti libéral de l'Ontario et à mettre tout de suite en branle le processus visant à convoquer l'Assemblée législative pour le 19 février.

« La meilleure

manière de bâtir sur notre remarquable succès, c'est de continuer à gouverner, car les Ontariennes et les Ontariens ne veulent pas d'une élection. Ils veulent nous voir gouverner » a ajouté madame Wynne.

« Cette fin de

semaine, les Libéraux de l'Ontario se sont unis pour appuyer la vision d'une province plus forte, plus saine et plus équitable » a conclu madame Wynne. « J'ai suis impatiente de prendre ces idées et de les concrétiser, pour notre bien à tous. »

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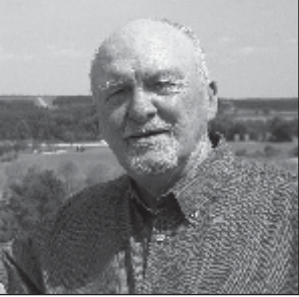
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Tous sont bienvenue

Parades in Chapleau played major role in success of winter and summer community celebrations

Chapleau Moments

by
Michael J. Morris



The old saying that everyone loves a parade sure applied to Chapleau throughout its history playing a major role in celebrations from its earliest beginnings after the arrival of the Canadian Pacific Railway in 1885.

Browsing through old photo-

graphs and "Googling" it seems that the first parades were associated with Dominion Day, now Canada Day on July 1, but through the years, there would be other ones hosted by organizations such as the Orange Lodge, Knights of Columbus, and after 1926, Branch

No. 5 of the Royal Canadian Legion. The Legion took over the July 1 celebrations.

By 1937, with D.O. Payette, then the president of Smith and Chapple Ltd. as the "catalyst" according to a report at the time, with his business partner Arthur Grout as chairman, the Chapleau Winter Carnival was launched. Carnivals were planned in Mr. Payette's office.

Jimmy Purich became parade marshal and would



There was a canoe parade on the river at the 75th anniversary in 1976. Ernie Gilbert and Marcel Bourgeault bring MJ to the beach area.



Jimmy Purich, the parade marshal in 1938 leading winter carnival parade on white horse over the overhead bridge.



A parade of sorts took place on the Keksquasheshing (Chapleau River) in May 1934 to mark the 400th anniversary of French explorer Jacques Cartier arrival in what became Canada. From left: John Burns, Edward Levesque, Hill Gagnon as Cartier, Gerard Tremblay, Joe Fortier.

lead the parade on a white horse from the CPR station from where it formed up over the old overhead bridge to an ice palace on Main Street or across from the old arena on Lorne Street.

After B.W. 'Bubs' Zufelt became reeve in 1948, the Chapleau Recreation Commission was formed and a Beach Day celebration on the first Monday in August was added, including a parade. My generation will well remember J. M. 'Jack' Shoup, the principal of Chapleau Public School and longest serving township councillor organizing us for the parade, and later the children's races. He ran the skating races at the winter carnival too.

The Chapleau Band, first called Chapleau Brass Band, would appear to have

been part of parades from about 1887 on and it even travelled to other communities to participate in their celebrations. A bugle band was formed at Chapleau High School after the cadet corps was founded about 1926, and was directed by principal and teacher John 'Mac'

McClellan. A parade around town was always part of the annual inspection.

Allan Ritchie, who had moved to Chapleau from Moose Factory with his parents by canoe, proudly displayed his native heritage in Chapleau parades. His

Cont'd on P.5



Allan Ritchie in winter carnival parade in the 1940s.

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**REPORT from
OTTAWA
by
Carol Hughes**

Federal member of Parliament
Algoma-Manitoulin-Kapuskasing



Across the country military families are constantly reminded that the government's support for our troops is more of a notion than anything else. Time and again we have seen that commitment bear sour fruit as the government tightens the purse for veterans and wounded personnel returning from combat. The penny pinching continues as it was revealed this week that military families are being forced to pay more of the cost associated to troops being relocated (something that happens with regularity) within Canada.

