



# KINGS COUNTY Fall Directory 2017

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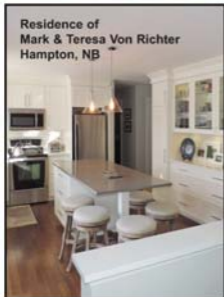
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## KINGS COUNTY Fall Directory 2017



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# KEEP UP WITH HOME MAINTENANCE TASKS

(NC) No matter how nice a home may appear to be, if it's not well maintained, it can quickly lose its value — especially when it comes time to sell.

"As with anything, a home requires a great deal of attention and care," explains Norm Jensen of Royal LePage Network Realty Corp. "While not as noticeable as a car or electronic device, homes experience a great deal of wear and tear, braving the elements on a daily basis. This is why regular maintenance is so important. By keeping your home in good condition, you preserve its value and protect the lifespan of your investment."

Home maintenance doesn't always have to be a tedious and expensive proposition. By routinely addressing the following issues, you too can ensure that your home is always in the best shape possible:

**1. Pay attention to the driveway.** By periodically checking for damage and repairing loose or broken paving stones and small cracks in the asphalt, homeowners can preserve their driveway's functionality and appearance. Consider applying sealer every three to five years in order to protect



your driveway and freshen up your property's look.

**2. Clean your gutters.** An eavestrough system plays a crucial role in diverting water away from the house. With regular maintenance of this system, homeowners can help prevent water from seeping into wood siding, concrete and masonry, avoiding costly repairs.

**3. Check your air conditioning unit.** Ensure peak performance and lower monthly utility bills by having a qualified professional look at your air conditioning unit annually.

**4. Seal up your foundation.** Every spring, be sure to take a look around your house for signs of problems such as crumbling paint or water marks on interior walls. If any are found, chances are there is a crack in your home's foundation. Be sure to repair and seal these thoroughly as they can create rather expensive problems down the road.

Find more information at [www.royalpage.ca](http://www.royalpage.ca).

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## **BEWARE OF PHANTOM POWER DRAINING ELECTRICITY IN YOUR HOME**

(NC) Did you know that phantom power lurking in your home could account for up to 10 per cent of your home's energy use? Also known as standby power, phantom power is energy consumption that is being drawn by many household gadgets, electronic devices and appliances while they are switched off but plugged in.

Here are five tips from Hydro One to reduce energy consumption and the amount of phantom power being used in your home:

1. The most effective way to eliminate standby power loss is to unplug your devices when they are not in use.
2. An easy way to turn your electronic devices off is to plug all electronics into a power bar with a timer to shut off automatically.
3. Group appliances and electronics that are being used together by plugging them into the same power bar with timer. Try this with your coffee maker and toaster, for example.



4. Unplug cell phone and tablet chargers once devices have finished charging. Up to 50 per cent of the electricity they draw is lost as heat.
5. Look for the Energy Star label whenever you buy new electronics or appliances. Energy Star identifies the most energy efficient products that reduce energy use even in standby mode.

Learn how much energy your electronics really use and find more tips on reducing phantom power at [www.hydroone.com/phantoms](http://www.hydroone.com/phantoms).  
[www.newscanada.com](http://www.newscanada.com)

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## The Importance of Regular Dental Checkups



The importance of teeth cleaning and regular dental checkups cannot be stressed enough. Take care of your smile, and the chances of never having to have costly dental procedures performed increases substantially.

Having your teeth cleaned regularly offers many benefits not only to your appearance, but to your health as well. Some of these benefits include:

**Prevention of gum disease:** The build-up of plaque can result in gum (periodontal) disease. Plaque also contains bacteria which can cause inflammation and irritate gums.

**Maintain good health:** Studies in recent years have linked strokes and heart attacks to gum disease. Although the correlation between the two isn't clear, regular teeth cleaning could potentially lessen



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your risk of having a stroke or developing heart disease. **Enjoy a whiter, brighter smile:** Having your teeth cleaned helps remove stains caused by coffee, tea, wine, tobacco, and other products. Some medications can also cause teeth to become discoloured.



**Prevent halitosis (bad breath):** No one wants bad breath, which can be caused by gum disease, food lodged in hard-to-reach areas, or poor oral hygiene. Regular teeth cleaning and dental check-ups are the most effective way to ensure you enjoy good oral hygiene.

**Keep your teeth:** No one wants to lose their teeth, but poor oral hygiene can result in advanced gum disease, which means supporting bone can be destroyed as plaque moves further into the roots of the teeth. Have your teeth cleaned regularly, and brush/floss thoroughly between cleanings.

At Sussex Dental Clinic and Hampton Dental Clinic, our Professional Hygiene Staff will evaluate you on an individual basis and arrange a Preventative Hygiene Plan specific to your needs. For future information on other modern services, in a warm welcoming atmosphere, please see the ads below.



