

GreenScape.ca Gazette

“Good News & Tips for Healthy, Happy Outdoor Living...”

From the desk of Bruce Morton...

**An exciting new product/service from our brand-new division...
Ottawa Garage Makeovers (OGM)...**

After nearly a year of researching, making sure we got it right... and getting ready, we're really excited to let you know our new division, **Ottawa Garage Makeovers** is now open for business.

Headed up by Paul Gauthier, **OGM** is ready to remove the stains and cracks and give your garage floor a lustrous and beautiful, yet super-tough new look, using the latest, incredibly resilient and durable, quick-drying coatings, in a variety of dazzling colors and styles.

Or you can choose a complete garage makeover... and in addition to a new floor, this can include a complete reorganizing of your garage space, adding cabinets, cupboards, work surfaces, shelving and tool storage on innovative slat-type walls, ceiling-hung storage, lighting... and more.

Imagine... everything in its own place... and a place for everything!

Paul and the **OGM** team can help you transform your dingy, dated, drab and dirty garage into bright, shiny, inviting new living space... that you can actually get your car into.

(We can even do basements, bathrooms and more, too)

So, if you're tired of the clutter, or would like to start parking your car in your garage again... or both, just give Paul a call at **613.723.8528**. He'll be happy to give you more details... or pay you a visit for a no-obligation garage review. Call Paul **TODAY!** (see the enclosed flyer for more details)

Internet Tidbit 1...

How can you tell if one food is healthier than another? An easy-to-use, free website can help. When you visit **www.TwoFoods.com** you can enter two different foods and instantly compare the nutritional data to see which one is a healthier choice. For example, (surprisingly) a Twinkie™ is a better choice than chocolate cake, and a Burger King Whopper™ has fewer calories than McDonald's Big Mac™. You'll also find information on the fat, protein and carbohydrates for each food. This website gives you a quick and easy way to keep track of your healthy diet choices.

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

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

Mrs Martha Watt, Orleans
Mr Jim Benson, Ottawa
Mr & Dr Rodger, Nepean

Mr Paul Lacasse
Mr Brian Bustard
Your referrals are *always* appreciated...



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Garage Floor & Garage Organization Specialists

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We do what we say we'll do!

We'll transform your garage into **stunning, new living space...**

- Breath-taking, space-age garage floor finishes
- Variety of colours
- Fabulous organizational systems, infinite combinations.

Ottawa Garage Makeovers We do what we say we'll do!

The Perfect Girl...

When asked why had never married, the gentleman replied, "I guess I've been looking for the perfect girl."

"Surely you've met at least one you wanted to marry?" his friend asked.

"Yes, there was a girl... she was just the right in every way... she was the perfect girl for me," he answered.

"Why didn't you marry her?" asked the friend asked.

"She was looking for the perfect man!"



"They didn't fit when you got them home? Maybe your contents settled during shipping."

Ginkgo May Not Help Your Brain...

A new study reports that the herbal supplement Ginkgo Biloba doesn't seem to slow the rate of mental decline as has been commonly accepted.

Ginkgo Biloba is one of the most recommended and widely used supplements for people showing signs of mild cognitive impairment.

But researchers at the University of Pittsburgh found no evidence that it had any effect on changes in thinking.

Their study followed more than 3,000 people over the age of 72 who had normal thinking or only mild impairment at the start of the experiment.

The researchers found no evidence to show a prevention of decline or an improvement of cognitive performance.

While no significant side-effects have been associated with Ginkgo Biloba, if you're using it now, or thinking about it... be sure to talk with your doctor about its benefits and effects on your health.

Book Review – Listening: The Secret to Getting to the Next Level...

Mark Goulston can help you get through to anybody, anywhere, anytime. He has trained FBI and police negotiators, been a professor of psychiatry for more than 25 years, and has worked as an executive coach and team-building expert.

In his new book, *'Just Listen'* he provides techniques for getting through to others at every level. He says the first key to better communication is to make the other person 'feel felt.' When they believe they're understood, they'll become more open to what you have to say.

Goulston says nearly every breakthrough people have with one another is preceded by not merely talking to each other, but beginning to truly listen and hear what the other person has to say. It's only then they'll realize that they may have misunderstood each other when they were speaking before.

