



TEAM CORBER

Experience isn't expensive, it's priceless.

You deserve the very best. Let our family serve your family!

Call us today! 514 685.8855

www. teamcorber .com

If you do not wish to receive this Newsletter, please call to be removed from our mailing list

Fighting Mold

Molds are microscopic fungi, a group of organisms which also includes mushrooms and yeasts. There are over 100,000 species of molds, many of which have been identified in causing disease in humans, plants and animals.

What can mold cause?

- staining and damage to ceiling tiles, wood, drywall, paint and fabrics
- ☐ Allergies and illness (primarily respiratory)

Molds will grow if provided with moisture and nutrients. If we keep things in our home dry, molds do not grow - high moisture levels can be the result of:

- water coming in from the outside when there is a weakness or failure in a house's structure; through the floors, walls, roof, or from plumbing leaks.
- moisture accumulating inside our homes when there is not enough ventilation to expel moisture produced indoors through daily activities like showering & bathing, washing clothes and dishes, cooking, cleaning.

Different kinds of molds grow on different materials. Molds may be growing even if no water can be seen. Dampness inside material can be enough to allow mold to grow.

What are the signs of mold?

- □ Discolouration on any surface; walls, ceilings, drapes, backs of furniture
- Stains on carpets
- umusty, earthy odour
- rotting wood

□ stains on personal items; ie luggage, storage boxes, seasonal or infrequently worn clothing Mold can be any colour; black, white, orange,red, yellow, blue or violet. If you think a spot is mold try dabbing the spot with bleach. If the stain loses its colour or disappears, it may be mold. If there is no change, it probably isn't mold!

How to clean mold...

Small areas of mold can be cleaned using a strong detergent and water. The mold area is considered 'small' if there are fewer than 3 patches, each patch smaller than one square meter.

- ✓ wear rubber gloves
- ✓ use protective glasses
- ✓ use a mask capable of filtering fine particles
- ✓ allow the area to dry thoroughly
- X chemicals, such as bleach and fungicides are not recommended.
- ✓ if ceiling tiles and carpets are moldy they should be removed and discarded.

✓ drywall that remains stained after cleaning with detergent and water may also need to be removed and discarded.
✓ launder affected

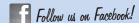
fabrics, if the musty odour and stain persists, discard.

If mold returns or persists you may need a trained contractor

Yona, Jeffrey, Jordan, CORBER

514 **685.8855**

yona@teamcorber.com jeffrey@teamcorber.com jordan@teamcorber.com



OH, BY THE WAY...
We are never too busy
for your Referrals!



315 Brunswick, Suite 333 Pointe-Claire, Quebec H9R 5M7

to assess and properly clean.

If you suspect mold is present in your home, clean the affected area(s) as soon as possible, discard any materials or items that cannot be cleaned, identify the source of the moisture, and remedy it!



"When you start living the life of your dreams, there will always be obstacles, doubters, mistakes and setbacks along the way. But with hard work, perseverance and self-belief there is no limit to what you can achieve."

Roy T. Bennett

"We spend January 1 walking through our lives, room by room, drawing up a list of work to be done, cracks to be patched.

Maybe this years, to balance the list, we ought to walk through the rooms of our lives...not looking for flaws, but for potential."

Ellen Goodman

"Always bear in mind that your own resolution to succeed is more important than any other."

Abraham Lincoln

"I hope that in this year to come, you make mistakes. Because if you are making mistakes, then you are making new things, trying new things, learning, living, pushing yourself, changing yourself, changing your world. You're doing things you've never done before, and more importantly, you're doing something."

Neil Gaiman

Ceiling Fans

Not only do ceiling fans function as light fixtures and decor statements, they are invaluable aids for circulating indoor air. Cool air in summer - warm air during the winter months - and circulating air improves energy efficiency.

A ceiling fan is effective, **but only if you choose the right size fan**, otherwise you'll be expending energy needlessly.

