

Seniors & Scams

Financial Scams targeting seniors have become so prevalent that they are now considered to be “the crime of the 21st century.”



According to the Canadian Department of Justice, approximately 10% of Canadian seniors are victims of consumer fraud each year and continue to be a rapidly increasing segment of the population targeted by con artists.

Seniors are ideal targets for scammers as they're frequently too polite to cut someone off or hang up the phone. Scammers also know that seniors often have savings accumulated, a house paid for, and credit cards in good standing.

Seniors may also be reluctant to report a fraud, finding it just too embarrassing to admit having being fooled. Jacqueline Figas, in her book *The Aging Client*, says that “an elderly scam victim may worry their family would see this as evidence they are no longer able to manage their finances. The fear of losing independence can keep the senior from telling others.”

To avoid becoming the victim of frauds and scams, here's info on some common ones.

Phishing: Email messages that appear to be from a legitimate company or institution, asking to “update” or “verify” personal information. If you enter your bank account number and password, you give confidential information to an identity thief.

Counterfeit Prescription Drugs: Seniors often search for better prices on specialized medications. Not only is there danger of paying for meds that will not help the senior's medical condition, but victims may purchase unsafe, harmful substances.

Funeral & Cemetery Scams: Scammers read the obituaries and take advantage of grieving people by claiming the deceased owes an outstanding debt, and then extorts money to settle the false claim.

Fraudulent Anti-aging Products: Many older people seek treatments and medications to try to remain looking youthful. Scammers sell seniors bogus remedies that do nothing.

Homeowner/Reverse Mortgages have mushroomed in recent years. Unsecured reverse mortgages can lead property owners to lose their homes when perpetrators offer money or a free house somewhere else in exchange for the title to the property.

The Grandparent Scam involves a call by an imposter grandchild who asks for money to resolve an emergency. Before sending money, verify the caller's identity. Contact the grandchild they're claiming to be or a friend or relative of this “grandchild”.

Red-light Tickets: A scammer calls to say you were caught speeding by a photo radar camera and have a fine pending. They offer you the choice of a lower fine, if you pay over the phone, or a higher fine for paying later. The scammer threatens to suspend your driver's license if you don't pay immediately. The goal is to make you panic and give out your credit card information.

Lottery Scam: You get news that you're the lucky winner of a large cash award but in order to claim the prize, you must pay a fee to access your winnings. Not all prize and lottery scams ask for money upfront. Sometimes they'll ask for your personal details which can exposed you to further scams.

All frauds and scams should be reported. While you might not be able to get your money back, you can help stop the con artist from scamming other people.

Report all frauds and scams to your local police, or call PhoneBusters at 1-888-495-8501. For more information, visit Canada.ca/Seniors or visit your local Service Canada office.

(thestarphoenix.com; canada.ca; ncoa.org; comfortkeepers.ca)

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... From the Editor ...

Annual General Meeting & Presentation on Inflation.

Our AGM took place on May 12th. Our guest speaker, George Tannous, Professor of Finance, gave a presentation on inflation and it's impact on consumers. Certainly a topic on everyone's mind.

George explained that inflation is the increase in the price of a product without a corresponding improvement in the quality or features of that product. The immediate impact is a loss in purchasing power as we have to pay more to consume the same quantity of the same product. If, for instance, you use 500 litres of gas every summer and last summer you paid \$1.20 per litre, you spent \$600 on gas. In order to use the same amount of gas this summer, you will have to pay: \$1,000 (500 x \$2.00/litre).

He said, overall, a rise in inflation will limit the spending of everyone, but not equally. Some have savings to draw upon. Some get pensions indexed to inflation so will get an increase to compensate for the loss of purchasing power. Those that don't have the capacity to increase spending, must look for ways to use their dollars wisely. For this purpose, it is very useful to distinguish between essential spending and what might be labelled as *discretionary spending*. Discretionary spending refers to non-essential items that can be cut, delayed, or made less frequently. Examples include vacation & trav-

el expenses, restaurant & entertainment expenses, hobby & sports expenses, etc. Hopefully consumers won't have to cut essential spending, he said. George ended his presentation saying, "Inflation is not your friend, you cannot hide from it, you cannot see it coming, you must plan to avoid its effects".

