



**You Could Win...
A Gift Certificate
To Farm Boy
Fresh Produce Markets**
See page 4 for details...

“Good News & Tips for Healthy, Happy Outdoor Living...” Laughing Your Stress Away...

“If you can laugh at it, you can survive it.” – Bill Cosby

Stress affects everyone and has become one of the most serious health issues of our times. There are many ways to deal with stress – some more effective than others. One of the quickest and easiest ways to reduce stress is to find humor in your daily life.

In fact, it turns out laughing is good for your overall health. Researchers have found that people with heart disease were 40% less likely to laugh in humorous situations than those with healthy hearts. Laughter strengthens the immune system and lowers high levels of stress hormones. Business researchers have also recognized the benefits of laughter and humor in problem solving and creativity in business environments. Workers who find their jobs fun tend to perform better and get along better with co-workers than those who don't view their jobs as fun.

It's easy to inject humor into your daily life... just take time each day to enjoy something funny. Read a book of jokes or talk to a friend who makes you laugh. Also, being able to laugh at yourself will go a long way toward lowering your stress levels. Humor can keep you from taking yourself too seriously and can make dealing with others easier. It can also distract you from situations causing you stress, allowing you to take a moment to see things in a different light.

So, next time you are feeling stressed out, give yourself a quiet moment for yourself. Take a deep breath, smile, and think a funny thought. Grab a bite to eat with a funny friend or watch your favorite sitcom. Although it doesn't get rid of the situation, you'll be better equipped to handle your daily stressors.

Helping Your Houseplants Enjoy the Summer...

As the weather warms up, consider giving your houseplants a vacation outdoors this year. With a little care, they can thrive on your patio, balcony, or deck.

Most houseplants enjoy warm temperatures... so if you expect nighttime temperatures to drop below about 5° Celsius, plan to bring them indoors. Until the nights stay consistently warm, continue to move them outside during the day and inside at night.

Houseplants generally don't like direct sunlight. They'll usually get enough reflected light by being outdoors even when they're in the shade all day. Being outdoors tends to dry them out more quickly, so be sure to water them more frequently, and give them a liquid fertilizer on a regular basis.

Because they'll usually grow larger and need larger pots after the warm summer months... when you finally do need to bring them back in for the winter, be prepared to re-pot some of them.

Thank you! Thanks! Thank You! Thanks! Thank You!

Each of the following, valued GreenScape.ca clients graciously referred other home-owners to us, and we'd like to acknowledge and thank each of them...

Mr. Edward Sharkey, Greely
Mrs. Anne Turcotte, Ottawa
Mrs. Sherry Donovan, Greely

Mr. David Evoy, Ottawa
Mr. Mark Cuhaci, Ottawa
Mr. Michael Sobcov, Ottawa

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What an excuse...

John's blind date with Linda went badly from the start – in fact they almost immediately disliked each other a lot.

So he'd have an excuse to end it if the date wasn't going well, John had asked a friend to call him mid-date

So, when his friend called, John pretended to be in shock, telling Linda, "I have to leave... my favorite aunt has just passed away."

"Thanks goodness," Linda responded. "If yours hadn't, mine would have had to!"



Did Someone Really Say That?

- **Gravity** – It's not just a good idea, it's the *law!*
- **Friends** – People who know you well, but like you anyway.
- The hardness of butter is directly proportional to the softness of the bread.
- Everyone's a genius. It's just that some people aren't smart enough to realize it.
- Diplomacy is the art of letting someone else get your way.
- Apart from the unknown, everything is obvious.
- If at first you don't succeed, don't try skydiving.
- On the keyboard of life, always keep one finger on the escape key.
- What happens if you get scared half to death – twice?
- If the shortest distance between two points is a line, why does waiting in line take so long?

Spring & Fall Garage Organizing Tips...

As the seasons change your garage organization and storage needs will too. For a quick transition, use a systematized approach to match your family's changing lifestyle. It doesn't have to take forever... with a little planning and the right system, snow shovels are away and the patio furniture is on the patio in no time. (We're launching our **GarageWorks** garage floor & garage make-over division later this summer... stay tuned for an update...)

The entire family can chip in for an hour and you'll have a clean, safe room ready for the sunshine. Assign each helper a specific area of the garage for the seasonal clean up. The focus will make the project move faster and you won't be bumping into each other. So go ahead, take that clean-up project on using these 8, straightforward steps...