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## **RETHINK RENOVATION MATERIALS TO ENSURE SAFETY AND PERFORMANCE** By Scott McGillivray

(NC) We're fortunate in Canada to be protected by strong building codes that ensure our homes are safe and efficient. Building codes set out what we need to achieve and standards that need to be met, but typically, the choice of building materials remains at the discretion of the homeowner or contractor. That's where potential lies to either get things right or to make costly mistakes. That's because not all building materials are created equal. And one of the riskiest places to cut corners is with what's behind your walls.

When it comes to budgets, many people mistakenly believe that what you don't see doesn't really matter, and instead opt to focus on finishes. Yet, the opposite is true. Take insulation, for example. Some insulation materials can settle and compact over time, affecting the R-value. Others are susceptible to mould and mildew should they come into contact with moisture, which can create serious air quality issues, impacting occupant health. I always advocate using quality building materials that will stand the test of time and conditions.

It's best to seek a product that provides multiple advantages, like Roxul Comfortbatt, Safe 'n' Sound and Comfortboard in-




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sulation. Non-combustible and made from inorganic materials, this insulation will not only resist ignition when exposed to fire, it won't contribute to harmful smoke or toxic gases. Instead, it will slow the spread of fire, protecting escape routes to provide extra time to get to safety. Inorganic stone wool also resists moisture and is ideal for basement applications or areas with higher humidity. It offers great thermal performance and sound resistance, and is easy to install, cutting with a simple bread knife. Importantly, it's also dimensionally stable, which means it will stay in place to provide durability and performance over the life of the building.

I always recommend choosing quality materials over lesser options. Cheap alternatives may seem attractive at first, but rarely prove so over the long run. Quality materials should offer a variety of benefits. Don't hesitate to ask questions. Does it help with fire safety? Is it sustainable and environmentally friendly? Will it perform? Will it last? How will it impact air quality, occupant comfort, and efficiency? Materials matter, and when you consider lifecycle costs, quality products are usually the better choice. Ultimately, no one wants to replace or repair something down the road that should have gone the distance.

*Scott McGillivray is the host of the hit HGTV series Income Property and Moving the McGillivrays, a full-time real estate investor, contractor, author, and educator.*

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## 3 REASONS TO SHOP SMALL AND LOCAL

(NC) Neighbourhood stores and restaurants are at the heart of Canadian communities, providing you with the products and services you need all while keeping things personal, tailored and unique. As a consumer, you can support small businesses in your own community by choosing to shop locally this season. Here are three reasons why:

**1. Preserve your community's uniqueness.** Independent businesses bring character, originality and offer variety in a society that's becoming increasingly homogenized. That special bookstore you've been going to since you were a kid is irreplaceable. Help preserve the one-of-a-kind gems of your community.

**2. Keep the money local.** The more we shop at local independent businesses, the more likely it is that money will stay in the community and be used to create jobs. Local businesses are able to reinvest a significant portion of their revenue back into the local economy, which benefits our families, friends and neighbours.

**3. More personalized service.** One of the greatest aspects of purchasing from a local shop is that the owner really gets to know you. Small business owners know the products we buy on a regular basis and offer a personal touch as someone who cares more about providing a quality service!

You can visit [Shopsmallbiz.ca](http://Shopsmallbiz.ca) to find out more about how the Canadian Federation of Independent Business (CFIB) and Interac are linking Canadians with local small business on Small Business Saturday and throughout the year. This online directory allows Canadians to find valuable offers from small businesses in their area.

[www.newscanada.com](http://www.newscanada.com)

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Rainbow Printing has been in business for over 32 years and is centrally located in Sussex, New Brunswick to serve Saint John, Fredericton, Moncton and surrounding areas. Rainbow Printing has always been dedicated to superior customer service and a personal hands on approach with every one of our clients. Most of our loyal staff have been with us since our New Brunswick presses started running, radiating that feeling of familiarity and family every time you step into our shop.

As a multi-generation family owned and operated, our print technologies and equipment are always changing with the dynamic industry. We have gone from using film to direct to plate and now offer digital services for small run projects. Recently, we have added a second, larger die-cutting machine and an additional collator to accommodate larger jobs and Rainbow has also just launched a new website that now allows for online ordering.

Rainbow Printing's dynamic commercial and digital printing division offers quality printing and flexibility in print solutions and print finishing. Regardless of what industry you're in, you can be confident we have the printing services to meet your needs. From corporate printing materials, such as stationery, cheques and business card printing, to marketing materials like calendars, flyers and brochures, you'll find the appropriate print service to take your business to the next level!

In addition to our digital and offset printing products, we provide our clients with superior Security Printing services they know they can trust. We have state-of-the-art security printing features and equipment that empower us to deliver industry-leading, certified security solutions. Our facilities are backed by advanced security printing design software that allows us to include security features your documents need, plus the autonomy to personalize and customize your documents for aesthetics too. Rainbow Printing is the only Canadian Payments Association (CPA) accredited printer in the Maritimes and manufactures all of its cheques and prescription pads right here in our shop.