Regular business of the AGM was attended to, including: presentation of audited financial statements; approval of budget for the coming fiscal year; appointment of auditor; and presentation of committee reports. The AGM concluded with election of New Board of Directors for the 2022/2023 season. (see box at left)

Get Involved. It's a great time to get involved as we restructure and develop more ideas on how to best serve the people of Saskatchewan. We'd like to expand our board of directors and volunteers, and we're always open to suggestions for future projects. Whether you'd like to join us on the board, donate your time, or just suggest an idea for a project, we'd love to hear from you.

Problems. Please don't hesitate to get in touch with us if you experience problems in the marketplace, if you want to check into a product prior to purchasing, or if you need information on your rights and responsibilities.

Have a consumer-smart summer!
~ Brenda Goldsworthy, Editor

Spotlight on Seniors

Spotlight on Seniors 2022, hosted by the Saskatoon Council on Aging, will be held at TCU Place in Saskatoon on October 4th, 9am to 3pm. Spotlight is the largest showcase for seniors in the province featuring over 80 trade show booths, exhibits, displays, demos, samples, and prize draws, as well as non-stop entertainment, food, fun, and lots of social opportunities.

Come and see us at Spotlight. We will, once again, have a booth there, so be sure to drop by for a visit, get questions answered, and pick up some helpful information on being an informed consumer.

The Headaches of Thrift Store Returns & Exchanges

by Marc Rousseau

People choose to shop for clothing at thrift shops for many reasons. Some people try to buy used to limit their environmental impact, some people thrift for specific fashion choices, and others buy secondhand in an effort to save money. Unfortunately, some of these mindful lifestyle efforts may be thwarted by the fine print in thrift stores' return and exchange policies.

Take Value Village for example, a for-profit thrift store chain which spans widely across Saskatchewan. With the onset of covid-19 restrictions, management imposed rules within all stores to close changing rooms, to try and reduce the spread of the virus. This is an understandable and lauded move, but unfortunately it has become very anti-consumer as the loss of the changing rooms was not met with a counter balance of the ability for customers to have an easier time returning or exchanging their clothing items which they couldn't try on before purchase. In addition, the store's exchange policy is a narrow 14-day window, and items may only be exchanged on the spot; no refunds in cash or store credit are provided. This leaves thrift shoppers with a predicament when trying to buy used. They



must perpetually find the time to return to the store and exchange clothing on the spot for the exact amount paid (or more) for a new clothing item until one fits properly. Otherwise, the savvy thrifter can choose to accept the monetary loss of clothing which does not fit properly, or swallow the loss of dignity by wearing ill-fitting garments.

It is unfortunate to understand that efforts to reduce environmental impact and save money can be entirely nullified by this process.

It is important to note that Value Village is not alone in this practice

of difficult thrift shopping returns. Other thrift shops offer similar limitations, and others even impose a rule of all sales being final.

On the retailers side, they are all within their rights to impose such restrictions, so it's important for consumers to be aware of these rules before making purchases, and to understand each store's specific criteria for returns and exchanges.

It would be advised to go in to a thrift shopping experience with a plan and read the rules before making any purchases. For any store that requires on-the-spot exchanges, make a plan to return immediately from your home, the same day of purchase, to make the exchanges necessary, to avoid needing to make another trip on a future date or to avoid running out of time. Additionally, shoppers could find a nearby public washroom to try on purchased clothing before even returning home if the commute is far.

There are many advantages and incentives to buying secondhand clothing at thrift shops, but it is important to understand the store policies and pitfalls that may negate the positives of the experience. As long as shoppers go in with an understanding of the rules and a plan, nobody has to get stuck buying an item they will not be able to wear.

Questions About Medications

MedSask provides information about prescriptions, over-the-counter medications and herbal remedies for Saskatchewan residents. Your drug-related questions will be answered, free of charge, by licensed pharmacists. Their services supplement information and advice provided by a doctor or pharmacist, and provide medication support when a doctor or phar-



macist isn't available. They provide information on: best treatment choice for you; taking medications safely; side effects and adverse reactions; drug interactions; and anything else related to medications.

Queries can be made 365 days a year by calling: 306.966-6378 in Saskatoon, 1-800-665-3784 in Saskatchewan, or by email at: med.sask@usask.ca.

Prevent Dutch Elm Disease (DED).