8 Steps to Garage Bliss...

- **Clean Up and Out** – arrange items you want to keep into separate piles and donate items you no longer need
- **Create a Family-Friendly Design** – determine what kind of cabinets, containers and hooks will best store your family possessions and place kids' items within their reach
- **Rearrange as Needed** – select a versatile garage organization and storage system that can change with your needs
- **Free Up Floor Space** – to avoid any damage, prevent accidents and make seasonal cleaning easy, keep as many items off the floor as possible
- **Mark the Spot** – hang shelves and keep storage containers labeled.
- **Place Within Arm's Reach** – keep items you will need for the season in the area you use them, such as rakes near the door
- **Use All Available Space** – Once-a-year items such as holiday decorations snow tools, lawn furniture, etc. should be stored in out-of-the-way areas like over the garage door
- **Hose it Down** – Do a Spring and Fall seasonal power wash each year to avoid tracking garage dirt into your home.

Backyard Safety Tips...

The sounds of summer always include children playing outdoors. To ensure the kids (grandkids?) in your life will be safe as they enjoy the outdoor summer season, use this checklist to inspect your backyard swing set and play equipment.

- **Are the bolts tight?** Be sure to tighten all bolts before your kids use the equipment
- **Do the ends of the bolts have safety caps on them?** Kids can be seriously injured from a puncture or a scrape from an uncapped bolt. Most hardware stores sell replacements caps
- **Are the handrails rusted or loose?** Tighten all handrails and ensure there aren't any loose or sharp edges. Any other metal parts should be checked for rust and rough spots – file down and recoat any you find – **before** you let your kids use the equipment
- **Are there any rough spots on the wood?** To extend the life of the play structure – and to prevent painful splinters from forming – most manufacturers recommend re-staining the wood components every year.

Big, Strong Trivia...

- A giraffe has the largest heart – as well as the highest blood pressure of any land animal
- An ostrich has the largest eyes of any land animal
- Per square inch, your tongue is the strongest muscle in your body
- A diamond is the hardest known substance
- The gestation period for an elephant is typically about 22 months
- The blue whale is the largest animal known to have existed on Earth
- The blue whale is also the loudest animal on Earth
- The largest fleet of trucks in the world is owned by the Coca-Cola™ Corporation.



Legal Trouble...

A young lawyer, just graduated from law school, returned to his hometown to start up a law practice on his own.

He knew he had to make a good impression to get clients to start coming to him.

On the first day in his new office, he saw a man approaching his door. Just before the man walked in, the lawyer picked up the phone and began talking.

While the man waited, he continued for several minutes, talking about an important case he'd just taken on, and how he'd be quite busy for some time to come... while continually gesturing to the man to wait.

After hanging up the phone, he said, "What can I do for you?" The man said, "Nothing, sir... I'm from the phone company and I'm here to hook up your phone."

Bev & Mel's Recipe Corner...

Favorite Summer Milkshake Recipes

Red, White & Blue Milkshake

- 1 quart strawberry ice cream
- 1 cup milk (2%)
- 1/2 cup strawberry preserves (or diced strawberries in season)
- 1/4 cup whipped topping, thawed
- 1/4 cup fresh blueberries

Combine the ice cream (you can substitute with low fat or light ice cream), milk, and strawberry preserves in a blender. Blend until well combined. Pour into glasses, top with whipped topping and blueberries.

Banana/Mango Milkshake

- 1 whole mango, skin removed
- 1 whole banana, peeled
- 2 scoops vanilla ice cream
- 1 1/4 cup milk (2%)
- 1 tablespoon sugar (or Splenda)

Peel and pit mango. Peel banana. Place all ingredients into blender and blend until well combined.

You can substitute with low fat or light ice cream

Enjoy!

5 Things You Can Do with Flower Pots...

Create an Aquarium Fish Cave – Some fish love to lurk in shadowy corners, keeping themselves safe from imagined predators. A mini-flowerpot on its side creates an ideal lurking place.

Container for Baking Bread – Soak a new, clean, medium-sized terracotta flowerpot in water for about 20 minutes, then lightly coat the inside with butter. Place your bread dough in the pot and bake. This gives your bread a crusty outside while keeping the inside moist.

Get Rid of Bull Ants – If you're plagued by bull ants in your garden or patio and you're tired of their painful stings, a flowerpot can help. Place the flowerpot upside down over the anthill. Pour boiling water through the drain hole and you'll destroy the colony

No Tangles Knitting – If you have to constantly stopping to untangle the yarn, knitting anything can take ages. Avoid it by placing your yarn under an inverted flowerpot, threading the yarn through the drain hole... voila!

Keep Soil in a Flowerpot – When watering your plants, you'll find only the water will drain out, but not the soil – if you put a few broken flowerpot shards in the bottom of the pot before adding the potting soil.

