



“Insiders Tips for a Healthy, Happy Holiday Living...”



On Christmas Turkeys – the Humorous Side...

The folks who staff the Butterball Turkey Telephone Talk-Line (also known as ‘Turkey Central’) have been answering ‘turkey’ questions since 1981, and over the years they’ve had many fascinating, funny... even bizarre calls. Here are a few...

- A woman asked, “How do I thaw a fresh turkey?” The expert explained that fresh turkeys aren't frozen and *don't need to be thawed*.
- A woman had taken turkey preparation to extremes by scrubbing hers with bleach. She called them to ask how to remove the bleach. Unfortunately, they told her to throw it away. *Guess she wanted some extra white meat!*
- The inquiry from the most unusual place came from Florida – a man, not wanting to miss his golf game, called for tips on grilling turkey *while waiting to tee off on the 14th hole*.
- A young girl calling for her mom asked for some roasting advice. To give her approximate roasting times, the expert asked how big their turkey was, and, without asking her mom, the girl quickly answered, *“Medium.”*
- A novice turkey-cook asked if the yellow netting and wrapper should be removed before roasting. Without hesitation, the expert responded, *“Yes, of course!”*
- The expert simply asked her how much the turkey weighed when a woman called to ask how long it would take to cook hers. Sounding a bit confused, the woman replied, *“Heck if I know... why it's still runnin' 'round the yard.”*

Questions You May Want to Ask Your Doctor...

To ensure your health and well-being, you should be open with your doctor *and* become informed yourself. So, the next time you need to visit your health care provider, be prepared to ask him/her a few questions, if applicable, like...

- Are there any side-effects with this medication? If “Yes,” what are they?
- Can this new medication interact adversely with any of the ones I’m currently taking? (Bring a list of all medications you’re currently taking.)
- What unusual symptoms or signs should I watch for while taking it?
- Are there any drugs, activities or food should I avoid while receiving this treatment?
- What should I do if I forget to take a dose of my medication?
- When can I stop taking this medication?
- What can I do to best assist my treatment or recovery?
- While I’m here, is there anything else I need to discuss or have checked?

Don’t try to remember everything discussed during your visit. Plan on taking notes or bring a relative or friend along to take notes for you. You could tape record your visit to help you remember all the facts. Your doctor could also write instructions for you or give you printed material explaining your treatment. Many drug stores now offer detailed descriptions on how to take a particular medication, possible side-effects, etc. Ask about them the next time you fill a prescription.

*You Could Win...
Dinner for 2
At Your Choice of
Either of Ottawa’s
Great Baton Rouge
Family Restaurants!
See page 4 for details...*

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Dress-up Your Turkey Dressing...

Tired of the same old Holiday stuffing? This Christmas, try dressing up your dressing with any of these simple to prepare ingredients...

- Whole or minced garlic
- Toasted nuts
- Chestnuts
- Mushrooms
- Chopped greens
- Dried fruit
- Chopped apples
- Oysters
- Cooked spicy sausage
- Sage
- Fennel
- Thyme
- Chives
- Wine
- Cooked wild rice
- Cranberries
- Orange zest
- Jalapeno peppers
- Crumbled cooked bacon
- Sun-dried tomatoes

A Tip for Greener Living...

As you get your home ready for Christmas, you may be tempted to use a commercial air freshener. But these products can release harmful pollutants into the air. Instead, try setting out a small bowl of pure, aromatic vanilla extract or cinnamon sticks, or small dishes of baking soda to absorb odors.

To fill your whole home with fragrance, add a few drops of vegetable oil – along with whole nutmeg, cinnamon sticks, cloves, and orange slices – to boiling water and let them simmer. As the level drops, add more water and you'll have wonderful smells in your home all day.

Bumper Sticker Humor...

“Always try to be modest, and be proud of it...”

“I don't find it hard to meet expenses... they're everywhere!”

“I just let my mind wander, and it didn't come back...”

“A day without sunshine is like... night...”

“Never test the depth of the water with both feet...”

GreenScape.ca Lights Up Ronald McDonald House...

Ottawa's **Ronald McDonald House (RMH)** serves as a 'Home-Away-from-Home' for families whose children are being treated at the Children's Hospital of Eastern Ontario for cancer or other serious illnesses. Because treatment may take a long time, it can be very stressful for the children, their parents, and the rest of their families... especially when they're far from home.

Ronald McDonald House seeks to ease the stress by offering parents affordable, accommodation in as home-like an atmosphere as possible, near their hospitalized children, where families can share and receive moral support from each other.

