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# Healthy Home News

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

## Valentine's Day Around the Globe



**Valentine's Day** is a beloved day around the world, including through regional traditions in the **UK**. In Norfolk, a character called 'Jack' Valentine knocks on the rear door of houses leaving sweets and presents for children. Although leaving treats, many children were afraid of this mystical person.

In **Wales**, many people celebrate Dydd Santes Dwynwen (*St. Dwynwen's Day*) on 25 January instead of or as well as St. Valentine's Day. The day commemorates St. Dwynwen, the patron saint of Welsh lovers.

In **France**, a traditionally Catholic country, Valentine's Day is known simply as "Saint Valentin", and is celebrated in much the same way as other western countries.

In **Sweden**, it is called *Alla hjärtans dag* ("All Hearts' Day") and was launched in the 1960s by the flower industry's commercial interests, and due to influence of American culture. It is not an official holiday, but its celebration is recognized and sales of flowers for this holiday are only exceeded by those for Mother's Day.

In **Brazil**, the *Dia dos Namorados* ("Day of the enamored") is celebrated on June 12, when couples exchange gifts, chocolates, cards and flower bouquets. It is the day before the Saint Anthony's day, known there as the *marriage saint*, when many single women perform popular rituals, called *simpatias*, to find a good husband or a boyfriend.

In **Colombia**, the *Día del amor y la amistad* ("Love and Friendship Day") is celebrated on the third Friday and Saturday in September. In this country the *Amigo secreto* ("Secret friend") tradition is quite popular, which consists of randomly assigning to each participant a recipient who is to be given an anonymous gift (similar to the Christmas tradition of Secret Santa).

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

## An Amazing Website to Visit This Month:

### Awkward Family Photos

*This website is pretty funny!*

If you're like most, you've seen some pretty awkward family photos over the years. Perhaps you've appeared in a few yourself?

But did you know there's a popular website completely dedicated to sharing photos that go beyond the awkwardness that you may have seen before?

[AwkwardFamilyPhotos.com](http://AwkwardFamilyPhotos.com) is fueled by awkward family photos submitted by real users. It's funny that so many people have shared such awkward pictures.

Go ahead and visit, be prepared to laugh and enjoy, and who knows – you may want to share some photos from your own family photo album.

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

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

## Get Inspired

All you need is love.  
But a little chocolate now and then  
doesn't hurt.

Charles M. Schulz



### Outstanding Client Of The Month!

#### Meet Doug Curran

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...*

**"6 Reasons Why  
February is the Best  
Month to Clean Your  
Carpet..."**

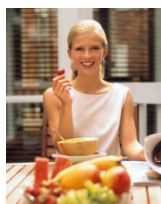
*(see colored insert)*

## Health Corner

Valentine's Day actually may be one of the easiest holidays to create fun but healthy holiday food. For example, imagine how you can just cut something up into a heart shape, or make it pink or red, and you're good to go. Kids are all about fun so try this *healthier Valentine's Day food idea* and see if your kids even notice that they are missing out on junk food.



**Healthy banana split.** A healthy twist on a favorite kids' dessert: substitute Greek yogurt (use plain, or try vanilla to make it sweeter), heart-shaped strawberries and dark chocolate shavings for ice cream, chocolate sauce and a maraschino cherry. To make the shavings, use a chocolate bar and a carrot peeler. This would make a perfect item for a breakfast party or at any time of day. You can do a make-your-own version: Slice the bananas for the kids, and then provide the toppings in bowls. For extra toppings, try slivered almonds, granola or natural pink sprinkles.



Adapted from School-bites.com

## Quote for February...

***You know you're in love when you don't want to fall asleep because reality is finally better than your dreams."** – Dr. Seuss*

# Valentine Jokes and Stories

## Some Valentine's Day Humour

"I'm sorry I didn't get you chocolates for Valentine's Day but, if you want something sweet, I'm right here."

Q: What kind of flower should you never give your Valentine?  
A: Cauliflower!

Plus, some Valentine's Day humour for the math geeks among us...

- "My love for you is a monotonically increasing unbounded function."
- "Our love is like dividing by zero... it can't be defined."
- "I am equivalent to the empty set when you are not with me."

## "More Than a Greeting Card"

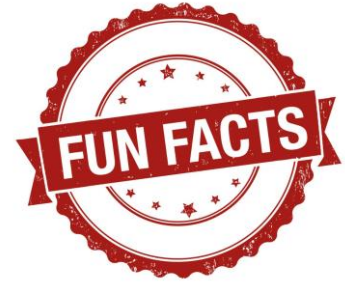
"My friend Mark and I work in a lawn-mower-parts warehouse. Somehow Mark got the idea that his wife did not want a card on Valentine's Day, but when he spoke to her on the phone he discovered she was expecting one.

Not having time to buy a card on his way home, Mark was in a quandary. Then he looked at the lawn-mower trade magazines scattered around the office – and got an idea. Using scissors and glue, he created a card with pictures of mowers, next to which he wrote: *'I lawn for you mower and mower each day.'*

Mark's wife loved it. The card immediately graced their refrigerator door."

— Contributed by Gene Hyde to *ReadersDigest.ca*

## February Fun Facts



- February is the shortest month of the year so the Welsh call it "y mis bach" which means "little month".
- It is the third month of winter in the Northern hemisphere but, 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.
- Victoria, BC may be the warmest Canadian city in February. It has an average temperature of around 9°C.
- 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 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!

## Book Summary: *10 Plants That Shook the World*

*10 Plants That Shook the World* by Gillian Richardson is a children's book by a Canadian author that has a lot to teach adults, too. It gives some basic information (uses, history, interesting facts) about plants that made a big impact on humans.

- 1) Papyrus: the original paper, that allowed writing to become accessible and thus enabled civilization.
- 2) Pepper: used as a food flavour and preservative.
- 3) Tea: the drink that became hugely popular as a social occasion.
- 4) Sugarcane: used as a food sweetener to replace honey.
- 5) Cotton: helped enable the industrialization of the textiles industry.
- 6) Cacao: the source of chocolate.
- 7) Cinchona: whose bark contains quinine, used to treat malaria.
- 8) Rubber: an enabler of industrialization (and the raw material for hockey pucks, perhaps most importantly for Canadians!)
- 9) Potato: key food source first discovered in South America.
- 10) Corn: key food source in Mexico.

We often think of plants as rather passive, boring, and simplistic (think of what you're saying if you call someone "a houseplant"). But these plants spurred plenty of competition, war, slavery, wealth, disease, conquest, exploration, and discovery.

Though some of these plants' effects happened or started millennia ago (like papyrus or pepper), much of action in this book takes place between the 1500's and the 1800's. And these plants' influences are still being felt today.

The Ottawa Public Library has several copies of *10 Plants That Shook the World*. It's a good choice for pre-teens to adults.