



GreenScape.ca Gazette

“Tips for Healthy, Wealthy & Fun Living...”

*You Could Win...
A Dinner for 2 at Baton Rouge!
See page 4 for details...*

GreenScape.ca Gazette
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Could Optimism Be the Secret... To Living a Longer, Happier Life?

Recent scientific research now confirms the secret ingredient to a longer life – an optimistic attitude. And there’s even better news... *anyone* can learn to be more optimistic.

A 2004 Dutch study found that optimistic people live longer, in fact, almost 30% longer than pessimists. Scientists found an increased risk of cardiovascular disease, heart attack, stroke, and weakening of the immune system... all associated with pessimism.

Researchers at the Mayo Clinic, reporting on a 30-year study, found that optimistic people live about 19% longer than pessimists do.

These findings come from studying 839 people living in Minnesota. The researchers found people classified as “optimists” had significantly better survival rates. Optimists were less likely to develop depression, sought medical help when needed, and generally took better care of themselves.

So, just how can you become more optimistic? Here are a few ideas to get you started to becoming an even *more* optimistic person...

Set Specific Goals – A study of self-made millionaires found they set goals and consistently take action.

Project a Cheerful Voice – Research has shown people feel the emotion they are displaying. Use a positive voice.

Use Positive Language – Use upbeat words like – *opportunity, challenge, recharging, success, can do, solution.*

Practice Good Posture – Optimists have good posture, stand tall, walk briskly, take big steps.

Focus on Solutions – When a difficult situation comes up, focus on the solution, and put it into action.

Become a Role Model – When you act as a role model for your co-workers, employees, family, and friends, you’ll become more optimistic.

By just by applying these six steps you can change your thinking, reduce your risk of illness, and live a longer, more fulfilling life.

Announcing Our New Referral Incentive Program...

As a valued client, you understand how your sprinkler system enhances your leisure time and the value of your home.

Like most companies, we spend lots of money each year advertising and promoting... and it works well for us.

But we’d rather spend those advertising dollars with you!

So, from now on when you refer someone to us, we’ll give you the credit you deserve.

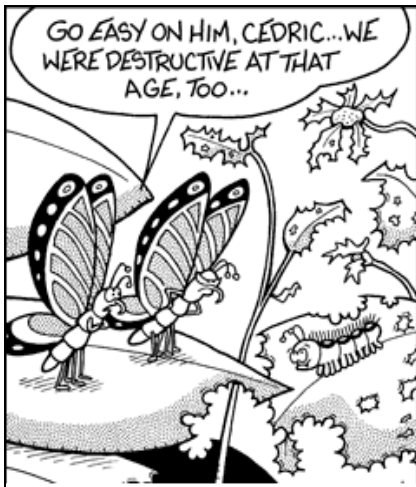
And when they go ahead with their own, custom GreenScape.ca Sprinkler Systems, we’ll send you \$50 in colorful **GS Sprinkler Bucks for each of them** – for you to use on any future purchase of GreenScape.ca products or services.

Call us for details – *Today...*

613.723.8528

Amazing & Strange Facts!

- ✓ Peanuts are one of the ingredients in dynamite!
- ✓ There are 293 ways to make change for a dollar.
- ✓ No word in the English language rhymes with **orange, silver, or purple.**
- ✓ A cat has 32 muscles in each ear!
- ✓ Tigers have striped skin, not just striped fur!
- ✓ Al Capone's business card said he was a used furniture dealer.
- ✓ A dragonfly has an average lifespan of just 24 hours.
- ✓ The Baseball glove was invented in Canada in 1883.
- ✓ John Lennon's first girlfriend was named Thelma Pickles.



Unusual Cleaning Tip!

Here's the *Cream of Clean* – to make your aluminum pots and pans absolutely sparkle without working up a sweat, simply fill them with water, add two tablespoons cream of tartar. Boil for five or ten minutes, wash and dry as usual. *You won't believe your eyes!*

How to 'Bake' a Clogged Drain...

Instead of spending money on harsh drain cleaners, try this home-brewed solution – sprinkle half a cup of baking soda in your drain, then a half-cup of white vinegar, cover the drain with the drain plug, (a plate or lid) for at least 5 minutes.

Finally, pour five cups of boiling water down the drain – and voila – your drain will clear... *it's so easy.*

Composting – Reduce, Reuse and Recycle...

Compost is a natural organic fertilizer made by decomposed vegetable waste. By recycling your family's garbage, you can reduce household waste, and then reuse it as organic matter to improve the quality of soil in your garden.

Studies have shown that fully 1/3 of all household waste can be composted. Yard rakings, such as fallen leaves, weeds, grass clippings and the disease-free remains of garden plants can go in your compost pile... and so can fruit and vegetable peelings, egg shells and coffee grounds.

