



# GreenScape.ca Gazette

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



## Common Sense Stress Reducers...

Along with all the complicated advice on how to reduce stress, here are a few simple things you can do to make things a bit easier...

**Get Organized** – Have a place for everything... and then by putting things back where they belong the first time, you’ll eliminate the stress of having to search for misplaced items. Be sure not to overbook yourself, and allow plenty of time to get to appointments or meetings.

**Live in the Present** – Brooding about the past or worrying about tomorrow can increase your stress levels. Be realistic about what you can (or *cannot*) control. Focus on the *here-and-now* so you can enjoy what you’re doing *and* reduce some of the stress you may feel thinking about past or future events.

**Help Others** – Stress can seem grow when you focused only on yourself. Take time each day to reach out to others around you. It can be volunteering to help cancer patients, teaching kids to read, or simply lending a friendly, sympathetic ear to a friend. Either way, you’ll be less focused on your problems and better able to keep your worries in perspective.

**Laugh** – Humor is a great stress antidote in that it helps distance you from your problems, allowing you to gain perspective on the situation. Try to look on the bright side of things and look for the humor in every situation.

**Let it Go** – You clearly don’t need to add more stress to your life... so be sure your worries are really yours... and not those of others. You can’t control their actions or situations, and you may not always know the best way to deal with the things they are facing. While you can be sympathetic, try not to get too upset over their problems.

## Trivia Question...

Our last Trivia Quiz winner was **Sam Rosenberg**. The question was...

‘Anything that can go wrong will’ *is not* Murphy’s Law! So, if it isn’t Murphy’s Law... then whose Law is it?

**Mr. Rosenberg correct answer was c) Finagle’s Law**

So we’ll be sending him a gift certificate to Baton Rouge. Thanks for taking part.

## Thunderstorm & Lightning Safety...

Thunderstorms often occur during the summer... and not always with a lot of warning, as a young Mother and two boys discovered in Toronto this summer. When the sky begins to rumble, be sure to remember these tips...

If you can hear thunder, lightning is close by. Seek shelter in a sturdy building or car immediately. If caught out in a storm, go to a low spot. Avoid trees, fences, or poles. If you’re in an open area, squat low to the ground, stay on the balls of your feet, and place your hands and head between your legs. Never lie flat on the ground. When indoors during a storm, don’t take a bath or shower. Unplug everything electrical and don’t use your phone... *even your cell phone*.

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

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

Mr. Mark Seabrook, Ashton  
Mr. & Mrs. J. Podolak, Ottawa  
Mr. Richard Charlebois, Ottawa

Mr. Paul Gallant, Greely – **3 referrals!**  
Mr. Ed Sharkey, Greely  
Your referrals are *always* appreciated...

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Did You Notice the Notice About Notices Below? It’s Quite Noticeable and Noteworthy, Isn’t it?



## Deal With a Kiss...

Walking up to the fabric store counter, a pretty girl asked, "I'd like to buy this material... how much is it?"

"Only one kiss for each yard," smirked the male clerk.

"That's fine," she said, "I'll take ten yards."

With anticipation, he cut & wrapped the cloth, then held it out expectantly.

She took the package and pointed to an older man standing beside her... "Grandpa will pay the bill," she whispered with a smile.



## Seen in the Classifieds...

You never know what you'll find in the classified section of your community paper. These are actual ads...

**For Sale** – Antique desk suitable for lady with thick legs and large drawers.

**Vacation Special** – Have your home exterminated!

**For Rent** – 3-room hated apartment.

**Wanted: Hair-cutter** – Excellent growth potential.

**3 Year Old Teacher Needed** – For pre-school, experience preferred.

**We'll oil your sewing machine and adjust tension in your home for \$10.00.**

**Tired of working for only \$9.75/hour?** We offer profit-sharing & flexible hours – Starting pay – \$7-\$9/hour.

**Found: Dirty White Dog** – looks like a rat, been out awhile, *better be reward!*

**Free Puppies** – part German Shepherd, part dog.

**Free Yorkshire Terrier** – 8 years old, very unpleasant little dog.

## Getting it ALL Done...

If you find yourself constantly putting things off, you're not alone. September 6th was Fight Procrastination Day. Everyone suffers from procrastination at some time... but for some, it's an ongoing battle. The good news is there are ways to jump start your 'to do' list. Keep these tips in mind next time you're feeling a bit sluggish.

