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# Healthy Home News

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

## The Meaning and Origin of "No-Shave November" and "Movember"



It's going to get hairy this month as men - and women - participate in *No Shave November* and *Movember*.

At some point in the last couple of years you have probably heard of *No Shave November* which has gained popularity in North America. The whole purpose of *No Shave November* is not to let beards grow crazy but to raise awareness for different kinds of cancer, including prostate cancer. The goal is to donate the money you normally would use to get a haircut or groom your facial hair to St. Jude or other cancer research charities.

So, how did *No Shave November* start? *No Shave November* started after a father in the States passed away from colon cancer. His 8 sons and daughters started this campaign in 2009 in honour of their father. Over 6 years this became a popular thing to do among many throughout the country. Hence, *No Shave November* started on Facebook in 2009, asking participants to raise money they would spend on grooming and has raised millions for charity.

*Movember* is something different. It's a movement founded by a few young men in Adelaide, Australia in 2003, using the Australian word "mo," meaning moustache. It was founded to raise awareness for men's health issues and has raised over \$650 million with 21 campaigns in different countries.

In 2007, *Movember* events were launched in Canada, Ireland, Czech Republic, Denmark, El Salvador, Spain, the United Kingdom, Israel, South Africa, Taiwan and the United States. To date, Canadians have donated more than any other country for *Movember*.



Check out our blog at [idealcARPET.ca/blog/](http://idealcARPET.ca/blog/)!

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

**Cool websites to  
visit this month:**

### ***Bored Panda***

The website deals with everything funny in the world of the internet. The site mainly focuses on photo heavy listicle contents. The articles are really fun to read. The panda might be bored, but you will never be.

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

### ***Cool Interesting Stuff***

As the name suggests, the website is the bank of interesting stuff which is mostly mysteries. You should not take the content at face value but you can use it as a cool (and fun) time killer.

<http://www.CoolInterestingStuff.com>

## Get Inspired

### “NO” VEMBER

NO self-hate  
NO being lazy  
NO excuses  
NO pain, no gain  
NO to unhealthy food (in large quantities)  
NO soda, drink water instead  
NO regrets  
NO quitting

behalfofhappybeffl.tumblr.com

## Outstanding Client of the Month!

### Meet Mrs. Doris Bronstein

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...



Insider Tips On Keeping Your Carpet Beautiful Between Cleaning... Plus a “Bonus Tip”/discount for the month of November!  
*(see colored insert)*

## “Thanksgiving Around the World”

In Canada, we just had our Thanksgiving Day. Americans celebrate it in November. But Thanksgiving is also celebrated at different times throughout the world. Here are a few you may not have known about:

### Germany

Germany's Erntedankfest is a festival that originated as a way to celebrate another year's bountiful harvest and give thanks for continued good fortune. In rural communities, celebrations really do revolve around the actual fruits of the harvest. However, more urban areas celebrate with special church services or citywide festivals. Parades are common occurrences. It's also very common for families to roast fowl for dinner. It's not all about turkey, though. People are even more likely to roast fattened chickens, hens, capons, geese, or ducks.

### Japan

Kinro Kansha no Hi is a national holiday whose name translates to “Labour Thanksgiving Day.” It is celebrated each year on November 23<sup>rd</sup> and, although derived from harvest festival rituals of the ancients, is more about celebrating and honoring concepts like community involvement, diligence, and hard work. Japanese Thanksgiving is a relatively new holiday, having only been established in 1948. It first began as a way to acknowledge and celebrate post-World War II Japanese workers, as well as their strength and tenacity. Common ways to celebrate include festivities led by various labour organizations. It's also common for children to present public servants like police officers with gifts, artwork, or crafts.

### The Netherlands

Many people are unaware that not everyone on the Mayflower was an English settler. For some of the pilgrims, England was merely a pit stop on their way to America. Those pilgrims were from the Netherlands. It's said that their influence can be seen in certain elements of American life as we know it today, including but not limited to ladder-back chairs, civil marriages, and more. The Dutch still commemorate and honour the settlers that were originally from there with their own version of Thanksgiving. Celebrations include special church services and special foods that are enjoyed. You won't see a turkey or a big, steaming bowl of mashed potatoes on a Dutch Thanksgiving table, though. It's all about cookies and coffee for them, preferably enjoyed after church.

These are just a handful of the many nations around the world that celebrate some form of Thanksgiving. Others include but absolutely are not limited to Norfolk Island, Liberia, and Grenada.

## Quotes for November...

“When I started counting my blessings, my whole life turned around.” -Willie Nelson

“Feeling gratitude and not expressing it is like wrapping a present and not giving it.” -William Arthur Ward

## King Tut's Tomb Discovered November 26

After discovering debris-covered stairs, British archaeologist Howard Carter and his crew entered the four-room Egyptian tomb of 18-year-old King Tutankhamen 95 years ago this month, on November 26, 1922.

