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Healthy Home News

"Secrets For Living A Healthy, Wealthy & Happy Life..."

February 15 is Flag Day

Flag Day in Canada is observed on February 15, commemorating the inauguration of the national flag of Canada by Governor General Georges Vanier on that date in 1965.

Officially called *National Flag of Canada Day*, the day is marked by flying the flag, occasional public ceremonies, and educational programs in schools.

The banner replaced the Canadian Red Ensign, which had been in use, if not officially, in one form or another since 1868. The new flag was passed by the House of Commons on December 15, 1964, by the Senate two days later, and was proclaimed by Elizabeth II, Queen of Canada, to take effect on February 15 of the following year. The flag first flew on Parliament Hill on that date.

... and February 17 is Family Day

First celebrated in 1990, **Family Day** began as a statutory holiday in Alberta. It is celebrated on the third Monday in February each year. Alberta's Family Day was declared to recognize the values held by the pioneers who built Alberta and the values of home and family.

The holiday falls on the same day as Presidents' Day in the United States, and the timing of Family Day is not a coincidence. Alberta has close business ties to the U.S., especially in the petroleum industry. A major reason for the proclamation of this holiday was because many businesspeople felt it to be impractical to be open for business that day while their American suppliers, customers, and head offices were closed.

When Family Day was proclaimed, the August holiday (Heritage Day) was downgraded to a civic holiday, meaning employers no longer have to offer holiday pay that day if they take Family Day off. Thus, businesses with close ties to the U.S. will generally take Family Day off and work on Heritage Day (when American businesses are open), while businesses with closer ties to other Canadian provinces generally prefer to work on Family Day instead.

In 2007, the provinces of Manitoba, Ontario and Saskatchewan each established a Family Day in February as well.

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**Cool Blogs, Sites
& Online
Resources to
Check Out!**



Amazing Websites to Visit This Month:

This Valentine's Day month we share three amazing websites featuring (what else?) chocolate!

Chocolat Favoris

A wonderful, European-style chocolatier with three locations in Ottawa and two in Gatineau.

www.ChocolatsFavoris.com

Max Brenner (Chocolate by the Bald Man)

Navigating their vibrant site is like being a kid in a candy store.

www.MaxBrenner.com

Mr. Chocolate

This site's colourful design and clever copywriting instantly catches the eye. But it's the chocolate that's most amazing.

www.MrChocolate.com

Get Inspired



Outstanding Client of the Month!

Meet Vera Gara

Every month I choose a very special **Client of the Month**. It's my way of acknowledging loyal clients and saying a big "**Thank you!**" to those who support me and my business with referrals and repeat business... You could be my next **Client of the Month!**

See Insert This Issue...



**Take Advantage of February's
BIGGEST Savings Special EVER!**

(see colored insert)

Health Corner

Beware of the Many Dangers of Winter

"Ho-hum," you might say. You already know that the streets are icy and the sidewalks are slippery too, what else is there? Plenty, according to Harvard Medical School. Read on.

- **Heart problems and strokes:** There is a well-documented rise during winter. In some places, the winter-summer difference is up to 70 percent, say researchers in Canada, but heart attacks and strokes rise even in Los Angeles County. So bundle up, keep your house and car warm, and get enough rest.
- **Flu:** Viruses spread easily when people are inside and in close contact. Experts think the cooler air and less daylight are also involved. Flu shots help to avoid flu, and they decrease heart problems and strokes by half.
- **Seasonal affective disorder (SAD):** For up to 2 percent of North Americans, winter blahs become clinical depression. Light therapy lamps help but getting outside in daylight for an hour is as effective as 2 1/2 hours under artificial light.
- **Hypothermia:** When the body temperature falls below 35° Celsius (95° Fahrenheit), the heart beats irregularly and kidneys begin to fail. Brain function slows, so people may not even realize the danger they are in. It can occur even in mild weather. Wet clothes wick heat from the body. Alcohol is often involved. Hypothermia requires immediate medical attention.
- **Frostbite:** Cold temperatures constrict blood vessels near the skin. Your hands, feet, ears, and nose more vulnerable to frostbite. Frost nip is when the skin becomes red and swollen. With frostbite, ice crystals may form in and between cells. Mild cases can be treated with rewarming, starting with cool or lukewarm water.

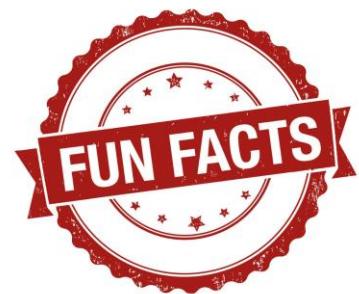
Quote for February...

**"The Eskimo has 52 names for snow because it is important to them;
there ought to be as many for love."** -- Margaret Atwood

Happy Valentine's Day...

February 14th is Valentine's Day worldwide. Here is some trivia we thought you'd enjoy.

- In addition to creating popular chocolates, Richard Cadbury also introduced the first box of Valentine's Day chocolates in 1868.
- According to the *National Confectioners Association*, caramels are the most popular flavor in chocolate boxes, followed by chocolate-covered nuts, chocolate-filled, cream-filled, and coconut.
- The heart shape came from French and Italian artists from the 14th century, so we have them to thank for the symbol that we know and love today, as they were the first ones to start using the heart shape in their work.
- Roses are the flowers of love. The bud stands for strong romantic feelings, so it's no surprise they make up the most popular Valentine's Day bouquets.
- Valentine's Day is a popular holiday to get engaged. This seems fitting: A recent study by diamond retailer James Allen found that 43% of Millennials chose Valentine's Day as their top choice of day to propose or be proposed to.
- Both men and women prefer to receive chocolate over flowers, according to the *National Confectioners Association*. A survey found that chocolate sales represent 75% or more of Valentine's Day candy purchases.



February is the shortest month of the year.

The Welsh call February "y mis bach" which means "little month".

In the Southern Hemisphere February is a summer month the equivalent of August.

The month is named for the Latin word "februum" which means purification.

Together with January, it was the last of the months added to the Roman calendar.

The Saxon term for the month, Sol-monath, means "cake month." This is because they offered cakes to the gods during this month.

Thank You!

Thanks to YOU the word is spreading! Thanks to all of my wonderful clients who graciously refer me to their friends, family, and neighbors! My business runs on the positive comments, repeat business, and referrals from people just like you. I couldn't do this without you! A special thanks to all these fine folks who referred me or had me clean for them again last month...

Vera Gara, Oscar Sabourin, Adele Gosbee