



# HAPPY Father's DAY

## BMI Honors Dad's Special Day!

June 2013

### THANKS DAD "YOU'RE MY HERO"

Father's Day is a day to recognize and honor the men and father figures in our lives that have made a difference.

This year we celebrate Father's Day on June 23, 2013. BMI has compiled some facts and stats about the Father's Day holiday.

**Did you know that...** Father's Day was introduced by Sonora Dodd in Spokane, Washington on 19th June, 1910 - She wanted to honor her widowed father William Smart who took care of his six children in the civil War



*Great Video - Worth to Watch! Click Here*

## June

Quotes Love and Life .com

#55

**By the time a man realizes that his father was right, he has a son who thinks he's wrong.**

~ Charles Wadsworth

More inside!

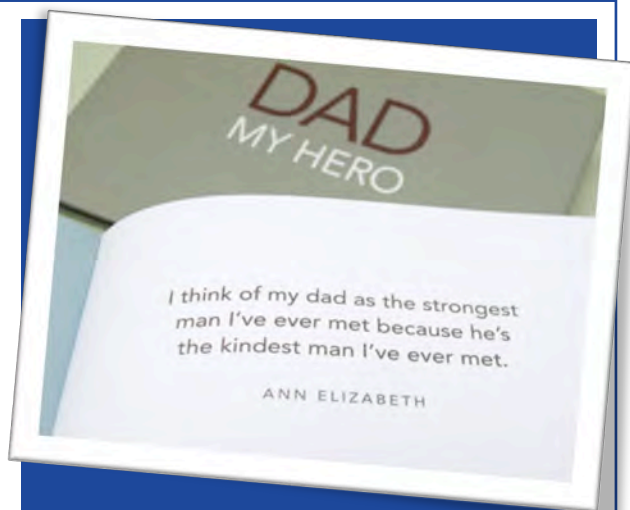


# You Are What You Eat - Eating Right to Improve your Personal Life!

The main thing to a healthier you, is to eat right exercise and visit your family doctor regularly. This is all part of a healthier you and if your healthier you will feel better about your self. One of the biggest problems we have today is that most people do not eat right. While the world is wising up, they still fall short of proper eating habits, since we are rushed by a face-paced world.

## What do I have to do to eat right?

Eating right is a hard thing to do for some of us and for others it is easier to do. Eating healthy is a big problem these days. For some of us it is hard to buy healthier food due to the fact it cost more to fix meals the right way. There are a lot of people that are just making it in the real word with out having to buy a loaf of bread that cost \$2.50 a loaf when they can get a loaf for \$.50 so what do they do get the \$.50 loaf and knowing that its bad for them but that's all they can afford. So eating right can be hard for you too. We have options. You can grow your own home garden; bake your own bread for a fraction of the cost and so on.



## Daddy "You ROCK!"

- President Calvin Coolidge in 1924, supported the idea of a national Father's Day. Then in 1966 President Lyndon Johnson signed a presidential proclamation declaring the third Sunday of June to be known as Father's Day.
- President Richard Nixon signed the law, which finally made it permanent in 1972 - making Father's Day a national day of recognition.
- The rose is the official flower for Father's Day. Wearing a red rose sings a living father, while white represents a deceased father.
- It is believed that the word "DAD" dates back to as early as the Sixteen Century.



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# You Are What You Eat!

What are some of the things I can eat?

