





## Dealing with Inflation

From 2 and 3 percent inflation to over 8 percent! While these current high rates will likely go down, but who knows when, probably later rather than sooner. It can cause **some concern** with you and your family's cost of living.

What to do? Perhaps the best idea is to **watch your expenditures** more closely. We know many are very aware of where the money "goes" but there are those of us who do not pay that much attention. Keeping a **monthly record** is a good idea - you might be surprised how much is spent and where and what areas can be "adjusted" to some extent.

Energy costs are going up. Filling up the gas tank and heating your the home is costing more. Driving less for work may not be an option but some other travel needs can be accommodated by **fewer trips?** For some, "downsizing" to one vehicle can be a consideration. Turning down heat at night or during the day if at work can help plus wearing warmer clothes at home with the temperature a few degrees cooler.

Going out to eat is a pleasure but becoming more expensive and savings can be realized by eating **more meals at home.** For home meals, expensive cuts of meat can be substituted with chicken or perhaps veggie meals more frequently.

We don't want to deprive ourselves **too** much, but smart phone plans can be expensive - try shopping for **better rates.** Also the costs for streaming services if you have several can soon mount up. Some folks are **cancelling** their regular TV service and even land line phones.

Debt can be **really expensive**, especially if on credit cards where you make only minimum payments. Pay off any outstanding balances **each month** - it makes a difference as interest is charged on the entire balance owing every month.

If you have any money saving ideas **let us know** and we can pass them on in future newsletters.

## Check your money - legal tender

A women in Sudbury, as reported in local media, tried to pay for a coffee with a **paper** five dollar bill, a real bill but as it was not the plastic variety now in common use it was refused, the young clerk having never seen one before thought it was "fake"

Old paper bills are still legal tender except for the \$1, \$2, \$25, \$500 and \$1,000 variety, but you cannot use them in trade. However, you can redeem or cash them in at your financial institution. This is perhaps a **good idea** if you have any other denominations of "paper" money, unless you would like to save them as mementos to show to the grandkids.

## Paddling to International Gold



With many years committed to her favourite sport, paddling dragonboats, locally and nationally, she joined the team "True North" based out of Toronto. They went to the **Dragonboat International Federation World Championships** in Sarasota, Florida in July with teams from all over the world. Her team **won gold in all events**, the 2,000 metre, 500 metre and 200 metre events. Her achievement was covered in all local media. Melanie is looking forward to participating in other international events.