



Healthy Home News

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

History and Origin of Canadian Thanksgiving

In Canada Thanksgiving is celebrated on the second Monday in October. Unlike the American tradition of remembering Pilgrims and settling in the New World, Canadians give thanks for a successful harvest. The harvest season falls earlier in Canada compared to the United States due to the simple fact that Canada is further north.



The history of Thanksgiving in Canada goes back to an English explorer, Martin Frobisher, who had been trying to find a northern passage to the Orient. He did not succeed but he did establish a settlement in Northern America. In the year 1578, he held a formal ceremony, in what is now called Newfoundland, to give thanks for surviving the long journey. This is considered the first Canadian Thanksgiving. Other settlers arrived and continued these ceremonies. He was later

knighted and had an inlet of the Atlantic Ocean in northern Canada named after him - Frobisher Bay.

At the same time, French settlers, having crossed the ocean and arrived in Canada with explorer Samuel de Champlain, also held huge feasts of thanks. They even formed 'The Order of Good Cheer' and gladly shared their food with their Indian neighbours.

After the Seven Year's War ended in 1763, the citizens of Halifax held a special day of Thanksgiving. During the American Revolution, Americans who remained loyal to England moved to Canada where they brought the customs and practices of the American Thanksgiving to Canada. There are many similarities between the two Thanksgivings such as the cornucopia and the pumpkin pie. Eventually in 1879, Parliament declared November 6th a day of Thanksgiving and a national holiday. Over the years many dates were used for Thanksgiving, the most popular was the 3rd Monday in October. After World War I, both Armistice Day and Thanksgiving were celebrated on the Monday of the week in which November 11th occurred. Ten years later, in 1931, the two days became separate holidays and Armistice Day was renamed Remembrance Day.

Finally, on January 31st, 1957, Parliament proclaimed..."A Day of General Thanksgiving to Almighty God for the bountiful harvest with which Canada has been blessed...to be observed on the 2nd Monday in October."

*Flattery is like
chewing gum. Enjoy it
but don't swallow it.*
Hank Ketcham

*Anyone who can walk
to the welfare office
can walk to work.*
Al Capp

*We are all capable of
infinitely more than
we believe.*
David Blaine



*O hushed October morning mild,
Begin the hours of this day slow
Make the day seem to us less brief.*

Robert Frost

Versatile Houseplants: Keep aloe vera growing in the kitchen – just break off a leaf and rub the gel onto minor burns and abrasions to soothe the area and help it heal. Rosemary, red/yellow hibiscus, and pineapple guava can be grown in pots and used to flavor or decorate foods. Lemon verbena, lavender and scented geraniums create a pleasant odor in any room where they are grown. – *Sheila Buff, Author*

Caring For An Elderly Cat: When your cat is 10 years old, schedule an exam that includes blood tests and urinalysis – these results will provide a baseline for future tests. Record your cat's weight weekly – if your cat loses more than a few ounces, take it to the veterinarian. If the cat isn't eating. Spark its appetite by warming food in the microwave or adding low-salt chicken broth. Clean litter boxes daily and replace litter weekly. Older cats urinate more frequently than younger ones. Also, look for changes in appearance – a cat that doesn't feel well will neglect its grooming.



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

Outstanding Client of the Month!

Meet Caroline Jardim

Mrs. Jardim has trusted us for many years with her beautiful wool diningroom carpet. (It takes two of us to carry it!) This trust is not something we take lightly, pardon the pun, we treat her carpet as if it was our own. In fact that is why we have repeat customers – people who only want PCS in their homes taking care of their flooring concerns. Thank you for your continued business.

Every month I choose a very special **Client of the Month**. It's my way of acknowledging good friends and saying "thanks" to those who support me and my business with referrals, word of mouth and repeat business...YOU might be my next **Client of the Month**! Watch for your name here in an upcoming issue!

*We either make ourselves happy
or miserable. The amount
of work is the same.*

Carlos Castenada

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

Theodore Roosevelt

*An ant on the move does more
than an ox dozing.*

Lao Tzu

*Abstract art is a product of the
untalented, sold by the unprincipled
to the utterly bewildered.*

Al Capp

See Insert This Issue:

**Don't Clean
Your Carpets!**



Now That's Scary!

