



## Vera's Helpful Hints

Dear Vera,

I have a problem at work. My co-worker loves to talk, and she talks all day. Now, I like her and I also like to talk, but I also have work to complete. How can I politely end our conversations? I have tried to be nice and polite, have tried walking away, yawning. Please help me. At Wit's End

Dear Wit's End,

I understand your frustration. Nothing is worse than feeling that someone is standing in the way of your productivity. (Well, there are many worse things actually, but you know what I mean!) You obviously care about doing your job, and doing it well, so kudos to you.

You didn't mention whether your co-worker gets her work done, or is short-changing her employer. It sounds like she is less enthusiastic about her job than you are. Perhaps you'll find your boss will handle the situation for you—wouldn't that be wonderful? Well, enough wishful thinking...you are going to have to 'man-up' and take care of this yourself.

Walking away yawning is, shall we say, not great communication skills. Use your words!! Be specific, be constructive, but do not, repeat do not, beat around the bush! You don't need to be mean, but explain that you would prefer to get your work done and chat on break, or when the work is finished. Tell her you are looking forward to sitting down for a chat as soon as you have completed your work. Maybe tell her coffee is on you the first day that you try this...sweeten the pot, as it were! If she acts put out, ignore it. She will come around once she sees that you still value your chat time with her. Just make sure you don't always end up buying!

I hope this helps. You will come up with your own way of saying what I have suggested. Just remember not to leave any room for misunderstanding. There is a time to work and a time to chat. You will feel better about your performance, she might even improve her productivity, and who knows, your boss might even notice the improvement and congratulate you both on how much you are getting done! (OK... maybe more wishful thinking here!) Anyway, don't forget to praise your co-worker when things are straightened out, and thank her for being a great part of your day!

All the best,  
Vera

*Vera has a wealth of life experience on which to draw when she provides advice to writers. If you have a problem, don't hesitate to write to Vera c/o thecapreolxpress@gmail.com*

## Communities in Bloom Judges Visit Capreol

The Communities in Bloom judges evaluated the Town of Capreol on August 10-12. The judges (shown in the photo below) were Paul Ronan from the Ontario Parks Association, and Ray Hurd, Judge and Provincial and National Director of Canada Blooms.

In Capreol, the judges toured the Peace Park, three local gardens, the cemetery, Cenotaph, the Garden of Life at the museum, Ella Lake Park, as well as areas in the city core. They were very pleased with the hospitality shown them and were impressed with the level of dedication of the many volunteers.

The judges were tight-lipped, but promised to have an assessment to us in early fall. Stay tuned!



A man walks into a flower shop "I'd like some flowers please."

"Certainly, Sir. What did you have in mind?"

He shrugs "Well I'm not sure, I uh, I uh, I uh..."

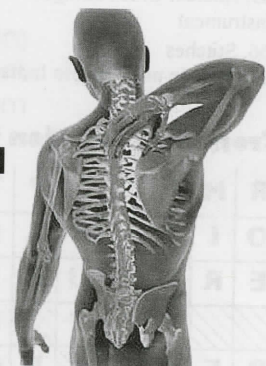
"Perhaps I could help. What exactly have you done?"

### Dr. Todd Mazzuca, DC

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### Capreol Chiropractic Clinic

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(705) 858-0705

### Lasalle Family Chiropractic Clinic

1708 Lasalle Boulevard, Sudbury  
(705) 560-4090