**Break tasks down into smaller tasks** – Saying you need to organize your kitchen cabinets can seem like a huge job. But organizing just your silverware drawer may not seem as daunting. For every big job, make a list of all the parts that need to be done and tackle them one by one. Soon, your big job will be completed without feeling so big.

**Know your weaknesses** – Take a moment to think about your worst source of procrastination. Is it doing the laundry, making sales calls, planning for dinner? Make this job your number one priority for the day. By accomplishing this task first, you'll free yourself up to move forward without it continuing to hang over your head.

**Do you have 15 minutes to spare** – Even with the busiest schedule, most people can find 15 minutes a day. Budget this short time for tackling a project you've really wanted to get done, but never get to. It seems like a short time, but it's amazing what you can accomplish in this short time. You may find you'll spend even longer working on your project... *once you get started.*

**Reward yourself for a job well done** – Plan something nice for yourself, like a movie, a special meal, a weekend away – but only if the project you've been putting off gets done. Share your goals with someone close to you, and get encouragement along the way.

**Cure the problem** – While procrastination may be caused by simple laziness or boredom, often a sense of fear can keep us from getting started. You may also feel overwhelmed or stressed in general. Taking time to consider eliminating other tasks might help you feel less pressured.

If fear *is* stopping you, working through the anxiety first will help you prepare to get the job done. And be ready to admit it if the job you're trying to accomplish isn't really necessary after all. You may find it's something you'd like to get done, but doesn't really *need* to be done. Giving yourself a break may be the best way to get motivated in the long run, as you will be doing projects when you're more interested in them.

## A Quick Tip for Green Living...

In most homes, the clothes dryer is the third most energy-consuming appliance. To reduce the environmental effects of your dryer, you might consider looking at the practice of air-drying.

You don't need a large clothes line to get the job done. A small rack or retractable line can be put up in small spaces. While it does take longer to dry your clothes, they'll last longer as there is less wear and tear... and they'll keep their original color, too.

If you aren't quite ready to completely ditch your dryer yet, consider drying your clothes for just a few minutes in the dryer... then hang them to complete the drying process in the air.

## I'm Sooo Confused...

- Why do we call a pair of pants 'a pair' when there's only one?
- A shirt has two sleeves, yet we don't put on a pair of shirts, do we?
- How come too many people with nothing to say, keep saying it?
- How come every time history repeats itself, the price goes up?
- How come in most science fiction shows and comic books the aliens can always speak English?
- Isn't the best thing about not saying anything that it can't be repeated?



## If Only Life Was Like a Computer!

If you messed up your life, you could press 'Ctrl, Alt, Delete' and start all over  
Get your daily exercise – click 'run'  
Need a break from life – click on 'suspend'  
Hit 'any key' to continue life when ready  
Get even with neighbors, turn up the sound blaster  
To 'add/remove' someone from your life, click 'settings' and 'control panel'  
To improve your appearance, just adjust the 'display settings'  
If life gets too noisy – turn off the speakers  
When you lose your car keys – click 'find'  
To undo a mistake – click the 'back' button  
You wouldn't need auto insurance... you'd use your 'back-up' to recover from a crash  
You could click on 'send' – the kids would go to bed immediately  
Feel like a new person – click on 'refresh'  
Hate to clean the litter box? Click 'delete.'

## Bev's Honey of a Sauce...

September is Honey Month... and to celebrate, here are some of the best sauce and marinade recipes around, all using honey. Enjoy!

### Honey Teriyaki Sauce...

Combine one cup each of honey, soy sauce, and sake (the Japanese alcoholic beverage). Add one clove of minced garlic, 2 teaspoons of grated fresh ginger root, and one teaspoon sesame oil. Use this sauce to marinate chicken, fish, beef or pork.

### Honey Fruit Glaze...

Combine 1/2 cup pineapple juice, 1/2 cup honey, and four teaspoons of mustard. Brush over lamb, pork, ham, or chicken while grilling or roasting.

### Honey Vegetable Sauce...

Combine 1/4 cup honey, 1/4 cup butter, two tablespoons minced onion, 1/2 teaspoon thyme, and salt and pepper to taste. Bring to a boil in a small saucepan and cook for two minutes. Toss with cooked cauliflower, carrots, squash, etc.

## Fiber Up...

Eating foods rich in dietary fiber is a heart healthy way to improve your life. It aids in digestion, keeps your digestive tract healthy, and can help prevent heart disease, diabetes, and certain types of cancer. So what's the best way to add more fiber to your diet? It's easier than you might think.