Celebrating Oktoberfest

The first Oktoberfest took place on Oct. 12, 1810, a celebration of the marriage in Munich of Crown Prince Ludwig of Bavaria to Princess Therese of Saxony-Hildburghausen. It included much food and drink and ended with a series of horse races. The fall festival became an annual event and today, the Munich Oktoberfest, which culminates on October 3, is the largest public festival in the world. More than 6 million visitors converge on the city over the 17-day celebration, consuming 5 million liters of beer and more than 200,000 pairs of pork sausages. Other cities around the world have adopted the holiday to celebrate their German heritage. In North America, the Milwaukee Oktoberfest celebrates its 150th anniversary this year, attracting about 100,000 visitors to enjoy German brass bands, folk dancing, singing, yodeling, and traditional German food and drink. Cincinnati's annual Oktoberfest, now in its 30th year, spreads across five city blocks, offering more than 500,000 visitors live entertainment and booths serving German food, beer, and wine. The biggest Oktoberfest outside of Germany belongs to Kitchener Waterloo, Ontario, where 700,000 visitors attend events including a fashion show, parade, beauty pageant, relay races, arts exhibition, sports competitions, beer and wine tasting, and a costumed archery contest.

The History of M&Ms

M&Ms were invented in 1940 by Forrest Mars, who on a trip to Spain had seen soldiers in the Spanish Civil War eating pellets of chocolate in a hard sugary coating. Mars returned home and developed his own recipe and founded M&M Limited (the other M stood for investor Bruce Murrie), which later became Mars, Inc., to manufacture the candy. The first M&Ms came in six colors: brown, yellow, orange, red, green, and violet. At first, M&Ms were intended for American soldiers in World War II, because the snack (packaged in a cardboard tube) traveled well no matter the weather, but by the late '40s, nearly everyone could buy the treat. In 1948, the packaging changed to the current paper pouch.

Peanut M&Ms - only offered in brown - were introduced in 1954, with red, green, and yellow added in 1960. The company withdrew red M&Ms in 1976 amid health fears about red food dye but responded to popular demand and brought back the color in 1987. In 1995, Americans voted for a new color, choosing blue in a landslide, and in 2001, voters from around the world selected purple to add to the mix. M&M Minis, sold in plastic tubes, were introduced in 1996. In 2005, the company introduced Mega M&Ms, 55 percent bigger than the original version, in six new colors.



Eat Your Broccoli: Broccoli may help prevent breast cancer. Recent research shows that the biochemical *indole-3-carbinol* (I3C), found in broccoli, kills breast cancer cells. It works like chemotherapy, switching off genes that regulate cell growth – however, unlike chemo, it doesn't kill healthy cells. I3C supplements are available, but there is no evidence that they prevent cancer. For now, the best way to get I3C in your diet is to eat more cruciferous vegetables, such as broccoli, kale, cabbage and brussels sprouts. – F.H. Sarkar, PhD

Los Dias de los Muertos – Days of the Dead

Los Dias de los Muertos, the Days of the Dead, is a traditional Mexico holiday honoring the dead. It is celebrated every year at the same time as Halloween and the Christian holy days of All Saints Day and All Souls Day (November 1st and 2nd). Los Dias de los Muertos is not a sad time, but instead a time of remembering and rejoicing.

In many places the townspeople dress up as ghouls, ghosts, mummies and skeletons and parade through the town carrying an open coffin. The “corpse” within smiles as it is carried through the narrow streets of town. The local vendors toss oranges inside as the procession makes its way past their markets. Lucky “corpses” can also catch flowers, fruits, and candies.

In the homes families arrange *ofrenda*'s or “altars” with flowers, bread, fruit and candy. Pictures of the deceased family members are added. In the late afternoon special all night burning candles are lit - it is time to remember the departed - the old ones, their parents and grandparents.

The next day the families travel to the cemetery, with hoes, picks and shovels. They also carry flowers, candles, blankets, and picnic baskets. They have come to clean and maintain the graves of their loved ones. The Crypts are scrubbed and swept. Colorful flowers, bread, fruit and candles are placed on the graves. Some bring guitars and radios to listen to. Some families will spend the entire night in the cemeteries. Different parts of the country celebrate this holiday a little differently. In some places an entire meal will be left overnight when the family leaves.



Get Ready To Groan...