- Rooms smaller than 150 sq ft (3.6m x 3.6m) choose a minimum blade size of 34 to 42 inches (86 to 107 cm)
- For rooms 150 sq ft to 225 sq ft (appx 3.6m x 3.6m to 4.6m x 4.6m) the best choice is a fan with 46 to 50 inch (117cm to 127cm) blades.
- For rooms larger than 225 sq ft, you'll need a fan with a 52 to 60 inch (132 to 152cm) blade size.

Ceilings fans are available in a wide selection of styles to suit any decor and with a variety of options - including variable speeds, dimmer switches and remote controls. If you haven't already, now is the time to reverse the blade direction on your ceiling fans. In winter, blade direction should draw cooled air 'up' from the floor and 'push' heated air trapped near the ceiling 'down' along the walls. Remember to set your fan at the slowest speed so air is gently circulated (you don't want to whip up a breeze).



The Olympic motto is 'Citius, Altius, Fortius'.

These three Latin words meaning...

'Swifter, Higher, Stronger' were adopted by Baron de Courbertin, founder of the Modern Olympic Games, to describe the goals of great athletes all over the world.

The Olympic Flame

The tradition of lighting an Olympic Flame comes from the ancient Greeks; a sacred flame was lit from the sun's rays at Olympia, and stayed lit until the games were completed. This flame represented the 'endeavor for protection and struggle for victory'. It was first introduced into our Modern Olympics at the 1928 Amsterdam Games. Since then, the flame has come to symbolize 'the light of spirit, knowledge, and life'.

The **Torch Relay** was revived at the 1926 Berlin Games. The Torch Relay symbolizes the passing of Olympic traditions from one generation to the next!

Olympic Rings... this symbol of the Olympic Games is composed of five interlocking rings, coloured; blue, yellow, black, green and red, on a white background.

The 5 rings are generally accepted to represent the 5 continents of the world; the Americas, Europe, Asia, Africa and Australia. The Olympic Flag made its debut at the 1920 Olympic Games in Antwerp, Belgium. At the end of each Olympic Games, the mayor of that host-city presents the flag to the mayor of the next host-city. It then

flag to the mayor of the next host-city. It then rests at the city hall for four years until the Opening Ceremony of their Olympic Games.

"The most important thing in the Olympic Games is not to win but to take part just as the most important thing in life is not the triumph, but the struggle.

The essential thing is not to have conquered, but to have fought well."

The Olympic Creed (or Olympic Message) has has appeared on the scoreboard during Opening Ceremonies at every modern Olympic Games. It reminds us that in our life, just like in the Olympics, winning is not the most important thing. It is the ultimate challenge for which we all struggle as we strive to be 'Swifter, Higher, Stronger'.

"If you dream and you allow yourself to dream you can do anything."

Clara Hughes 6 time Olympic medalist



Houseworks

Clean Stained Porcelain

As porcelain ages, rust and water minerals can cling to worn spots and scratches - causing unsightly stains. Before resorting to a caustic

chemical treatment, try one of these stain busting methods. Use what you have on hand: one of nature's acids, distilled white vinegar.

- 1) For hard-water, rust and other mineral stains (usually staining is white or green), pour on vinegar, scour with a plastic scrubbing pad until the stain fades or disappears. Can and may need to be reapplied.
- 2) This method takes more time but less elbow grease. Saturate a folded paper towel with vinegar. Place it over the stain, cover with plastic wrap, and tape it down to keep the vinegar from drying out. Leave it for an hour or so. Toss the towel and wrap, and go over any remaining stain with a plastic scrubber, then rinse.

Squeaky door hinges

Next time your door's hinges squeak, try this simple solution: apply petroleum jelly with a cotton swab, swinging the door back and forth to work the jelly in.

Laundry room redo?

Consider a few of these conveniences...

- Water-resistant easy-to-clean flooring.
- Lots of light (natural or artificial).
- Floor drain.
- Space-saving stacked washer/dryer unit.
- Wall-mounted, fold away drying rack.
- Separate electrical circuits for the washer/dryer and the iron.
- Cupboards or shelves. Deep laundry tub/sink.

Stuff...men versus women

It comes as no surprise to learn that men and women value everyday items differently. In general, women tend to hang on to shoes, clothes, ornaments, magazines, purses, plants, and pots & pans. Men can't let go of CDs & DVDs, vinyl records, newspapers, toys (both big and small), electronics and sports gear. Wow, with that list it's no wonder decluttering can be such a tough job!