While there is an allowance for military families who relocate, the amount is stuck at a number arrived at in 1990s. Additional funds that were supposed to be made available to families feeling the pinch are mired in administrative muck that the government could quickly address, but are choosing not to.

As it stands, some military families are taking a hit on their moving costs and on the sale of their houses when they move from posting to posting. While the military does have a policy that reimburses members who have to sell their house and lose more than 20 percent of its value, the policy only applies in depressed real estate markets. According to the Treasury Board, there are no such markets in Canada.

The Treasury Board is dragging its feet on the money designated to offset the inflated costs associated with moving as well. On this front, the government is sending mixed signals. It was a cabinet decision that allocated money to offset the rising costs,

Military families paying the freight as government drags its feet

but without the go ahead from the Treasury Board the funds remain unavailable.

According to Canada's military ombudsman, Pierre Daigle, families are facing losses ranging from \$30,000 to over \$70,000 as they move from one posting to another. Daigle also reports that 111 families have lost more than \$15,000 each in the last five years and there are 212 unsettled grievances related to the subject as well.

The NDP asked the Minister of Defence if he agreed military families shouldn't have to shoulder moving costs given they are selling assets, taking second jobs, declaring bankruptcy, and even turning to community financial assistance programs to make up for their losses.

This is part of a pattern for this government that has also made it nearly impos-

sible for families to access the Last Post Fund (a fund that aids in the burial costs for impoverished veterans) and now asks our recently wounded veterans to fend for themselves with a lump sum payout

instead of the appropriate rehabilitation and care we provided for injured and wounded soldiers in the past.

It's becoming very clear the government's claim that it supports our troops

rings a little hollow. The yellow ribbons that symbolize our gratitude for the service of our soldiers and veterans are cold comfort with a government that nickel and dimes military families and our veterans.

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(morning sessions – Tuesdays, Wednesdays and Thursdays)

For more information please call 705-864-1886
or stop by the Centre at 28 Golf Road

Chapleau Moments



J.M. 'Jack Shoup' far right, with school kids in either Dominion Day or Beach Day parade.

Cont'd from P.3
grandson Lark Ritchie, writing about him in Chapleau Trails said that he was "noted for his proud and consistent display of his native heritage at many Chapleau community events participating in parades."

But parades were not limited to the streets of Chapleau, as there were at least two on the Chapleau River.

In May 1934, John Burns, Edward Levesque, Hill Gagnon, Gerard Tremblay and Joe Fortier marked the 400th anniversary of the arrival of French explorer Jacques Cartier at Newfoundland by sailing on the river in a replica of Cartier's ship.

In 1976, as part of the celebration of Chapleau's 75th anniversary of incor-

poration as a municipality, a canoe flotilla travelled from the Ministry of Natural Resources "Point" to the beach area.

There may also have been sailboat parades at one time as races were held on the river in the community's early years.



Chapleau High School Band in winter carnival parade 1956.



Parades formed at the CPR station.

I am sure everyone has their favourite parade stories, and please feel free to send them along. My email is mj.morris@live.ca
Chapleau Winter Carnival.
Enjoy the ice fishing derby and



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Women and weight training



By Shannon Fuller-Murphy

The benefits of weight training for women above maturity far outweigh those that only choose cardiovascular exercise. Yes, cardiovascular exercise is very important, but combining it with weight training has many more benefits. New research shows that weight training combined with cardiovascular exercise is the best form of training and far outweighs the benefit of cardiovascular exercise alone.

Today, Functional Training is the best way to improve your health. There are

a few different types of Functional Training such as: obstacle courses like Boot Camp, Tough Mudder, advanced training like Cross-Fit and the basic training of Circuits. All of these combine weight training and cardiovascular exercise throughout the duration of the workout.