When Carter arrived in Egypt in 1891, he became convinced there was at least one undiscovered tomb—that of the little known Tutankhamen, or King Tut, who lived around 1400 B.C. and died when he was still a teenager. Backed by a rich Brit, Lord Carnarvon, Carter searched for five years without success. In early 1922, Lord Carnarvon wanted to call off the search, but Carter convinced him to hold on one more year.

In November 1922, the wait paid off, when Carter's team found the steps hidden in the debris near the entrance of another tomb. The steps led to an ancient sealed doorway bearing the name Tutankhamen. When Carter and Lord Carnarvon entered the tomb's interior chambers on November 26, they were thrilled to find it virtually intact, with its treasures untouched after more than 3,000 years. The men began exploring the four rooms of the tomb, and on February 16, 1923, under the watchful eyes of a number of important officials, Carter opened the door to the last chamber.



Inside lay a sarcophagus with three coffins nested inside one another. The last coffin, made of solid gold, contained the mummified body of King Tut. Among the riches found in the tomb—golden shrines, jewelry, statues, a chariot, weapons, clothing—the perfectly preserved mummy was the most valuable, as it was the first one ever to be discovered. Despite rumors that a curse would befall anyone who disturbed the tomb, its treasures were carefully catalogued, removed and included in a famous traveling exhibition called the “Treasures of Tutankhamen.” The exhibition's permanent home is the Egyptian Museum in Cairo.

-Source: Wikipedia

## November Fun Facts



The birthstone for November is **Topaz**

**Citrine** is also a November birthstone. Citrine actually is a quartz crystal and is yellow to orange in color. It is often mistaken for the orange-yellow topaz which is the more expensive of the two birthstones.

**Scorpio and Sagittarius** are the astrological signs for November. Birthdays from November 1st through the 21st fall under the Scorpio sign. November 22nd through November 30th birthdays fall under the sign of Sagittarius.

The birth flower for November is the **chrysanthemum**.

November is the 11th month of the year and one of four months with a length of 30 days. November was the ninth month of the ancient Roman calendar and has retained its name from the **Latin novem** meaning nine.

Parker Brothers introduced the world to the **Monopoly** game on November 5, 1935.

### 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...

**Deborah Burgoyne, Doris Bronstein, Allison Lott**

### Thanks for all the Kind Words!

*I'm very happy with the sofa cleaning. It looks like new! I've already told three of my friends.*

- Mrs. Doris Bronstein

# Are children safe with corded window coverings?

Health Canada does not think so

by Lynne O'Neil

It takes only 15 seconds for a child to become unconscious from being strangled by a window blind cord. Strangulation is often silent. Since the 1980s, Health Canada reports that fatalities continue to occur at an average rate of slightly more than one child per year in Canada as a result of corded blinds.

Over the last thirty years, Health Canada undertook a variety of efforts to try to reduce the risks posed by corded window coverings; however, these efforts have not significantly reduced the fatality rate. To help eliminate this hazard, Health Canada is proposing changes to the [Corded Window Covering Products Regulations](#), which would prohibit the sale of corded window coverings that pose a risk of strangulation to children in the 2018-2019 timeframe. The safest window coverings are ones that have no cords that you can see or touch.

Manufacturers have created many products that improve child safety, but these features increase cost. Consumers often do not see the value of the added cost, and many do not want corded blinds or shades installed properly because it means drilling into window frames, trim or a freshly painted wall to mount the child safety device.

Certain types of blinds are being discontinued, or changes made to their structure to comply with these upcoming regulations. There are now less expensive motorized shades with a small wall or sill mounted button installed in the room with the shade, or wands on the window treatment where shade operation is done by pushing the button on the bottom of the wand. Add on products for existing blinds that will keep cords shielded from access by children are now available for continuous loop cord controlled roller shades with beaded chains.

Currently, Health Canada strongly encourages parents and caregivers to replace window coverings with cordless options that are now available on the market, starting with children's rooms and places where children play. If you cannot make an immediate switch, be sure to:

- Always keep cords high and out of the reach of children.
- Follow the manufacturer's instructions and read all warnings
- Never place cribs, beds and playpens near a window where a child could reach a cord.
- Do not place any piece of furniture that a child can climb, near a window.
- Attach tension devices supplied with corded window coverings securely to the wall so children can't place the cord around their neck.
- Install a cleat or tie-down device up high on the wall and use it to keep cords out of reach.
- Never tie knots in cords. Immediately untie any knots that form accidentally.
- Remove any devices that form dangling loops, whether at the bottom, middle or top of the cords.

If your blinds have no child safety devices, Budget Blinds provides them as a courtesy for roller, cellular and horizontal blinds. We are always available to make sure the blinds in your home are safe for children.

Lynne O'Neil owns and operates Budget Blinds of Ottawa  
([www.budgetblinds.com/OttawaWest](http://www.budgetblinds.com/OttawaWest)).