



Michael's Home News

News To Help You Save Time And Money

May 2013

Compassion Wins The Race

Once, a young man was hungry for success and importance. He liked to challenge others to races to prove his power, and he always won by digging deep at the end, no matter who the challenger was. After each race, the gathered crowd would cheer and wave at him.

One day, a wise man was visiting the town where a race was just starting. Sure enough, the race was won by the youth, this time against a much stronger opponent. The crowd was ecstatic and cheered at the young man, who preened and smiled. "Another race!" yelled the youth. "Who will challenge me?"

Just then, the wise man stepped forward and called out, "Here are two challengers." The crowd fell silent as he led an elderly lady and a blind man to the starting line.

"What is this?" asked the young man. "This is no race."

"Race!" commanded the wise man. The race started and the youth was the only finisher, the two challengers left standing at the starting line. The youth raised his arms to the crowd. The crowd, however, was silent.



"Why aren't they cheering?" asked the youth. "They will no longer cheer for you," said the wise man. If you want to recapture their hearts, race again. This time, finish together, all three of you."

The race began and the youth found he had to work with each challenger differently, both encouraging and assisting to get them there. When the three finally crossed the finish line together, the crowd was ecstatic and cheered again.

And so the youth learned a lesson he never forgot as he became a great leader in the town. *We become greater when we help others achieve greatness along with us.*

Michael Cowling

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The Story Of May

May is named after the earth goddess, Maia, and was first called May in 1430. Before then it was Maius, Mayes, or Mai. The Anglo-Saxon name was Tri-Milchi, in recognition that cows could be milked three times a day because of the lush green grass. May is the time when flowers emerge and crops begin to sprout in even the coldest climates.

Some cultures have centuries old May-day traditions that include singing around the May-pole, or carrying flowers to neighbors. In the modern world, May 1st is a national holiday in more than 80 countries, often associated with International Worker's Day.

May seems to play large in many old superstitions, too, including:

- Avoid marrying in May: "Marry in May and you'll rue the day."
- Never wash blankets in May: "Wash a blanket in May/Wash a dear one away."

Mother's Day: Sunday May 12

Jokes To Take Golfing

If you're eager to get out on the links this spring, take along these jokes to amuse your golfing buddies:

- Golfer: "I think I'm going to drown myself in that water hazard."
Caddy: "Do you think you can keep your head down that long?"
- Golfer: "I'd move heaven and earth to break 100 on this course."
Caddy: "Try heaven—you've already moved most of the earth."
- Golfer: "Do you think I can get there with a 5 iron?"
Caddy: "Eventually."
- Golfer: "Please stop checking your watch all the time. It's a terrible distraction."
Caddy: "It's not a watch—it's a compass."
- Golfer: "Do you think my game is improving?"
Caddy: "Oh yes! You miss much closer than you used to."



May Quiz Question

Q: *Imagine you are in a sinking rowboat surrounded by sharks. How will you survive?*

Everyone who texts, emails or calls in the correct answer by the last day of this month will be entered into a drawing for a \$25 Gift Certificate to Starbucks.

April Quiz Question

Q: *What's special about the year 1961 that won't happen again until 6009?*

A: The year reads the same when the numbers are flipped over.

Congratulations to:

Nancy Chow

For winning a \$25 Gift Certificate to Starbucks

A Mother's Will

In a distant country, there was a small town nestled between high peaks. The town constantly feuded with bandits that lived in the mountains. One dark day the mountain bandits came down and attacked the town, kidnapping a baby and escaping to their hideout above.

The mother was despondent, crying and wailing. So the villagers tried to rescue the child, but they didn't know the secret trails through the mountains, and bandits harassed them constantly. The bravest of them tried in vain to climb the sheer cliffs. Days later, they reluctantly admitted defeat and returned to the village with the sad news.

But as they came back into the village, they saw the baby's mother emerging from the trees at the side of the mountain—and there, strapped to her back was her peacefully sleeping child.

The town leader greeted her joyfully. "How were you able to reach the peak when we, the strongest and most able men in the village, couldn't do it?"

The woman smiled tiredly and said, "It wasn't your baby."

The tragedy in life doesn't lie in not reaching your goal. The tragedy lies in having no goal to reach. ~Benjamin Mays

Is Your Refrigerator Running?