He tells of an insurance company whose franchisees were told they should start using a new program to sell financial instruments. Yet, every attempt at explaining the program to them was met with, 'Yes, but...'

Previously, they'd only sold auto, home, property and casualty policies, so the franchisees reasoned that selling financially 'risky' products would turn everything they did for their customers upside down.

The only thing that reduced... and then eliminated their anxiety was listening. When they were trained to listen – without an agenda – and ask only questions about what was going on, things began changing.

"An interesting thing happens when people admit they're scared. At that moment," says Goulston, "not only do they physically relax, they can actually become better aligned with each other."

"Just Listen: The Secret to Getting Through to Absolutely Anyone" by Mark Goulston, Amacom, 234 pages.

Staying Well... Part-time smokers need a new strategy for quitting...

Because smoking isn't allowed in most public places, and increasingly people don't allow it in their homes, many smokers have quit, or nearly have. Of course, the high price of cigarettes is big reason for quitting, too.

But some 'quitters' still occasionally light up. They do it for emotional reasons, anger management... or because they are feeling depressed or anxious. A Harvard Medical School study shows that 44% of smokers suffer from symptoms including depression, anxiety... or both.

Some quitters smoke only in social situations where others are smoking, or they reward themselves when they want to unwind. Others substitute smoking for snacking so they can be thin. And still others claim to have quit, but hide their on-going smoking from family and friends.

The health risks are still huge. Just three cigarettes a day can significantly increase the likelihood of a heart attack, stroke or cancer.

There are plenty of tips and programs on how to quit, but learning to live without smoking can be harder than quitting itself, the experts say.

That's why the more you can understand your own behavior and find other means of coping, the more successful you'll be in becoming a 'former smoker' in the long run.

Stay Connected in an Emergency...

When a bad weather, flood or fire strike your area, one of your first concerns will be staying connected to the outside world.

So you should always have at least one 'corded' phone at home, because cordless models won't work if the power goes out. Buy a backup battery for your cell phone.

Know how to text and make sure family members know how, especially older relatives.

Pick an out-of-town contact where family members can check in if you become separated.



Inner Strength...

- If you can wake up and face the day without a caffeine fix...
- If you can always remain cheerful and ignore your aches and pains...
- If you can resist complaining and boring people with your trials and tribulations...
- If you can accept it when your loved ones don't have time for you right now...
- If you can make time for and enjoy taking short walks a couple of times a day...
- If you can take criticism, blame and being shouting at without resentment and still love those around you...
- If you would never think of treating a friend from a rich family better than you would one from a poor one...
- If you can conquer your tensions and stressors without medical help...
- If you can go to sleep wherever and whenever without having to take a sleeping pill...

Then you're most likely the family dog!

Bev's Quick Black Bean Chili, a Hearty Winter Meal...

Chili isn't native to Mexico, nor is it from Chile. Early references called it 'chili con carne' or meat stew. Some literature suggests a Spanish nun brought it to the New World in the 17th century, while others say settlers from the Canary Islands brought it to San Antonio in 1731.

This recipe uses Louisiana hot sauce instead of traditional chili powder...

- 500 grams lean/extra lean ground beef, turkey or chicken
- 1 medium onion, diced
- 1 400 - 475 ml can chili-ready tomatoes
- 1 400 - 474 ml can low sodium beef broth
- 1 400 - 475 ml can black beans
- 1 teaspoon black pepper
- 3 tablespoons ketchup
- 10 dashes Louisiana hot sauce, Tabasco™, or peppers (to taste)
- Salt to taste

In a large, deep skillet or wok, brown the meat and onions, adding the salt, pepper and hot sauce.

Add the beans, tomatoes and broth and simmer on low for about 45 minutes stirring from time-to-time.

Serve with crackers or corn chips as a main course, or in a cup as a soup course. Chili freezes well and tastes great as a leftover.

Internet Tidbit 2...

Is your closet full of clothes you never wear? Then www.thredUP.com might be just right for you. The **thredUP** clothing exchange site makes it easy to find & share clothing.

You simply list the types of clothing you're looking for, along with items you don't need... the site finds other members interested in your items. You send & receive items with pre-paid envelopes you just drop in the mailbox. Members are asked to follow the golden **thredUP** rule... send only what you'd want to receive. If you love the item, you keep it. If you don't, you can pass it along the next time you **thredUP**.

