



Healthy Home News

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

Canada: 151 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 Until the act was repealed in 1947, many Chinese-Canadians referred to July 1 as "Humiliation Day" and refused to celebrate Canada's birthday.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.



A Totally Cool Website to Visit This Month:

Super Cook

If you want to surf the internet in a semi-productive way -- but not so productive that you actually have to leave the house -- then check out Supercook.

Here's how it works: You tell it which ingredients you have in stock in your home, and it'll give you a big list of recipes you can make using just those ingredients. It's a fun way to stay thrifty, clean out the fridge, and make sure food doesn't go to waste. (From supercook.com)

www.SuperCook.com

Get Exclusive Specials When You "Like"
us at www.Facebook.com/HMcarpetcare !

Get Inspired



“Freedom is not worth having if it does not include the freedom to make mistakes.”
— Mahatma Gandhi

Outstanding Client Of The Month!

Meet Lois

Every month I choose a very special **Client Of The Month**. It's my way of acknowledging loyal clients and saying a big **“Thank you!”** to those who support me and my business with referrals and repeat business... You could be my next **Client Of The Month!**

See Insert This Issue...

“No-Hassle Membership Plan”

Just for requesting information on this plan, I'll give you a gift certificate for \$25 towards any of our services. Offer expires July 31, 2018

Healthy Talk

“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.

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.

Getting your carpets cleaned twice a year is an excellent idea. Your carpet is the largest “filter” in your home – it catches all kinds of dirt, pollen, dust mites, etc. You’ll have a healthier home with clean carpet.

“FIGHTING STRESS...”

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 in the US say gazing at a fish tank can have the same calming effect as a session of hypnosis.

Quotes for July...

“If you want something said, ask a man; if you want something done, ask a woman.” - Margaret Thatcher

*“Here men from the planet Earth first set foot upon the Moon. July 1969. We came in peace for all mankind.”
– Neil Armstrong*

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're 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 indoors or in an unventilated space. It's a fire hazard and could cause all kinds of problems.

The LIGHTER SIDE:

Ralph 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 Ralph 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?!"

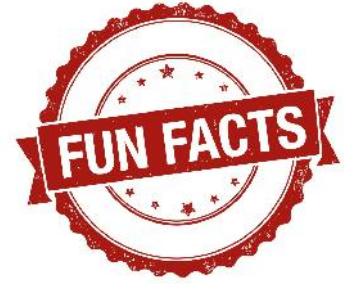
Helen thought a moment before replying softly, "Two and a half carats!" 😊

Thank You!

Thanks to YOU the word is spreading! Thanks to all of my wonderful clients who graciously refer me to their friends, family, and neighbors! My business runs on the positive comments and referrals from people just like you. I couldn't do this without you! A special thanks to all these fine folks who referred me last month...

Lois, Janet and Jo

Holidays in July



July 2018 Daily Holidays, Special and Wacky Days:

1 International Chicken Wing Day

2 World UFO Day

3 Compliment your Mirror Day

4 United States Independence Day

6 International Kissing Day

7 Chocolate Day

13 Embrace Your Geekness Day

14 Bastille Day

16 Global Hug Your Kids Day

17 World Emoji Day

20 Moon Day

24 Tell an Old Joke Day

25 Culinaricians Day

26 Aunt and Uncle Day

30 International Day of Friendship

Thanks for All the Kind Words!

Great people, great company who care about their customers and do excellent work

Healthy Home News

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

The real opportunity for success lies within the person and not in the job

H & M

Carpet Care

780 456-3644

HMcarpetcare@shaw.ca

www.HandMcarpetcare.com

Inside This Issue You Will Discover...

- ✓ **Cool trivia** about *Canada Day...*
- ✓ **Ideas that Could Keep you Safe...**
- ✓ **Healthy Talk ...**What's the air quality in your home? & *Fighting Stress*
- ✓ **Stories, and quotes to get you inspired**
- ✓ **PLUS MORE ...** *Fun holidays in July*
- ✓ **Thank You's, Cool Websites, Famous Quotes...AND...**

Discounts, Specials And Much, Much MORE!

Keep Reading Inside...

Who Wants To Win Movie Tickets?

Take my Trivia Challenge And you could win too!

This is one of my favorite parts of the newsletter! Each month, I'll give you a new trivia question. The first 2 people who call my office with the correct answer will win **two FREE movie tickets**. Enjoy a night out on me with someone special in your life! Take your best guess, and then call me at **780-456-3644!** Remember, your chances of winning are better than you think!

This month's Mega Trivia Question:

Who said "**Freedom is not worth having if it does not include the freedom to make mistakes**"?

- A) *Liberace* B) *Gandhi*
- C) *Madonna* D) *Bono*

Hint: You'll find the answer in the newsletter.