Rainbow Printing's commitment to providing superior commercial printing services has allowed us to continually grow, opening new opportunities for our print shop in the digital printing realm. This growth has not come at the cost of our small business values or integrity to our long-time, faithful customers. There's a reason we see the same faces from our customer base returning year after year!

If you would like to learn more about our products or services, you can visit us on our website at [www.rainbowprinting.ca](http://www.rainbowprinting.ca) or you can contact us 506-433-2877 for your next project.

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# Poley Mountain...

## More than Your Average Snow Resort

On December 9th, 2014, as fire ravaged the 28 year old Poley Mountain lodge, its landscape was forever changed. The would-be snow resort, founded 60 years ago this year, would quickly rebuild itself into more than just a 'mountain of fun'.

Having hosted nearly a dozen weddings and/or receptions to date, with an additional three on the docket for next year, Poley Mountain has become one of the premier venue rental locations in the area.

With the use of the Mountain Café and the Slope Side Bar & Grill, Poley Mountain is licensed to cater to an amazing 900 guests! That's not your typical venue in the cities, let alone for Sussex and surrounding communities. What else is new? With one of the largest commercial kitchens in the Maritimes, The Slope Side Bar & Grill is a full serviced, fully licensed restaurant open daily with a full schedule of weekly (music) entertainment from mid-December through the middle of April. You can also keep an eye out for special events, as well as their Sunday Brunches, available late October until season opening, and again during the spring season.

So when you are looking for a venue to host your event, whether that be a wedding, reception, reunion, conference, business meeting, Christmas party, or more, be sure to give Poley Mountain a call at (506) 433-7668.

You can always check their Web site at [poleymountain.com](http://poleymountain.com) for more information and/or E-mail info@poleymountain.com.



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## KEEPING YOUR IMPORTANT DATA SAFE ON YOUR DEVICES

(NC) Our interconnected, always-on lifestyle has plenty of benefits, but one of the occasional downsides is having to juggle a number of devices for both work and play. You can help maintain good work-life balance by making sure that whether personal or professional, your laptops, tablets and smartphones keep your sensitive information secure. Protect your photos, calendars, social data and even money with these five easy steps.

**1. Keep your device up-to-date.** Install updates to your operating system, apps and antivirus and firewall software as soon as they become available. Set software and apps to auto-update so you don't miss out on the latest security features.

**2. Download with discretion.** Install apps and download or transfer files only from reputable, trusted sources. Delete suspicious emails and messages and don't open attachments, links, MMS, or SMS messages from unknown sources.

**3. Be wise with Wi-Fi.** Use password protected and trusted Wi-Fi connections. Turn off Wi-Fi, GPS, and Bluetooth services when not in use. When making on-line purchases, stick to your home network or turn on your data.

**4. Set strong passwords.** Think of your password as a guard that stands between your personal information and potential online risks. Make your password stronger by using the first letter of each word of a memorable sentence or phrase, then make it even tougher by changing some of the letters to numbers or special characters.

**5. Keep your number to yourself.** Don't share your mobile phone number on public websites and social networks, as this can make you more vulnerable to malware attacks.

Find more information online at [www.GetCyberSafe.ca](http://www.GetCyberSafe.ca).  
[www.newscanada.com](http://www.newscanada.com)

# DON'T LET AGE BE AN EXCUSE TO SLOW DOWN

(NC) If you think a sore hip, painful knees or aching feet are a sign you should slow down, you're not alone. However, experts say reducing your activity levels may be the wrong decision, particularly if you are a senior.

"Many older adults stop exercising regularly because they are experiencing lower limb pain, think they're too old or are concerned about falling," explains Peter Morcom, a Canadian certified pedorthist and president of the Pedorthic Association of Canada. "But reducing your activity levels without consulting your healthcare provider can have serious consequences on your physical and mental health."



There are plenty of benefits of regular physical activity as you age—exercise can help improve balance; decrease the risk of falls; reduce weight gain; and improve bone, cardiovascular and mental health. Many seniors should be increasing their physical activity level rather than decreasing it.

"Although certain injuries do require a period of rest so they can heal, persistent hip, knee and foot pain and balance problems can often be significantly improved with proper footwear and foot orthotics," says Morcom.

Here's how you can solve some common pain and mobility issues:

Ease the pressure. A career spent in high heels or fashionable, ill-fitting shoes can often lead to bunions, corns and hammertoes later in life. Certified pedorthists can recommend more comfortable shoes or make shoe modifications and orthotics to reduce the pressure on these painful areas.



