



Craig Watson

Sales Representative



*'Helping You,
Your Family,
Your Friends'*

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July ~
August
2015

*My business
continues
to grow
because of
clients
like you.*

*The
referral of
your family,
friends,
neighbours,
and
co-workers
is important
to me and
I appreciate it.*

*Thank You
for your trust
and continued
support.*

Craig

Our Great Outdoors

The Ribbon of Life

The shoreline, where land, water, and air meet, is a vital link providing plants and wildlife the resources they need for life. We too rely on shorelines for sustenance. Communities have grown up along the water's edge and we continue to return to the shore to rest and restore our spirits.

Natural spaces and clean, accessible camps are among Canada's most important resources. Yet every year thousands of people, through simple indifference or abusive habits, ruin these sites and rob future users of the enjoyment they provide.

Here are several practices which can minimize the negative impacts your leisure activities have on the environment...

- Use an already existing or designated campsite to avoid damaging trees and other vegetation.
- Leave the campsite better than you found it.

- Pick up any litter you find strewn about the campsite.
- Take out everything you bring in.
- Only dig fire pits in sandy or rocky areas and ensure that a reasonable amount of water is kept at hand to extinguish it.
- Avoid paper and styrofoam products...they are NOT reusable or biodegradable. Wash and reuse all of your plates, mugs, glasses and utensils.
- Do NOT feed ducks, gulls, raccoons or other animals as this may increase the level of wastes entering the water.
- Enjoy nature the natural way... walk, hike, canoe or row!
- Dock your boat in appropriate areas so as to not disturb wildlife.
- Leave the nesting sites of birds, turtles and other animals alone, and keep your distance when boating.

Another big factor in the deterioration of wilderness camps is the improper disposal of waste water and sewage. Of equal importance are the negative effects of soaps which pollute nearby lakes, rivers and streams.

- Use biodegradable soap, or pure soap instead of detergents.
- Don't wash directly in lakes or streams. Wash your dirty dishes, your clothes and even yourself in a dishpan some distance away from the water. Dig a pit for your waste waters, about 1/2 metre deep and about 15 metres away from



Whether you're thinking of making a move, or are just curious about Real Estate trends in the area or neighbourhood, please feel free to contact me anytime...

Craig Watson
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"The Elementary Choice"

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the water, fill it in when you leave.

- Compost your food wastes by placing your vegetable & fruit peels, egg shells, coffee grinds etc. into a pit. As with your waste water pit, fill in the pit as you leave.
- Prevent pets from excreting near or in the water. Do remember to stoop and scoop as you would in your own yard and neighbourhood.

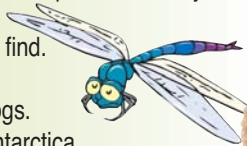
This 'n That

FROGS

Outdoor science and nature activities and studies come naturally to kids. In their 'let's-catch-it' scientific approach, frogs are often their number-one quarry. Hands-on research is normally great, but take care when it comes to amphibians like frogs, that breathe through their skin, according to herpetologists. Hands coated with sunscreen or insect repellent can be fatal for frogs. To a frog, it's like drinking these strong chemicals. Clean, *dry* hands are a problem too, because they damage the frog's sensitive skin; clean, *moist* hands are best when handling frogs. Frog populations are declining around the world, due to an increased appetite for frog's legs and the continued destruction of amphibian-friendly wetlands. Even that cottage-country favourite, the bullfrog, is getting harder to find.



There are 2,600 different species of frogs. They live on every continent except Antarctica. A single little brown bat can catch 1,200 mosquito sized insects in one hour. Beaver teeth are so sharp that native people once used them as knife blades. Infant beavers are called kittens. Hummingbirds are so tiny they are prey for a praying mantis. Catfish have 100,000 taste buds. Dragonflies are fast!...flying 90 or 100 km/hour (50 to 60 mph). Ants don't sleep. Woodpeckers can peck 20 times a second. A mole can tunnel through 300 feet of earth in a day. Hummingbirds, loons, the swift, the kingfisher and the grebe are all birds that cannot walk. The fastest moving land snail is the common garden snail. A pigeon's bones weigh less than its feathers.



