

Newsletter

Town of Carlyle

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Carlyle & District Donors Choice Report

	2010	2011	2012	2013	2014
Donations Collected and Remitted	\$11,870.61	\$10,320.80	\$8,785.78	\$9,518.61	\$9,001.00

Thank you, Carlyle and area residents for your generous donations to the Carlyle & District Donors Choice program. As you can see from the breakdown (above), you have donated over \$49,000 in the past five years. The largest recipient of your donations during this time has been the Alzheimer’s Association, followed closely by the District Food Bank.

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Green and Clean Committee

The Green and Clean Committee will once again be judging Residential, Community, Main Street Commercial and Commercial properties on July 15, 2015. Prizes will be awarded for the cleanest, most beautiful properties. Even if yours is an older building, you can spruce it up and trim it up by getting rid of weeds and adding a few flowers. **You are invited to participate!**



Remember to check the batteries in your smoke detector and change them if necessary! – John Brownlee, Deputy Fire Chief

Please Pick Up After Your Pet

It doesn't take much to remember that we have pets in our community. In fact, if you don't watch your step, you're liable to step in one such reminder! Besides being unsightly and smelly, animal waste can be hazardous to the health of our children who play in the community *and* other pets.

One of the most common forms of disease transmission between dogs is through fecal matter.

When walking your dog in our community, remember that it should be leashed. **Also, it is important to remember to immediately clean up after your pet.** Take along a baggie with

you to pick up waste with and then dispose of it properly. By taking a few simple steps to clean up after your pet, you can contribute not only to the beautification of our community, but also towards the elimination of one of the most irritating nuisances in our community. Thank you for your cooperation!



The Town's Nuisance Abatement Bylaw stipulates that "Pet wastes shall be promptly removed from properties and disposed of in an acceptable fashion."

The Easter Bunny

The Easter Bunny is not a modern invention. The symbol originated with the pagan festival of Eastre. The goddess, Eastre, was worshipped by the Anglo-Saxons through her earthly symbol, the rabbit. The Germans brought the symbol of the Easter rabbit to America. It was widely ignored by other Christians until shortly after the Civil War. In fact, Easter itself was not widely celebrated in America until after that time.

The Easter Egg

As with the Easter Bunny and the holiday itself, the Easter Egg predates the Christian holiday of Easter. The exchange of eggs in the springtime is a custom that was centuries old when Easter was first celebrated by Christians.

From the earliest times, the egg was a symbol of rebirth in most cultures. Eggs were often wrapped in gold leaf or, if you were a peasant, colored brightly by boiling them with the leaves or petals of certain flowers.

Today, children hunt colored eggs and place them in Easter baskets along with the modern version of real Easter eggs — those made of plastic or chocolate candy.



Indoor Air Quality

Thousands of people suffer needlessly with allergies, hay fever and respiratory complaints such as a cold or flu. Many times these complaints can be traced to poor indoor air quality caused by inadequate ventilation or lack of maintenance to the heating, ventilation and air conditioning systems. If you suffer from any of these symptoms, it may be time to evaluate your home by performing an inspection and thoroughly instituting regular preventative maintenance. Smell

for stale air and lingering odors. Are there any visible signs of growth in drip pans? Too much dust? Dirty filters? What can you do to reduce or eliminate poor indoor air quality? The following are helpful tips:

1. Remove all standing water in drip pans under your refrigerator and air conditioning units.
2. Use cleaning chemicals and insecticides sparingly. You may want to use alternate methods.
3. Remove garbage and trash on a daily basis.

4. Vacuum your rugs and carpeting at least once per week. Make sure your vacuum is properly working with a clean out bag. Does your vacuum just pick up dirt and then blow it back out?
5. Change air filters in your heating and air conditioning units.
6. Clean your duct work every 3 to 5 years. Professional services are available.
7. Clean fireplace flue (if applicable) yearly if you use it on a regular basis.
8. Do not store spray insecticides or any items at the air intake to your HVAC system.

“Inspect your furnace prior to the winter season.”

Mental Health in the Workplace

Mental health is everyone's business. We're all affected by it.

Stigma accounts for a big part of the problem. The misunderstanding that surrounds mental health problems or illness contributes to preconceived notions, misperceptions, and fears. Employees living with a mental illness may be looked upon differently, passed up for a promotion or not taken seriously. There often isn't the same level of support as that given

when one experiences a physical disability or illness. Tackling the stigma that exists around this illness is a critical step in creating mentally healthy and safe working environments.

The good news? Up to 25% of the costs of mental health issues to employers can be avoided. Investing in mental

health can also have a direct positive impact on employee morale, productivity and health and well-being. Go to www.notmyselftoday.ca for further information.

500,000 Canadians missed work today due to mental health issues!

Stress - Making It a Positive Force in Your Life

Imagine your life without stress. As ideal as it sounds, a stress-free life would be a life without change and boring indeed. One way of defining stress is simply as any change to which we have to adapt. If you have been juggling the complexities of working in or running a business, maintaining important relationships and trying to have some leisure time enjoyment, you are very familiar with the tug of war that stress plays in our daily routines.