Get a professional fitting. As we age, our feet change in shape and size, and the fat pads on our heels and the balls of our feet may decrease. Getting your feet measured and fitted by a foot professional will ensure you are wearing the correct size and style of shoe for your specific needs.

Try foot orthotics. Age increases the risk of type II diabetes, which can cause reduced circulation and loss of feeling in our lower limbs and feet—a small irritation can quickly become a painful foot ulcer that takes months to heal. Foot orthotics can offload pressure from the wounded area.

Even if pain is not an issue, Morcom advises all seniors to wear properly fitted, supportive shoes with good treads as they provide maximum support and comfort and will enable you to remain active longer.

Find more information at [www.pedorthic.ca](http://www.pedorthic.ca).

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# SUSSEX EVENTS

## Halloween Movie

Wednesday, 25 October 2017 6:00 pm -8:00 pm  
Sussex Regional Library  
Come to the Sussex Regional Library as they will be hosting a movie for the family complete with treats.

## Household Hazardous Waste & Electronic Waste Day

Saturday, 28 October 2017 8:30 am -12:00 pm  
Sussex Waste Management  
For those serviced by Regional Service Commission 8.

## Halloween Skate

Sunday, 29 October 2017 2:00 pm -3:30 pm  
8th Hussars Sports Centre  
Lots of great music and treats, come dressed up and bring the whole family.

## Remembrance Day

Saturday, 11 November 2017 10:30 am -11:30 am  
Town of Sussex  
Parade will start at 10:30am from the Legion and will make its way to the Cenotaph on Main Street for the Ceremony. Rain venue is Kingswood University.

## Winter Lights Contest

Friday, 17 November 2017 - Friday, 08 December 2017 11:55 pm  
Town of Sussex  
Nov 17- Dec 8 Enter your home by visiting [www.sussex.ca](http://www.sussex.ca) and completing an online form. There are 3 prizes awarded from Sobeys.



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### **Mayor Tree Lighting**

Friday, 17 November 2017 7:00 pm -9:00 pm

Sussex Rotary Amphitheatre

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### **Holiday Baking Recipe Exchange**

Wednesday, 22 November 2017 6:00 pm -8:00 pm

Sussex Regional Library

Bring your favourite recipe to the Sussex Regional Library and pick up many more.

### **Pre Parade Party**

Saturday, 02 December 2017 3:00 pm -4:30 pm

Town of Sussex

Join us at the Sussex Regional Library for a pre parade party like no other. All welcomed. Call 432-4585 for more information.

### **Santa Claus Parade**

Saturday, 02 December 2017 6:30 pm -7:30 pm

Town of Sussex

Register by Visiting [www.sussex.ca](http://www.sussex.ca). The parade theme is "150 Years- Christmas Past & Present"

### **Breakfast with Santa**

Saturday, 09 December 2017 10:00 am -12:00 pm

Sussex & Area Seniors' Centre

There will be a pancake breakfast sponsored by Sobeys, activities and a visit from Santa. To register please email [recreation@sussex.ca](mailto:recreation@sussex.ca) or call 432-4573,

### **Winter Lights Contest Winners Announced**

Monday, 11 December 2017 -11:55 pm

Town of Sussex

All winners will be contacted and pictures of the winning entries will be posted on our website.

### **Frozen Holiday Skate**

Sunday, 17 December 2017 2:00 pm -3:30 pm

8th Hussars Sports Centre

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### **New Year's Eve Family Celebration**

Sunday, 31 December 2017 2:30 pm -4:30 pm

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## HOW TO TEACH YOUR KIDS TO GIVE BACK

(NC) We all want to instill our most cherished values in our children. If you are someone who really cares about helping others, you are probably wondering how to make sure your kids feel the same way. Fortunately, kids are sensitive and responsive learners, so you will have no problem teaching them the importance of giving back.

Let your children know how lucky they are. It can be tempting to try and shield your child from all the negative things in the world. But while making them feel safe is of the utmost importance, it is also essential to make sure they don't take their blessings for granted. If your kids are aware of life's struggles, they will be more inclined to give back.

Set an example. If you want your children to understand the importance of giving back, you must embody those principles yourself. Talk to them about empathy and compassion for all. If you donate monthly to charity, let them know which ones and why.

Do a charity project with them. Kids learn best through action, so start teaching them while they are young to give their time to charity. One fun option is to help your child run a lemonade stand for the day. They can donate the proceeds to a charity that you pick together. Let them know how much good even a little money can do. For example, a \$50 donation to Beautiful World Canada has the power to sponsor an African girl's education for an entire month.

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# IS A HOME EQUITY LINE OF CREDIT RIGHT FOR YOU?

(NC) Buying a new home is an exciting but often stressful experience. The variety of financing options now offered by lenders is overwhelming.

One of the most popular options is a home equity line of credit. With interest rates typically lower than other forms of credit, this line of credit can help you reach your financial goals. However, there are several factors to consider when deciding if this product is right for you.

