



COMFORTABLE LIVING

Fall Back to School Tips

Fall 2019

Going back to school in the fall doesn't need to be stressful for you or your kids. Here are some tips for your family to get the most out of the coming school year.



Organize a homework and study space

Whether it's a desk in their room or a corner of the dining table, set a spot that signals to them that it's time to get focused. Involve them so they're more likely to respond positively when they have to make use of it

Be available at homework time if possible

Sending them off to study while you prepare dinner is great time management. However, it doesn't always work if they are reluctant to settle down or if they need your help. Set a homework schedule that allows you to be available if needed.

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Fall Back to School Tips

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Have them do age appropriate chores

Doing well in school takes more than just studying hard and turning in assignments on time (yes, that's important too!). Responsibilities at home will spill over into their school life, so they become more settled to do their own work without needing you to nag.

Extracurricular activities are important

As children get older, it might be tempting to take them out of their extracurricular activities so they can focus on school. But unless the activity is really hampering study time, it's important to leave kids with an outlet from stress. Physical activity, in particular, will boost their performance. In addition, it helps their social skills.



Teach them to set a measurable goal and help them to track it

Part of success in the adult world is setting and achieving goals. Use the coming school year to help them develop this skill and keep track of their progress as the year goes on. Keep it simple so it doesn't become more of a problem than a solution.

Set aside time for them to ease stress

Home should be the place where your child

experiences release from the tensions that build up throughout the day. Being away from you can be stressful for little ones. Even teens need comfort, affection and a listening ear at the end of a hectic school day. This one critical investment of your time will pay off in countless ways for the rest of your child's life.

Remember that this too shall pass

When the stress seems insurmountable and all you want to do is lock yourself in the bathroom until the storm blows over, remember that one day they'll be grown up and making their own way in the world. Then you won't have to wait until after their bedtime to chill with a cocktail, but you'll surely miss them!

Solve the clues to reveal the secret summer answer to the code in the green boxes.

What is the best Autumn snack?

1			H	Follow this on a hike
2	G			Opposite of attractive
3		Z		Get lost in one of these
4			S	Use these to cook in
5	I			Another word for children
6		E		Chilled beverage
7		S		Birds make these in the Fall

Answer: Pumpkin. 1. Path, 2. Ugly, 3. Maze, 4. Pots, 5. Kids, 6. Iced, 7. Nest

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Why Smart Water Meters?



Typically used by gas and electricity companies, smart water meters are becoming more mainstream. They work by measuring your consumption and relaying the information to the utility at shorter intervals. Regular meters are read at the beginning and end of a particular period and billed accordingly.

Many utility companies worldwide are beginning to implement them and your city or municipality may have already done so. Should you be concerned about it? Or do the benefits outweigh the disadvantages? Here are some pros and cons of the technology.

Benefits of smart water meters

It gives you a clear indication of your water usage as it relates to your daily and weekly activities. This allows you to make decisions how and when to conserve water and lower your bill.

Smart meters can help determine if there are leaks. Knowing if your water usage has spiked doesn't give an indication of whether you've taken longer showers once per day or whether a pipe is continuously leaking around the clock. Smart meters will pick up on the patterns of flow that will then help you determine whether you need to hunt for a hidden leak.

Smart water meters have the potential to lower your bill as well. For example, you can figure out just how inefficient your old washing machine is by looking at your consumption during the time you normally do laundry. This knowledge will help you assess whether purchasing a new one will offset the cost of additional water usage to run the old one. Same with toilets. New toilets use only 2.9L to 4.8L of water compared to older toilets that use 6L up to 18L per flush. Switching them out may pay for themselves in less than a year.

Another way it can lower your bill is if the utility implements 'time of use' billing which varies the cost per litre of water depending on *when* you use the water.

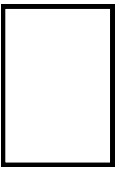
Reasons to be concerned

If your utility implements a 'time of use' system for billing, it can have the opposite effect of actually *increasing* your bill overall, depending on your washing, cooking, cleaning, and other living habits relating to the times you use water.

The increased cost of this technology will trickle down to the consumer, potentially increasing your own water bill. If the data from your bill allows you to conserve water, you might still lower your bill, or break even for a few years before you realize savings.



Whether or not you have a smart water meter, conserving water should be a priority for the environment and your bank account. **If you're concerned about your water consumption and want to implement water saving technology in your home, give us a call at 1-888-458-1979 or visit www.plumbperfect.ca today.**



Tenderloin on Squash

This is an easy to prepare dish that people will swear comes from an executive chef!

- 4 Tenderloin steaks, prepared in the oven then seared
- 1/4 c Butter
- 1 tsp Italian seasoning
- 1 Zucchini squash, grated
- 1 Yellow squash, grated
- 8 Green onions, diced
- 2 Ears of corn, cooked
- 1 Egg
- 1/2 c Bread flour
- 1 TBSP Cornstarch
- 1/2 tsp Baking powder
- 1/2 c Greek yogurt
- 1 1/2 TBSP Minced garlic
- 1 TBSP Lemon juice
- Salt & pepper



Prepare the tenderloin in the oven. Reserve the au jus. Sear the steaks in a small frying pan. Remove the steaks to rest. Add one TBSP of garlic (reserve the rest) to the au jus and mix well. Use paper towels to dry the squash. Remove the corn from the husks. Thoroughly mix the squash, corn, half the green onions, egg, flour cornstarch, baking powder, and a dash of salt & pepper. Spoon on to hot, oiled frying pan and press down with spatula. Fry for 3 to 4 minutes, then flip. Remove when done and set aside. Mix the yogurt, remaining garlic, lemon juice, and dash of salt & pepper. Plate each squash fritter. Top with the yogurt mixture. Top with the steaks. Pour the garlic butter au jus evenly over the steaks and top with remaining green onions.

Enjoy!

Source:

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