



One Year of Free Shredding Charity Give Away

And the winner is..... **The Canadian Mental Health Association.** Congratulations to the CMHA and we look forward to providing free shredding service for a year.

Thank you to all the great charities that entered the draw. We salute your hard work. Please read below a paragraph about the CMHA and some of the cool things they are doing.

The Canadian Mental Health Association, Winnipeg Region (CMHA Winnipeg) provides services, information, education and social action regarding mental health and mental illness issues to the citizens of Winnipeg. CMHA Winnipeg has grown an astounding 40% in the past 3 years. In order to meet the demand for our services and supports we have to move to a larger location. We have purchased a new building at 930 Portage Avenue (the old CJOB building) and hope to move in during the spring of 2012. At this time, donations are greatly needed to allow us to renovate the building to suit the needs of our clients. Please consider donating to help improve mental health in our community. Donations may be made online at www.cmhawpg.mb.ca or by calling 204-982-6100.

Thank you.



Green Living

Your garage can harbor a buildup of hazardous substances in the air. These can include carbon monoxide from vehicle engines, and fumes from pesticides, paints, and other hazardous household chemicals. To protect your family, inspect the seal on the door connecting your garage and your home. If there is any leaking air, install weather stripping to the door frame. You can also install a rubber sweep to the bottom of the door to prevent air leakage.

Thoughts from Patti & Kristjan

A time to remember, and to teach.

My daughter Abby started kindergarten this year and her first school Remembrance Day service is coming up. This is the first year where I think she will grasp a tiny bit of the concept of war and dying. We have been talking about respect and bravery and I hope over the years she will be able to understand the importance of our soldiers and the sacrifice they and their families make. With Abby I realize she will not "remember" but will need to "learn." This past May Claude Stanley Choules died. He was the last World War I combat veteran in the world. As the generation passes and memories fade we will have to work harder to teach our kids about war, and why we stop and remember on November 11th. As I was thinking about writing this I reread the poem "In Flanders Fields". I share it below as it is just as powerful today as it was when I first learnt it in school.

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.



All the best,
Patti & Kristjan

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Funny Signs

In a restaurant: "Open seven days a week and weekends."

On a ski lift in Taos, New Mexico: "No jumping from the lift. Survivors will be prosecuted."

At a Santa Fe gas station: "We will sell gasoline to anyone in a glass container."

On a Maine shop: "Our motto is to give our customers the lowest possible prices and workmanship."

At a zoo in Budapest: "Please do not feed the animals. If you have any suitable food, give it to the guard on duty."

On the grounds of a private school:
"No trespassing without permission."

A poster on a bulletin board: "Are you an adult that cannot read? If so, we can help."

Fitness center sign: "Self esteem is feeling good about yourself--regardless of the facts."

At an optometrist's office: "If you don't see what you're looking for, you've come to the right place."

At a car dealership: "The best way to get back on your feet--miss a car payment."

Outside a muffler shop: "No appointment necessary. We can hear you coming."

A sign in a maternity clothes store:
"We are open on Labor Day."

Two signs found on top of one another in a diner:
"Restrooms to the left. Please wait for the hostess to seat you."

A sign in front of a macadamia nut factory in Hawaii:
"Caution: Nuts crossing road."

On a plumber's truck: "We repair what your husband fixed."

At a pizza shop: "7 days without pizza makes one weak."

To love oneself is the beginning of a life-long romance.
— Oscar Wilde

You yourself, as much as anybody in the entire universe,
deserve your love and affection.
— Buddha

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

November Events

- 1 National Authors' Day
- 2 Plan Your Epitaph Day
- 4 Use Your Common Sense Day
- 5 Sadie Hawkins Day
- 6 Daylight Saving Time Ends
- 7 Job Action Day
- 8 National Parents as Teachers Day
- 10 Guinness World Records' Day
- 11 Remembrance Day
- 13 World Kindness Day
- 14 World Diabetes Day
- 14 World Orphans Day
- 15 I Love to Write Day
- 16 International Day for Tolerance
- 17 Great Smokeout
- 17 Homemade Bread Day
- 19 Family Volunteer Day
- 20 Universal Children's Day
- 21 World Television Day
- 24 Salute a Flag Day
- 25 Native American Heritage Day
- 29 Electronic Greetings Day
- 30 Computer Security Day
- 30 Stay Home Because You're Well Day

Astrological Sign:

Scorpio (Oct 24-Nov 22) &
Sagittarius (Nov 23-Dec 22)

Flower: Chrysanthemum
Birthstone: Topaz



November is also:

- Diabetes Month
- Aviation History Month
- Banana Pudding Lovers Month
- Diabetic Eye Disease Month
- Gluten-Free Diet Awareness Month
- Lung Cancer Awareness Month



Internet Non-Retail

If you are looking to save money, one website you should not miss is RetailMeNot.com. This easy-to-use site lets you search through online coupons to find great deals. There are even coupons you can print and use at stores like Target and Old Navy. Retail Me Not is easy to navigate and gives you the ability to search by store or category. Users report back on whether the coupon was successful, giving each coupon a success ranking and the average saved. Be sure to check this website every time you are making a purchase online.