DED is caused by a fungus spread by tiny elm bark beetles that breed under the bark of dead or dying elm wood. To reduce the risk of DED, pruning of elm trees is prohibited throughout Saskatchewan from April 1 until August 31, the time of year when the elm bark beetle is most active. Fresh cuts from pruning attracts them and increases the chance of an infection. Proper pruning helps keep trees healthy and is encouraged, before and after the annual ban period. Proper and timely disposal of the pruned wood is also essential using the method and location designated by your local municipality. It's also illegal to transport, store or buy elm firewood. Firewood is one of the largest spreaders of DED. The elm bark beetles that are on the infected firewood hitch a free ride with unsuspecting campers and homeowners, spreading the disease. More info: 1.800.567-4224 or go to: saskatchewan.ca/forestry or saskatoon.ca/dutchelmdisease.

Carcinogenic Chemical Benzene Found In Hundreds of Products.

Independent testing has found hundreds of personal care items in the US to be contaminated with *benzene*, a highly carcinogenic chemical, prompting several big brands to voluntarily recall dozens of products in recent months. The lab, Valisure, detected benzene in many products including hand sanitizers, sunscreens, shampoos, conditioners, antiperspirants, deodorants, body sprays and anti-fungal treatments. The contamination has been most frequently detected in aerosol or spray products, some at levels the Food and Drug Administration (FDA) characterized as "life-threatening". The findings suggest that benzene contamination is widespread and is probably in more products that have not yet been tested, said David Light, Valisure's Chief Executive Officer. To date, Valisure has tested 662 items and found the chemical in 180, or about 27%, of the tested products. The US banned benzene's use as an ingredient nearly 45 years ago. Though Valisure lacks the authority to order recalls and may be limited in its pre-market authority to require testing, advocates are calling on the FDA to clarify an existing benzene limit, set new exposure limits, and conduct more testing of products on store shelves to ensure they are safe, instead of leaving that up to independent labs. "The FDA's system really lacks independent review because it relies on companies to self report," Light said.

(source: theguardian.com)

Is Your Fan Spinning Correctly?

A good ceiling fan can make you feel significantly cooler while saving energy. Nearly all ceiling fans have a switch located on the side of the fan base that lets you change the spinning direction. Setting the direction of the blades helps control the temperature so you can save on both cooling and heating costs. During summer months, your ceiling fan blades should be set to spin counterclockwise. When they spin in that direction, they push air down and create a cool breeze. This helps keep a room's temperature consistent throughout the day and reduces the need for an air conditioner to run constantly.

Newfoundland Sugar Tax Causing Controversy.

Effective September 1st, Newfoundland and Labrador will become the first in Canada to introduce a special tax on sugary drinks, which has some people applauding and others complaining. The new tax will apply an extra twenty cents a litre to a wide range of products, including regular soft drinks, and those with added sugar. "We support the government in prioritizing the health of its citizens, and hope that other jurisdictions follow suit," said Ann Besner from Diabetes Canada. "These beverages contribute to the overall sugar consumption of Canadians, and sugar can increase the risk of developing chronic diseases like diabetes." A recent report showed almost 12 million Canadians either have diabetes or are at risk of developing it. But critics say the timing is wrong. PC and New Democrats in the House of Assembly insist the government should not be taking more money out of people's pockets and they've called for the Liberal government to postpone the tax. The government refuses to back off. Complicating the issue is evidence that taxes on sugary drinks don't always have the desired effect. Food researcher, Sylvain Charlebois of Dalhousie University, cited a study of sugar taxes in France and Hungary suggesting many people just get their sugar fix somewhere else.

(globalnews.ca/news/8922769/newfoundland-sugar-tax-debate/)

Kids' Sandbox.

Keep bugs out of your kids' sandbox with a simple, all natural bug repellent - cinnamon! Just mix a cup of cinnamon in with the sand and it will repel ants, centipedes, flies, and even the neighbourhood cats.

Another idea is to set up a kids' tent, fill it with sand and zip it up when not in use. That'll keep cats from pooping in it and keep the rain out, as well.

PIECES

Bits & Pieces

Library of Things.

Library of Things is filled with tools, kitchen gadgets, board games, camping accessories and more. All of their items are available to borrow, for free, when you sign up for a membership. You can then check items out when you visit the Library as well as reserve items online. They are volunteer-run, and all items have been graciously donated by members of the community. Donating to the Library is a great way to let go of those items cluttering your house that you don't use very often - and the best part is, if you do want to use them in the future, you can come and borrow them. They have somewhat limited space, so can't accept some larger items. Go online to read more about donation guidelines. They're open Saturdays from 1pm to 4pm at 714 Broadway Ave in the basement of *The Better Good*.

