



Healthy Home News

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

Easter is April 16, 2006



This festival of the Christian church commemorates the resurrection of Jesus Christ. It is not always held on the same date. In AD 325 the church council of Nicaea decided that it should be celebrated on the first Sunday after the first full moon on or after the vernal equinox of March 21. Easter can come as early as March 22 or as late as April 25.

Many Easter customs come from the Old World. The white lily, the symbol of the resurrection, is the special Easter flower. Rabbits and colored eggs have come from pagan antiquity as symbols of new life. Easter egg rolling, a custom of European origin has become a tradition on the lawn of the White House in Washington, D.C.

The name Easter comes from *Eostre*, an ancient Anglo-Saxon goddess, originally of the dawn. In pagan times an annual spring festival was held in her honor. Some Easter customs have come from this and other pre-Christian spring festivals. Others come from the Passover feast of the Jews, observed in memory of their deliverance from Egypt

Passover Begins April 12, 2006

The history of Passover relates back to over 3,000 years ago, when the Jews were held as slaves by the Egyptian Pharaoh, Rameses II. Moses warned Pharaoh that God would devastate his people by plagues if he did not free the Jewish slaves. After 10 devastating plagues were inflicted upon Egypt, Pharaoh finally agreed to let the Jewish people go. The Jews left in a hurry, unsure that Pharaoh would truly stay his hand, and could thus only take unleavened bread with them, called Matza, which is a part of celebration even today. As feared, the Pharaoh sent his army after the Jews so that they could be brought back or destroyed. The Jews found themselves trapped up against the Red Sea, where they saw the Egyptian army advancing towards them. In despair they asked for help from God, who had Moses part the waters of Red Sea, allowing the Jews to cross. As soon as the Jews crossed, the Red Sea returned and drowned the soldiers.

Since the time of Jewish freedom from Egyptian slavery, Jews have celebrated this historical event by having a feast called the *Seder*. The word *Seder* means 'order' and refers to the order of historical events recalled in the Passover meal, as well as the meal itself. The story of Passover is read from a book called the *Haggadah*. While the main story of Passover is read by Jews the world over, local customs and traditions have changed over time, so that the festival has been adapted to reflect the life and routine of individual communities. This is why the festival of Passover is celebrated differently in Tunisia than in Canada.

Passover is celebrated for 8 days (7 for Reform Jews), and always begins on the 15th day of the Hebrew month of Nisan, which this year corresponds to April 12.



*There's rain that's rain, rain that's sleet
And rain that turns to snow.
There's April showers just in time
To make the flowers grow.*

Jean Roberts

St George's Day: April 23: St George's Day is celebrated in several nations of whom Saint George is the patron saint, including England, Georgia, Bulgaria, Portugal, and Catalonia. In England it is the National Day. April 23 was the date of Saint George's death in 303.

The celebration of St George's Day was once a major feast in England on a par with Christmas from the early 15th century. However this tradition had waned by the end of the 18th century.

A traditional custom is to wear a red rose in one's lapel. Another custom is to fly or adorn the St George's cross flag in some way: pubs in particular can be seen on April 23 festooned with garlands of St George's crosses. However the modern association of the St George's cross with sports such as football and rugby means that this tradition too is losing popularity with people who do not associate themselves with those sports.

There is a growing reaction to the late twentieth century indifference to St George's Day. Organizations have been formed with the specific aim of encouraging celebrations. There have also been calls to replace St George as patron saint of England, stating he was an obscure figure who had no direct connection with the country.

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Meet Janet Bowman

Janet has been a long standing customer of ours and has recommended us to many of her friends – in fact she gave us a glowing testimonial on our DVD that describes the value of cleaning and scotchgarding your carpets. Janet invites us into her home several times a year to ensure the proper maintenance of her carpets and to guarantee good indoor air quality. Thank you Janet for all your kind words and your many referrals.

