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MEET OUR TEAM  
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Welcome once again to our **CK Living Well** magazine. Through the continued support of our many local advertisers, we are thankful to be providing you this "Sixth Edition" which continues to highlight services and products that offer you choices to help you feel and look your best!

It has been said that "If you feel good, you look good", so why not take a walk on one of our new pathways, get a facial, enjoy a healthy smoothie, learn something new and invest in your future today! Just remember we are what we put into our bodies and what we surround ourselves with, and never forget it's all about **Living Well!**

We wish you all a safe and healthy summer season...

Sincerely,

Andrew Thiel, *President*  
Mark Requena, *VP Website Development*  
Nancy Schlereth, *VP Sales*  
Lisa Taylor, *Graphic Designer*  
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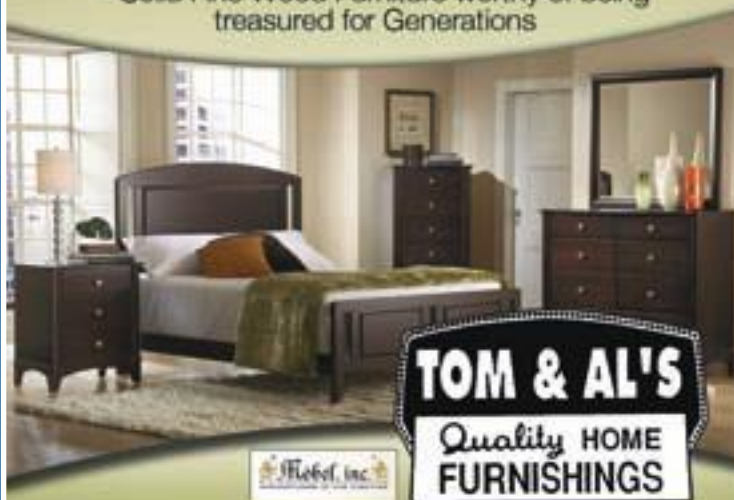
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# ENJOY THREE NEW PATHWAYS IN CHATHAM-KENT

## ~ Blenheim Berm Trail ~

Skirting around the edges of two large ponds, the Blenheim Berm Trail was built by volunteers from South-Kent Trails in 2010. The trail surface is stone dust screenings, 2.4 metres wide and approximately .86 km long. The entire trail loop is posted with distance markers making it ideal for use as an exercise track for schools. You can find the Blenheim Berm Trail on the west side of Chatham Street South, near the corner of Snow Avenue and Chatham Street.



## ~ Pain Court Pathway ~

Winding through Centennial Park in the community of Pain Court, this new multi-use pathway is 1.76 km (one mile) long. The 2.4 metre wide concrete surface makes it a perfect choice for walkers, cyclists, and rollerbladers. The pathway is easily found on Notre Dame Street next to the high school and it can be accessed from the parking lot by the tennis courts and baseball diamond.



## ~ Neighbourhood Trail ~

Ferguson Park in the community of Thamesville is home to the new Neighbourhood Trail. A .87 km path of stone dust screenings loops its way through the park. This trail was built with plenty of support from the local Neighbourhood Watch and community volunteers. Walkers and cyclists use the trail and enjoy this very active community park. You can find the Neighbourhood Trail in Thamesville off of Wallace Street on the eastern edge of Thamesville.







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**PROVIDING HIGH SPEED INTERNET TO ALL OF CHATHAM-KENT**

# Food Focus: Fruit

A healthy lifestyle is the key to longevity, optimum weight, abundant energy and balance. By using fruit to satisfy our taste for sweetness, we can leave behind the use of chemical, processed and refined sweeteners. Fruits are easy to digest, are cleansing and cooling and are great for those who are overstressed and overheated from excessive mental strain or hot climates. Fruits are filled with fiber and liver stimulants, which act as natural, gentle laxatives. Whenever possible, buy fresh, locally grown fruit as opposed to imported fruits shipped from far-off places. This keeps you eating in season, and more in harmony with your environment and climate.

