

Ideal Carpet Cleaning

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Healthy Home News

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

7 "Offbeat Holidays" You Can Celebrate in July

In addition to Canada's 150th anniversary of Confederation on July 1, there are many fun and offbeat holidays to celebrate in July. Here are 7 you may want to consider celebrating this month:

- 1. July 2 – World UFO Day.** According to the [World UFO Day website](#), celebration of unidentified flying objects officially began in 2001. July 2 commemorates the supposed UFO crash in the 1947 Roswell, New Mexico incident. The stated goal of the July 2 celebration is to raise awareness of the "undoubted existence of UFOs". (How will you celebrate? ☺)
- 2. July 6 – International Kissing Day!** Get ready to pucker up! This holiday, originally known as *National Kissing Day* in the United Kingdom, is now an international holiday that helps us remember the simple pleasure a kiss can bring.
- 3. July 10 – Teddy Bear Picnic Day.** In the early 20th century, a fellow named John Walter Bratton composed a song titled *The Teddy Bears' Picnic*. In the 1980s, the day became a holiday and remains popular throughout Europe, Australia and among many stuffed bear circles around the world.
- 4. July 19 – National Flitch Day.** A "flitch" is a measurement of bacon, today known as a slab. Back in the 15th century an English custom was to award married couples a flitch if they had been loving and faithful to each other for a year and want to stay married. The flitch ceremony now takes place every four years and is still "all about the bacon."
- 5. July 28 – Talk in an Elevator Day.** Most people don't chat much when standing in an elevator but on this day you're encouraged to do so. Go ahead and ride an elevator and chat it up. It's on the last Friday of July each year.
- 6. July 27 – Bagpipe Appreciation Day.** This is a celebration of the history of the Bagpipe. Though linked to the Scottish, the largest producer in the world is Pakistan! (You can share this fact on Bagpipe Appreciation Day.)
- 7. July – National Ice Cream Month.** A U.S. holiday appropriate to celebrate here as well - in 1984, President Ronald Reagan declared July as *National Ice Cream Month* and the third Sunday of the month (the 16th this year) as *National Ice Cream Day*. Enjoy!



Three remarkable websites to check out:

A Soft Murmur

This website is absolutely amazing if you have enough disturbance around you. Just plug in your headphones and select the kind of ambient sounds you would prefer. Select the intensity too after selecting the sound among Rain, Wind, Thunder, Birds and much more.

www.asoftmurmur.com

Honest Slogans

Just as the title says it, this website is an amazing collection of hundreds of brands and their Slogans re-imagined. While brands make their own efforts of marketing with slogans, this is a playful take on them.

www.honestlogans.com

The Oatmeal

The Oatmeal is one of the finest Comic websites targeting all the recent events and product launches. The author is a big fan of Nikola Tesla and even convinced Elon Musk to invest in a Tesla Museum! Learn and enjoy the simple language and beautiful comics from this website.

www.theoatmeal.com

Source: *Beeboom*

Check out our blog at idealcarpet.ca/blog/!

Get Inspired

“We make a living by what we get but we make a life by what we give.”

– Winston Churchill



Outstanding Client of The Month!

Mr. Ray Campbell

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...



See Insert! “Discover The Professional’s “Secret” To Keeping Carpets Looking New For A Long, Long Time...”

8 Great Places to Visit in July

July is a fun month throughout the world. Here are some of the many great places we're told are awesome to visit in the month of July. (If you have a suggested destination you've enjoyed in the past, let me know and I may include it in a future newsletter. Thanks!)

1. **Tuscany, Italy.** July is peak season in Tuscany. The weather is quite warm but it's nice for days along poolside at a Tuscan villa or hotel. I've heard that no trip to Tuscany is complete until you visit the vineyards (it's said that it's best to see them with a local guide).

2. **Baden Baden, Germany.** This amazing German town is known as a spa town/wellness retreat, located in southwestern Germany's Black Forest, close to the border with France. Its thermal baths brought fame as a resort beginning in the 1800s. In July, Baden hosts its annual Summer Festival in the Festival Hall, which includes everything from opera to piano concertos. (Sounds great!)

3. **Wales, U.K.** This is a hot destination for many throughout the world. It boasts amazing activities ranging from extensive zipline courses to an underground trampoline park. Wales attracts people who love to climb, hike and surf – it has absolutely beautiful rugged terrain. There's much to be enjoyed in July, including an annual Gower Festival with all kinds of artists and performers taking over ancient churches. There's an international food and drink festival in the middle of the month, where local farmers and vendors share their produce and recipes.

4. **Isinki, Finland.** The weather looks fantastic in July (average high is 21, low is 11) AND... prices are lower because many in the city are on vacation. The place has incredible restaurants and is ideal for a summer visit.

