

Thoughts from Patti & Kristjan

I recently got to spend some time with my kids at Victoria Beach. We played in the waves, built sand castles and ate some smiley face cookies from the local bakery. We had a wonderful time and I feel blessed to have had the opportunity to share that time with my family. As Manitobans (and Northwest Ontarians) we are blessed with some of the most beautiful beaches and lakes in the world.



One afternoon when we arrived at the beach the water was a thick green pea soup. The algal bloom had left its green slime all over the edge of the beach. The regular beach goers warned us not to swim especially our little guy who is less than two. We heeded their warning and played in the sand then left the beach because who can convince a five year old and 20 month old to stay out of the water. While the algae was gone the next day it made me really think about the complicated eco system that manages these treasured beaches and lakes.

The algal blooms are caused by an abundance of nutrients especially nitrogen and phosphorus. And when these algae die, they decompose on the lake bottom, consuming dissolved oxygen in the process. This can make toxic water that makes people and animals sick, change the makeup of species in the lake and can result in fish dying from the lack of oxygen in the water.

In my reading I learnt that protecting the lakes is a complicated issue with many stakeholders and many people relying on the surrounding agriculture for their livelihood. While there may not be a simple solution I hope everyone can work together to preserve these treasured lakes for generations to come.

All the best,
Patti & Kristjan

One Year of Free Shredding Charity Give Away

Is your organization a registered charity and would you like free scheduled shredding service for one year? If so read on. In honor of all the hard work charitable organizations do Phoenix is going to donate one free year of scheduled shredding service to one lucky registered charity. To enter for your chance to win send Karen Turner (our office manager) an email saying you want your organization to be entered into the "One Year of Free Shredding Charity Give Away", please include your contact information and the name of the Charity you work for. Karen's email address is karen@phoenixrecycling.ca. The closing date for getting your name in the draw is October 15th, 2011. The winner will be profiled in the November newsletter. Good Luck!

Hope is the most exciting thing in life and if you honestly believe that love is out there, it will come. And even if it doesn't come straight away there is still that chance all through your life that it will.

– Josh Hartnett

Have A Question For Us?

If you have a question related to off-site document storage, shredding, or media vaulting, please feel free to give us a call or send us an e-mail.

Contact Information: (204)222-5096 or
email karen@phoenixrecycling.ca

Store 100 Boxes For Just \$1.50 A Day!!

Whether you're currently storing records in an off-site mini-storage facility or in your own storeroom, now you can enjoy all of the advantages of full-service records storage for just \$1.50 a day!

CALL FOR DETAILS!

Preventing Elder Abuse

The U.S. General Accounting Office published a report on the state of our country's nursing homes. It found that sixteen percent of nursing homes had serious quality problems, which was a decrease from the previous year. The trend downward is good, but this still represents a significant problem in the nursing home industry.

Elder abuse is defined as physical abuse, neglect, financial abuse, abandonment, isolation, or any other treatment that might cause physical or mental pain or suffering directed towards any person aged 65 or older. If your elderly parent is not under your direct care, you should be aware of the signs of elder abuse. These include bruises, scratches, cuts, or other injuries. The use of physical restraints should be carefully examined, as well as indicators such as poor hygiene, unexplained weight loss, bedsores, or falls. Emotional signals can be fear, helplessness, strange stories, withdrawal, confusion, anxiety, or depression.

If your parent is in a care facility, pay close attention to staffing levels and the treatment of other seniors. It is a good idea to visit during various times of the week and day. You have the right to ask to review medical records. You can insist on a personalized and practical plan for care. Many nursing home facilities have residents' or family councils. Join one or start one if there isn't such a group operating. Above all, the key is to stay connected to your parent by visiting frequently or establishing a network of family and friends that make contact with your parent often.

Flavor and Health

There is a world of variety in oils beyond canola and olive oils. On your grocery shelves, you can find varieties of oils including pumpkin seed, walnut, grapeseed, avocado, hazelnut, and pine nut. These oils can impart a unique flavor to your dishes. Use them to sauté fish, meats, or vegetables. They also bring additional nutritional elements to your food. Some of these special oils, especially those that are plant-derived, offer increased immunity protection and can lower levels of LDL cholesterol.

Traveling Pets

Many cats and dogs do not travel well in cars. If your pet is sensitive to car travel, talk to your vet about the use of sedatives or travel-sickness medication. You should not give your pet any medication without checking with your vet first to find out if it is appropriate and to get the correct dosage. If your pet does get sick easily, try to plan shorter travel days with lots of rest time during the trip.



September Events

- 1 National No Rhyme Nor Reason Day
- 4 Newspaper Carrier Day
- 6 Fight Procrastination Day
- 5 Be Late for Something Day
- 5 Labour Day (All)
- 6 Another Look Unlimited Day
- 8 Pediatric Hematology/Oncology Nurses Day
- 8 International Literacy Day
- 9 Wonderful Weirdos Day
- 10 Swap Ideas Day
- 11 National Grandparents' Day
- 12 National Boss/Employee Exchange Day
- 13 National Celiac Awareness Day
- 15 International Day of Democracy
- 16 National POW/MIA Recognition Day
- 19 National Woman Road Warrior Day
- 21 International Day of Peace
- 22 Dear Diary Day
- 23 Hug a Vegetarian Day
- 23 Love Note Day
- 23 Family Health and Fitness Day
- 24 National Hunting and Fishing Day
- 24 Responsible Dog Ownership Day
- 25 Gold Star Mother's Day
- 26 World Maritime Day
- 27 Ancestor Appreciation Day
- 27 World Tourism Day
- 28 National Women's Health and Fitness Day