Banks market home equity lines of credit under different names, which might make it challenging to recognize when you are being offered one. They are commonly combined with a regular term mortgage in the form of a "readvanceable mortgage."

When combined this way, the credit limit on your home equity line of credit will often increase automatically as you pay down the principal on your mortgage. A readvanceable mortgage may also tie together other credit and banking products—such as personal loans, credit cards and car loans—under a single credit limit.

Benefits of bundling these products together include convenience and lower interest rates. But the downsides include fees and restrictions if you want to switch to another lender, and variable interest rates that could increase on short notice. Your financial institution also has the right to demand that you pay the full amount owing at any time.

When deciding if this lending product is right for you, remember that your home is likely your biggest investment. You should beware of overborrowing against its equity, especially if you're counting on it to fund your retirement.

"Most lenders allow you to make interest-only payments on your home equity line of credit, making it easier to delay re-

paying the principal balance," explains Lucie Tedesco, commissioner of the Financial Consumer Agency of Canada. "Continually borrowing against your home's equity without repaying the principal can jeopardize your long-term financial security. For instance, in the event of a housing market correction you might owe more than what your home is worth."

Ask yourself if a low interest rate and easy access to credit may encourage you to spend more than you can afford to pay back. You could find yourself in a debt spiral, using additional home equity just to stay current on your mortgage. This could make you more vulnerable to unforeseeable events, like job loss, illness or an interest rate hike.

Consider creating your own plan to pay down the principal amount borrowed over a fixed period. Aim to pay more than the minimum payment or interest every month. With a home equity line of credit, there is usually no penalty to pay back as much as you can at any time.

Find more information online at [canada.ca/money](http://canada.ca/money).  
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## HOT OPTIONS: CHOOSING THE RIGHT FIREPLACE

(NC) Few luxuries are as welcoming as a warm, glowing fireplace when you come in from the cold. While some homeowners will opt for the finest in finishing, many will be surprised to learn that there are a variety of beautiful options at lower prices that offer safety and energy efficiency. If you're looking to add a new fireplace to your home or upgrade an existing one this season, Royal LePage has information to help you get started:

**Wood-burning.** Wood-burning fireplaces are great for those who love the atmosphere created by an open fire, the smell of burning wood and the sound of crackling logs. However, many older wood-burning fireplaces are not energy efficient and can pollute the environment. Fortunately, there are newer, safer and more advanced wood-burning fireplaces available. Look for high-efficiency, low-emission models that are certified by either the U.S. Environment Protection Agency (EPA), or Canadian Standards Association (CSA).

**Electric.** These fireplaces are the perfect way to set the mood and temperature with the flick of a switch. They are safe, convenient, low-maintenance and cost little to install. Although electric fireplaces probably won't add to your home's value, they are great for small spaces and don't require a chimney or outdoor venting. Some models also come with the option of having the decorative fire turned on while the heating element is off, a great feature if all you're looking for is a little ambiance.

**Gas.** Gas fireplaces are popular options because they are clean-burning, efficient and don't require a chimney. Newer models come close to recreating the same flame sensation as real wood-burning fireplaces, but you won't need to worry about cleaning up wood chips or ashes. They are also energy efficient, distribute heat effectively and provide a constant supply of fuel, even if the power fails. Look for models that have an annual fuel utilization efficiency (AFUE) rating; the higher the rating, the higher the efficiency.

Find more helpful tips at [www.royallepage.ca](http://www.royallepage.ca).

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## 5 FACTS YOU NEED TO KNOW ABOUT HEATING YOUR HOME

(NC) As Canadians, we rely on heating systems more than most nations in the world. But our need doesn't necessarily translate into knowledge. If you're unhappy with the comfort or cost of keeping your home warm in winter, here are some things to consider.

**Insulation is key.** While the kind of energy source and heating equipment you have can affect annual costs a lot, don't even think about upgrading your system until you've optimized insulation levels in your home. For most places in Canada, 22 inches of batt or loose-fill insulation in the attic makes sense. This is more than many homes have, but it pays to go beyond the basics when it comes to insulation.

Choose natural gas if you can. Natural gas is abundant in Canada and also burns cleanly in furnaces and boilers that operate at efficiencies greater than 95 per cent. Although prices fluctuate, natural gas always averages out to be the cheapest and most stable source of energy for home heating.

**Consider heat pump technology.** If you don't have access to natural gas where you live, electric heat pumps make sense because they offer the next most economical source of heat. For every dollar you spend on electricity for a heat pump, the system delivers \$2 to \$3 worth of heat, compared with electric baseboard resistance heaters. Most heat pumps can also operate in reverse, cooling your home in summer.

Explore smart controls. We've had programmable thermostats for a long time, but the electronics that control heating systems are advancing beyond these basics. Wireless thermostats, for example, make it easy to control the temperature of different rooms independently. Why heat a room you won't be using at certain times of the day? Today's best control systems also deliver temperature levels that are more stable and consistent than ever, especially with hot water heating systems.