Let's explore at least ten benefits for Weight Training:

1) As lean muscle increases so does your resting metabolism and you burn more calories. Generally speaking for each pound of muscle you

gain you burn 35 to 50 more calories each day.

2) As a woman you will gain strength without the bulk. Researchers also found that unlike men, women typically don't gain size naturally from weight training. Compared to men, women have 10-30 times less of the hormone that causes muscle hypertrophy. Just remember you will still gain muscle tone and definition.

3) You will decrease your risk of osteoporosis. Research finds that weight training can increase spinal bone

mineral density and enhance bone modeling.

4) Improve your athletic performance, for example: cyclists are able to continue for longer periods of time with less fatigue while skiers can improve technique and reduce injury.

5) Increasing your strength will make you far less dependent upon others for assistance in daily living. In turn, chores will be easier. Moderate weight training can increase a women's strength by 30-50%.

6) You will reduce your risk of injury such as back pain and arthritis. Strength training also builds stronger connective tissues and increases

joint stability. This acts like reinforcement for the joints in helping prevent injury. Weight Training can also ease pain associated with osteoarthritis.

7) Improves cardiovascular health by lowering LDL (bad cholesterol) and increasing HDL (good cholesterol) while lowering blood pressure. When cardiovascular exercise is added these benefits can be maximized.

8) Improve the way the body processes sugars, which may reduce the risk of diabetes. Research indicates that weight training can increase glucose utilization in the body.

9) It's is never too late. Women in their 70's

and 80's have built up significant strength through weight training and studies show that strength improvements are possible at any age.

10) If you suffer from depression or anxiety then Improve your "happy feelings". Most women who weight train have reduced feelings of depression and anxiety.

No matter what your age it's never too late. Weight Training should be a part of your exercise routine. Women should take positive steps toward improving their health. There is no time like the present to help yourself feel better inside and out with Weight Training.

And what a performance!




Chapleau Onstage's first performance was a Benefit Night for Maison Boreal Home Inc. Here Tahise Demers, MBH Treasurer, receives the donation from Director Anthony Aceti.

Cont'd from P.1
of the cast was made up of teenagers and children from both the English and French schools.

We should all be proud of our Chapleau talents and the certainty with which it was displayed.

Congratulations are in order to each and every cast member along with the director and all the volunteers for a job well done.




Show your Northern Pride at our Branch Annual Meeting.

Pre-register online for a chance to win a Kobo Arc or Kobo Mini eReader. Register and bring a friend, and you'll both be entered to win a Galaxy Tab 2 or two round trip tickets anywhere that Porter Airlines.

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Police Report

SUSPENDED DRIVER CAUGHT WITH DRUGS

On February 2, 2013 the Ontario Provincial Police (OPP) Chapleau Detachment initiated a stop for a traffic violation on Aberdeen Street. The driver, 25-year-old Andre

FRANCOEUR of Sudbury failed to provide a driver's licence. A records check revealed he was prohibited from driving and as a result he was arrested for Drive While under Suspension contrary to the Highway Traffic Act of Ontario.

During a search of the accused OPP found a substance that is contrary to the

Controlled Drugs and Substances Act. Further charges were laid against the accused, including:
1) Possession Schedule 1 - Cocaine
2) Breach of Probation - 2 counts

The accused was released from custody and is scheduled to appear in Chapleau Courts in April.

Enjoy the physical benefits of hockey as a family



Although the benefits of physical activity are widely known, the number of inactive children is at a high in Canada. Faced with this situation, parents have an important role in encouraging their children to take part in activities they enjoy. Is your family one that never misses a hockey game on TV? Why not put on a pair of skates

and play hockey instead?

Hockey is a complete sport. It's a technical sport that helps to develop speed, coordination, endurance and agility. It's also a great way for kids to spend all the energy they have," said Corey McNabb, Senior Manager Coaching and Player Development for Hockey Canada.