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BEE Smart

- ✓ Don't disturb single worker bees. They're simply going about their own business collecting pollen and nectar and are unlikely to hurt you.
- ✓ If you see numerous bees in an area, watch to see if they are flying in and out of a crevice, such as a crack in a wall or a hole in the ground.
- ✓ Remove potential bee colony sites such as old tires, piles of lumber, or empty flowerpots. Cover or fill in holes in structures and trees.
- ✓ Avoid wearing hair spray, perfume, or scented lotion when hiking, camping, working or playing outdoors.
- ✓ If you do disturb a nest, run as fast as you can. Don't attempt to swat the bees. Seek shelter inside a car, garage or house.
- ✓ A pool is not the place to seek shelter if bees are swarming around you because they may hover above the water until you come up for air.
- ✓ Run through tall brush to confuse and slow a bee attack if you disturb a nest in an area with no nearby shelter.
- ✓ If a bee stings you, scrape the stinger out sideways with your fingernail, a credit card, or a dull knife. Pulling on the stinger with tweezers or your fingers may release more venom.

Around the House Great Ideas

Bargain paint

For your home's exterior and most of the interior, it makes sense to purchase high quality paint. Save money - and help the environment...consider visiting your community recycling center when you need paint for; closets, storage & utility rooms, shelving in the garage/basement, garden sheds...



How much paint will you need?

Follow these general guidelines to calculate how much paint you'll need. 1 gallon covers appx 375 to 400 square feet. Perimeter x Wall height = total square footage.

To be safe (you'll want enough paint left over for touchups) divide your room's square footage by 375 to determine how many gallons you'll need. Remember, most likely you'll need to apply 2 coats of paint, so don't forget to 'double that number'!



House Book

Keep important information about your home - you can also keep details like paper colours, type etc. Ideal for info on appliances, major purchases, repairs and other services (including roof work, plumbing etc.) in plastic sheet protectors stored in a 3-ring binder. Your 'House Book' can hold receipts, instructions, warranties, and other paperwork. You'll know exactly where to look should you need to order a part, get service, or check a warranty.

7 Things to consider when Adopting a Pet

1 Try to find out as much as possible about the animal's past, including any history of health or behavioural problems. Most animals in shelters are there for a reason; try to find out what that reason was.

2 Try to bring everyone who will be living with the animal and caring for him or her with you when you make your choice. It is important to make sure that your new pet will get along with everyone in your household.

3 Spend some time with the animal at the shelter before you make your decision. If it's a dog, take him or her out for a walk to see how you get along. In the case of a cat, spend some time sitting with it, stroking it and even playing with it to see how the two of you interact. Visit the animal several times if you can before making your choice.

4 Find out if you will be able to bring the animal back if things don't work out as you'd hoped.

5 If the animal is older, try to have a vet look at it and

do some blood work just to see what kind of health problems, if any, might exist. This is not to say that you shouldn't adopt an animal with a health condition, it is just important that you be fully aware of what you are taking on.

6 Ask to see the animal in a separate area where you and your family can be alone with it. This may give you a better sense of how the animal might behave once you get home.

7 Think realistically about which animal will fit in best with your lifestyle. Shelters can be heartbreaking places and you may want to rescue the saddest looking animal. Please try to keep in mind; the *reason* many of these animals are at the shelter *is because* they did not fit into someone else's lifestyle!



Chuckles

Laughing is good for You!