"Better catch it!" is the response to the old joke. But the joke wasn't possible until 1851 with the patent of the ice machine. Before mechanical refrigeration was introduced, people cooled their food with ice and snow brought down from the mountains. The first cellars were holes dug into the ground and lined with straw and packed with snow and ice. This was the only means of refrigeration until the invention of the refrigerator.

But how does the refrigerator run? In a nutshell: Refrigeration is the process of removing heat from an enclosed space. A refrigerator uses evaporation of a special liquid (a refrigerant) to absorb heat. The liquid evaporates at an extremely low temperature, freezing the air inside the refrigerator.

A more technical description: A liquid is rapidly vaporized (through compression). The quickly expanding vapor requires kinetic energy and draws the energy needed from the immediate area. The immediate area loses energy and becomes cooler. Cooling caused by the rapid expansion of gases (evaporation) is the primary means of refrigeration today.



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Do Couples Lie About Money?

Yes, according to a survey by the Denver-based National Endowment for Financial Education. The survey found that among couples, 31% have deceived their partners about money. More than 50% admit to hiding cash or minor purchases, and 34% said they'd lied about either their income or their debt.

The consequences can be severe: 16% of survey participants said their dishonesty about money contributed to their divorce. NEFE advises partners to watch out for these warning signs:

- Reluctance or anger around discussing finances
- Major purchases made without discussion
- Bills or charges for purchases you weren't aware of
- Lines of credit secretly opened in your partner's name—or yours

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Where Common Sayings Come From

Do you ever find yourself saying wondering where you got a particular phrase from? Here are the sources for some common "sayings" in English that we take for granted.

- **Above Board.** Something that is *above board* is done honestly, without concealment. 'Board' here is the old word for 'table', as in 'sideboard'. The whole expression was originally a gambling term: when playing, one was expected to keep one's hands 'above the board' to avoid suspicions of cheating
- **Let the cat out of the bag.** A dishonest farmer, claiming to be selling a young pig, might substitute a cat in a tied bag. A buyer would examine the purchase on the spot; if a cat leapt from the bag the truth would be known.
- **Giving/Paying Lip Service.** The expression comes from the Bible, from *Isaiah 29:13* (and is echoed at *Matthew 15:8*): 'this people draw near me with their mouth, and with their lips do honour me, but have removed their heart far from me'.
- **Rack one's brains.** Thinking hard about something. Literally, to stretch one's brains, as on the *rack*, an instrument of torture that stretched a victim's joints. The use of the rack in England was abolished in 1640.



Saying Good-bye to Nasty Neighbours—New Community Safety Act takes aim at problem properties

Increasingly in our neighbourhoods there are problem properties where persistent, unlawful and dangerous activities threaten neighbourhood safety and security.

These properties may be derelict, or the site of criminal and nuisance activities such as drug production and trafficking, prostitution, unlawful liquor sales, child abuse, unlawful weapons or explosives, and activities conducted by gangs and organized crime.

Now, new provincial legislation introduced on February 21, 2013 promises to target and shut down these properties which:

- Adversely affect the health, safety or security of one or more persons in the community or neighbourhood, or
- Interfere with the peaceful enjoyment of one or more of the properties in the community or neighbourhood.

The *Community Safety Act*, if passed, will enable residents who are adversely affected to submit complaints to a new community safety unit.

This unit, staffed with a director of community safety, will have the authority to investigate and mediate complaints and work with the owners of problem properties to resolve complaints.

The legislation targets properties where the occupants may frequently change, but the problem activities persist, and the property owners fail to take effective action to stop them.

If problems continue, a community safety order may be granted, which could potentially bar named individuals from the property or end occupancy for up to 90 days.

If problems persist, the director of community safety has the authority to levy fines for:

- Individuals – a fine of up to \$10,000 and six months in prison for first offence, and up to \$25,000 and one year in prison for subsequent convictions.
- Corporations – a fine of up to \$25,000, and a fine of up to \$100,000 for subsequent convictions.

(Continued online at www.michaelcowling.com/blog) (Source REBGV)

Free The Music

Music has long been an integral part of teenagers' lives, from swooning over Frank Sinatra on the radio to lip-synching Lady Gaga on YouTube.