5. **Cape Town, South Africa.** At this time, your money goes a long way in Cape Town as the currency is weak and July is low season. The temperature cools there as it's winter in July but it's still comfortable wearing a light jacket out for dinner. The crowds are much smaller in July and it's said the restaurants, markets and galleries are awesome.

6. **Hvar, Croatia.** A place that sounds awesome: Hvar is a Croatian island and is influenced by Greek and Roman cultures. It has beaches, fortresses and ancient theaters to visit and wineries too. It's said there are European heirs and heiresses who show upon yachts sometimes. How will people react when YOU show up? ☺

7. **Melbourne, Australia.** July is in the middle of the winter down under so the temperatures are cool. It's also an ideal time to visit a city that's already budget friendly. Melbourne has great galleries and shops and I hear it's a great place to enjoy the Aussies.

Quotes for July...

“It is health that is real wealth and not pieces of gold and silver.” – Mahatma Gandhi

“The world turns aside for any man to pass who knows where he is going.” – Epictitus

“We shall never know all the good a simple smile can do.” – Mother Teresa

“Didja’ Know This about Canada?”

- The heaviest rainfall ever recorded was in Buffalo Gap, Saskatchewan. 25 centimeters fell in less than an hour on May 30, 1961.
- Canada has the longest coastline of any country in the world at 243,977 kilometers.
- Almost half of the population in Canada was born in other countries.
- The coldest temperature ever recorded in Canada was -63C on February 3, 1957 in Snag, Yukon.
- Estevan, Saskatchewan is reportedly the sunniest place in Canada with 2,537 hours of sunshine per year.
- The average life expectancy at birth is 81.16 years – the sixth highest in the world.



- The average Canadian watches 21 hours of television per week. 128,000 Canadian households have TVs in the bathroom.
- The average age of first marriage for men is 29 years and 27.4 years for women.
- The baseball glove was invented in Canada in 1883.
- The first indoor ice hockey game took place on March 3, 1875 at the Victoria Skating Rink in Montreal.
- There are more doughnut shops in Canada per capita than any other country. (Source: HikeBikeTravel)

July Fun Facts



The birthstone for July is the Ruby.

The zodiac signs for July are Cancer (June 21 - July 22) and Leo (July 23 - August 22)

The birth flower for July is the water lily.

July was named in honor of Julius Caesar.

On July 1, 1867, the Dominion of Canada was established under to the British North America Act.

During World War I, the Battle of Somme began on July 1, 1916.

On July 5, 1971, Amendment 26 was proclaimed which set the voting age at 18 in the United States.

July is National Blueberry Month and National Hot Dog Month in the U.S. Let's celebrate here too, shall we? 😊

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! A special thanks to all these fine folks who referred me last month...

Deb Burgoyne, Patricia Petty, Lize Hammond

Thanks for All the Kind Words!

“My carpet looks great! Thank you for your hard work”

Mr. Ray Campbell

4 Tips for Easy Summertime Eating

Brought to you by SupperWorks Kanata, Nepean and Orleans

Ahhh, another glorious Canadian summer! It's time to pack a picnic, head for the cottage, try a new outdoor activity or just get out there and have fun! Here are 4 tips that will help you savour the season, avoid last-minute fuss in the kitchen and keep you eating well all summer long.

- 1. Plan Ahead!** Plan and shop a few days or even a week in advance so you have the ingredients you need for easy meals and entertaining. Keep staples like olives, crackers and cheese on hand. Have a few grab and go appetizers in the freezer. You don't want to have to run to the store from the cottage!
- 2. Cook Extra!** That way, you won't have to scramble at lunch time or when unexpected company drops by. Leftover BBQ meats, chicken, shrimp or fish are great on salads for lunch or a lighter dinner. Slices of steaks or chicken on a bed of leafy greens turns a ho-hum salad into something special.
- 3. Love Your Salads!** Always have salad ingredients on hand, like berries, nuts, seeds, mixed greens, avocado and cheeses. A great salad completes any easy, summery supper. For an easy and delightful salad dressing, try one-third good quality olive oil, one-third balsamic vinegar and one-third maple syrup.
- 4. Incorporate Fresh, Local Produce!** Visit local farmers' markets and try something fun and different like heirloom tomatoes or purple carrots. Take your kids and let them choose – they'll be more likely to eat their veggies!

About SupperWorks: Three locations in Ottawa to serve you (Kanata, Nepeans and Orleans), with options of in-store sessions, pick-up or delivery. We take the work out of supper by creating delicious recipes, doing the shopping, washing, chopping and clean-up, so you can prepare tasty, wholesome meals without the time, without the hassle and without the mess! It takes about an hour to prepare 6 freezable family-sized entrées. At home, the entrées go into the freezer. To enjoy your SupperWorks creations, you simply thaw and cook according to the directions provided.

For a great asparagus recipe from SupperWorks, see the latest entry on our blog, idealcarpets.ca/blog.