



Healthy Home News

"Secrets For Living A Healthy, Wealthy & Happy Life..."



Canada: 140 Years
July 1st, Canada Day



Canada Day celebrates the creation of the dominion of Canada through the British North America Act on July 1, 1867, uniting three British colonies—the provinces of Nova Scotia, New Brunswick and Canada. The three colonies united to form one country divided into four provinces. The Province of Canada became Ontario and Quebec.

A proclamation was issued by Governor General Lord Monck, on June 20, 1868, asking for “all Her Majesty's loving subjects throughout Canada to join in the celebration of the anniversary of the formation of the union of the British North America provinces in a federation under the name of Canada on July 1.”

The holiday was formally established by statute in 1879, and was originally called *Dominion Day*, making reference to the term “dominion,” which was first used to describe a political union within the British Empire for Canada, at a time when the British government was hesitant to adopt the name proposed by the Fathers of Confederation: Kingdom of Canada.

The name was officially changed to *Canada Day* on October 27, 1982, largely harkening back to the adoption of the earlier Canada Act. However, many Canadians had already been informally referring to the holiday as “Canada Day” for a number of years before the official name change.

On Dominion Day 1923, the Chinese Immigration Act of 1923 went into effect. Until the act was repealed in 1947, many Chinese-Canadians referred to July 1 as “Humiliation Day” and refused to celebrate Canada’s birthday.

Quebec also has Moving Day on 1 July, due to the fact that most leases there begin and end on that day, with many people changing residences.

Under the *Holidays Act*, Canada Day is always observed on July 1 unless that date falls on a Sunday, in which case it is observed on July 2. If it falls on a Saturday, the following Monday is generally also a day off for those businesses ordinarily closed on Saturdays. -- Wikipedia

To Fight Stress, Get A Pet: Work can be stressful. Sometimes home life is stressful too, but having a pet can help. A Pet Care Trust study shows that you don’t even have to stroke or cuddle your pet to reap the stress-busting benefits.

Merely being in the same room with a pet has been shown to lower stress levels; reduce heartbeat, and lower blood pressure. About 64 percent of people reported that having a pet reduced their anxiety levels. Researchers at the University of Pennsylvania say gazing at a fish tank can have the same calming effect as a session of hypnosis.

Really Small, Inexpensive Cars: World automakers are eyeing emerging markets. That means designing a car for buyers who would otherwise never be able to afford one. The newest cars are sturdy, inexpensive, and not made in the U.S.

Renault-Nissan opened a plant in India on April 4 to produce a \$3,000 car. They are hoping to produce one in the future that will cost only \$2,500.

India’s Tata Motors plans to launch a \$2,500 car. It has four doors, a 33-horsepower engine, and a top speed of around 80 mph.



THANKS FOR THE REFERRALS!!

*Have you ever earned money just by talking to family and friends about what a great job a service person provided for you? Encourage your friends to book an appointment (if they mention your name they will get 100 sq ft free) then sit back and collect your **REFERRAL REWARD CERTIFICATES** worth 10% of your referral’s cleaning bill. They can be traded in for cash or save them and use them on your next cleaning. By saving these certificates you may be able to clean your house for FREE!! And who doesn’t like free?*

Get Free Cleaning Tips And Specials At Our NEW Website www.pcsniagara.com!

Outstanding Client of the Month!

Anne, Gail and Bob

Those are the names of the “People in the Field”. **Anne from Home Dressers, Gail from Star Tile and Bob from McNamara & Reynolds** are our outstanding clients for the month of July because, simply put, they recommend our services to their patrons. We would like to thank them for their integrity in conducting their businesses and for recognizing our ethical work standards and passing on their positive comments to their customers. We thank them again and hope to continue to do business together for a long time!

A celebrity is a person who works hard all his life to become well known, and then wears dark glasses to avoid being recognized.

Fred Allen

If you want something done, ask a busy person to do it.

Lucille Ball

If evolution really works, how come mothers only have two hands?

Milton Berle

Every man dies.