And composting is simple... requiring only a little effort on your part. There are many types of composting containers on the market that encase the compost pile in a neat package. You can build your own, making sure the organic waste will be exposed to plenty of air, or simply make a neat unstructured pile in the corner of your garden.

Left alone, kitchen and yard waste will decompose on its own, but there are a few things you can do to speed up the rotting process and ensure a sweet smelling compost pile all season long...

Composting Do's...

- choose a level, shaded spot close to your back door.
- start with a layer of nutrient-rich material (rich soil, manure, bone meal, etc).
- continue adding layers of kitchen/yard waste w/occasional thin layers of topsoil (to add friendly bacteria).
- let grass clippings dry out before adding them to your composter.
- keep the pile about as moist as a squeezed out sponge.
- turn the compost pile once a week or so to let fresh reach all surfaces –this helps prevent unpleasant sour smells from developing.
- although bacteria that decomposes the waste won't become active until warmer weather, you can continue to add to your compost pile throughout the winter.

Composting Don't's...

- while wood ashes can be composted, barbecue charcoal ashes **cannot** be.
- **don't** add pet waste to your compost pile if this compost is for use on a vegetable garden.
- **don't** compost meat, bones or fatty foods like cooking oil, cheese or salad dressings.

A well cared for compost pile will reward you with a nutrient-rich, earthy-smelling conditioner you can add to your planters, window boxes, flower beds, shrub borders, etc. You'll also be rewarded knowing that reducing, reusing and recycling your waste helps to conserve our precious environment.

How Much Could Landscape Lighting Enhance Your Home?

Not only can landscape lighting enhance your enjoyment of your home and yard, but it can dramatically improve the curb appeal of your home, and its resale value when you're ready to sell. Find out how....

Call us at... **613.723.8528**

We'll be glad to give you all the exciting landscape lighting details.

See samples of our lighting work at – www.greenscape.ca

(Click on "Lighting then on "Gallery")

Going Green 101...

If you think you're hearing the words "Going Green" more often, you're right. Small changes can make a big difference. Here are just a few you can easily make...

- ✓ **Be Water Friendly** – It makes eco-sense and dollar cents to conserve water. Installing a low flow shower head can cut bathing water consumption by 50 - 70%.
- ✓ **Turn the Lights Off** – Lighting is responsible for 11% of your energy bill. Switch to (CFL) Compact Fluorescent Bulbs – they use 75% less energy and last lots longer.
- ✓ **Power Down Your Computer** – Turning off your computer when not using it, and at the end of the day can save you nearly \$100 a year – and reduces wear and tear on your PC, too.
- ✓ **Unplug Unused Chargers** – Cell phone, battery and laptop chargers draw energy continuously – even when they aren't charging anything. By simply unplugging them you can save up to 8% a year.
- ✓ **Turn Down the Heat** – Water heat that is – lowering the water heater temp a few degrees can reduce heating costs by 6-10% a year.

Interesting Ottawa Facts..

Did you know that...

- ✓ Ottawa hosts more than 35 major festivals each year?
- ✓ Ottawa enjoys a "Continental Climate" with a temperature range from +33°C (91°F) in summer to minus 40°C (-40°F) in winter?
- ✓ 50% of Ottawa residents have a post-secondary education?
- ✓ The Ottawa region was long the home of the Odawa (meaning "traders") First Nation people?
- ✓ The Rideau Canal Skateway is 7.8 kilometers in length?
- ✓ The National Capital Greenbelt is nearly 22,000 hectares of rural-like landscape within the city?
- ✓ The Mer Bleue Bog is the largest bog in southern Ontario with a boreal-like ecosystem more typical of the Arctic?
- ✓ Over 1 million tulips bloom at the Tulip Festival each spring?
- ✓ The Bell Capital Cup is the world's largest hockey tournament?

"Melanie Voted Employee of the Quarter... By Her Teammates at GreenScape.ca!"

Three Cheers for Melanie! She led the charge to 'keep the wheels on' through a very challenging spring season.

As the weather created the most challenging spring we've dealt with in 21 years, Mel went above and beyond the call of duty to help our clients and the rest of the GS team.

Mel's Achievement – As in past years, in preparation for the Spring start ups (to commence this year on April 28th) by late March Melanie had established the opening schedule for our 6 service teams and notified each of you, our clients (The weather was making us 8 days later than usual).

You may recall that on April 10th we still had 20cm of snow on the ground, and we began to worry if it would, in fact be gone by the 28th. As it turned out, not only was the snow gone by April 18th – but it was sunny and dry with temperatures in the 20's – and many of you had already begun to call with your concerns about your scheduled opening dates and the health of your lawns and gardens

So just what did Mel do? – Well, to try to deal with your concerns/demands, she jumped in and rewrote the opening schedules for our nearly 2,000 opening clients. Depending on the day, she was able to increase our (normally 6) opening teams to as many as 8... and even 9. And she juggled these thousands of schedule changes, details, and sometimes irate phone calls through the entire Spring opening season.