**Hydronic heating conversion.** "Hydronic" is a fancy word used to describe hot water heating systems. Hot water radiators and infloor heating provide some of the nicest and most even heat you'll experience. Since there are no fans involved, there's no moving air to kick up dust. Hydronic heating is also one of the best options for converting from electric baseboard heaters to natural gas.

Regardless of what insulation or heating system changes you want to make to your home, be sure to hire a qualified contractor to do the work. Home heating systems are not DIY projects — you need an expert who knows all the safety requirements. Electrical and gas contractors need to be licensed, so never hire someone who isn't.

Find more information at [www.getitnwriting.ca](http://www.getitnwriting.ca).  
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# 5 TIPS FOR PERFECT FOOD AND WINE PAIRINGS

(NC) Whether you're a budding wine connoisseur or simply want to make great selections for your next dinner party, here are some tips for food and wine pairings everyone will love.

**1. Emphasize flavours.** Identify the most expressive components of a dish and then select a wine that accentuates them. For example, a holiday bird like turkey or duck served with cranberries pairs very well with the classic fruity notes of a Côtes du Rhône or a Vacqueyras bottle.

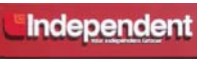
**2. Look for balance.** Think of the wine and food as equal partners that should both have similar, complementary weights. Pair intense foods with intense wines, rich foods with rich wines, light foods with light wines and so on.

**3. Consider the region.** Vineyard location makes a vital difference to the tastes and aromas of wine. Opt for a place with a strong history of producing superior wines, like the vineyards of the Rhône Valley, which are located in a corridor between the Mediterranean Sea and Northern Europe and have been producing wines for over 2000 years. Benefiting from excellent soil diversity, rich and vibrant land, and a variety of appellations, the region is known for its world-class pleasure wines, available in red, white and rosé.

**4. Cheat with colour.** A great trick that's helpful if you're short on time or not sure where to start is to match the colours in your food and wine. Try a light, bright white with hints of green with a garden salad and a dark red with a hearty stew.

**5. Trust your instincts.** These guidelines are a helpful start, but remember preferences are unique and individual, so cater to yours. Pairing food and wines is an art that's informed by what you like to drink and eat, and choosing your favourites is what matters most. If you love pairing a white Saint Joseph or Crozes-Hermitage with your steak rather than the red that tradition dictates for beef, go for it and enjoy.

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## 5 KEY TIPS FOR DIGITAL PARENTING

(NC) Being a parent is a tough job, one that only gets more complicated when your kids start to go online and use smart devices. And with children as young as toddlers hopping onto their mom or dad's tablets, the earlier you start the conversation about using the internet responsibly, the better. Use these tips to prepare for when your child is a toddler or a teenager and every age in between.

- 1. Don't worry about the latest apps.** Even if you're not up-to-date on the latest platforms, you play an important role in your kids' digital lives. Your kids will probably school you on new technology, but from you they need guidance, support and an understanding of online safety, which applies to everything from trying out a new filter to posting on social media.
- 2. Be part of your kids' media lives.** What your kids are watching, playing, reading and listening to is a big part of their real world. Younger kids are usually glad when their parents show an interest in things they like, so get them to show you how their new favourite game works or why they're so excited about joining a new social network. You can also use media to talk about sensitive issues like bullying or racism.
- 3. Ask questions.** Do you remember responding well to lectures and rules from your parents when you were a kid? Probably not. Instead, ask lots of age-appropriate, open-ended questions to let them guide the conversation.
- 4. Communicate values.** Teach your kids that playground



rules and online rules are often the same — respect for people's feelings, privacy and property will go a long way. Respect is a great starting point for talking about heavier topics like cyberbullying, sexting and illegal downloading.

- 5. Become their trusted go-to.** Many kids don't go to their parents when things go wrong because they're scared of getting in trouble. When your kids start going online, make sure they know clear procedures on what to do if things go wrong, like if they can't figure out a game or they accidentally access something unpleasant. If they get into the habit of coming to you about the little things, they'll be a lot more likely to talk to you about bigger problems.

Find more information online at [www.GetCyberSafe.ca](http://www.GetCyberSafe.ca).  
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## 3 TIPS TO HELP YOUR CHILD DEAL WITH CYBERBULLYING

(NC) Did you know that 20 per cent of Canadian teens have experienced cyberbullying directly, while many more have witnessed it? While your children may never become cyberbullies or victims, they will most likely witness this type of behaviour and remaining silent or joining in can make matters worse. These tips can help guide their actions in these situations.

**1. Use the right lingo.** Most teens don't use the word "cyberbullying." Instead, kids tend to dismiss this type of behaviour as "drama." So, start there — ask if they see online drama between their friends and peers. Then you can have a broader conversation about social media conduct, dos and don'ts, and so on.

