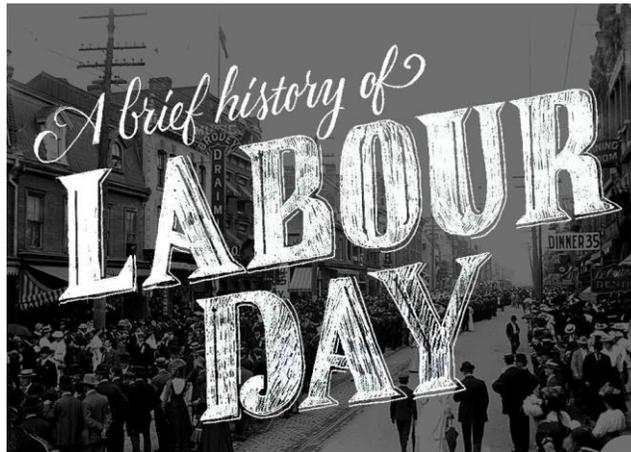


Healthy Home News

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

©2020 Piranha Marketing, Inc



An American and Canadian Holiday

Some historians contend that the proponents of Labor Day in the United States in the early 1880s got the idea from Canada. On April 15, 1872, the Toronto Trades Assembly, a central labor body, organized a workingman's demonstration to protest the imprisonment of 24 leaders of the Toronto Typographical Union. They were in jail because their union struck for a nine-hour work day. The demonstration took the form of a parade, accompanied by four bands. More than 10,000 turned out to watch and listen to the speeches calling for abolition of the law which decreed that trade unions were criminal conspiracies.

Later that year, members of seven unions in Ottawa organized a protest parade, which made its way to the home of Prime Minister Sir John MacDonal. The marchers hoisted him into a carriage and wheeled him to Ottawa City Hall, where MacDonal promised that his party would do away with such "barbarous laws." It soon did so.

In 1882, the Toronto Trades and Labour Council organized a demonstration and picnic for July 22. The council invited Peter McGuire, one of the founders of the American Federation of Labor, to speak. That same year, McGuire proposed to the New York Central Labor Union that a festive day be set aside for a demonstration and picnic. Labor Day was first celebrated in New York on Sept. 5, 1882. Canadian historians contend, however, that the custom had developed in Canada and the invitation sent to McGuire prompted his suggestion to the New York labor union.



9/11 Memorial & Museum

Did you know you can take a virtual tour and see panoramic views of the rebuilt World Trade Center in the US as you discover the meaning behind the 9/11 Memorial, learn about what happened on 9/11, and consider how people selflessly responded in the aftermath of the attacks?

Tours are live, interactive, and led by Museum staff using Zoom. You can take a live virtual memorial tour (for teenagers and adults), a live virtual memorial youth tour (for intergenerational audiences and students in grades 3-12), and virtual group tours (private tours for groups of 10 or more people). There is a cost to take these tours.

Check the website for details.

www.911memorial.org

Challenges are
what make life
interesting and
overcoming them
is what makes
life meaningful.

Quote for September...

"Fear is what stops you. Courage is what keeps you going."

- unknown



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.

Anne Bergevin has been a great client of ours for over 15 years!! She have trusted us with everything in their home, from area rugs and furniture to carpet.

Thank you for all your referrals and repeat business!

YOU could be my next Client of the Month!



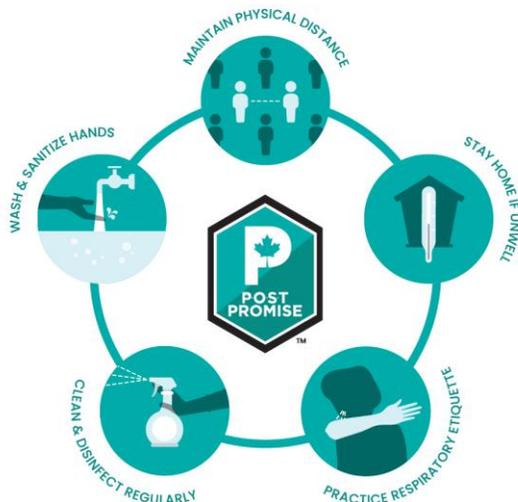
The Big Move Cancer Ride is going Virtual!