SAVINGS

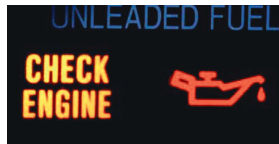
RetailMeNot.com

Check Your Engine

Since 1994, cars and trucks have been required to have an on-board diagnostics system to ensure proper emission-control system operation. If your vehicle shows any signs of having an emission problem, your "Check Engine" or "Service Engine Soon" light will glow. It is intended to inform the driver that a problem has been detected and vehicle service is needed.

It can be tempting to ignore this light. After all, your vehicle continues to drive in what seems like a normal fashion, and there seems to be no immediate need to take it in for service. A steady warning light indicates that something is amiss and the vehicle should be brought in for service as soon as is convenient. It is not an emergency situation, but should be addressed within a few days. However, a blinking warning light should be heeded immediately. A vehicle with this light flashing should be taken in for service at the earliest opportunity.

Possible causes of warning light activation include an overheating catalytic converter, an oxygen sensor malfunction, a fouled spark plug, a loose gas cap, or up to a hundred other causes. The glitches that activate this light are usually those which a driver would not detect. They can often lead to other problems if not addressed promptly, including fuel inefficiency, a shortened engine life, or expensive repairs.



Dinner and a Movie

As winter starts to settle in everyone needs to get out for a good dinner and a movie. The November prize is a \$50 at the Keg and tickets for two to the movies.

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: What occurs once in every minute, twice in every moment, yet never in a thousand years?

Last Month's Answer to: *I'm light as a feather, yet the strongest man can't hold me for much more than a minute. What am I?*

BREATH

Last month's Winner:

HELEN MITCHELL

CENTRE OF EXCELLENCE INITIATIVE (COE)

CANADIAN MANUFACTURERS & EXPORTERS MANITOBA

Congratulations!

Email your answer to karen@phoenixrecycling.ca

Pantry Revised

Is your pantry getting away from you? It may be time to do a purge and clean. Discard items that are expired or stale. If you haven't used something in three months, you probably are not going to use it. Plan some meals that use the rest of the food in your pantry to give you a clean start. Once you've gotten rid of the lingering items, you can focus on stocking up on food that you use more often.

Four Tips for a Safe Christmas Meal

1. Buy your foods from a reliable source. All perishables should be promptly and properly refrigerated.
2. Clean your hands and all surfaces that have been in contact with raw meat or eggs before touching anything else. This includes cutting boards, knives, utensils, and countertops.
3. Your turkey should not be stuffed until right before entering the oven, and your oven temperature should be set to no lower than 325 degrees.
4. Promptly refrigerate all leftovers in tightly covered containers. If food has been left out longer than two hours, it should be discarded. Refrigerated stuffing should be eaten within two days; refrigerated turkey should be consumed within three to four days.



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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November OFFERS!

Get Out of Your Slump

If you find that you are suffering from neck soreness and tightness, shoulder pain, headaches, or even migraines, you may need to examine your posture. Researchers have found a definite link between poor posture and headache frequency. Poor posture can lead to muscle tension and spasms. Because your head can weigh up to ten pounds, any imbalance found on top of your neck and shoulders will lead to spinal and muscular tension, resulting in muscle tightness. This pain is then referred to the back of your head. Research into the causes of migraines has shown a connection between neck pain and these types of headaches as well. Doctors believe that irritation in the neck and upper shoulder area can trigger migraines.

Many people are genetically and structurally predisposed to migraines. However, if you find that you are having headaches at the end of the day, you may need to evaluate your posture. In clinical trials, people who did posture and strengthening exercises reduced the frequency of their headaches.

It only takes a few simple steps to improve your posture. Start by “checking-in” to evaluate your posture several times a day. If you find you are slumping or slouching, focus on aligning and lengthening your spine. When walking, try to maintain a tall posture, stretching your spine up through your back, shoulders, and neck. Try imagining a string at the top of your head that you can pull up to balance your head over your shoulders and to straighten your spine.

When at work, sit tall without hunching over. Regular breaks away from your computer will help you release stored tension. Incorporate some simple stretching routines into your day. For example, you may try stretching your neck by tilting your head from side to side and then forward and backward. To stretch your shoulders, pull them towards your ears, and then drop them down in a relaxed position, repeating this several times. By improving your posture and using some concentrated relaxation techniques, you can reduce the chance that you will leave work with a stiff neck, tight shoulders, or an aching head.