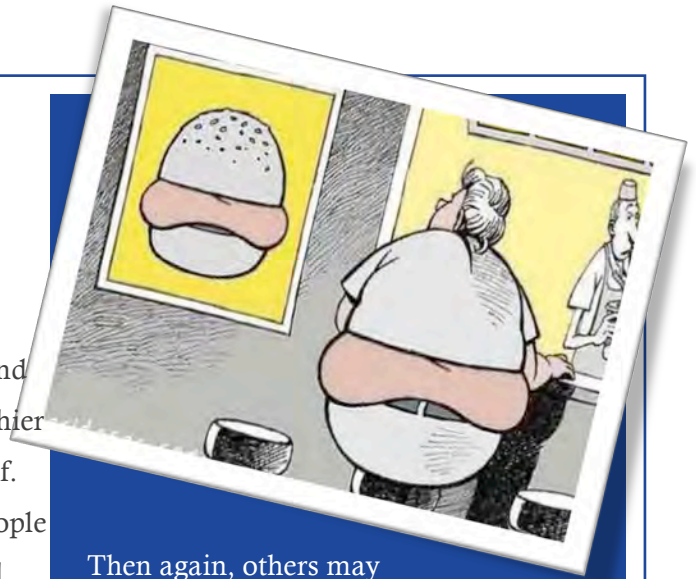
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Then again, others may not have any problems with it. You want to consider your position and move forward.

Will I feel better if I eat right?

You will feel a lot better if you eat right. Eating right has a lot to do with how we feel. If we lack nutrients, it can make one feel depressed, ill, etc. Since, we get vitamins from our foods, you may want to include natural regimens of vitamins in your daily schedule also.

The right vitamins we need every day to make us feel good about our self. We get many vitamins from what we eat. Vitamins are what make us feel like a person. So if you eat right and get the right vitamins daily that your body needs to function you will feel a lot better about your self and that will help you to improve your personal life.



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## The Pros and Cons of Hybrid Cars

Hybrid cars are considered to be the car of tomorrow. Because of the benefits it can give you, you will definitely want to get one for your own. In fact, more and more people are now considering selling their conventional car and purchase a hybrid car. So, why is it that more and more people prefer getting a hybrid car instead of a conventional car even if hybrid car retail prices are far more expensive?

The answer to this is that these people are thinking of the long term benefits that a hybrid car can give. With a hybrid car, you can cut fuel consumption in half compared to conventional cars. Hybrid cars will be able to give you maximum fuel efficiency. It will be able to give you far better mileage to the gallon. Just imagine, with a hybrid car, you can get more than 60 miles to the gallon of gasoline.

This is because hybrid cars run on two engines. One is the conventional internal combustion engine that you will find in conventional cars and the other is the electric motor and batteries. Hybrid cars are basically cars that combine efficient than conventional cars.

Another advantage is that you will be able to save more money from tax breaks imposed by the US government to hybrid car users and buyers. If you own a hybrid car, you will be able to enjoy tax breaks. Also, you will be able to enjoy free parking and other incentives that the government imposed on hybrid car owners.

Now that you know about the main pros of the hybrid cars, you also need to know what the cons of hybrid cars are.

People have been purchasing hybrid cars because of the ability of saving a lot of money from fuel consumption. However, the main advantage of hybrid cars, which is the electric motor, is also its downfall. When a hybrid car is involved in an accident it will be difficult for you and the rescuers to get you out of the car because of the dangers of electrocution. Hybrid cars carry large amounts of voltage. When it gets involved in an accident, wires from the battery may tear off and will be potentially dangerous to handle.

Another disadvantage of hybrid cars is that the retail price is higher than conventional cars in the same weight class. However, the hybrid car can counter this disadvantage by allowing consumers to save money in a long-term basis. When you look at it in a long-term basis, hybrid cars tend to be cheaper than conventional cars. Try and compute the amount of gasoline both cars will consume during its lifetime and add it to the retail price of the car. You will see that the conventional car will tend to be more expensive than hybrid cars when you look at it in a long-term basis. These are the pros and cons of hybrid cars. You can see that it contains more advantages than disadvantages. Most hybrid cars today are now integrated with the latest technology in car safety. So, if you are planning to purchase a car, think hybrid.



cont.



## Put the Brakes on the Junk Mail Express

We've all seen how stuffed our mailboxes are each day with junk mail. Advertisements, coupon books, postcards, brochures and the like break the backs of our local postal delivery people each day across the nation. Each year, junk mail costs the environment approximately 80 million trees and 28 billion gallons of water. It also costs about \$450 million each year to have it hauled off, incinerated or recycled.