Eating raw fruit in summer months is highly cooling, while baking it in the winter months neutralizes the cooling effect. Fruit in the form of juice is a great choice for cleansing the body, but be aware that juice rapidly raises blood sugar levels, leading to an energy crash soon after. Frozen whole, puréed or juiced fruit can make great summertime cool-down treats. Try frozen grapes, banana-coconut smoothie popsicles or lime juice ice-cubes in iced tea!

Whether you are having fresh fruit for a light early morning breakfast, a midday snack or evening treat, enjoy nature's sweetness and whenever possible buy organic. Here are a few summer fruits and their health benefits:

**Apricots:** Great for lung conditions and asthma; used to help treat anemia due to their high copper and cobalt content.

**Bananas:** Help to lubricate the intestines, treat ulcers, detoxify the body and manage sugar cravings; are rich in potassium (which helps hypertension).

**Cherries:** Slightly warming in nature; increase overall body energy, remedy arthritis and rheumatism and are rich in iron, which improves the blood.

**Grapefruits:** Treat poor digestion, increase appetite during pregnancy, alleviate intestinal gas and reduce mucus conditions of the lungs.

**Papayas:** Tone the stomach, act as digestive aid, moisten the lungs and alleviate coughing; contain carpaine, an anti-tumor compound.

**Raspberries:** Benefit the liver and kidneys, cleanse blood of toxins, regulate menstrual cycles, treat anemia and can promote labor at childbirth.



[www.responsiblyhealthy.ca](http://www.responsiblyhealthy.ca)

Please call for a free health consultation: Gina Pilon, Health Coach 613.622.5873

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## Fruit Nut Smoothie

### Ingredients:

1 banana	1 cup diced melon
1 cup almond or rice milk	1/2 cup almonds (pre soak)
1 cup berries	2-4 ice cubes

### Directions:

1. Mix in blender for 1-2 minutes and serve. Prep time: 5 minutes Yield: 2 servings

**Note:** You can add other ingredients for added nutrition such as a spoonful of bee pollen, coconut oil, flax seed oil, spirulina powder or a scoop of protein powder.





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### Investments

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### Estate Plan

Blended families, create common-law relationship from a previous relationship are increasingly common. Being a family can create added planning situations. If your legacy is passed on according to are many issues you need



# TRESS mily!



**TREVOR LEDREW, CFP**  
Regional Director



**NATE LUCYK**  
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## Planning

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At Investors Group, we are committed to building personalized solutions on an individual basis. For over 80 years we have been helping Canadians and their families to achieve their financial goals. Our clients are not an account, or a number. They are people, members of our community.

Your plan is only an Investors Group Consultant away. Your Consultant will take the time to get to know you and devise a written plan that will be tailored specifically for you and will reflect your goals and aspirations. It will be reviewed with you regularly and updated or adjusted to reflect major changes in circumstances or life events. Now more than ever, you need a long-term plan – in writing – one that meets your unique needs, keeps you on track and provides important peace of mind.

Our Consultants receive extensive training, placing them among the most knowledgeable and well-trained in the industry. As a company, we support our Consultants in attaining the prestigious CFP certification through the Financial Planners Standards Council or the F. P. I. certification through the Institut québécois de planification financière in Québec. To meet your needs, our Consultants keep abreast of the increasing changes in the financial services industry and have access to a wide range of highly qualified experts who are all committed to working together to help you attain your goals.



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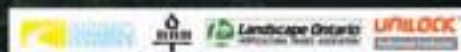
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From our very first project we have been able to establish our clients' vision and have continued to harness it with enthusiasm and passion from yard to yard.

So let us handle it for you; let us create the ideal outdoor living solution that's perfect for you and your family!

"Our clients are No. 1 and we thank them for our success. It truly is a team effort which allows us to build a special relationship with our clients along the way. We provide them with our very best and stand behind all we do; that's what we are truly all about."