Connect at: libraryofthingsyxe@gmail.com & [facebook.com/libraryofthingsyxe](https://www.facebook.com/libraryofthingsyxe).

Free Passes to Regional Parks.

The Saskatchewan Library Association has teamed up with the Saskatchewan Parks and Recreation Association and the Saskatchewan Regional Parks Association to give out free passes to regional parks this summer. From June 1 to Sept. 15, the program will reduce barriers to participation and inspire people to get out, travel the province and enjoy the rejuvenating properties of nature. Anyone with a valid Saskatchewan library card can visit a participating library and borrow a pass allowing free access to nearly 100 regional parks. Eight hundred passes are available and will be distributed to branches of participating regional libraries. (source: sasktoday.ca)

Discovery Passes.

Saskatoon Public Library (SPL) is excited to announce that Discovery Passes are now available to SPL patrons. Discovery Passes can be borrowed with your library card and provide free admission to their partner locations. Passes automatically expire and do not need to be returned. You can explore your city with free admission to great places including: Remail Modern, Western Development Museum, Nutrient Wonderhub, Ukrainian Museum of Canada, Western Development Museum, the YMCA, and, as mentioned above, free access to nearly 100 regional parks in Saskatchewan.

Visit their website for more details: <https://saskatoonlibrary.ca/collections/discovery-passes/>.

Hot Asphalt ~ Paws Get Burned!

Air Temperature	Asphalt Temperature
77°	125°
86°	135°
87°	143°

Always check the asphalt prior to allowing your pet to walk on it. If it's too hot for your bare feet, it's too hot for their paws. Here's the 5-second rule you should NEVER ignore. If you cannot hold the back of your hand on the pavement for a full 5 seconds, it's TOO HOT for your pets to walk on. Remember, it takes less than one minute for hot asphalt to blister the paws of your pets.

Three. Three. Three. Three.

On average, people can live 3 minutes without air, 3 hours without shelter in extreme weather conditions, 3 days without water, and 3 weeks without food.

Expressions You Don't Hear Much Anymore

Opps a Daisy

Fiddlesticks

Gee Willikers

For Pete's Sake

Cry Me A River

Quit Yer Whining

Heaven's To Betsy

For Crying Out Loud

Good Golly Miss Molly

Knee High to a Grasshopper

By George, I Think You've Got

You Scared the Daylights (Shit) Out of Me

There's More Than One Way To Skin a Cat

Don't Take Any Wooden Nickels

See You in the Funny Papers

That's a Fine Kettle of Fish

When Hell Freezes Over

Living the Life of Riley

The Cat's Pajamas

Whippersnapper

Tickety-Boo

Hells Bells

Dagnabbit

Save Money on Groceries

Prices are going through the roof and consumers are desperately trying to find ways to be more economical as groceries take a big bite out of their budget.

You can go online, or to a book store, and find lots of info on how to help your food dollars go further.

Some suggestions include: use your leftovers; make home cooked meals, avoid pre-packaged and processed food; supplement expensive meat with beans, peas and lentils; cook large amounts and freeze into smaller portions; buy produce in season; check flyers for specials; comparison shop; use coupons; avoid shopping when hungry; keep a grocery list and stick to it; buy in bulk; plant a garden; buy directly from local farmers.

Can I Refreeze Previously Frozen Food?

Frozen foods (or freezing foods yourself) can help cut down on food waste, save money and extend a food's shelf life. Most people worry about the safety of thawing and re-freezing, but as long as it's done

The book, *Penny Saving Household Helper*, resurrects the fine art of frugal housekeeping with over 500 tips on saving money throughout the home and garden. It includes creative ways to cut back, pinch pennies, reduce, recycle, and re-use.

Here are just a few of their many tips on how to save money on groceries.