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*A hunch is creativity trying to tell
you something.*

Frank Capra

*Courage is contagious. When a
brave man takes a stand, the spines
of others are stiffened.*

Rev. Billy Graham

*I think that there is only one quality
worse than hardness of heart and
that is softness of head.*

Theodore Roosevelt

*Television is an invention that
permits you to be entertained in your
living room by people you wouldn't
have in your home.*

David Frost

Benjamin Franklin's 13-Point Plan For Virtuous Living

When Benjamin Franklin was 20 years old, he wrote up a 13-point "plan" for how he would live his life. He found that following the plan increased his happiness so much that he kept it up for the rest of his life.

He committed to giving strict attention to one virtue each week, so after 13 weeks he moved through all 13. After 13 weeks he would start the process over again – in one year he would complete the course a total of 4 times.

He tracked his progress by using a little book of 13 charts. At the top of each chart was one of the virtues. The charts had a column for each day of the week and thirteen rows marked with the first letter of each of the thirteen virtues. Every evening he would review the day and put a mark (a dot) next to each virtue for each fault committed, with respect to that virtue for that day.

His list was as follows:

1. **Temperance:** Eat not to dullness and drink not to elevation.
2. **Silence:** Speak not but what may benefit others or yourself. Avoid trifling conversation.
3. **Order:** Let all your things have their places. Let each part of your business have its time.
4. **Resolution:** Resolve to perform what you ought. Perform without fail what you resolve.
5. **Frugality:** Make no expense but to do good to others or yourself: i.e. Waste nothing.
6. **Industry:** Lose no time. Be always employed in something useful. Cut off all unnecessary actions.
7. **Sincerity:** Use no hurtful deceit. Think innocently and justly, and, if you speak, speak accordingly.
8. **Justice:** Wrong none, by doing injuries or omitting the benefits that are your duty.
9. **Moderation:** Avoid extremes. Forbear resenting injuries so much as you think they deserve.
10. **Cleanliness:** Tolerate no uncleanness in body, clothes or habitation.
11. **Chastity:** Rarely use venery but for health or offspring; never to dullness, weakness, or the injury of your own or another's peace or reputation.
12. **Tranquility:** Be not disturbed at trifles, or at accidents common or unavoidable.
13. **Humility:** Imitate Jesus and Socrates.

Better Cleaning

Try these helpful cleaning tips from as housekeeping expert...

- Use a **fabric softener sheet** to clean TV and CRT computer screens.
- Set **hair dryer on cool**, and use it to blow dust off lampshades and plants.
- **Damp-mop wood floors** coated with polyurethane – don't wax or use ammonia.
- Put a **drop of cologne** on a light bulb when the light is off. When you turn the light on, it will scent the room.
- A **weak solution of white vinegar and water** cleans food preparation areas.

- Tom McNulty, Author.

See Insert This Issue:



**Can Your
Carpet
Make
You Sick?**

Earth Day, April 22.

The Earth Day Network sponsors this day to spur awareness of environmental issues. This year's theme is "Solutions to Climate Change," aimed at stopping global warming. According to the National Academy of Science, the earth's surface temperature has risen by one degree Fahrenheit in the past century, which the Academy attributes to the buildup of greenhouse gases.

Non-profit organization seeks to aid young victims of Child abuse and other crimes against children.

A local agency worthy of support

Between January and November of 2005 Family and Children's Services of Niagara investigated 389 cases of abuse in the Niagara region. There was a time when a child who was a victim of abuse was often, inadvertently re-victimized by the agencies and people who were there to help, simply by virtue of the number of people the child would be exposed to during the process of assisting with recovery and investigation into the alleged crime. There are other successful ways to assist these children and right now in Niagara there is a plan and fundraising underway to establish the Child Advocacy Centre of Niagara (CACN).