We develop the ability to laugh at 4 months of age, although our sense of humour kicks in sometime around age 3 when we realize we can fool people. A child's sense of humour is ripe for nurturing and encouragement. Studies show that developing a sense of humour is as good for your health as it is for your state of mind. Studies indicate that we need approximately 12 laughs a day to stay healthy! Laughing stimulates your heart and respiratory rate, increases circulation and exercises stomach and chest muscles. A hearty chuckle can actually give your immune system a boost, decrease the levels of stress hormones in the body and hastens healing. So...go ahead, Laugh! Cultivate your sense of humour - its like a garden. Sometimes seeing the lighter side of life and reaping its benefits requires conscious effort. Enjoy funny television shows, movies and books. Laughter is contagious. If you can't be around people who make you laugh, at least surround yourself with people who laugh.



Silly things to do while driving.

We do not advise doing any of these while driving - this is simply for entertainment.

- ▶ Two words: Chicken suit.
- ▶ Have conversations, looking periodically at the passenger seat, when driving alone.
- ▶ Laugh a lot. A whole lot.
- ▶ Wave at people, often.



Birdhouses

To encourage birds to nest in your yard, make nest building materials like string, yarn and fluff from your dryer available.

Birdhouses are easy to make but remember to make it the right size for the birds you wish to attract.

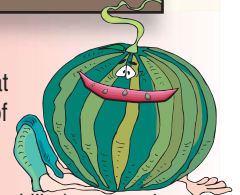
Wrens, Chickadees, Bluebirds, Tree Swallows, House Finches and Purple Martins require an 8" height; Wrens and Chickadees, should have a 4" x 4" bottom, the others, a 5" x 5" bottom.

And just as important; the diameter of the entrance hole also varies:

Wren 1", Chickadee 1 1/8", Bluebird and Tree Swallows 1 1/2", House Finch 2", Purple Martin 2 1/4".

Watermelon

Don't chill that melon! Watermelons stored at room temperature have much higher levels of antioxidants (beta-carotene and lycopene) than those kept in the fridge. They even outscore freshly picked melons. If you prefer chilled watermelon, cool in the fridge for a few hours before eating - once cut, watermelon must be refrigerated.



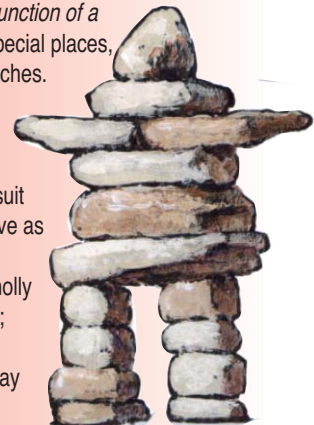
Easier Devilled Eggs

Here's a fast, easy, and really neat method for making a batch of devilled eggs. After slicing the cooked eggs in half, put the yolks into a plastic sandwich or freezer bag, gently crumble them, add mayonnaise and other ingredients, and mix. Then, cut the corner of the bag and gently squeeze the mixture into the egg cavities.

What's more Canadian than an Inuksuk?

One is an inuksuk, two are called inuksuuk. Three or more are inuksuit. Stones in the shape of a human being are called inunnguaqs.

An inuksuk (the preferred spelling) is an Innuist stone marker originally found in the Arctic regions of Canada. The word inuksuk means 'something which acts for or performs the function of a person'. Inuksuk were used for marking special places, trails, camps, hunting grounds and food caches. Historically, the most common type of inuksuk is a single stone positioned in an upright manner. Human- or cross-shaped cairns are called inunnguaq. Today, inuksuit - particularly of the inunnguaq variety - serve as a mainstream Canadian national symbol. There are 5 authentic inuksuit donated (wholly or in part) by the government of Canada in; Brisbane, Australia - Monterrey, Mexico - Guatemala City, Guatemala - Oslo, Norway and Washington, D.C.

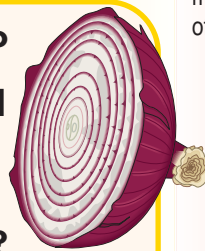


Sweet Onions

Sweet onion cycle - buy them when you can because sweet onions are more perishable than regular onions and some have a very short season. Sweet Chileans are available from December through February, Maus from mid-February to late November, Texas 1015s are available mid-April to June, Vidalias (perhaps the best known sweet onion) from May to July, and Walla Wallas from mid-June to late July.