Not every man really lives.

William Wallace

If you never change your mind, why have one?

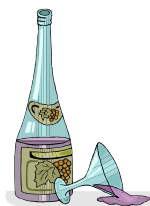
Edward de Bono

One is very crazy when in love.

Sigmund Freud

See Insert This Issue:

**Discover
The Professional's
“Secret” To
Keeping Carpets
Looking New For
A Long, Long Time...**



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Welcome to Sweet Rage,

where indulgence meets decadence for a divine gourmet experience.

The name suits the personality – full of passion. Lara Lorge-Pantusa, is an owner of this YUMporium where you can get cakes, cookies, pastries or any dessert your heart desires all with a smile and a laugh.

Besides providing all this “sweetness” her other passions include her husband, two sons Carter and Jackson and her cat – whose name is Gimley from Lord of the Rings – do you think the boys named it?

Sweet Rage has a new location at 33 Lakeshore Rd , next to Lakeshore Meats. It is there you can find Lara’s favorite dessert – All the Rage Cheese Cake.

The key to Lara’s success is her nerves of steel and incredible patience. Her motto is “all is as it should be!” and if you have visited Sweet Rage you know that is true.

Cheesecakes that inspire dim lights and Barry White, to Chocolate Truffle Tortes that will bring you to your knees, Sweet Rage knows how to satisfy the professional Sweet Lover.



How To Improve Air Quality In Your Home

More often in summer than winter, homes seem to acquire a stagnant odor. You may begin to think, “This place smells like dirt.” Fortunately, boosting air quality can be easy and inexpensive. Here’s how to do it:

Begin by cleaning away dust in often-missed places such as ceiling fans, baseboards, and moldings. Then clean the ductwork of your heating and air-conditioning system. Though a professional will do a better job, just placing the vacuum cleaner hose into various ducts can draw out a great deal of dust. Use furnace vent filters. Lift up your vents and put the filters in place. The air goes through the filter before it comes out. It traps the dust. And finally have your carpets cleaned professionally every 8-12 months (hot water extraction preferred).

For a more serious problem, consider an in-line air-purification system. The unit will pay off in the form of clean air for years to come.

Another approach to lowering the concentrations of indoor air pollutants in your home is to increase the amount of outdoor air coming indoors. Opening windows and doors, operating window or attic fans, when the weather permits, or running a window air conditioner with the vent control open increases the outdoor ventilation rate.

July is National Grilling Month Safety Tips For Grilling

The National Fire Protection Agency reports that barbecue grills caused about 1,000 structure fires and 3,400 outdoor fires in one recent year.

It's important to realize that safe grilling begins before the cooking starts. With gas grills, check the connection between the propane tank and the fuel line to be sure it is working properly and not leaking. If you suspect a leak, put soapy water on the area and watch for bubbles to discover where it is. Never use a match to check for a gas leak, and never light the grill until the leak is fixed.

Position any grill on a level surface that is at least three feet away from other objects, including the house and shrubs or bushes. Keep children and pets away from the cooking area.

When you are ready to barbecue, protect yourself with a heavy apron and oven mitts that fit well over your forearm.

When the party is over, store the grill outside and away from the house. Make sure the valves are turned off.

For charcoal grills, use only starter fluids designed for that purpose. Never use gasoline. If the fire is slow, add dry kindling. Don't add more liquid starter or you could cause a flash fire.

Remember to soak the coals with water before you put them in the trash.

Never use a barbecue grill indoors or in an unventilated space. It's a fire hazard and could cause carbon monoxide poisoning.



Scammers Could Steal the Deceased's Identity

Last year some 400,000 checking accounts were opened in the names of people who were deceased, according to the Identity Theft Research Center in San Diego. Many were part of identity theft scams that resulted in many thousands of dollars in credit card charges. When a loved one dies, they recommend:

- Don't include the day and month of birth in death notices. Give just the year. Don't give the deceased's address.
- Mail copies of the death certificate to the credit-reporting services, Equifax, Experian, and TransUnion. Cancel credit card accounts immediately after the death.
- Visit the department of motor vehicles and cancel driver's licenses or ID cards to prevent duplicates from being issued.
- A few weeks after the death, get a free credit report from each bureau at a site.