Here are few simple strategies that may help.

- Do the trash bag shuffle. Wander around the house for just 20 minutes each week with 3 garbage bags. One for garbage, trash that can be thrown out the 2nd for recyclables, and the 3rd headed for donation or a garage sale. In a month, you'll be amazed at the dent you've made.
- Visualize the life you want to be living and how you both want your house to look. Then look at the item in question and ask each other, 'does this help us achieve that goal?' If the answer is no, out it goes!
- Put a six-month 'stop' to bringing stuff home. It's simple and very effective and will go a long way to ensuring that by the end of the 6 months you'll have a decluttered home!

Do-it-Yourself

Problem: The finish on your wood table or dresser is worn, cracked, or dated.

Solution: Strip off the old finish.

Choose a paste or gel (not liquid) formula for this type of project, a paste/gel will cling to the wood surface. Remove all drawers, doors, and hardware,

then cover areas you don't want to strip with masking tape. Do wear an apron, goggles, and gloves to protect yourself - work on your project in a well ventilated area - read and follow all manufacturer's instructions carefully.

Strip one side or section at a time to keep the dissolved finish from drying before you can remove it. Lightly sand the wood to make the stripper stick better, then apply a thick coat of stripper with a paintbrush (use a natural-bristle one with solvent strippers), spreading it in one direction with a minimum of brushstrokes. Leave it on for the recommended time.

Remove the stripper and dissolved finish from flat surfaces with a flexible putty knife, working in the direction of the natural wood grain. Do not rinse with water, which can weaken the furniture's glue at the joints. Clean out crevices with cotton swabs, toothpicks, a vegetable brush, or an old toothbrush. (A solvent-based stripper will melt nylon bristles, so choose your tool accordingly). Make sure all of the old paint or stain and any stripper residue is gone before starting to refinish the piece with either paint or stain.

Advice from the experts.

Before embarking on your project - do your homework! The first and biggest challenge is figuring out which chemical stripper to use. There are a number of factors, including the amount and kind of material being stripped, the type of surface the stripper is applied to, how quickly and effectively it works, and what gear is needed to use it safely. All strippers contain solvents - even if promoted as 'safe', think 'safer' - they're all potentially hazardous and must be treated with caution.

Problem:

A nail has popped out of the drywall.

Solution:

Replace the nail.

Drive 1 1/4-inch drywall screws 2 inches above and below the popped nail, dimpling the drywall surface without tearing it. With a nail set and hammer, sink the popped nail 1/16th inch below the drywall surface. Check that the nailhead and screw heads are counter-sunk by running a putty knife over them. If you hear a clicking sound, drive them in farther. Cover the nail and screws with two coats of joint compound, let coats dry between applications of the compound. Sand with fine-grit sandpaper, prime and repaint the wall.

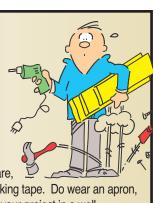
Problem:

Wallpaper is torn or stained.

Solution:

Patch the spot.

Cut a patch out of a piece of matching wallpaper at least 1 inch larger in length and width than the damaged area, making sure the pattern repeats. Place it over the damaged spot, matching the pattern on the two pieces. Tape the corners of the patch in place lightly with masking tape. Using a utility knife, cut a rectangle larger than the damaged area through both layers of wallpaper. Remove new wallpaper, and peel off the damaged portion of old wallpaper. Moisten the adhesive on the back of the new paper to glue the patch into place.





Neighbourhood Watch is simply a program of neighbours watching other neighbours' property with an aim to reducing the opportunity for crime to occur. Very few people are in a position to protect their homes and property all of the time and the Neighbourhood Watch program can help to provide security.

HOW DOES IT WORK?

The program works through mutual aid - neighbours watching out for neighbours. Neighbours know who you are, what type of car you own and may be the first to notice a burglar in your yard.

HOW TO SET UP A NEIGHBOURHOOD WATCH.