On average that means that about 34 pounds of junk mail is produced each year for every man, woman, and child in the United States. And if you factor into this equation that each person will spend approximately eight months out of our lives dealing with junk mail, and you have a huge sum of wasted time, money, and valuable resources. But you shouldn't feel powerless to stop it. There are steps you can take to tame the junk mail beast.

**The Direct Marketing Association (DMA), the largest list broker in the US, sells your name and address to those wanting to target you for their product.**

### The Direct Marketing Association

Contact them directly with a postcard that contains the date, your name and address, and sign it. Be sure to include all variations of your name, and your maiden name if you've recently married. Instruct them to remove your name from their mailing lists. Send the postcard to:

Direct Marketing Association

Mail Preference Service

P.O. Box 643, Carmel, NY 10512

Tel: 1- 212-768-7277

[www.dmaconsumers.org](http://www.dmaconsumers.org)

Be careful when you do submit your name and address to anyone, as you can become part of their mailing list, which might be sold at a later date, putting you right back at square one. When you



cont.



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## The Direct Marketing Association

If you're filling out a form such as a warranty, subscription, raffle, customer info card, credit card application, membership for an organization, be sure to instruct them not to sell, rent or trade your name or address. Remember to do this every time you're giving your contact information to a sales representative or customer service associate when you purchase something.

And when you receive an unwanted publication in the mail, immediately contact the toll-free number listed on the publication and request to be removed from their mailing list. Businesses and organizations are glad to hear from you if you're not interested in receiving their materials because it saves them advertising revenue.



# Think Green When You Clean

We all want to do our part in ensuring our environment stays as safe and healthy as possible for our children and future generations to come. Many people don't stop to think how their household cleaners can affect the environment, and how toxic they can make the immediate environment of your home.

With some careful forethought, planning and effort, your home can be cleaned safely and effectively, sparing the environment, your home, family and pets from chemicals and fumes.

toxic

*Most people firmly believe that surfaces in their homes must be disinfected on a continual basis to prevent illness and the spread of disease. But the truth is most areas of your home don't need to be disinfected to prevent the spread of germs. This includes your bathroom. Mild detergents, hot water, and some elbow grease can generally do the trick.*



## How Green Are You?

The exception to this rule is the kitchen. Anything involved in food preparation should be completely scrubbed down and disinfected with each use. This includes food preparation surfaces, utensils, cleaning clothes, and sponges.

When shopping for cleaning products, pay special attention to those with the words poison or danger on the label. These words indicate the highest level of hazard, under federal law. Products labeled with the words caution or warning can present a moderate hazard and should be regarded with care. Always read labels and follow the directions.

Never mix cleaning products, such as those containing chlorine with those containing ammonia - Consider using products such as vinegar, baking soda, and mild detergent when cleaning your home. If you have questions about how to properly dispose of toxic household cleaning chemicals, contact your local health department or county sanitation office for advice and assistance. Most areas provide a household hazardous waste collection site for residents to properly dispose of such items.



# ABOUT BMI

With over 21 years experience in the facility industry, we have both the breadth and the depth of knowledge and best practices that you need for success. We continue to serve hundreds of commercial, industrial, government and retail clients who outsource their non-core functions to BMI for its consistent quality service that meets their specialized facility needs. BMI's complete portfolio includes facility services, general contracting solutions, commercial cleaning, maintenance and repair provided through stand-alone or integrated solutions. With more than 50 employees deployed throughout the Ottawa National Capital Region, BMI delivers custom facility solutions to meet our clients' unique requirements

## *Specialties*

*General Contracting, Demolition Waste Removal, Disaster Restoration & Recovery, Janitorial Services, Green Cleaning, Construction, Project Management, Design-Build, Maintenance Services, Preconstruction, Sustainability and LEED, Building Services, Custodial Services*



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## **Contact Us**

Join the list of clients that look to us to help them with their sustainability efforts.

Our environmental practices lead the industry in providing solutions for a cleaner, healthier and safer environment.

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