

## Ideal Carpet Cleaning

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# Healthy Home News

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

## Get a Jump Start on Your Spring Cleaning with These Simple Tips!

Spring cleaning is just around the corner so here are some really easy ideas for getting your clean on...

1. **Start in the kitchen:** A trip to Canadian Tire or HomeSense for some drawer configuration and storage containers makes kitchen organization a breeze. Use glass jars or bins (or try BPA-free plastic) to organize and stack cereals, pastas and dry baking supplies in the pantry. Once you've got your pantry and spices under control, try giving the family "junk drawer" a new life and vow to keep it organized this time. Then give the cupboards a quick wipe down and your kitchen is fresh and clean for the season.
2. **Move onto the bathrooms:** A quick inventory of the drawers and cabinets is in order. Be sure to throw out all expired products. Pick up some storage bins and separate out the hair products from the medicine cabinet and the nail polish from the face wash. When you're done you'll be surprised how much easier it is to find a bandage when you need it.
3. **Don't forget the closets & drawers:** Sort through the clothes and jackets and donate any you haven't worn in the past year or that don't fit. Then organize the hanging clothes by section i.e. sweaters, dresses, blouses, skirts, shirts, suits, etc. You can also go short sleeved to long and keep them in color blocks. Drawers can go in groups i.e. underclothing, pyjamas, t-shirts, jeans. If your shoes are a problem, get some shoe racks so you can see all your shoes and keep them neat.
4. **Tame the office:** There is no better office organizer than a filing cabinet. Pick up a stack of those manila folders and a sharpie and start organizing your life away. Keep important documents like birth and marriage certificates in an easy-to-access area. Shred what you don't really need and file away the rest. And of course today you can go paperless with an electronic storage system and ditch the papers and file cabinets all together.

It's easy to feel overwhelmed but if you start with one small project and work off lists you can combat the overwhelm. And if you don't have the time yourself, you can always hire a professional organizer. Happy cleaning! (Be sure to call me for cleaning your carpets & upholstery I've got some great specials this month.)

**Enjoy your last cleaning?**

**Help spread the word with an online review!**

[idealcarpet.ca/review-us](http://idealcarpet.ca/review-us)



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

[www.OneMileAtATime.com](http://www.OneMileAtATime.com)

This super cool website is run by Ben Schlappig aka "Lucky". He's a well-traveled guy who shares his experiences and expertise through his blog. With a record of traveling approximately 400,000 miles per year, he is definitely an expert in all things travel, and shares his best tips for traveling and using air miles to fund trips.

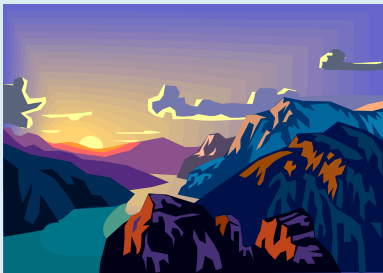
[www.NomadicMatt.com](http://www.NomadicMatt.com)

This slick site is run by New York Times bestselling author, Nomadic Matt, who wrote *How to Travel the World on \$50 a Day*. This well traveled blogger quit his cubicle job in 2006 and has since traveled to over 80 countries and territories. As a full time traveler he shows you the ropes on how you don't have to be rich to travel the world.

## Get Inspired

“Setting goals is the first step to turning the invisible into the visible.”

– Tony Robbins, author, businessman, philanthropist, and subject of the documentary, *I am Not Your Guru*.



## Outstanding Client of the Month!

### Meet Robert Rochon

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...



**Clean Up Those Spots & Spills BEFORE They Become Stains!**  
(See Insert)

## Healthy Talk

### Get Ready for Spring with These Yummy Jam-Filled Cookies...



This section is called “healthy” talk and that’s why these spring cookies are packed full of flavor and are made with healthy ingredients.

Enjoy this cookie with a glass of cold milk or a nice cup of coffee:

1/3 cup organic coconut sugar\*  
1/2 cup softened grass fed butter  
1 tsp organic vanilla extract  
1 organic egg, separated  
1 cup organic spelt flour, or gluten free flour  
1/2 teaspoon salt  
3/4 cup finely chopped nuts  
Jam of your choice (Go for organic/no sugar added)

Preheat oven to 350 degrees F

Combine sugar, butter, vanilla and egg yolk. Next add in the flour and salt. Mix well. Roll dough into small balls and dip into the beaten egg white. Then roll into the nuts, place on a parchment paper lined cookie sheet and press down on the cookie to make a thumbprint. Bake about 8 minutes then take out the cookies and fill the thumbprint with jam or your choice. Bake another 2-3 minutes. Enjoy and be careful: that jam might be really hot!

\*Coconut sugar is a low glycemic natural sweetener that only contains 4 grams of sugar per serving and tastes wonderful.

*Disclaimer: These are just suggestions, I'm not a doctor or health specialist.*

## Quotes for March...

“Desire is the key to motivation, but it's determination and commitment to an unrelenting pursuit of your goal – a commitment to excellence – that will enable you to attain the success you seek.” – *Mario Andretti, former race car driver, one of the most successful in history.*

“To succeed in your mission, you must have single-minded devotion to your goal.” – *A.P.J Abdul Kalam, president of India, from 2002 to 2007.*

“A dream becomes a goal when action is taken toward it's achievement.” – *Bo Bennett, contemporary businessman and author.*

*Find these and more quotes like these at [www.brainyquotes.com](http://www.brainyquotes.com)*

## Practical Tips for Keeping Kids Safe Online

Today's parents have a big responsibility to keep their kids safe in a digital world. It's far too easy for kids to fall victim to illicit material, online predators, and ruthless cyber bullies. Plus, easy access to social media can foster narcissistic values, social isolation, and a lack of privacy.