As we come into the Christmas season, it's important to know that while McDonalds Corporation does participate in funding the building of each **RMH**, almost every penny of the subsequent operating budget must come from charitable donations and the generous support of volunteers.



As our contribution, this year the GreenScape.ca team will provide and hang Christmas lighting around the **RMH** property. If you'd like to help these children and their families... what better non-profit, charitable organization could you support than **Ronald McDonald House**? Help put a smile back on the faces of these children and their families by making a donation to, or even better, volunteering at **Ronald McDonald House** in Ottawa. Visit their website www.RMHottawa.com for more details. *Remember, every little bit helps!*

A Day in the Life of a Drop of Water...

As students learn new information this fall, it's a great time to teach them why it's important to save water. And there's plenty of information available.

School teachers and parents will find the US Environmental Protection Agency's (EPA) Office of Water program, "*A Day in the Life of a Drop*" particularly useful. Download their **FREE** program – www.EPA.gov/Watersense/Water/Drop.htm.

The activities included are designed to help young people (elementary grades 3 - 5) and adults alike, understand the links between the source of the water they use and how their water use habits affect human health and the environment.

Key concepts are water efficiency, watersheds, water uses, drinking water sources, and wastewater. Students learn how to reduce water use, as well as engaging other family members. After finishing the two included water savings worksheets, they'll complete a water conservation checklist, their "*Pledge to Filter Out Bad Water Habits*," to demonstrate their commitment to saving water for the future.



In Training – Jump First?

A group of junior-level executives were participating in a management training program as the seminar leader pounded home the point about the need to make decisions and take action on those decisions.

“For instance,” said the leader, “if there are five frogs on a log and three of them decide to jump off, how many frogs would be left on the log?”

The answer from the group was unanimous, “Why you’d have two!”

“Wrong,” said the leader. “There’d still be five... because there’s a big difference between **deciding** to jump *and actually jumping... isn’t there?*”



Internet Tidbit...

Looking for something new on the Internet? Then be sure to check out www.StumbleUpon.com. It’s a great way to get a taste of all the Internet has to offer. This website features interesting websites, videos, photos, blogs, and more.

You can follow your interests or see what other users recommend. Each entry is submitted and rated by the **Stumble Upon** community. You can choose from different website categories, but even more fun is to just click on the **Stumble** button, which takes you to random, but interesting websites.

Think of **Stumble Upon** as a remote control for the Internet, which allows you to flip through website after website. But be warned – just like using your remote – it can become addictive.

Plan for Holiday Spending...

Does January find you cringing as you get your credit card bills? Do you find yourself every holiday season saying you will spend less this time – and then still overspend? If you answered “Yes!” to either question, now’s the time to start thinking about your holiday spending.

You’ll need to make a plan... it isn’t difficult. Before you head out to the mall, make a list of all of the people you plan to give gifts to, the type of gift you’d like to get each one – and of course – a price range. Trying to decide while you’re in the store will almost always result in overspending.

You can avoid impulse buying by shopping early in the season... and as a bonus, you’ll miss the last minute crowds, too.

To help you stay within your budget, take your list with you, watch for sales and always compare prices. Use the Internet to find better prices. Instead of credit cards, use cash or your debit card to ensure you stay within your budget.

If you can’t find the gift you want at the price you budgeted, consider pooling your resources with another family member to get the perfect gift, or consider getting a gift certificate instead. This allows you to control the amount you spend, while still giving a gift that will be appreciated.

Interesting Thoughts on Our Habits...

“A habit is either the best of servants or the worst of masters.”

– *Nathaniel Emmons*

“Nothing so needs reforming as other people's habits.”

– *Mark Twain*

“First we make our habits; then our habits make us.”

– *Charles C. Noble*

“Bad habits are like chains that are too light to feel until they are too heavy to carry.”

– *Warren Buffet*

“Stop the habit of wishful thinking and start the habit of thoughtful wishes.”

– *Mary Martin*

“Your net worth to the world is usually determined by what remains after your bad habits are subtracted from your good ones.”

– *Benjamin Franklin*

Are You Our Latest Client of the Season?

For each newsletter we choose a very special client to spotlight as our way of honoring good friends and saying ‘Thanks’ to those of you who support us with your good will, friendship, referrals, word-of-mouth, constructive feedback... and of course, repeat business.

Our Client of the Season is...

Mrs. M. Mills

Mrs. Mills has been a valued sprinkler system and landscape lighting client since 1994, and after she discovered we also provide Christmas lighting services, we’ve taken care of her outdoor Christmas lighting requirements since 2003.