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 newsletter* is...

Mrs. Sheila Balatti

A GreenScape.ca client for over 20 years, **Mrs. Balatti** has always been fun, positive and energetic... the kind our technicians love to work with.

Over the years, we've installed a sprinkler system, and more recently designed and installed a landscape lighting system. And even though we're just launching of our new Ottawa Garage Makeovers division, **Mrs. Balatti** has already asked us to renovate and re-finish her garage floor with one of our durable floor coating systems.

We're sending **Mrs. Balatti** our heartfelt wishes, and as a token of our appreciation, a handful of our **Green Backs** to use on any future GreenScape.ca products or services.

You could be our next **Featured Client**... watch for your name here in a future newsletter.



Bumper Sticker Humor...

Where there's a will... I want to be in it.
 I took an IQ test - the results were negative
 The buck doesn't even slow down here.
 I've taken a vow of poverty... so, to annoy me, send money.
 Help stamp out, stop and eradicate superfluous redundancy & repetition.
 I don't have a short attention span, I just... oh, look... a pretty, little kitty!
 Tact is for those not witty enough to be sarcastic.
 We tried really hard to baby-proof our home... but a couple got in anyway.
 Okay! Who stopped payment on my reality check?
 If there's no such thing as a stupid question, then how do you explain this one?
 My next home won't have a kitchen - only vending machines.
 My spouse keeps complaining that I don't listen - or something like that.



Sprinklers, Landscape Lighting and Garage Makeovers

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Xeriscaping - Having a beautiful landscape that saves water...

Xeriscaping is the practice of landscaping using drought-tolerant plants, which help you conserve water and reduce maintenance time.

The name comes from the Greek word zeros, which means dry. Using this theme, you place plants that need more water closest to your home. Those that need little or no irrigation can be planted farther away... even at your property boundary.

Xeriscaping can make use of many plants you may already have, such as hen & chickens, yucca, sedum, Coronation Gold or Moonshine yarrow, sagebrush and lavender... all of which are perennials.

Winter-hardy succulents that thrive in Hardiness Zones 5 and 6 include agaves. Agaves, with their fleshy, wide leaves are an attractive choice.

Harvard's Century Plant is one example. It can make an architectural statement in a garden. It can reach a meter in height at maturity and makes a dramatic statement with low-profile flowering plants in front of it.

Container plantings and annuals need more water, so should be planted closest to the house and sources of water.

To xeriscape more of your property, consider increasing the size of your patio, creating a stone walkway, or turning one or more sections of your lawn into an area for attractive, drought-resistant bushes and plants.

Avoid Paying the HST on Your 2010 Sprinkler Service Plan...

If you haven't already done so, choose your sprinkler service plan & pay for it right away and you can avoid the new HST (which comes into effect in Ontario on July 1st of this year) saving your 8% on your plan.

If you wait too long, we'll have to charge you the additional 8% on your chosen service plan... So, please return your service plan form, along with your payment - **TODAY - and avoid the HST!**

Quick Tips...

For Shopping - It pays to be aware of marketing tricks being used in the grocery store. Products displayed at eye level are generally the most expensive. This is because manufacturers/producers will pay a hefty premium to get their 'stuff' into those prime spots. You'll find the real bargains on the top or on the bottom shelves. This is where the less expensive brand names are, along with the store brands... which are, more often than not, just as good as the more expensive name brands.

For Linoleum floors - If you have linoleum in your home and it's become scuffed, here's a relatively easy fix. Use a small dab of white toothpaste to remove the marks by simply rubbing the spot with the toothpaste on a dry cloth. If the stain is particularly stubborn, spray WD-40TM on a towel and rub the floor lightly. Once the stain is removed, wash the area using a damp cloth with a bit of dishwashing soap to remove any remaining grease/marks.

For Oil Changes - A recent survey found 95% of car owners changed their oil too often. Although you may feel you should change the oil every 3,000 miles (about 5,000 km), this is almost never the case. It only applies if your car gets very heavy usage, like a taxi. That said, you may need more frequent oil changes if you drive off-road often. But with most cars you can wait until around 10,000 km before taking your car in for an oil change.