We know you may have been angry or frustrated by how long it took us to get back to you about your property... and we apologize for the inconvenience.

To prevent these types of problems in the future, we've already begun making changes to our training regime that should allow us to have as many as 10 opening teams available for next Spring.

All of us at GreenScape.ca want thank Mel for hanging tough, for never hiding from our clients, and for dealing with those of you who were frustrated and upset – with a smile and a 'can do' attitude. She deserves all the credit for holding things together during this tough time.

And we thank you for your patience and understanding. Please believe we're doing everything in our power to ensure there'll be no repeat next year.

Thanks again for your loyalty and your confidence in GreenScape.ca.

Bruce Morton

President, GreenScape.ca Watering & Landscape Lighting Systems

Are You Our *Client of the Quarter*?

Each quarter we choose a very special client as our way of honoring good friends and saying 'Thanks' to those clients who support us with referrals, word-of-mouth, constructive feedback... and of course, repeat business.

Our *Client of the Quarter* is John Ruddy of Trinity Development

John is a sprinkler, landscape lighting, **and** Christmas lighting client & GreenScape.ca Champion who graciously made his home property available to us for an evening landscape lighting photo shoot. *So we're sending a handful of Sprinkler Bucks to John as a token of our appreciation. Thanks, John.*

www.trinity-group.com

You might be our next ***Client of the Quarter*** too! Watch for your name here in a future newsletter.

Thought for the Month...

"Make the most of yourself, for that is all there is of you."

– Ralph Waldo Emerson

Get a "Hot Mama!"

An 87-year-old man went to the doctor for a physical. Later, the doctor saw him walking down the street with a gorgeous young woman on his arm... so at his next appointment, the doctor commented, "I saw you the other day... say, you're really doing well, aren't you?"

"I was just doing what you told me to do... get a hot mama and be cheerful," the man replied.

To which the doctor replied... "That's not what I said... what I said was, 'you've got a heart murmur, so be careful!'"



Thank You for reading our **GreenScape.ca Gazette** newsletter. We strive to produce a newsletter with great content that's both fun, interesting, and valuable to you. And as always, your constructive feedback is always welcome.

And if someone you know might be interested in one of our automatic sprinkler system or gorgeous landscape lighting... please let us know... we'd love to hear from you...



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"Who Else Wants to Win Dinner for 2 at Baton Rouge?"

Take our Trivia Challenge and you could win too!

Guess Who Won Last Month's Trivia Challenge Question? We're pleased to announce the Grand Prize Winner of last month's quiz is...

Mrs. Michelle Low of Ottawa – the first person to correctly answer our question.

"The body of an average adult has approximately how many square feet of skin?" a) 82 sq ft, b) 58 sq ft, c) 18 sq ft, d) 24 sq ft, e) 126 sq ft

No need to grab your tape measure, because the correct answer is "c," 18 square feet. Thanks for your answer Mrs. Low; you've won Dinner for 2 at Baton Rouge Restaurant... we'll be in touch with you shortly with the details.

Honorable mention (for humor) goes to Neil Kelly – who wrote "My guess is 24 sq. ft, because 126 sq. ft. would apply to the week following Christmas & Halloween, and to all who rent walk-up flats above Pizza Pizza outlets."

Now – let's move on to this month's Trivia Challenge Question...

"How many toothpicks can be produced from a cord of wood?"

a) 75,000 b) 750,000 c) 7,500,000 d) 75,000,000 e) 750,000,000

E-mail your answer now to – admin@greenscape.ca – Don't wait!

Sprinkler & Landscape Lighting Corner...

We're Always Looking for a Few Great People...

If you, or anyone you know, might be looking for something to do with your free time...

We're always looking for a few mature, energetic people, perhaps with some outdoor/service background (though not a prerequisite), to lend us a hand with our sprinkler and lighting service programs.

We offer training, a flexible schedule during our busy Summer/Fall season (6 to 7 hours a day, 3 to 4 days a week)... and of course, the promise of plenty of fresh air and exercise.

So, if you, or anyone you know, might be interested to know more about what's involved, give us a call for more information at...

613.723.8528

Q & A About Your Sprinkler System...

Q – I see the red light telling me my rain sensor is active, but how does it work?

A – A Rain sensor is vital if you're to have a water-efficient irrigation system, in that it prevents your system from running after there's been enough rainfall not to need irrigation...automatically.

Inside the sensor body is a stack of fibrous disks, similar to a cork. And as a certain amount of rain falls (they're typically set to 15-20 mm) they expand, pressing a system deactivation switch.

Typically, when the rain stops the sensor disks will dry out in a few days (factors such as high humidity or light rains may affect the drying time). Once the disks dry, the switch will be released, the red warning light will go out, and your system will resume its regular, pre-programmed watering schedule. Neat, eh?