



North Peace Housing Foundation

MARCH 2015

Lodge Events



Happy St. Patrick's Day!!!

Seniors

If you or anyone you know is looking for accommodation in one of our lodges please contact the lodge of choice or go to our website.

www.northpeacehousing.ca

Lodge Contacts

Autumn Lodge, Berwyn 338-3917
Harvest Lodge, Fairview 835-2862
Del Air, Manning 836-3325
Homesteader, Hines Creek 494-3500
Heritage Tower, Peace River 624-3919
Central Office,

THE HEALTH BENEFITS OF GREEN

The power of green food - all greens are very healthy but spinach and broccoli are the super foods because of their high content of antioxidants, vitamins A, C and E. Most important is their content of zinc and iron. Antioxidants play an important role in protecting your body from viruses, colds and flues. Good to know in the winter months. Green leafy foods contain a high percentage of water and fibre and are low in calories. So you can eat as much as you would like and you won't have to worry about gaining weight. Fibre helps to grab the pollutants and other unnecessary things within the body and dispose of them before they are absorbed. Fibre also plays a vital role in regular bowel movements. Green foods are very low in sugar and packed with fibre and water, that are actually very good at regulating blood sugars throughout the day.



DAYLIGHT SAVINGS TIME

Germany and Austria-Hungary implements the first day light savings time, on April 30 1916, as a way to conserve coal during war time, WW1. Many countries have used it at various times since then, particularly since the energy crisis in the 1970's. The evening of 12 hours light and 12 hours dark helped to reduce the use of incandescent lighting, modern heating and cooling usage. Ben Franklin's proverb, "early to bed, and early to rise, makes a man healthy, wealth and wise". People economized on candles by rising earlier to use morning sunlight. In 1784 it was purposed to tax shutters, the rationing of candles and waking the public by ringing church bells and firing cannons at sunrise. Needless to say many years of studies have proved no significant savings of energy. What energy might be saved in the spring will then be used in the fall. Geography, climate and economics, make it hard to generalize from single studies. Enjoy the extra length of the day. Take a walk, partake in a sports activity or just get some extra Vitamin D.



Maintenance Reminder

It's that time of year to clean out some of the excess articles that we don't need. Too many trinkets make it harder to clean. If by chance you have some foods you were going to eat later, please check to see if it is still ok to eat. Some foods cause and attract little bugs and aren't safe to eat after a short time. Please be careful, we don't want anyone getting sick. Go through your drawers eliminate what you don't need, trinkets you don't use of clothes that no longer fit. Enjoy and enlighten your space.