Sincerely,

**Wayne Michaud**

*President, Nature's Pride Landscape Group Inc.*

## Top Ten Tips To Make Your Landscaping Project A Success

1. Provide your landscaping with year-round interest.
2. Layer your flower beds when planting.
3. Use evergreens & other foliage plants for continuity.
4. Use annuals to supplement perennial colour.
5. Incorporate hardscape into your landscape design.
6. Install water features.
7. Use form and texture to your advantage.
8. Make your life easier with a low-maintenance yard.
9. Use drought-tolerant plants.
10. Include specialized garden carpentry from simple to spectacular structures.



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# The Chef's Table

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Chef Mike Moccia has taken full ownership of the The Chef's Table, and is responsible for the new feel of the restaurant. From the new Venetian mural, to the new menu... it seems the secret might be out!

While the Chef's Mood is still the most popular item on the new menu, regulars are raving about new additions. "The bacon wrapped scallops and the baked Brie have really been the new hot tickets," says Moccia, "but the entire new menu has been well-received."

Chef Moccia has been extremely busy the last few months. With large catering jobs for St. Clair College, private cooking demonstrations across the municipality and various charity events, he is quickly becoming one of the most prominent chefs in the area.

With one of the most extensive wine lists in the area, a mouth watering new menu featuring fresh local produce, and a personal level of service that is unmatched in Chatham-Kent, you can be sure an unforgettable experience awaits you at The Chef's Table.

*CK's best kept dining secret!*



Mike Moccia, Owner of The Chef's Table with  
Josh Deneau

## The Ultimate Spinach Risotto

Order at the restaurant - or try at home!

### You will need the following to get started:

- 400g Arborio rice
- Bunch of spinach (fresh or frozen)
- 150g soft Ricotta cheese
- 2 tablespoons unsalted butter
- Freshly grated Grana Padano cheese
- Extra virgin olive oil for drizzling
- Salt to season

### To start your Spinach Risotto:

Bring salted water to a boil in a pot and add Arborio rice. Stir constantly for the first minute to prevent the rice from sticking to the pot.

In another pot, add spinach along with 1/4 cup of water and cook for a few minutes. Once spinach has softened, remove from heat and purée using a food processor.

Cook rice for approximately 12 minutes or before the rice gets to the al dente stage. Pour most of the water out of the pot, leaving a small amount of water behind with the rice. Add puréed spinach to the rice.

Stir soft ricotta, grana padano cheese and butter into the rice. Salt to season.

Turn off heat and cook for another minute or so. At this point, the rice should have a creamy consistency.

Plate and drizzle with extra virgin olive oil. Serve immediately.

**Serves 4.**

### Wine Suggestion:

- Rothschild Chardonnay
- The Bend In The River Riesling



No one can remember their first steps, but everyone can agree that first step opened a window to a whole new world for each of us. As a child it gave us the opportunity to explore so many more things within the walls of our young world, and everything was new and exciting.

As we grew into our teen years walking gave us freedom and strength to explore endless opportunities through sports, backpacking and just meeting up with friends at the mall. We walked to school, walked to our part-time jobs, walked to our friend's house; it was our means of transportation.

Then as the years went by, we became adults and with that title came responsibility, commitments, deadlines and stress. Throughout these years due to a lack of hours in the day, a lot of us stopped including walking as part of our everyday life. We began spending a lot more time sitting behind a desk during the day and then mentally exhausted in front of a TV at night. We opted for any household automated appliance that would help us get the job done easier and quicker, and at the end of the day the last thing on our mind was taking a walk. So we end each day with a promise to take a walk tomorrow, which for so many of us never comes.

Inactivity is the cause of many health issues and a lot of us wonder - could walking as little as 20 minutes a day be what rescues us from some of these future health problems? Only time will tell, so go back in time and remember the window that opened with your first step, challenge yourself, lace up your runners and stop "talking the talk" and start "walking the walk" once again.

## Top 10 reasons to walk ...

- Helps maintain a healthy weight •
- Helps to prevent Type 2 Diabetes •
- Increases blood flow to your brain •
- Great for your bones & muscles •
- Strengthens your heart •
- Saves you gas money •
- Helps eliminate stress •
- Tones your muscles •
- Helps you reflect •
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# Benefits of Walking



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