Astrological Sign:

Virgo (Aug 22-Sept 23) &
Libra (Sept 24-Oct.23)
Flower: Aster
Birthstone: Sapphire

September is also:

- International Self-Awareness Month
- International Strategic Thinking Month
- Library Card Sign-Up Month
- Mold Awareness Month
- National Alcohol and Drug Addiction Recovery Month

*Yesterday's the past, tomorrow's the future, but today is a gift.
That's why it's called the present. -- Bil Keane*

*Health is the greatest gift, contentment the greatest wealth,
faithfulness the best relationship. -- Buddha*

First Aid Tidbit

You can make a compact first aid kit by starting with an empty baby wipes container. This plastic box is the perfect size to store essentials such as bandages, sterile gauze pads, adhesive tape, scissors, and antibiotic ointment. You can also add some burn cream, small bottles of pain reliever, tweezers, anesthetic spray, and some rubber gloves. Keeping it all in the wipes container means that you will have everything ready whenever you need it.

Did You Know: Rice

September is National Rice Month.

More rice is produced in Arkansas than in any other U.S. state, with over 46 percent of the U.S. rice production.

Rice is grown on about three million acres of land in the U.S.

Rice is the main dietary staple for more than half of the world's population.

At the International Rice Research Institute Genetic Resources Center in the Philippines, there are over 80,000 different rice samples in cold storage.

Rice is grown on every continent except Antarctica.

One seed of rice yields more than 3,000 grains.

Fifty percent of all the world's rice is eaten within eight miles of where it is grown.

Americans eat about 24 pounds of rice per person per year. Asians eat 300 pounds per person.



Lobsters!!!!

This month's prize is \$50 in yummy Lobsters from Mariner Neptune. Mariner Neptune carries a variety of sea food items to choose from.

Good luck!

Each month we'll give you a new challenge of some type. All those who reply with a correct answer are eligible to win. At the end of the month we'll draw a lucky name.

Here is this month's mind bender:

Riddle: If it has a quart capacity, how many pennies can you put into an empty piggy bank?

Last Month's Answer to:

Arnold Schwarzenegger has a big one, Micheal J Fox has a small one, Madonna doesn't have one, The Pope has one but he never uses it, Bill Clinton has one and he uses it all the time! -- What is it?...

SURNAME

Last month's Winner:

JOANNE RUIZ

BCCA LLP CHARTERED ACCOUNTANTS

Congratulations!

Email your answer to karen@phoenixrecycling.ca

QUICK SERVICE PROFILE:

As a full service provider of shredding & storage services we have a full range of solutions to meet our client's needs. This month's quick service profile is on "Records Storage & Management."

At Phoenix, we understand that documents aren't worth saving if they can't easily be retrieved, which is why we have developed a simple yet sophisticated system of tracking every item you place into our care.



Our Record Storage service is the secure storage of business records in a manner that allows for quick retrieval of your records when you need them. Every box is bar-coded and scanned into shelving designed to store boxes of business records. When you need an item returned the bar-code quickly tells us where it is located and we retrieve it from the shelf and return it to you.

We offer on-line access to your records, quick delivery and pick up service, automated tracking and management support.

Click here to learn more about

Phoenix's Record Storage & Management

On-Site Paper Shredding • Off-Site Paper Shredding •
Hard Drive Destruction • Micro Media Shredding • Record
Storage & Management • Recycling



Refer Us To Someone!

If you refer us to someone and they become a regularly scheduled customer, purge customer with more than 100 boxes, or box storage customer, **we will reward you with a \$25.00 VISA gift card!**

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BITS *and* PIECES

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What's Inside This Month?

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September OFFERS!

Getting It All Done

Do you find yourself constantly putting things off? You are not alone! September 6th is Fight Procrastination Day. Everyone suffers from procrastination at one time or another. For some, it is an ongoing battle. There are ways, however, to jump-start your to do list.

BREAK TASKS DOWN INTO SMALL TASKS.

Saying you need to organize your kitchen cabinets can seem like a huge job, but organizing just your silverware drawer may not be so bad. For every big job, make a list of all the parts that need to be done and tackle them one by one. Pretty soon, your big job will be completed without feeling so big.

KNOW YOUR WEAKNESSES.

Take a moment to think about your worst source of procrastination. Is it doing the laundry, making sales calls, planning for dinner? Make this job your number one priority of the day. By accomplishing this task first, you will free yourself up to move forward without it hanging over your head.

DO YOU HAVE 15 MINUTES TO SPARE?

Even in the busiest schedule, most people can find 15 minutes a day. Budget this short time to tackling a project that you've really wanted to get done, but never seem to get to. It seems like a short time, but it is amazing what can be accomplished in this short time. You may find that you spend even longer working on your project once you get started.



REWARD YOURSELF FOR A JOB WELL DONE.

Plan something nice for yourself--a movie, a special meal, a weekend away--but only do this if the project you've been putting off gets done. Share your goals with someone close to you and you will get encouragement along the way.

CURE THE PROBLEM.

Recognize that while procrastination may be caused by simple laziness or boredom, often it is a sense of fear that keeps us from getting started. You may also feel overwhelmed or stressed in general. Take some time to examine whether eliminating some other tasks might help you feel less pressured. If it is fear that is stopping you, working through that anxiety first will help you prepare to get the job done. Most importantly, be ready to admit if the job you are trying to accomplish is really necessary after all. You may find that it is something you'd like to get done, but that doesn't really need to be finished. Giving yourself a break may be the best way to get motivated in the long run, as you will be doing projects when you are more interested in them.