Eat at least five servings of fruits and vegetables every day, including things like apples, berries, oranges, pears, prunes, broccoli, brussel sprouts, carrots, beans, and peas. Eat more raw vegetables & fruit, including the skins, if possible. Cooking causes them to lose up to half of the available fiber.

Eat whole-grain bread instead of white and brown rice instead of white. Oatmeal, bran, and multi-grain cereals are high in fiber. Look for whole-grain pasta as well.

To avoid bloating, cramping, and gas, increase the fiber in your diet gradually, adding a new source every few days, drinking plenty of water as you increase your fiber intake.

## 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 the early Fall season, 2009* is...

### Mrs. Mary Jean Baird...

An enthusiastic gardener, **Mrs. Baird**, has some of the most beautiful perennial flower gardens in Eastern Ontario.

As one of our earliest landscape lighting clients, we've been building her lighting system in phases, having finished the most recent one only a few weeks ago. Over the years, we've also completed a number of lighting system upgrades and renovations as **Mrs. Baird** did the same to her garden areas.

And through it all, she's been great to work with, regaling us with her great sense of humor. As well, she doesn't hesitate to give us valued, candid feedback, both constructive **and** complimentary...

Thanks for your openness and friendship, **Mrs. Baird**.

As a token of our appreciation, we're sending **Mrs. Baird** our heartfelt best wishes, along with a handful of GreenScape.ca Sprinkler Bucks 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...

"A flashlight is just a case for holding dead batteries."

"Bills travel through the mail at twice the speed of checks."

"If it wasn't for the last minute, would anything ever get done?"

"I like work; it fascinates me. I can sit and look at it for hours."

"What's another word for *thesaurus*?"



## Doggie Did You Know's...

Dogs can only sweat from the bottoms of their feet

Chocolate is poisonous to dogs?

Dalmation pups are born pure white.

Contrary to a widely-held belief, larger dogs don't live longer than smaller dogs.

You can tell when a dog has a fever because his/her ears get hot.

The Lhasa Apso is named after the Tibetan city Lhasa, and 'Apso' means 'goat-like.'

There are over 200 domesticated breeds of dogs.

The Airedale is considered 'king of the terriers.'



## GreenScape.ca Watering & Landscape Lighting

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## Your Christmas Lighting, 2009...

Tasteful, well-designed outdoor Christmas lighting can be just the ticket for getting your home ready for the fast-approaching Holiday Season.

Whether just a single tree on your front lawn, trimming the roof-line, or a full home treatment adding doors, windows, and more... the effects can be breath-taking, *even stunning*.

### LED Lights - a New Game

And with the new LED (light emitting diodes) lights, they don't even use much power... so there won't be a hydro bill shock later on.

**But there's a hitch.** Someone has to get out there in the cold and wind to

hang them... *maybe even climb a ladder and get up on the roof.*

But increasingly, people are turning to professionals to do this work for



them... that means no frozen fingers, no risk of falls or injuries.

The pro's have the right tools and equipment to get the job done fast and right... they'll even take them down for you after.

### GreenScape.ca Does it...

We've been designing and installing Christmas lights

for many of our clients for years.

Give us a call – **613.723.8528** – to find out how we can do your lighting this year – **613.723.8528** Call **NOW!**

## Healthier Fast Food Choices...

Dieticians offer these suggestions on how to enjoy a healthier, lower-calorie fast meal when dining at many fast food restaurants...

- Opt for low-fat milk or water versus a soda or milkshake
- Skip the fries or order a small portion
- Order a grilled chicken sandwich rather than a hamburger or fried or breaded chicken
- Use only half the packet of salad dressing
- Opt for fresh fruit, vegetables, or salads available at some fast food restaurants
- Consider ordering your drinks and meals from the children's menu for smaller portions
- Many chains now in-store nutritional facts sheets and on-line menu calculators... check them out..

## Your Fall Sprinkler Winterizing Schedule...

With all the recent sunny and relatively warm weather, you may not be thinking about Winter... yet.

But we're already well into planning our Fall sprinkler system closing... so be sure to keep lookout for your well-marked GreenScape.ca schedule included in this newsletter mailing.

## More Bumper Sticker Humor...

I used to have an open mind... but my brains kept falling out.

It's not whether you win or lose – it's how you place the blame.

There was a time I didn't finish my sentences, but now I...

You know you are over the hill when work is less fun and fun is more work.

I've had amnesia as long for as I can remember.