- Line the bottom of your crisper with paper towels to absorb excess moisture that cause vegetables to rot.
- Slip a bay leaf into flour, pasta or rice to help repel bugs.
- Spread butter on the cut sides of cheese to seal in moisture and stop it from drying out.

right, it's perfectly safe. According to the Department of Agriculture, any food, raw or cooked (including intimidating food items like raw meat, poultry, fish and seafood), can be frozen again once it's been thawed, as long as it was thawed properly, meaning it was defrosted

- If radishes, celery or carrots have lost their crunch, pop them in a bowl of iced water and they'll freshen up.
- Avoid separating bananas - they spoil less quickly in a bunch.
- Rice in your saltshaker will stop the salt from clumping.
- Cottage cheese and sour cream will last longer if you place them upside down in the fridge creating a vacuum inhibiting bacteria growth.
- If you only need a few drops of lemon juice, puncture the fruit with a metal skewer and squeeze out what you require. It will dry out quickly if you cut it in half.
- If you're unsure of an egg's freshness, put it in water: Fresh eggs sink; bad ones float.

in the refrigerator not out on the counter, and it hasn't spoiled. Repack it airtight and get it back into the freezer within a day. Food that has spent more than two hours at room temp or has an unappealing flavour should be discarded.

(from: treehugger.com; eatingwell.com)

Best Before vs Expiry Dates

As food prices skyrocket, many consumers are limiting their grocery trips and using up the food they have at home and are wondering if there's a difference between **Best Before** and **Expiry** dates.



Health Canada says you can eat foods after the *best before* date has passed but emphasize that it's not safe to eat foods if their *expiry* date has passed. *Best before* labels are for shelving and inventory purposes and give estimations of when food

is at its peak. It has to do with food quality, it's freshness, texture, flavour and nutritional value, not it's safety. The *expiry* dates tell consumers the last day a product is safe to consume.

How long after a best before can I safely eat ... ?

LoveFoodHateWaste.ca shares storage time limits, e.g., you can consume eggs one month after the best before date.

EatbyDate.com provides you with a diverse perspective on food shelf life, food safety, expiration dates, food storage and more.

Fix.com shares a pantry guide for dry goods.

Government of Canada's website, healthycanadians.gc.ca, has detailed information about storing foods and how long different foods can be stored in the fridge, freezer or pantry.

According to davidsuzuki.org, "Every year a staggering one-third - or 1.3 billion tonnes - of the world's food is wasted. If you don't confuse *best before* with *expired*, you'll waste less food, you'll save money, and you'll avoid sending food waste to the landfill, which contributes to increasing methane emissions and significantly adds to our climate change woes."

(davidsuzuki.org/blogs/queen-of-green; healthycanadians.gc.ca)

How to Make Your Gas Stretch Further

Many of us are still in shock as the price of gas has smashed records in the last few months, and it doesn't look like prices are going down any time soon.

The Canadian Automobile Association offers some tips on how to get better mileage and reduce your bills as we continue to live with these exorbitant prices.

Plan Your Trips

Map out your route and make sure to avoid slow-moving areas is one way to get better mileage. Group your trips so you're not wasting mileage going back and forth to the same area when they can all be done in one go.

Be Strategic About Using Air Conditioning

Your air conditioner is a really big drain on your gas tank. Roll down windows before opting for air conditioning, avoid the maximum auto air conditioning features and stop idling in the warm months to cool down before heading off.

Practice Proper Vehicle Maintenance

Mileage is better when vehicles are running properly. To keep your vehicle in good shape, they recommend ensuring engine filters are clean, brake fluids are topped up and tire pressure is optimal.

Use Cruise Control When Safe

Maintaining a constant speed can boost savings because you're avoiding fluctuations that hurt fuel efficiency. Using cruise control, when safe, will help your mileage.



Avoid Hard Breaking & "Jack Rabbit" Starts

Cars consume more fuel when they go from stopping to travelling at a high speed immediately or vice versa. When you drive, try not to slam on the brakes at the last second or hit the gas hard as you take off.

Avoid Idling

People think they have to run their car before they start driving in order for it to warm up. That may be

true, if you're driving a really, really old model ... but you don't really need to run a newer car for more than two or three minutes before you take off.

Remove Roof Racks

If you have roof racks or other storage devices on your car, consider taking them off when you don't need them. These devices create a drag on your car and your fuel efficiency.

Keep Tabs On Gas Prices

While you often can't avoid filling up on gas when your car is nearly on empty, it's worth watching prices when you have some leeway. Several websites map out gas stations and note their prices so you can find deals, and news sites will often alert readers when prices are due to rise or drop.

Look for Loyalty Programs

Many gas stations, credit cards and other loyalty programs offer discounts on gas. Sometimes these programs let you earn points each time you fill up and those points can be exchanged for other rewards. You might not be saving directly at the pump, but maybe you're saving a few dollars on a grocery bill or something else that you typically purchase.