Gifts You Should Never Give

The best gifts can nurture the relationship between the giver and recipient. The worst gifts "say" inappropriate things. Don't give gifts that are...

- **Inducements to improve.** You might think such gifts are exactly what the recipient needs, but he/she may resent their implications – and you! *Examples:* A treadmill for a couch potato, or time-management classes to someone who is disorganized.
- **Assembly required** – unless you're certain the recipient is willing or able to do the job (or you'll do it for him). You wouldn't give a child an unassembled bicycle, and you shouldn't leave Uncle Ned's bookshelf in pieces in the bow.
- **Living creatures.** Giving any pet to a child without consulting his parents or to an adult without being certain the animal is wanted can backfire. The recipient might resent having to take care of the pet and may give it away.
- **Intended for family use,** or your own use, but disguised as a gift to an individual. The recipient will be on to you as soon as the wrapping is off. *Example:* A high-definition TV to your wife when you're the one who loves TV. – *Sherri Athay*

Thank You!

Thanks to YOU the word is spreading! Thanks to all of my wonderful clients and friends who graciously referred me to their friends and neighbors last month!

My business runs on the positive comments and referrals from people just like you! I couldn't do it without you!

A special thanks to all these fine folks who referred me...

Rosemary Mealing, Kelly Walker, Carol Blue, Ineke Bezuyen and Marion Skov

Thanks For All The Kind Words!

Ron says:

Professional Carpet Systems cleaned 2 area rugs of mine and they look like brand new – thoroughly satisfied and would recommend Professional Carpet Systems to anyone – even my friends!

Annette Marchionda
Professional Carpet Systems
300 Welland Ave., St. Catharines,
Ontario L2R 7L9 (905) 646-6655



Your New Issue Has Arrived!

Look Inside For Some Amazing Money-Saving Tips and More!

The winner of last month's contest of dinner for two at the Skylon Tower can not be announced yet as June is not finished – get your referrals in to WIN!!!

The Lighter Side

Joe passed away. His will provided \$30,000 for an elaborate funeral. As the last guests departed the affair, his wife, Helen, turned to her oldest friend and said, "I'm sure Joe would be pleased."

"I'm sure you're right," replied Jody, "How much did this really cost?"

"All of it," said Helen. "The funeral was \$6,500. I gave \$500 to the church. The wake and food were another \$500. The rest was for the memorial stone."

Jody computed quickly. "\$22,500 for a memorial stone? How big is it?!"

Helen thought a moment before replying softly, "Two and a half carats!"

Muldoon lived in Ireland with his beloved pet dog. Then the dog died.

Muldoon went to the parish priest and asked, "Father, my dog is dead. Could ya' be sayin' a mass for the poor creature?"

Father Patrick replied, "We can't have services for an animal, but there are some Baptists close by who might."

"Maybe they will," Muldoon said, "Do ya' think £5,000 is enough to give them for the service?"

Father Patrick exclaimed, "Sweet Savior! Why didn't ya tell me the dog was Catholic?"

Who Wants To Win Movie Tickets?

Take my Trivia Challenge and you could win too!

Once again we are giving away 3 sets of tickets to the movies! Everyone who responds by the 12th day of the month will be entered into a draw to win 2 FREE tickets! Increase your chances by emailing your answer – we'll put your name in twice! Take your best guess, then email triviachallenge@pcsniagara.com or call (905) 646-6655. Remember, your chances of winning are better than you think!

This month's Mega Trivia Question:

What percentage of people report lower stress levels with a pet in the house?

A) 64% B) 56% C) 18% D) 71%

HINT: The answer is somewhere in this newsletter

Winners from last month are: Marji VanKoot, Susan Parker and Joe McLaughlin

Last month's answer was: c) Rebecca Rothenberg