In co-operation with her landscaper, we’ve done a lot of additional work on her property, recently adding a **Rain Bird Xerigation®** drip irrigation system to better supply her planter pots with just the right amount of water.

Mrs. Mills is always a pleasure to deal with and has been a GreenScape.ca advocate, having referred many like-minded people to us... so we’re sending her a handful of our colorful Sprinkler Bucks as a token of our appreciation.

Thanks, Mrs. Mills

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

Christmas Trivia/Facts...

- “White Christmas” (1954), starring Bing Crosby and Danny Kaye, was the first movie produced in Vista Vision, a deep-focus process.
- “The Nutcracker” is the ballet performed at Christmas time, while the “The Nutcracker Suite” is the music Tchaikovsky wrote.
- The term “Wassail” comes from the Old Norse “*ves heill*” – to be of good health. It evolved into the tradition of visiting neighbors and drinking to their health on Christmas Eve.
- Christmas club savings accounts (in which people deposit a fixed amount of money for use at Christmas) were first introduced around 1905.
- A traditional early English Christmas dinner featured the roasted head of a pig prepared with mustard.
- According to a 1995 survey, 7 out of 10 British dogs get Christmas gifts from their doting owners.
- After writing “A Christmas Carol,” Charles Dickens wrote several other Christmas stories, one a year, but none was as successful as the original.

Fiber for Health...

New studies show fiber benefits more than the digestive tract... it prevents weight gain, and reduces blood pressure & the risk of type II diabetes.

The US Institute of Medicine recommends we eat 14 grams of fiber for every 1000 calories we consume (typically about 20 to 35 grams a day), by eating lots of whole grains, fruits, vegetables, and beans.

Thanks for taking the time to read our **GreenScape.ca Gazette**. We want to produce a newsletter with great content that’s fun, interesting, and valuable to you, so your constructive comments are always welcome.



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“Win a Dinner for 2 at Baton Rouge!”

Take Our Trivia Challenge and You Could Win!

But First, Who Won Last Month’s Trivia Question? It’s with pleasure we announce the winner of last month’s Trivia Quiz... **Mr. Sam Rosenberg** – who was the first person to e-mail us with the correct answer to our Trivia Question...

How Many Items are Found in *Two Baker’s Dozens*?

- a) 36 b) 26 c) 12 d) 24 e) 28

No need to grab your Encyclopedia, a “Baker’s Dozen” – for those of you who might not know – has **13** items in it. So **2 Baker’s Dozens** would naturally be twice that many... or “**b**” or 26 items. Congratulations **Sam**, enjoy your **dinner for 2 at Baton Rouge**. And now for this month’s trivia question...

The average family of 4 uses about how many litres of water each day?

- a. 200 litres b. 400 litres c. 1,000 litres d. 1,500 litres e. 3,000 litres

Don’t wait! E-mail your answer NOW! – Admin@GreenScape.ca

How to Shovel Snow Safely...

If you’re generally healthy and young-to-middle-aged, and you still plan to shovel the old-fashioned way, here’s how to do it safely...

- Warm up by stretching your arms, legs, and back before you begin
- Go slowly and take plenty of breaks so you won’t become exhausted
- Don’t use only your back, bend your knees & lift with your legs
- Turn your whole body to face where you want to throw the snow, then step in that direction...but don’t twist your back
- Use a smaller shovel so you won’t try to move/lift too much snow
- For deep snow, pick up a few inches at a time from the top
- If it’s not too deep, push the snow with your shovel instead of lifting it.



But then, why shovel at all when you could ‘Wovel’ instead? A new innovation, the Wovel features a 3-foot high wheel you push (much like a baby stroller) to clear snow from your property with much less stress & strain than before. You can get it for about \$100 from Home Depot (Canada) Online at **www.homedepot.ca**.

Questions & Answers About Your Sprinkler System...

Q – “What if my sprinkler system hasn’t been winterized yet this year?”

A – By the time you read this, we should have been around to shut off your system and blow any water out the piping with our mobile compressor.

If somehow we’ve missed you, be sure to give us a call so we can arrange to winterize your system right away.

Please note – for whatever reason, every year a few of our clients (or their well-meaning plumber) will turn their water back on **after** we’ve winterized their system. If you happen to be one of them, then we’ll need to come back to re-winterize your system so water won’t freeze in the lines, creating the risk of a major repair expense next Spring when you discover it’s been damaged.

Call Us Now – 613.723.8528

On Behalf of Everyone at GreenScape.ca, We’d Like to Wish You All a Very Merry Christmas & a Healthy, Prosperous 2009!

Bruce Morton, President