- Sweet onions have low levels of pyruvate, the naturally occurring chemical that causes tears and indigestion.
- Vidalia onions have a natural sugar content of 12.5% (that's more than a Coke).
- Sweet onions bruise easily due to a higher water and sugar content. Optimum storage; cool and dry, and they should not touch each other.
- A medium sweet onion contains 57 calories and is a source of vitamin C, folacin and dietary fibre.

Why do eyes get teary and burn when chopping an onion?



When a raw onion is cut, certain enzymes locked away in its cells are released and mix with other substances to start chemical reactions. These produce strong sulfur compounds that cause tears. There's no way to avoid this, but wetting the onion and your knife helps; so does holding your head up and back away from the fumes. Rinse your board, knife and hands as soon as you finish chopping. Heat will kill the enzymes, but when the onion's cooked, not raw.

TRIVIA

- ▶ The term 'dog days of summer' has nothing to do with dogs. It dates back to Roman times, when it was believed that Sirius, the Dog Star, added its heat to that of the sun from July 3rd to August 11th, creating exceptionally high temperatures. The Romans called the period *dies caniculares*, or 'days of the dog'.
- ▶ The moon moves 5 cm away from the Earth each year.
- ▶ The hummingbird is the only bird that can hover, fly straight up, down, or backwards.
- ▶ If you are right handed, you will tend to chew your food on the right side of your mouth. If you are left handed, you will tend to chew on the left side of your mouth.
- ▶ Your tongue is the only muscle in your body that is attached at only one end.
- ▶ If you stop getting thirsty, you need to drink more water. When a human body is dehydrated, its thirst mechanism shuts off.
- ▶ The tooth is the only part of the human body that cannot heal itself.
- ▶ Google is actually the common name for a number with a million zeros.
- ▶ It takes glass one million years to decompose, which means it basically never wears out and can be recycled an infinite number of times.
- ▶ To make half a kilo of honey, bees must collect nectar from over 2 million individual flowers. In its lifetime, the average worker bee produces 1/12th of a teaspoon of honey.
- ▶ The banana cannot reproduce itself. It can be propagated only by the hand of man.
- ▶ Strawberries are the only fruit whose seeds grow on the outside.



- ♦ A ladybug's wings flutter 85 times in a second.
- ♦ The spots on a ladybug fade as the ladybug gets older.
- ♦ Ladybugs make a chemical that smells and tastes terrible so that birds and other predators won't eat them.

15 most-choked-on Foods

- ▶ **Round, pliable foods;** hot dogs, sausages, chunks of meat and cheese, whole grapes.
- ▶ **Firm foods:** hard candy, raw vegetables (such as carrots) and raw fruit chunks (such as apple pieces)
- ▶ **Hard-to-chew foods:** nuts, seeds and popcorn.
- ▶ **Sticky food:** marshmallows, peanut butter chunks, chewy candy and gum.

Vidalia Sesame and Cucumber Salad

Makes 8 to 10 Servings

INGREDIENTS

- 2..... Vidalia onions *sliced*
- 8 cups..... cucumber *thinly sliced*
- 1 Tbsp..... salt
- 1..... garlic clove *minced*
- 2 to 3 Tbsp... soy sauce
- 2 Tbsp..... vinegar
- 1 Tbsp..... vegetable oil
- 1 Tbsp..... sesame seeds *toasted*
- 1/8 tsp..... cayenne pepper

DIRECTIONS

Place cucumbers in a colander. Set the colander on a plate; sprinkle cucumbers with salt and toss. Let stand for 30 minutes. Rinse and drain well.

In a bowl combine; onions, garlic, soy sauce, vinegar, vegetable oil, sesame seeds and cayenne pepper. Add cucumbers and toss to coat.

Cover. Refrigerate until served.



Your
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Resource Center



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