(sources: Consumer Reports; Marketplace Watchdog; cbc.ca)

AutohausAZ offers a few gas pump tricks they say will save you money on fuel.

- Fill your car in the early morning when the temperature is still cold. As it gets warmer, the gasoline expands, so the gallon you pay for is not exactly a gallon.
- When you're filling up, don't squeeze the trigger to the fastest mode. Use the low mode to minimize the vapours that are created while you are pumping.
- Fill up when your gas tank is half full. The more gas you have in your tank, the less air occupying the empty space. Because gasoline evaporates (turns into vapour)

very quickly, you want as little empty space available as possible to minimize evaporation.

- If there's a gasoline truck pumping into the storage tanks, don't fill up at that station. When fuel is being pumped into the storage tanks, the gasoline in the tank is being stirred up and you may end up picking up some of the dirt and sediment that normally settles to the bottom of the tank.

Go to: <https://www.autohausaz.com/tech-tips/gas-pump-savings> for a more in depth explanation of why these things work.

Where Do I Recycle My ... ?

The Saskatchewan Waste Reduction Council (SWRC) is dedicated to helping the people of Saskatchewan reduce waste. It is a non-governmental, non-profit, charitable organization, operating since 1991, working toward a waste-free province by providing information, encouraging partnerships and promoting solutions. SWRC maintains a collection of information on how to recycle a wide variety of materials and can help you find the best places to recycle anything from your home and workplace. Go to their website: saskwastereduction.ca, and with a simple click on your location and the things you want to re-cycle, you'll find out how and where you can recycle almost anything.

Compostable Bread Clips

Cardboard bread clips are beginning to appear on grocery shelves across Canada after a Quebec manufacturer, KLR Systems, made the decision to ditch plastic. Nicolas Hamel, president of KLR, said the short shelf life of bread didn't justify using plastic, which takes hundreds of years to break down. "All the plastic we produce here ends up in landfills, and while it seems like a small change we're making, these plastic bread tags add up," he said.

Canada's oldest and largest commercial bakery, Bimbo Canada in New Brunswick, is transitioning from plastic bread bag clips to compostable, cardboard ones on all bread products including Dempster's®, Villaggio®, POM®, Bon Matin®, Ben's®, and Stonemill®. This small, yet impactful change will begin immediately. Once complete, it will reduce the company's single-use plastic by approximately 200 metric tonnes annually. They say they're the first national bakery in North America to introduce compostable clips.

Western Valley Regional Service Commission says, "They're too small to be recycled, but you can put them in your compost or trash; at least they'll break down much faster and easier there, unlike plastic that takes hundred and hundreds of years". (ctvnews.ca; rsc12.ca; newswire.ca)

Digital Abbreviations

Here's a few of the hundreds of abbreviations in the digital world.

- BBL** - Be back later
- BFN** - Bye for now
- FYI** - For your information
- GMTA** - Great minds think alike
- HTH** - Hope this helps
- IAM** - In a meeting
- IKR** - I know, right
- ILY** - I love you
- JK** - Just kidding
- LET** - Leaving early today
- LMK** - Let me know
- LOL** - Laughing out loud
- LTNS** - Long time no see
- NNTR** - No need to respond
- NVM** - Never mind
- OFC** - Of course
- OOO** - Out of office
- QL** - Quit laughing
- ROFL** - Rolling on floor laughing
- RUOK** - Are you okay?
- STFU** - Shut the *freak* up
- TL;DR** - Too long; Didn't read
- T+** - Think positive
- TIA** - Thanks in advance
- WTG** - Way to go
- YOLO** - You only live once
- ZZZ** - Sleeping, bored, tired

Coupons - Paper or Digital?

In our Spring edition we ran a poll asking if consumers used coupons and if they used paper or digital ones. It was unanimous: every response we received was in favour of using coupons. It seems the majority of people still use coupons whenever possible, and many people are happy to mix classic paper coupons

with digital-style electronic ones. "I use coupons and like the idea they are still being used", was one response which echoed the sentiment of all who replied.

Thanks to everyone who responded. Check out our new poll question below. We really appreciate your opinions as feedback is important to us.

Feedback Wanted ~ Gas

With gas prices on the rise, are you making conscious efforts to reduce your driving?

Yes No

Are you finding alternate means of transit?

Yes No

Feel free to elaborate _____

Give us your opinion by snail mail, email, phone or online. All contact info is on page 2.