**2. Recognize the personal nature of the online world.** Being behind screens creates a great divide between bully and victim, and bystanders

can fall prey to this, too. "For witnesses, the volume of noise on the internet or while playing video games can be overwhelming and they can simply tune it out," explains Nimmi Kanji, director of Telus Wise Internet and Smartphone Education. "In order to recognize bullying and do their part to mitigate it, remind your children that online words make an offline impact. These are real people and they deserve respect."

**3. Take a break.** By age 16, one in three kids say they regret at least one thing they've said online. "Witnesses can easily become participants and can quickly escalate a situation," notes Kanji. "To help your children avoid making poor decisions, encourage them to step back before contributing. Start by taking five seconds before engaging; it can make a world of difference."

Learn more about preparing your children to deal with cyberbullying online at [telus.com/wise](http://telus.com/wise).

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# CREATING A CONNECTED HOME

(NC) New smart home innovations are changing the way we interact with virtually every aspect of our houses, condos and apartments, helping save time, money and energy. Tech expert and author Amber Mac shares her thoughts on smart home products and services that offer the best bang for your buck.

**1. Smart appliances.** Smart home appliances deliver real everyday convenience, allowing you to control and monitor their activities right from your phone. GE's new Wi-Fi Connect app puts control of your fridge, stove, dishwasher and laundry right at your fingertips. Running late? Use the app to set the extended tumble feature on your dryer, ensuring your clothes stay wrinkle-free.

**2. High-tech "recipes."** Create your own digital recipes to make your home smarter. A great program is IFTTT

(If This Then That), an app that allows you to automate and connect your favourite web services and smart products. For example, you can set-up an applet to automatically unlock your door when you're just steps away, mute your phone when your calendar shows that you're in a meeting or even give you a ring when your oven is adequately heated.

**3. Voice assistants.** Voice assistants, like the highly anticipated Google Home, can help busy families manage day-to-day tasks. Ask a simple question and get real-time answers, including the latest weather, traffic, financial information, sports scores and information for local businesses. Plus, thanks to its integration with other smart home apps, you can use a simple voice request to get a recipe, play music, turn on your lights, adjust the temperature in your home or switch on your favourite movie.



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# Kitchen Talk" BY Jim Lawrence

## Kitchen Reno with no layout changes? Most unlikely !

As a professional kitchen designer I often hear from the homeowners that the layout has to stay the same, because they may think that is the only way it will work, or other designers has told them that, or maybe they think it cost too much to move the layout around. May I respectfully add, that all of the above being most likely is not true.

It is possible that the layout has to stay the same. I would have to say no changes would be the extreme exception , for example I have designed and installed not 100s but 1000s of kitchens, I can only think of one or two, that we did not make any changes to the layouts and those were rental units.

As a professional designer, when I look at the old kitchen, and should main layout have to stay the same, then I and the homeowner start looking at and exploring, the small changes to enhance the make over. A few small changes can add up to big impacts.

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## COOLER TEMPERATURES IDEAL FOR STARTING A NEW HEALTH ROUTINE

(NC) Many of us take a break from our health goals over the summer, indulging in lazy weekends and our favourite treats. But with fall sending us back into our regular routines, you can look forward to achieving your goals with a few tips to keep you motivated.

**Morning.** Skipping breakfast is a bad habit that can lead to weight gain and lower energy. Make sure to grab something easy and nutritious to eat — like whole grain bread or cereal, digestive-boosting yogurt or fresh fruit — you can eat at home, on your commute or at the office.

**Lunch time.** Eating lunch at your desk is becoming increasingly common, but a break from your work is good for you and your productivity levels. Go for a walk, do some desk stretches or get an errand done. Even a short break makes a big difference.

**Mid-afternoon.** Check in with yourself so you don't resort to an unhealthy habit like smoking to cope with stress. Work-related stress is a major smoking trigger, but Combination Therapy can help increase your chances of quitting. "Combination Therapy is authorized by Health Canada and includes using the Nicoderm patch for ongoing support combined with Nicorette oral products to help control the sudden cravings that make quitting more difficult," explains Dr. Richard Tytus, a family physician in Ontario.

**Evening.** Unwind from your day with a hobby or physical activity. A good rule of thumb is to exercise no more than three hours before bed so it doesn't disrupt your sleep. Prep healthy snacks and lunch for a smoother morning.

**Night.** Allow enough time for your body to rest, ideally seven to eight hours. For a good night's sleep, avoid screen time an hour before bed and practice some deep breathing or meditation.

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# TRANSFORM YOUR DARK ATTIC INTO USABLE BRIGHT SPACE



(NC) An attic or loft conversion is a terrific way to maximize the unused square footage and increase the value of your home. Depending on your family's needs, you can renovate the space to turn it into a bedroom, studio, office/study, or kids' playroom. Here are some ideas to help you turn this design challenge into a valuable addition to your home.