Now of course, the Internet is a very useful tool, and it gives today's kids opportunities past generations didn't have access to. But, like any tool, it has to be respected and used properly for maximum benefit and minimum risk. In fact, the Internet could be likened to a "nail gun", it's a tool with many benefits, but a tool that can be very dangerous in inexperienced hands.

Check out this sobering statistic: *"One out of every five kids gets sexual solicitations online. Strangers, predators, and cyber-bullies all target children, and their work is simplified when screen names reveal age, gender, or hometown. If posts aren't marked as private, personal information can be displayed to an unrestricted audience of readers."* – [www.scholastic.com](http://www.scholastic.com)

Fortunately, many schools today are teaching Internet safety, including how to guard privacy. But what are some simple things that we can do at home to make sure our kids are safe online?

**Be Online Savvy.** Many parents don't realize just how easy it is for their children to stumble upon inappropriate and dangerous material. Or, how easily kids can converse with strangers via online video games, apps, and social media.

**Educate for Prevention.** Thank goodness schools are helping with this, but parents are vital in educating their children on the dangers of using the Internet, keeping their information private while online, the value of a good reputation, and how one wrong post can wipe it out. Also, educate kids on the finality of posting pictures and their words online, constantly remind kids that once something is posted, it is out of their control, and it's never coming back to them.

**Knowledge is Power.** Know what your kids are up to, check the history, and ask them who they are conversing with. Set your security settings and establish a code of conduct you find acceptable for your kids. For more tips check out [www.SafeKids.com](http://www.SafeKids.com)

Today's kids are blessed to grow up with online access, so when parents and educators keep kids informed, they can avoid all the potential dangers and use the Internet to thrive.

## The Idea Corner



### Easy Ways to Save on Spring Travel!

If you want to head on a vacation this spring use these easy tips to stretch your dollar.

- 1. Be flexible.** Adjusting your schedule by even a day or two can make a huge difference in airfares. According to a study done by [www.cheapair.com](http://www.cheapair.com) the "sweet spot" for booking air travel is about 3 weeks to 4 months in advance. Also, they note that Tuesdays and Wednesdays are usually the least expensive days to fly.
- 2. Don't pay full price for hotels.** Actually, there are really affordable ways to get hotels, such as [www.hotwire.com](http://www.hotwire.com), you just don't know what you're getting before you buy. So if that's not your thing, check into websites like [www.airbnb.com](http://www.airbnb.com).
- 3. Skip the restaurants.** Booking a place with a small kitchen can save you a bundle on your travels. Plus, it can be a lot healthier and you can save your money for some special meals out.

### 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 and referrals from people just like you. I couldn't do this without you!

### Thanks for All the Kind Words!

"I have been a client of Ideal Carpet Cleaning for years and have always received good, friendly service." Dr. Edwards

## The Ottawa Scene

Ottawa's a great place to live and work and to meet interesting, creative people. We'll introduce you to some of them in The Ottawa Scene, a feature that will appear in our newsletter and on our blog or Facebook page once in a while. We'd welcome your feedback, including who you'd like to see here, at [blog@idealcarpetcleaning.ca](mailto:blog@idealcarpetcleaning.ca).

This month, we feature David Mulholland, an author who writes historical fiction (with a qualification that you'll see below). His new book, *Chaudière Falls*, is about how our National Capital Region came into existence, including the establishment of Bytown / Ottawa, the village of Aylmer, and the founding of Hull Township by Philemon Wright -- interesting because Philemon Wright was recently touched upon, briefly, by another article in our newsletter.

### Chaudière Falls: A Novel of Dramatized History

by David Mulholland

The genre is historical fiction, but *Chaudière Falls* is "a novel of dramatized history." The difference?

Unlike most authors of historical fiction, I haven't tried to hide my research. For the parts of the story about the founding of Hull Township, construction of the Rideau Canal, the transition of Bytown into Ottawa, and the political manoeuvring that results in the city becoming our nation's capital, my research is out front, including key dates. On the other hand, between 1800 and 1860, to the best of my knowledge there was no one by the name of Jedediah Jansen living in the townships where the story takes place. Although integrated with the machinations of the timber and sawn lumber industries, his personal story is entirely fictional. The novel is divided into seven parts and narrated in the present tense.

To read a short summary of the novel, see our blog at [www.idealcarpetcleaning.ca/blog/](http://www.idealcarpetcleaning.ca/blog/).

David Mulholland was born in Kingston, Ontario and raised in the Ottawa Valley town of Arnprior. He now lives in Ottawa. David began his writing career as an advertising copywriter in private radio. He went on to work as a researcher, story editor, and occasional interviewer for CBC Public Affairs television; a general-assignment reporter and music reviewer for the Ottawa Citizen; a syndicated country-music columnist; a part-time stand-up comic with Yuk Yuk's; and a speech writer for a number of departments in the federal government.

David has written three novels of dramatized history: *McNab* (2006); *DUEL* (2009); and *Chaudière Falls* (2016). He is currently working on the next one.

The author will be reading a scene describing Hull Township founder Philemon Wright's first encounter with the tribe of Algonquins living in the area at an event on Sunday, February 19th. Details of the event are available on his website: [www.davidmulholland.ca](http://www.davidmulholland.ca).