- OLD ACCOUNTANTS never die, they just lose their balance.
- OLD ACTORS never die, they just drop a part.
- OLD ARCHERS never die, they just bow and quiver.
- OLD INVESTORS never die, they just roll over.
- OLD LANDSCAPERS never die, they just get weeded out.
- OLD LAWYERS never die, they just lose their appeal.
- OLD MAGICIANS never die, they just disappear.
- OLD ARTISTS never die, they just get the brush-off.
- OLD BANKERS never die, they just lose interest.
- OLD MUFFLERS never die, they just get exhausted.
- OLD MUSICIANS never die, they just decompose.
- OLD PHOTOGRAPHERS never die, they just stop developing.
- OLD CASHIERS never die, they just check out.
- OLD POSTMEN never die, they just lose their zip.

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...

Gary Mercnik, Judy Van Lammers, Tanya Schrompf, Laura Harman, Jane Hurson, Gail Meighan, Bill Green, Linda Hay, Rosemary Mealing, Rita Carlson, Barb MacIntyre, Melissa Speck & Janet Bowman

This Month in History

10 Years Ago (10/23/96): Opening statements in the O.J. Simpson civil trial begin.

20 Years Ago (10/14/86): Concentration camp survivor Elie Wiesel wins Nobel Peace Prize.

25 Years Ago (10/6/81): Reagan & Gorbachev open talks at a summit in Reykjavik, Iceland.

35 Years Ago (10/8/71): John Lennon releases his megahit “Imagine”.

45 Years Ago (10/31/61): In the Soviet Union, Joseph Stalin's body is removed from Lenin's tomb.

55 Years Ago (10/15/51): *I Love Lucy* premieres. It is the first sitcom to be filmed live before a studio audience.

75 Years Ago (10/4/31): The comic strip Dick Tracy by Chester Gould debuts.

100 Years Ago (10/3/06): SOS becomes an international distress signal.

160 Years Ago (10/10/1846): Neptune's moon *Triton* discovered by William Lassell

940 Years Ago (10/14/1066): Battle of Hastings, in which William the Conqueror conquers England – it was the last time England was conquered by a foreign power.

Thanks For

All The Kind Words!

Mr. John Van Dyk said "We are very happy.

We are enjoying sitting in our nice clean room. Professional Carpet Systems- you're our man!

Mr. John Van Dyk left a voice testimonial on our toll free Testimonial line – you can too! 1-800-609-9006 Ext 5096. Thanks Mr. Van Dyk – your tickets are in the mail! *Leave a testimonial and you too can have a night at the movies on us!!*

Len Hume
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!

Len Hume

RUG DUSTING IS CRITICAL Once the pre-wash inspection is complete the washing procedure begins. The first step is dusting. Some rugs can hold up to one pound of dirt per square foot before it will "look" dirty. Flooding a rug that contains pounds of fine grit and dirt in the foundation creates mud...so dusting is an important first step to the wash process. This is performed with a piece of equipment that is called the Rug Badger.

The carpets are put upside down on a raised grate and then the Badger goes to work. These machines have 27 leather straps that "slap" the carpet and release the dry soil particulates onto the floor. Now we can begin the washing process.



Urban Legends Concerning "Luck"...

...that may be true!

- In 1873 a British mill engineer "broke the bank" at a Monte Carlo casino.
- When a Nebraska church exploded in 1950, no one was injured because every member of the choir was late arriving for practice that evening.
- A lucky bargain hunter became a millionaire after finding an original print of the Declaration of Independence in the frame of an old painting.
- A policeman promised a waitress half the winnings from his lottery ticket; all the numbers came up, and he kept his word by sharing the jackpot with her.
- A man committed suicide because he mistakenly believed his lotto numbers had come up the one week he didn't play them.
- A woman killed her husband over his bidding and play of a bridge hand.
- Tourists who have taken rocks from Hawaiian beaches have returned them in hopes of ending streaks of bad luck.
- Video poker player who was dealt a royal flush lost his jackpot because he failed to mark all the cards as held before pushing the "Deal" button.

Who Wants To Win Movie Tickets?

Take my Trivia Challenge and you could win too!

This is one of my favourite parts of the newsletter! Everyone who responds by the 12th day of the month will be entered into a draw to win 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:
What year was Neptune's moon Triton discovered?

a) 1780 b) 1810 c) 1846 d) 1899 e) 1940

HINT: *The answer is somewhere in this newsletter*

Last month's answer d) 2700 sq ft
Last month's winners were: Martin Paulenko, Pam Stockwell and Tammy Galati – Congratulations!!