**Embrace architectural features.** Often seen as a negative, the attic's classic defining feature is usually a steeply sloped ceiling. Instead of trying to hide it, why not show it off? Create a statement with wood paneling for a cottage or country chic look. Pallet wood is another cost-effective way to achieve farmhouse décor style, a top trend for 2017. Check out design magazines and Pinterest boards for more DIY and budget-

friendly inspiration.

**Customize with built-ins.** Attics and lofts have a tricky combination of tight space and awkward layouts, so out-of-the-box items might not work here. Make the best of it and increase storage space with a built-in bed, cabinet or bookcase. You can also DIY with a semi-built-in desk under the eaves with cut-to-order wood for a table and floating shelving.

**Experiment with furniture.** You can also get creative and try unconventional furnishings that make use of every inch of space. Scandinavian design is perfect for a cozy yet contemporary look, and its popular low furniture is useful for tighter spaces. Or go bohemian with your mattress directly on the floor or a low coffee table and comfy cushions for seating.

**Brighten with natural light.** Whatever use you have planned for the space, remember that getting the right amount of daylight is essential for our health and well-being. So, incorporating natural light into your attic with a skylight or roof window is a great idea. Velux offers a wide range of skylights and complimentary products like custom blinds, which are perfect if you're turning your dark unlivable attic into a cozy bedroom.

**Cozy up with finishing touches.** Making the space feel human and livable is all about the small details. Add texture with comfy pillows, use plenty of white on the walls and furniture, and bring the outside in with cheerful plants and greenery.

Find more information online at [velux.ca](http://velux.ca).  
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# DANCE YOUR WAY TO BETTER HEART HEALTH



(NC) A diagnosis of heart failure can be devastating, especially for those without a support network. But it turns out dancing — whether it is ballroom, tap or line dance — might be a key to living better and longer.

According to Dr. Gavin Arthur, senior manager of Promote Recovery at the Heart & Stroke Foundation, keeping active at any age is important, but for people with heart failure, it is even more so. Just be sure to check with your doctor first.

“Choosing physical activity that has a social component is particularly great for people living with heart failure. Often people who are diagnosed with this disease can experience isolation and depression,” he explains. “Being involved in a group activity can help strengthen social and emotional connections, an important aspect of taking control of this condition.”

That’s why heart failure patient Jerry Alfonso has made line dancing his passion.

“I started because I wanted to be doing something in the evening. I learned a few dances, then one thing led to another and now I teach several classes every week,” he says. “I reach out to people to get up and exercise and while they come and dance with me I try to talk with them and encourage them to eat a healthy diet.”

Alfonso’s enthusiasm is infectious, and now his classes range from beginners through to advanced line dancers. He knows that having a strong support network can be a safety net for people living with heart failure, and encourages everyone — whether you are living with heart disease or just looking to keep active — to think about joining a class or community group.

Connecting with people who understand can be a great source of information and support. In-person and online support groups can be very helpful to combat social isolation. Connect with others and find more information online at [heartand-stroke.ca/heartfailure](http://heartand-stroke.ca/heartfailure).

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## Bikes + Beans

### THIS WINTER RIDE FAT TO GET IN SHAPE

It is the middle of a snowstorm, there are inches of snow on the ground, and yet you see someone out riding some other-worldly looking bicycle with huge tires just floating over the snow. You may have noticed more and more of these bikes showing up the past few winters – the mad max looking bike with the huge tires. The term in the bicycle industry for these bikes is a "Fat Bike".

Fat Bikes are truly the first 4-season bike. Born in the arctic in the 80's when an event called the Iditarod bike was born to coincide with the famous Iditarod Sled-Dog Race.

Early competitors would cut and weld the mountain bikes of the time to give more clearance for wider tires, usually from motorized ATVs. To mount the wider tires often 2 mountain bike rims were welded together. Thus the earliest fat bikes were created.

This niche category of bicycle has broken out in the past few years as riders found that the bikes could handle other terrain such as loose desert sand, mud and your standard mountain bike trail

equally as well.

For our particular area we have the ideal terrain for year round use of a Fat Bike. People love the comfort and grip of the ultra big tires, although the downside is that they are slow to accelerate but unless you are a racer that is not a big issue. The huge tires with low pressure also act as the suspension, so no complicated suspension systems are really needed, cutting down on the maintenance.

Another option to the Fat Bike that many are considering is the new 27+ tire.

2016 saw the introduction of this new tire size and the offerings for the 2017 season have exploded.

27+ takes the 27.5 (650B) diameter rim, widens it and puts a 2.8 to 3.0 inch width tire aboard. This results in four season capability in one bike. These bikes are typically offered with either front suspension or dual suspension options



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