Over and

above its many benefits, hockey is also a stimulating activity for youth and teaches important skills that can be applied on and off the ice. Adam Elliott from Waterloo Minor Hockey and member of McDonald's Canada at oMc Hockey program sees his players mature over the season. "Our players come not only to play hockey, but also to spend time with friends; there is a great sense of team spirit that builds. As a team we face challenges but our players learn, through the game, to collaborate, share and resolve conflicts. When a player scores or makes a good pass, he isn't just learning to play hockey, he is also learning about teamwork."

Launched in 2011 by McDonald's Canada and endorsed by Hockey Canada, this program supports Atom teams in Canada and Bantam teams in Quebec. Participating teams receive atoMc Hockey and Équipe McDo jerseys featuring the Hockey Canada logo, matching socks as well as Official Hockey Canada coaching material.

To learn more or to register for the atoMc Hockey 2012-2013 season, visit www.hockeycanada.ca/atomc.



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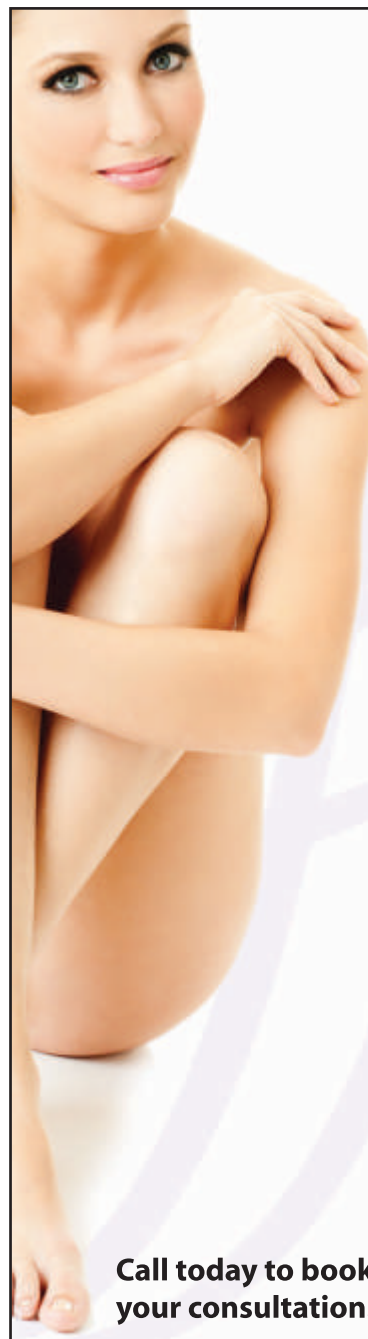
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Endangered Species Act Regulation Urgently Needed for Ontario's Forest Sector

Ontario's Renewable Resource Sector Poised to Rebound in 2013

The Ontario Forest Industries Association (OFIA) is adding its voice to a growing number of northern municipal associations and Chambers of Commerce who are calling on the Ministry of Natural Resources (MNR) to fulfill their long standing commitment and develop a regulation under Section 55(1)(b) of the provincial Endangered Species Act (ESA) that would recognize that

the Crown Forest Sustainability Act (CFSA), the legislation governing forestry activities in the province, already provides for the protection of species at risk and their habitat, and as such, already meets the purposes of the provincial Endangered Species Act (ESA).

In an Environmental Registry posting late last week the MNR outlined its preferred transition measures for various

economic development sectors under the ESA, including forestry. While the OFIA was pleased to see the government's proposal include measures for the forest sector, there is lingering concern regarding both the timelines and content associated with the final regulation.

"The proposed approach for the forest sector is certainly a step in the right direction" says Scott Jackson, Manager of Forest

Policy at the OFIA, noting that the proposed regulation would include the development of a committee to formally review the linkages between the ESA and the CFSA, "however, the devil is always in the details. The forest sector needs additional certainty on the final content of the regulation. We look forward to working with the provincial government and local communities to ensure that the final regulation provides the necessary certainty to the forest sector and the 200,000 hard working Ontarians it employs in over 260 communities across the province."