These days, instead of buying 45's, kids download their music, often without paying for it. A survey of teens from



Stageoflife.com found that 49.2% say their monthly diet of new music costs them nothing—zero, zip, nada—thanks to friends sharing music files online, free downloads from websites, and online services such as Pandora.

Slightly more than 38% buy one album per month in the \$10–\$15 range, and just 2% spend more than \$50 per month on new tunes.

And what about the crazy music those kids are listening to these days? 83% said their parents enjoy some or all of the same music they listen to, and 34% said they like their parents' music, too.

Thinking About Making a Move?

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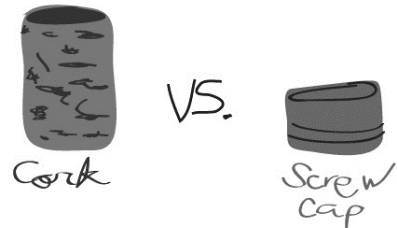
and I'll call or email all the information you need within 24 hours or sooner if requested.

*Would you like me to give you a formula for success? It's quite simple, really;
Double your rate of failure. ~Thomas J. Watson*

Screw vs. Cork

In recent years, winemakers have made huge leaps forward in making wines that preserve the qualities of their constituent grapes. The techniques used to make wine today are far removed from our old-fashioned romantic image of winemaking as a group of lovely ladies dancing in a large barrel while mashing grapes. Temperature control, pneumatic presses, stainless-steel fermenting tanks, etc, rank low on romance, but high on wine quality.

The screwcap, almost always referred to in the wine world as the Stelvin (after the leading manufacturer), is one of those technologies. If a wine possesses rapturous depths of fruit flavour and wonderful acidity, then the screwcap will make sure it stays that way for as long as the wine is stored.



It was not always this way for screwcaps. Early screwcaps had technical faults that allowed too much air in (disaster) or let the wine come into contact with the paper between the cap's plastic seal and the metal cap (disaster). But the technology has been perfected and today's wine industry is starting to embrace the screwcap—if they can overcome the image of Boone's Farm in the back of a pickup truck.

Client Of The Month

Congratulations to our Client Of The Month:

Harold Vail

This month, the Clients Of The Month each received two tickets to the Vancouver Canucks at Rogers Arena.

Call me to find out how you can become Client Of The Month!

Conquering Laundry

Do you sometimes feel that no matter how many loads of laundry you do, more piles of clothes keep appearing even before you're finished? Try this system to make laundry more efficient and less time-consuming.

- If you wash fewer than five loads per week, select one day to finish the entire process: sorting, laundering, folding, ironing, and storing.
- If you have several loads, try a daily system, strictly adhering to a morning or evening routine and doing one or two loads per day.
- Wash the kids' clothes in separate loads and ask them to fold their own clothes.
- Set aside a "repair center" for clothes that need new buttons, etc. Then make all the fixes in one sitting.
- Keep a small dish nearby to collect coins, buttons, and other items found in pockets.
- Find a comfortable area you enjoy to fold clothes.

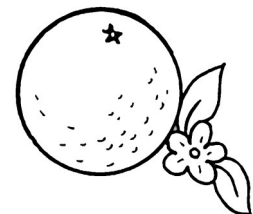
Cleaning your house while your kids are still growing up is like shoveling the walk before it stops snowing. ~Phyllis Diller

Does Vitamin C Prevent Colds?

In recent studies, there is "questionable" evidence that vitamin C prevents colds, except in one small class of people: athletes. In studies where vitamin C or a placebo was given to marathon runners, skiers and soldiers exposed to significant cold or physical stress, there was a 50% reduction in common cold incidence. For the rest of us, however, there is apparently no measurable effect.

Could vitamin C, then, be a possible treatment for an established cold? Studies show that taking a single very high dose of the vitamin (8g) on the day symptoms start can lead to a shorter illness compared with people who take a placebo pill.

If you feel a cold coming on, here are some vitamin C-rich foods to shore up your immune system: The *Kakadu plum* and the *camu camu fruit* contain the highest concentration of vitamin C at more than 3,000mg compared to an orange, which contains about 50mg. Liver and oysters contain as much vitamin C as a grapefruit. And broccoli has almost twice the vitamin C as an orange in the same quantity!





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