



TO:

# Comfortable Living

Spring 2025



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## Common Plumbing MYTHS That Can Cost You



Some myths are more entertaining while others can cost you dearly. You might not be aware of it, but home maintenance has its fair share of myths, including your plumbing system. Here are six such myths you need to flush down the drain.

### DIY is Easy

With the prevalence of do-it-yourself shows and online videos, it can seem like a waste to call in anyone to repair your plumbing. After all, it's simple enough and looks great when it's done. Not so fast. Many of these educational videos are done by professionals with the right tools and years of experience. You may be able to carry out some of the very basic tasks but you need to know your capabilities and call in a professional for everything else.

### Hot Water Will Clear Hardened Grease

Pouring hot water and/or vinegar and baking soda down the sink does not clear out solidified grease. For fresher deposits of oils, this method might work but as the grease becomes more established, you need a stronger solution. Avoid problems in the first place by throwing grease into the garbage. Use a natural, not a chemical, drain cleaner as part of a maintenance program.

### Small Leaks Are No Big Deal

What's a little drip, drip, drop into the sink? It's tiny and you're just too busy to deal with it. You'll get to it eventually. The problem is that small leaks waste more water than you think and as time goes by, they get worse. Consider any leak, no matter how small, as something that needs to be addressed quickly.

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## Lemon Bars

From Allrecipes <https://www.allrecipes.com/recipe/25091/lemon-square-bars/>

### INGREDIENTS:

- 2 cups sifted all purpose flour
- 1 cup confectioners' sugar
- 1 cup butter, melted
- 4 eggs
- 2 cups granulated sugar
- 1 teaspoon baking powder
- 1/4 cup all purposed four
- 5/8 cup lemon juice

### DIRECTIONS:

1. Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch pan.
2. In a medium bowl, stir together 2 cups flour and confectioners' sugar. Blend in the melted butter. Press into the bottom of the prepared pan.
3. Bake in the preheated oven for 15 minutes, or until golden. In a large bowl, beat eggs until light. Combine the sugar, baking powder and 1/4 cup of flour so there will be no flour lumps. Stir the sugar mixture into the eggs. Finally, stir in the lemon juice. Pour over the prepared crust and return to the oven.
4. Bake for an additional 30 minutes or until bars are set. Allow to cool completely before cutting into bars.



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**It Can Wait**

This is an overall costly myth that affects your entire home and will cost you dearly in the long run. While you can't always react immediately to every situation, you can still take action in a timely manner. Postponing any plumbing repairs because your plumbing still works is a myth that could turn a small issue into a snowball of problems.

**Pipes Can Be Ignored**

Plumbing pipes last many years, even decades. That doesn't mean you can leave it indefinitely and wait for it to break. Like

everything in your home, pipes must be replaced and upgraded to reduce the risk of failure and the subsequent damage.

**Maintenance Is Too Expensive**

The truth about this one is that not maintaining your plumbing system is expensive. While it's prudent to be concerned about your spending, avoiding the necessary maintenance will cost you even more.

Let us help you dispel these myths and live a comfortable life with plumbing that works well. Give us a call for all your maintenance needs.

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**How To Reduce Decision Fatigue**

Decision fatigue is the reduction of mental function caused by making too many decisions in a given time period. If you never heard of decision fatigue, you'd be surprised to find out how much of your energy is sapped in this way on a daily basis. The good news is that there are ways to reduce the effects and simplify your life. Here are four tips.

**Prioritize**

When everything is equally important, decision-making is more challenging. If you find yourself exhausted over options, examine whether you really need to think it through so intensely or whether either choice will do. Let go of perfection so you can give yourself the mental space you need to focus on what's truly important and reduce daily decision fatigue.

**Develop Routines**

Routines can seem boring but they free you up for a more fulfilling life. By setting up your days and weeks to repeat certain actions at certain times, you automatically eliminate decision fatigue associated with many mundane tasks. This leaves you the space you need to function in other areas of your life, making your days more productive and enjoyable.

**Reduce Options**

The fewer your options, the less mental energy you need to make a decision. One example is to have a smaller wardrobe of items you know you'll wear. You can select and group together items that are similar so you

don't have to make choices about colour and style every time you have to dress. Another example is to limit your options for mealtimes with a meal plan and only the necessary ingredients. This is a very personal process: you choose the areas where you can simplify to leave room in your life for the more critical decisions.

**Start Small**

Decision making is a skill that's learned. On one end of the scale, you may be indecisive, overthinking every option and consequence (boy is that tiring!). Or you may act without a thought, dealing with problems that could be avoided (often when you're just too overwhelmed to think straight... suffering from decision fatigue). The best way to acquire this skill is to take it one small step at a time. Whether that's focusing on simplifying your meals, routines or letting go completely, start with one small action and go from there.

You don't have to turn your life upside down to reap the benefits of reduced decision fatigue. Implement one of these tips right away and you'll immediately notice a difference.



**SPRINGTIME IS FOR THE OUTDOORS!**

Embrace the Season! Here are 5 fun and refreshing outdoor activities to enjoy this spring.

**1. Hiking**

Explore local trails and parks as the weather gets milder. Spring is ideal for hiking since temperatures are comfortable, and the scenery is lush with new plant life.

**2. Gardening**

Start planting flowers, vegetables, or herbs. Gardening is therapeutic, and it's satisfying to watch your efforts grow throughout the season.

**3. Barbecueing or Grilling**

Fire up the grill and enjoy a barbecue with friends or family. Spring is the ideal time to cook and eat outside, and it's a fun way to spend time outdoors.

**4. Kite Flying**

The spring wind is perfect for kite flying. Grab a colourful kite and head to a spacious open area for a nostalgic and relaxing time.

**4. Camping**

Whether you prefer tent camping, RV camping, or glamping, spring offers cool nights and warm days for a perfect weekend getaway into nature.

**Spring Flowers WORD SEARCH**

- SNOWDROP**
- CROCUS**
- TULIP**
- DAFFODIL**
- LILY OF THE VALLEY**
- BLUEBELL**
- VIOLET**
- DAISY**
- PRIMROSE**
- HYACINTH**

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