"The government has long recognized that the CFSA

already meets the purposes of the ESA and, as such, committed to providing our sector with a regulation that would acknowledge that the CFSA is equivalent in its protection of species at risk, and that would ensure that the forest sector would not be subject to the redundant and unnecessary prohibitions of the ESA", says Jamie Lim, President of the OFIA. "Ontario has a world-class regulatory framework in place for forestry that provides for a variety of values, including the mandatory protection of species at risk and their habitat."

Earlier last week, the government released the Endangered Species

Act Report and Recommendations – a series of recommendations aimed at improving the way the MNR implements the ESA. A key sentiment reflected in the report is the need for "consistent and equitable application of the ESA across various sectors and activities in all regions of the province", something the OFIA does not believe has been the case to date.

The OFIA notes that over the next 30 days it will be critical for the people of rural and Northern Ontario to respond to the MNR's proposal, urging the government to do the right thing and support Ontario's renewable and sustainable forest sector.

5 tips for young adults to prevent online fraud



Sharing pictures and information online through social networks has become a normal way of life for tech-savvy millennials. Unfortunately, some technology experts are concerned that young people's sharing can go too far, putting their security at risk.

A recent survey by Visa Canada found that young Canadians, aged 18-30, were the most likely age group to overshare personal information on social networking sites, including posting their home addresses, birth dates and phone numbers online – information that could potentially be used to carry out identity theft and other scams.

What's more, it appears this willingness to share extends into the offline world. The same

survey also found that young adults are most likely to share their PIN and lend their credit or debit card to others.

Security experts are chiming in to urge Canada's young people to show some restraint to avoid putting their personal financial information at risk.

"Young adults need to better understand the risks associated with oversharing personal and financial data," says Gord Jamieson, the head of security at Visa Canada. "The more information you post, the more likely a thief will have enough information to access your accounts and commit fraud."

Jamieson recommends young people, and all Canadians, remember these five security tips before posting online:

1. Personal information

is just that – personal. Don't post information such as payment card information or SIN in a public forum or on a social networking site.

2. Pay close attention to what you share on social networking sites; even seemingly innocuous information such as your mother's maiden name or your high school mascot can help a thief gain access to your accounts.

3. Familiarize yourself with your social network's privacy settings to help control who can see your information.

4. Create strong, unique passwords for each of your accounts. Using different passwords will limit any damage if one password is compromised.

5. Be suspicious of any requests for your personal or payment information no matter how convincing the communication or phone call you received may be. Scammers may use tactics like phishing and social engineering to trick consumers into divulging personal or payment information.

More information is available online at www.VisaSecuritySense.ca.



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The Knights of Columbus would like to congratulate all the winners of the Free

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Colomb aimeraient féliciter tous les gagnants de la compétition du lancé

libre tenue à Chapleau. Nous tenons à remercier tous les participants et tout

le personnel d'avoir contribué à cet évènement.



Jeffrey Bouchard, Spencer Smith, Jonah Joyal, Frédéric Larocque, Alex Tremblay.



Sydney Gavan, Lorry Martel, Emma Orton.

Setting up a home office that fuels productivity



going to segregate an area of the living room, convert a spare bedroom or set yourself up in the basement or garage, you should start thinking about home office furniture. The type of office furniture you pick and the way you organize your space will significantly impact your productivity.

One of the biggest mistakes businesspeople make is assuming that working from home will automatically result in a higher level of productivity. Unless you carefully construct your home office environment, you may find that working from home is less productive than you anticipated.

Staples, the world's largest office products company and a trusted source for office solutions, offer the following tips for setting up your home office to help maximize your productivity.