When the adjustments inherent in our daily lives become too frustrating or prolonged, the harmful effects of stress can occur. We may become less efficient in our jobs, less tolerant of others and even experience physical consequences such as headaches, high blood pressure or sleep disturbance. These physical changes are red flags, a signal that we are pushing our bodies too far. They are not meant to be ignored.

Because stress cannot be eliminated from our lives, it is useful to be aware of ways that we can use stress positively or reduce some of its negative impact. Here are some suggestions to begin the process.

You may want to start by making a personal appraisal of your stress level. Major life changes such as a move, job change or divorce are by nature

stressful and can make it harder to cope with smaller stresses. Daily hassles, like the inconsiderate driver, the forgotten wallet, and the surprise work deadline, are stressors which can add up. The result often is a sense of limited control over our time, our relationships and our personal priorities.

As you consider your current lifestyle, note the physical and emotional reactions that are part of your personal response to stress as well as some of the tools that you have used to weather the storms of stress in the past. You probably already have many useful techniques at your disposal but here are some ideas that have been helpful, and which are recommended to those wanting to improve their stress coping skills.

Physical Activity: While regular exercise helps to reduce the negative effects of stress, a short walk during a harried day offers immense benefits as well. Removing yourself from a stressful environment allows you to regroup both emotionally and mentally.

Prioritize: Write down and review what is most important each day. Check off and congratulate yourself on your accomplishments rather than berating yourself for what you were not able to do.

Be Good to Yourself: Get appropriate sleep and nutrition. Nurture yourself through your relationships with others and through your spiritual life. Laughter and fun are great stress relievers. Allow yourself to share your stress with others.

Would You Rather Be Happy Or Right? Recognize that you can't handle every situation perfectly and may not have all of the answers. Heated disagreements with others can raise our stress levels and accomplish little. Look for compromises, take a time-out from confrontations and recognize that things eventually do work out.

At times, the assistance of a mental health professional is useful when the changes in our lives are too overwhelming. However, a few simple changes can often turn stress into a more positive force in our lives.



Avoiding Food Waste at Home

It's a fact. We don't eat all of the food that we buy. No matter how good our intentions are, in Canada we are still throwing out about 10% of the fresh produce we buy. We want to reduce food waste. It helps the pocketbook – if you don't have to pay for something you're just going to throw out, you're that much farther ahead. Here are some

practical solutions to reducing how much food gets thrown out:

Make a list and check it twice – grocery shopping with a list is a powerful waste reduction tool. Keep a running list on the fridge door or on a smart phone so you can add to it when things run out or get low. Then, on shopping day, have

a look in your cupboards and fridge at what you do and don't have, and add those items to your list.

Even better, have a meal plan, and add any specific ingredients to your shopping list.

Keeping foods stored under proper conditions helps them last longer and stay fresher. Potatoes need a cool, dark place, but not necessarily the

fridge. Tomatoes actually do best without refrigeration. Proper refrigeration is important. Keep your fridge at 3° C. Sask Power often hands out fridge and freezer thermometers at trade shows; these are useful in setting your appliances at their appropriate temperatures.

Your freezer is a great way to keep food, ingredients or meals in 'stasis' until you are ready for them.

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Please remember: If you plan on building, any construction of 100 square feet or more requires a building permit. If you build without a permit, the Town can issue a stop work order, and that could be costly and inconvenient for you.

The Town's **Nuisance Abatement Bylaw** requires that property owners look after their yards and buildings in such a manner as to avoid an infestation of rodents or insects, any dead or hazardous trees, or any sharp or dangerous objects. Yards are to be kept free and clean from

- garbage and junk,
- junked vehicles and dismantled machinery,
- excessive growth of weeds or grass, as well as
- holes and excavations that could cause an accident.

Accessory buildings are to be kept in good repair, free of infestation by rodents, vermin and insects, and free of health, fire and safety hazards.

Any refrigerator or freezer left in a yard shall first have its hinges, latches, lid, door or doors removed.

Fences are to be maintained in a safe and reasonable state of repair.

13 Things Your Dog Can Teach You

1. When loved ones come home, always run to greet them.
2. Allow the experience of fresh air and the wind in your face to be pure ecstasy.
3. Let others know when they've invaded your territory.
4. Take naps and stretch before rising.
5. Run, romp, and play daily.
6. On hot days, drink lots of water and lie under a shady tree.
7. When you're happy, dance around and wag your entire body.
8. No matter how often you're scolded, don't buy into the guilt thing and pout - run right back out and make friends.
9. Delight in the simple joy of a long walk.
10. Eat with gusto and enthusiasm. Stop when you have had enough.
11. Be loyal.
12. Never pretend to be something you are not.
13. If what you want lies buried, dig until you find it.



Once you replace negative thoughts with positive ones, you'll start having positive results.

[Willie Nelson](#)

Please be a good neighbor: Don't let your dog(s) bark continuously, as this annoys even dog lovers!