Supporters, survivors, families and friends will all join in 'virtually' to complete a 12K (family ride), 25K, 50K, 75K (or more) ride from the comfort and safety of their own locations. Riders will track their distance, share photos through social media and take pride in knowing every kilometre they clock supports cancer care in Niagara.

Len, Annette and our Niagara Clean & Healthy Team are participating and could use your support. We have participated every year – this is the 11th – our team has raised over \$100,000 for the Walker Family Cancer Centre

Get a \$25 PCS Gift Card with minimum \$10 contribution. Good towards your next service.

[Donate Here](#)



We all have a role to play in preventing the spread of COVID-19.

The POST Promise is a private sector-led initiative designed to help Canadians confidently and safely take the first steps back into public spaces and the workplace. Visit postpromise.com for details and see how Canadian businesses like us are 'making the promise'.



Health Corner

September is “Healthy Aging Month”



No matter what your age, you can stay at your personal best with the following 9 expert tips.

1. Get moving

Exercise regularly to maintain a healthy body and brain.

2. Stay social

Take a class, volunteer, play games, see old friends, and make new ones.

3. Bulk up

Eat beans and other high-fiber foods for digestive and heart health.

4. Add some spice

Add herbs and spices to your meals if medications dull your taste buds.

5. Stay balanced

Practice yoga or tai chi to improve agility and prevent falls.

6. Take a hike

Brisk daily walks this September can bolster both your heart and lungs.

7. Sleep well

Talk to a sleep specialist if you don't sleep soundly through the night.

8. Beat the blues

If you've been down for a while, see a doctor. Depression can be treated.

9. Don't forget

To aid your memory, make lists, follow routines, slow down, and organize. -Source: *WebMD*



Can You Really Compare Carpet Cleaners Like Apples To Apples?



Hello friends and clients. Today I want to address a subject that occasionally comes up with some of my clients...with all the carpet cleaners in this town are you sure you have chosen the right one? How different can one carpet cleaner be from the next...can you compare us like apples to apples?

Especially in today's economic climate some of you may be tempted by "the other guy" and his rock bottom, cheap prices. But let me assure you all carpet cleaners are not equal. In fact, we can be as different as an apple and a coconut.

Over the past year I've had more than a couple clients call me and confess they decided to save a buck and called the other (cheap) guys. **So why are they confessing?** Because now I need to go out and clean up (literally) after them.

How Do You Like Those Apples?

The truth is a carpet cleaner cannot offer a high quality of work and service charging super low prices. (Like the ads you've seen offering \$4 per room or \$99 for a whole house.) After all, to offer a cheap service one has to do cheap work.

I've always preferred to set my prices at a fair, but quality price point and then deliver work and customer service that will make you...**Smile So Hard Your Cheeks Hurt.**

Choosing the wrong carpet cleaner can leave you with carpets that are gummy, over soaked, and/or literal dirt magnets. Only through proper training can a carpet cleaner have the skills to remove stains and traffic lanes properly. I've been trained to make sure your carpets will dry quickly and trained in the ph/balance of your carpets, so they don't rapidly re-soil and spots don't reappear. In fact, I've had years of training and certification courses that have taught me the science and chemistry of cleaning carpets. So, I know how to leave your carpets clean, fresh and residue free.

So, I've...**Put It All on The Table.**

How about giving me a call and letting me show you just how clean, sparkling, and fresh your carpets can be? Here is an offer that should make it even easier...

Put A Spring In Your Step This Fall With Clean, Fresh Carpet...

Savings #1: Get your whole house cleaned and protected you Save 20% OFF

Savings #2: Get your main living spaces cleaned and protected you Save 15% OFF

Savings #3: Get your whole house cleaned only you Save 10% OFF

Offers Expires September 30, 2020

Please Pick Up the Phone and Call

[905 646-6655](tel:9056466655)

***Not Valid With Other Offers. Regional Minimums apply**

Classical Music Month: “Going BACH in Time...”