The ideal working environment

Home office setup is an exercise in knowing yourself. Before you make any decisions, make a list of

the things you need to spur productivity. Some people can work at a desk in a common area of the house with the television running in the background. Others want a closed-door environment where distractions are minimized. For some people, a home office is a place to finish up work from a regular day job. For others, a home office is a primary workspace where they spend eight or more hours of the day. Before you start rearranging the furniture, decide what you need as an absolute minimum to encourage you to use the space as intended.

The right office furniture, equipment and supplies

Once you have decided whether you're

Whatever your preferences are, investing money up front in the style of office furniture that makes you comfortable will naturally lead to greater productivity. At the very least, this ensures that you won't be tempted to relocate to the bedroom instead of working at your desk. Likewise, an upfront investment in office supplies and equipment will help you get your work done faster and avoid distractions.

The cost of outfitting a home office

A basic home office setup can cost you under \$500 if you already have a computer that you can relocate to your new space. There are a number functional office furniture options



Back Row / Dernière rangée: Jeffrey Bouchard, Spencer Smith, Lorry Martel, Sarah McLeod-Greig, Sydney Gavan. Front Row / Première rangée: Jonah Joyal, Frédéric Larocque, Emma Orton, Alex Tremblay, Mackenzie McLeod-Greig, Gavin Parry, Nigel Neshawabin, Tyson Noël.

that look expensive but are actually quite affordable, especially if you are willing to put the furniture together yourself. A printer and a phone with voicemail can round out a basic home office setup.

A more advanced home office setup would include a fax machine and a photocopier. Fortunately, there are 3-in-1 office machines that combine a printer, fax and copier in one piece of equipment for under \$300 at Staples, saving you money and space. Keep in mind, however, that a machine

that does many things often offers fewer features for each specific function. For example, if your work at home requires more than the occasional photocopy, it can be more efficient to buy a dedicated copy machine that has special functionality to handle a heavier workload.

Don't forget to set aside money in your home office budget for office supplies. From paper to paper clips, you will have to buy all of the little things that you took for granted when you worked for an employer. A home

office is sometimes considered the Mecca for people who work. Who wouldn't want a comfortable home oasis where commuting is a foreign concept and the work just gets done? To achieve home office nirvana, make a plan that is specifically designed to meet your individual needs and choose the right home office furniture, equipment and supplies to make your plan a reality.

For more information visit www.staples.ca.

Easy tips for healthy eating



(NC)—Losing or maintaining weight can be a challenge and often confusing especially when it comes to determining what exactly we should eat as part of a proper diet. To make things easier, registered dietitian Stefanie Senior has teamed-up with glacéau vitamin-water zero to share her tips on eating healthy.

Hydration: do we need eight cups, two liters or three gallons of fluid per day? While proper fluid intake is based on personal health and activity, Senior does suggest that we drink fluids

throughout the day to replenish liquids lost. All fluids, except for alcohol count, however, when on a diet, it is best to reach for low / no calorie options where available. Senior suggests alternating plain water with sparkling water, no calorie beverages like glacéau vitaminwater zero and herbal teas.

Fibre: found in bran products, fruits and vegetables, fibre is a key component of a healthy diet. To avoid overwhelming your system, men should aim for 38 grams / per day while women

should aim for 25 grams. Fibre should be consumed at equal intervals throughout the day and be sure to drink fluids to help pass through the digestive system. Senior regularly recommends a high fibre diet to her clients as it can help control weight, as well as manage cholesterol and blood pressure.

Carbohydrates: Registered dietitian Stefanie Senior says that 45 – 65% of one's diet should come from carbohydrates. Those trying to lose weight should stay in the lower range while very active people or athletes should aim for the higher end. Look for low glycemic index carbohydrates including whole grains, fruits, and vegetables. Don't eliminate carbohydrates as they are the body and brain's preferred source of energy and without them, the body will break down protein, slowing your metabolism.