From – Extraordinary Uses for Ordinary Things, Reader's Digest Canada

Are You Our Featured Client?

In each of our future newsletters we'll be choosing a very special client as our way of honoring good friends and saying 'thanks' to those of you who support us with your friendship, referrals, word-of-mouth, constructive feedback... and of course, repeat business. Our *Featured Client for this Spring* is...

Mr. Bill Tate...

Mr. Tate has been a GreenScape.ca sprinkler system client for over 10 years, and has added one of our beautifying landscape lighting systems. He's always been great to work with as we've done renovations and additions to both his sprinkler & lighting systems. He's always willing to give constructive feedback, even if something's not to his liking... that way we can make it right.

So we're sending **Mr. Tate** our heartfelt best wishes, along with a handful of GreenScape.ca **Sprinkler Bucks** he can use for a future product or service purchase. Thanks, **Mr. Tate** for being such a great client.

Will you be one of our **Featured Clients**? Watch for your name here in future newsletters.

Manic Metric for the Masses...

- 1 millionth of a mouthwash = **1 microscope**
- The time between slipping on a banana peel and actually hitting the pavement = **1 bananosecond**
- 1,000 aches & pains = **1 megahurtz**
- The time it takes to sail 220 yards at 1 nautical mph = **1 knot-furlong**
- Basic unit of laryngitis = **1 hoarsepower**
- 1,000 grams of wet socks = **1 literhose**
- 10 rations = **1 decoration**



Interested in Winning a \$50 Gift Certificate For Any Farm Boy Fresh Produce Market?

Take Our Trivia Challenge and You Could Win!

Guess who won our last Trivia Quiz? We're pleased to announce the winner of our last Trivia Quiz – Mr. Pierre Lalonde of Orleans – who was the first to *e-mail* us with the correctly answer to this question...

Which discovery made it possible to accurately calculate the age of our planet Earth?

- a) fossils b) continental drift c) radioactivity d) carbon dating e) Darwin

Drum roll please... the correct answer is "c" or **radioactivity**

Congratulations **Pierre** – you've won a *FREE* dinner at of either of Baton Rouge's locations.

Now our latest Trivia Question... for your chance to win a gift certificate to *Farm Boy*, be the first to e-mail the correct answer to this question...

"Anything that can go wrong will (go wrong)" is not Murphy's Law! So, if it isn't Murphy's Law... then whose Law is it?

- a) Darwin's b) Bentham's c) Finagle's d) Cavett's e) Vanbrugh's

Don't wait! E-mail your answer to Admin@GreenScape.ca

Bumper Sticker Humor...

- The world is run by 'C' students.
- My best recollection is... I don't remember.
- Honk if you like peace & quiet
- You know the outhouse is in the right place if it seems too close in summer and too far in winter.
- If you choke a Smurf, what color will it turn?

Workplace Stealth Management...

The Boss asks – "Why is it I always catch you goofing off whenever I pass by your office?"

Worker replies – "That's easy, ma'am... you always wear your sneakers."

Loonie Tunes...

The Doctor asked – "How's that young boy doing... the one who swallowed the loonie?"

The nurse replied – "No change yet."

GreenScape.ca Sprinkler & Landscape Lighting Systems



2-54 Cleopatra Drive
Ottawa, ON K2G 0B3

613.723.8528

www.GreenScape.ca

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...

Again this year we're looking for a few special, mature, energetic people, perhaps with some outdoor/service experience (though it's not a pre-requisite), to lend us a hand with our sprinkler, landscape lighting, and water garden service programs.

We offer training, flexible scheduling (5 to 7 hours a day, 3 to 4 days a week)... and of course, the promise of plenty of fresh air, exercise, and the sense of a job well-done

So, if you – *or anyone you know* – might be interested in knowing more, don't be shy... give us a call. We'd be pleased to hear from you and give you all the details...

613.723.8528

Q & A's – About Your Sprinkler System...

Q – When it gets hot and dry why do random, patchy, yellowish areas appear on my lawn?

A – Your sprinkler system was designed to water your lawn as evenly as possible, but two things can have a marked affect on it when it's hot and dry – **1.) What's under your lawn...** Uneven topsoil, or rocky/sandy areas (perhaps where construction debris or fill was buried), tend to absorb water faster, causing the grass above them to dry out faster. **2.) It's not possible to water perfectly evenly** (even in a rain storm)... so when it's 'particularly hot, those areas with drier conditions often show the stress first.

Always water to look after your 'worst case' areas by increasing your watering frequency and/or how long you water... until the affected area return to health.

613.723.8528