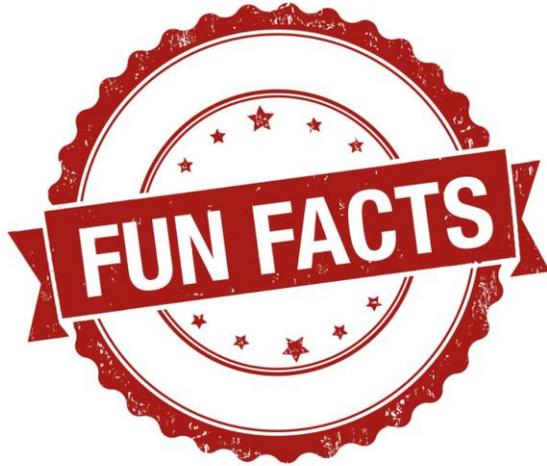


***“When words leave off,
music begins.”***

- Heinrich Heine

Johann Sebastian Bach (31 March 1685-28 July 1750) was a German composer and musician, proficient at the organ, harpsichord, viola, and violin. His religious and secular works for choir, orchestra, and solo instruments represented the full maturity of the Baroque period. Although he did not introduce new forms, he is almost universally regarded as the greatest composer of all time.

Bach's works were revered for their intellectual depth, technical command and artistic beauty. His abilities as an organist were highly respected throughout Europe during his lifetime. He was the youngest of eight children, born to musical parents, both of whom died when Bach was age 10. He was taken in by his older brother Johann Christop who saw to the furtherance of his musical training. As an adult, and devout Lutheran, Bach composed many sacred works as his duties required when in the employ of the church. He wrote vast amounts of music for the organ (his chosen instrument), much of which is still regarded as the pinnacle for that instrument.



The Sapphire September's Birthstone

The sapphire is the official birthstone for the month of September. Sapphires are traditionally given as a gem for the 5th, 23rd and 45th wedding anniversaries, while a star sapphire is given on the 65th wedding anniversary. At 9.0 on the Mohs scale of hardness, sapphire is the second hardest natural mineral. Blue is by far the most popular color for sapphires, but they can be almost any color, including yellow, green, white, colorless, pink, orange, brown and purple. Star sapphires usually have six ray stars, but twelve ray stars are also known. Heating colorless and very pale blue sapphires to high temperatures is done to give them an intense blue color. Sapphires were first created synthetically in 1902 and are hard to distinguish from natural sapphires, except by gemologists.

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 neighbours! 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...

**Gordon Sinke, Joanne and Allan Gilbert,
Carol Radford and Ethel Roy**

Thanks for

All the Kind Words!

Thank you for the wonderful service we received yesterday from the gentleman who visited us. So glad we had the work done and so glad to have found PCS Niagara!

- Linda Rodeck

Silk Woven Rugs:



SPILL TIPS:

Most colorful silk rugs will have dye bleed when spills occur. Quick clean up is critical. Applying fiber protector to silk rugs can help boost repellency so spills can be less likely to cause permanent staining, and protector helps repel soil so vacuuming is more successful.

Use corn starch or other absorbent powder (NEVER baking soda) to cover the spill to help absorb it up, then vacuum away the powder when fully dry. With many drink spills, or pet accidents, professional cleaning will be needed.

Silk rugs can range from 100 to over 1,000 knots per square inch in hand woven rugs. The production cost of silk is high, and the labor in the higher quality rugs can make some of these works of art quite an investment. Many owners of smaller silk rugs will display them on the wall as art rather than walking on them.

- Quality hand knotted real silk rugs do not shed. Shedding in a silk rug means recycled silk has been used, or artificial silk.
- Most colorful silk rugs do not have colorfast dyes, so spills risk dye damage that may devalue the rug.
- Silk will not hold a flame, it is naturally flame resistant and will self-extinguish if fireplace sparks or a candle falls on it.
- Silk strands are individually strong, silk pile is not. It will distort/wear in traffic areas and develop shadows. It will fade with time and sun exposure.

Silk rugs can last for decades if properly cared for. Silk does deteriorate after a century, so antique silk rugs and tapestries need special handling and care to help to preserve them.

**20%
OFF**

*When you add protection
to your Area Rugs*

\$50 Gift Card



Who Wants to win a PCS Gift Card?

Take my Trivia Challenge And you could win too!

This is one of my favourite parts of the newsletter! We are giving away 2 gift cards! Everyone who responds will be entered into the draw. Take your best guess, and then email us your answer, name and address (so we know who to send them to)

triviachallenge@pcsniagara.com

Remember, your chances of winning are better than you think!

This month's Mega Trivia Question:

Heinrich Heine wrote, "When words leave off, _____ begins"

- A) *attitude*
- B) *perseverance*
- C) *action*
- D) *music*

Hint: You'll find the answer in the newsletter.

August Answer: C) as a plan to get even

Winners: Holly Edward and Angela Leitch