Visit vitamin-watercanada.ca for additional healthy eating tips from registered dietitian Stefanie Senior.

Classic Turkey Club sandwich gets a New Year's makeover



(NC)—For many Canadians, the New Year is an opportunity to reset our goals for the coming year and make simple changes to help us lead a healthier lifestyle. While changing old habits can often be a challenge, altering one small thing can lead to a greater likelihood sticking to your New Year's resolution.

Fresh, filling and delicious, fruits and vegetables are an important part of your overall healthy eating plan and a great way to help maintain a healthy lifestyle. Increasing the amount of fruits and vegetables in your diet is a popular resolution among Canadians and one that with a little planning, can be easily incorporated into your lunchtime meal.

Like fruits and vegetables, Dempster's bread has naturally occurring vitamins and minerals, and is an excellent source of nutrients that can help Canadians improve their overall health. A great source of calcium, which helps to strengthen bones and teeth, just one slice of Dempster's 100% Whole Wheat bread has the same amount of calcium as one avocado.

This zesty twist on the classic Turkey Club sandwich is a flavourful, healthier option that is sure to tantalize your taste buds and keep you healthy throughout the New Year.

Turkey Club with Avocado Aioli

Prep Time: 15 minutes

Total Time: 20 minutes

Serves: 2

Ingredients:

Avacado Aioli

- 1 Avocado, seeded and peeled
- 2 Cloves garlic, minced
- 1 tbsp (15 mL) Lime juice
- 1 tsp (5 mL) Horseradish
- Dash hot sauce

Turkey club:

- 4 Slices Dempster's Smooth Multigrains Bread, toasted
- 4 Slices turkey bacon, cooked
- 1 (175 g) Package Natural Selections Shaved Roasted Turkey
- 1 Tomato, sliced
- 4 Lettuce leaves

Directions:

Avacado Aioli

Puree avocado, garlic, lime juice, horseradish and hot sauce with either a food processor or mortar and pestle. Set aside.

Turkey club:

Spread aioli over one side of each slice of toast. Top 2 slices of toast with bacon, turkey, tomato slices, 2 pieces of lettuce and remaining slices of toast to form sandwiches.

Cut in half and serve immediately.

For more delicious recipes, please visit NaturallyDempsters.ca



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Scrub your home in preparation for a spring sale



Thinking of selling your home this spring? The single most effective and budget-friendly way to ensure your home is at its most appealing is to make sure it is meticulously clean, says Ron Abraham, president of the Ontario Real Estate Association.

Abraham says that elbow grease and

an eye for editing are the real keys to springing your home to the head of the pack. So what should be on your spring cleaning checklist?

“The exterior, entryway, main living space, kitchen and bathroom(s) tend to make the biggest impression on would-be buyers so make sure to take special care

with these areas,” recommends Abraham.

Here's a helpful checklist to guide your spring scrubbing:

- De-clutter: Clutter distracts buyers from your home's features. And don't just throw everything into a closet! This will make it seem like the home doesn't have enough storage space.
- Depersonalize: To

help buyers envision themselves in the space, remove personal items like family photos, toys and children's art.

• Make sure the exterior of the home is well maintained – this means snow removal in early spring and landscaping in late spring/summer.

• Kitchens are the heart of any home. Make sure the kitchen is clean (pay close attention to floors counters and appliances), free of last night's cooking smells and appears organized and functional.

• Bathrooms should be sparkling clean, free of clutter and as spa-like as possible (Stocked with fresh towels and soaps, and well-lit).

• Windows should be washed on the inside and the outside – clean windows will really brighten up your home.

• Furniture should be polished, upholstery and drapes cleaned and carpets and rugs steam cleaned.

“Spring cleaning efforts will help prepare your home for sale. Remember, making

your home look its best does not require spending a ton of money on costly projects; rather, make sure your home is sparkling clean and talk to your Realtor about else you can do to stage your home for sale.”

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