To develop a Neighbourhood Watch program in your community, contact your local police. Most police departments have helpful guides that offer detailed information on how to start a watch, roles and responsibilities, and how to work with police.

FACTS ABOUT THE PROGRAM.

If you see something suspicious: Write down the description of any suspicious persons. Get the make, model, colour and licence number of strange vehicles. Call the police and other members of your Neighbourhood Watch group immediately.

IF YOU ARE GOING AWAY:

Leave the following information with a trusted friend or neighbour:

- Where you are going and how you can be reached; in case of emergency.
- Leave a key with your friend or neighbour.

WHAT ELSE CAN YOU DO?:

- If you know your neighbour is away and you see an obvious invitation to a burglar, correct it. Close the open garage door and remove the accumulation of newpapers from the doorstep.
- Keep an eye on strangers in your neighbourhood.
- The stranger 'taking a short-cut' through your backyard may have broken into your neighbour's home. Don't assume someone else has called call the police immediately.
- If your neighbour is not at home write down licence numbers and descriptions of strange vehicles parked at their house.

PROTECT YOURSELF:

- Install adequate lighting for your property.
- Ensure you have good door locks.
- Secure all doors and windows.
- Let a trusted neighbour know when you are on vacation or away for a few days.

Make the effort! Become acquainted with your neighbours!

Heart

Interesting facts you may not know...



LOL...it's good for you - A hearty laugh - the kind that sends a stream of tears from your eyes does more than warm the soul! Research has shown that laughing can cause the lining of blood vessel walls called endothelium to relax, increasing blood flow for up to 45 minutes after the laughter. Damage to the endothelium can lead to the narrowing of blood vessels and eventually cardiovascular diseases.

Powerful Pump...in under a minute, your heart can pump blood to every cell in your body. And, over the course of a day, about 100,000 heart beats shuttle 2,000 gallons of oxygen-rich blood many times through about 60,000 miles of branching blood vessels that link together the cells of organs and body parts.

That's a hefty job for a fist-sized muscle!

Home Heating Tips

Conserving energy, read; saving moneyhas become a hot topic for most homeowners. The rising cost of home heating means efficiency is a key ingredient to controlling costs. Here are some quick, easy and inexpensive ideas to help you maximize energy usage in your home this winter.

Seal the Leaks!

Caulk, seal and weather strip around windows and doorframes, baseboards, ducting and electrical outlets. Close the fireplace flue when it's not in use. Close interior doors leading to hallways or staircases to keep heat in areas where it's needed most.

- When the sun is shining, let it in!
 While up to 25% of your home's heat can be lost through its windows, they are also a source of solar heat. Insulating your windows with plastic film can reduce heat loss by 50%. Consider insulating drapery particularly for north facing, and large windows they are expensive, but will generally pay for the investment within 7 years.
- Have your furnace serviced

by a qualified heating specialist - annually. This will ensure that your equipment is running both safely and efficiently to ensure that you are not wasting fuel and energy.

- Replace furnace filter once a month.
- Consider heating space-by-space.

 If you spend much of your time in one or two rooms, consider using a space heater there, while keeping the overall house temperature lower. Turn off the heat supply and close the door to seldom used rooms, like a quest bedroom.

Adjust your personal thermostat.

Layer on...wear an undershirt or tank top, long sleeves, sweaters, thick socks, slippers. Wearing warm clothing indoors will help keep you warmer and the thermostat lower. We're most susceptible to feeling a chill when we're stationary; reading, watching TV, working or playing on the computer, doing homework, that's when to tuck a throw around you. Tip...twin size blankets are great to use as throws - large enough for a cozy wrap-around, available in a wide variety of colours and fabrics, and the bonus, they're quick and easy to wash!



ACTIVITY

Relaxing

21°C (70°F)

Working or Exercising

20°C (68°F)

Sleeping or Away for the Day

Extended Time Away

TEMPERATURE

18°C (68°F)

18°C (68°F)

Adjust your Home Thermostat.

It goes without saying that the less energy you use, the lower your heating bills will be. Set your thermostat at 21°C when you're home and awake, 18°C when you're sleeping and 16°C when you're away from the house. Installing a programmable thermostat can reduce your heating costs by as much as 20%.