The Child Advocacy Centre of Niagara is a collaborative effort between CACN, the Niagara Regional Police Child Abuse Unit and the Family and Children's Services Niagara (FACS) and will bring together, in a central child-friendly environment, professionals from law enforcement, child protection, mental health and medical fields to provide comprehensive services for the investigation of allegations of child abuse and appropriate support services for victims and their families. The Centre will provide medical evaluation and care, crisis counseling, family support in an environment that is sensitive to the needs of young victims.

How can you help? The Child Advocacy Centre of Niagara is seeking fundraising assistance and volunteers to work on various fundraising campaigns. If you or someone you know would be interested in working to aid children who are the victims of crime and abuse here in the Niagara region, or you would like to offer a donation or support of in-kind goods please contact (905) 937-5435.

From your friends at Professional Carpets Systems

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...

Mrs. Yerich, Bernard Barry, Ineke Bezuyen

Preventing Hearing Loss

As the popularity of portable music players increases, many health experts are concerned about users' hearing loss. Brian Fligor, an audiologist at Children's Hospital Boston, did a study on how loud and how long you can safely listen to music through headphones. He found that tight-fitting in-the-ear headphones, also called earbuds, are more dangerous than over-the-ear versions because the sound is placed closer to the eardrum. Fligor determined that it was safe to listen to music at a volume level set to 60 percent of the dial (with 100 percent being turned on the highest setting) for about an hour. Using earbuds though, the safe time for some models was just 30 minutes. **The moral:** *turn down the volume, and listen for shorter periods, especially if you're using earbuds.*

Experience Supersonic Hearing

If you're stuck chatting up a mumbler at a cocktail party, lean in with your right ear. It's better than your left at following the rapid rhythms of speech, according to researchers at the UCLA David Geffen School of Medicine. If, on the other hand, you're trying to identify that song playing softly in the elevator, turn your left ear toward the sound. The left ear is better at picking up music tones.

Thanks For All The Kind Words!

I have been wanting to say a special thank you, but just never seem to be able to get around to it.

Thank you and please pass on my appreciation to your Team for all that they have done for us here at White Oaks. And that includes Annette and Linda in the office - always a pleasure to talk to.

Richard R Reid
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Len Hume

10 Things We Can Learn From Movies, Part 2

11. Any person waking from a nightmare will sit bolt upright and pant.
12. One man shooting at 20 men has a better chance of killing them all than 20 men firing at one.
13. Creepy music coming from a graveyard should always be closely investigated.
14. During an emotional confrontation, instead of facing the person you are speaking to, it is customary to stand behind them & talk to their back.
15. When you turn out the light to go to bed, everything in your room will still be clearly visible, just slightly bluish.
16. When they are alone, all foreigners prefer to speak English to each other.
17. Having a job of any kind will make all fathers forget their son's eighth birthday.
18. Many musical instruments can be played without moving the fingers.
19. All bombs are fitted with electronic timing devices with large red readouts so you know exactly when they're going to go off.
20. A detective can only solve a case once he has been suspended from duty.

Who Wants To Win Movie Tickets?

*Take my Trivia Challenge
and you could win too!*

This is one of my favorite part of the newsletter! The first 10 people who call my office will be entered into a draw for 2 FREE movie tickets. Again this month – increase your chances of winning! The first 2 people with the correct answer sent to me via email len@pcsniagara.com will be the lucky winners of the first and second set of tickets – the last set going to the lucky caller. Go ahead and take your best guess, then EMAIL me at len@pcsniagara.com or call (905) 646-6655.! Remember, your chances of winning are better than you think!

This month's MegaTrivia Question:
Which two persons did Ben Franklin want to imitate?
A) Aristotle, John the Baptist B) Jesus, Socrates
C) Voltaire, Joan of Arc

HINT: The answer is somewhere in this newsletter

Last month's answer was c) 1874
Last month's winners were:
Ed Enns, Joyce Harrison and Doreen Jack

Experience is simply the name we give our mistakes.
Oscar Wilde