

Editor's notes:

Words of wisdom from Leonardo da Vinci, one of the great creative geniuses of all time: "Every now and then go away, have a little relaxation, for when you come back to your work your judgment will be surer since to remain constantly at work will cause you to lose power of judgment. . . . Go some distance away because then the work appears smaller and more of it can be taken in at a glance and a lack of harmony and proportion is more readily seen."

So, go ahead and take Lennie's advice. Kick back, forget about the office, get some R & R, and celebrate a few dates this month:

Canada Day, July 1 -- Formerly known as Dominion Day, this day celebrates the joining of four provinces July 1, 1867, to form the Dominion of Canada. The country was named after "kanatas," the Indian word for "settlements."

Founding of Quebec, July 3, 1608 -- Quebec City was founded by French explorer and navigator Samuel Champlain. He led 32 colonists up the St. Lawrence River to start a trading post. "Quebec" comes from the Algonquin Indian word "kebec," meaning "where the river narrows."

Independence Day, July 4 -- This day celebrates the adoption of the Declaration of Independence by the original 13 colonies of the United States back in 1776.

Tour de France, July 5 - 27 -- Cycling's best athletes compete for more than 3,500 kilometres through 20 stages in France.

Rat-Catchers Day, July 22 -- On this date in 1376, legend has it that the Pied Piper struck a deal to rid the town of Hamelin, Germany, of its rats. Charmed by his flute playing, the rats followed him to the river. When the town refused to pay him, the Piper played again and this time the children followed him out of the town, never to be seen again. Hamelin recreates this story every Sunday at noon during the summer.

30th Anniversary of the first Test Tube Baby, July 25 -- Louise Joy Brown was born on this day in Great Britain in 1978; she was the first baby to be conceived outside the womb. Now, the practice is known as "in vitro" fertilization, after the Latin for "in glass," and is practiced tens of thousands of times a year at hundreds of clinics.

Mutts' Day, July 31 -- This day honours dogs of mixed heritage. A mixed breed is the offspring of two different purebreds: a mutt is the offspring of mixed breeds. The word "mutt" is derived from "muttonhead" which meant "a stupid person," and perhaps refers to mutts' sometimes comical appearance.

Our National Anthem



"O Canada," officially became Canada's national anthem on our 100th birthday, July 1, 1967. It was composed by a Quebecois, Calixa Lavallee, to words

written by Quebec Judge Adolphe-Basile Routhier.

There are several English versions, with words having entirely different meanings from the original French. The most common version was written by a schoolteacher, Robert Stanley Weir. Weir used a line written by Alfred Lord Tennyson, the English Poet Laureate at the time, describing Canada as "that true north."

O Say, Did You Know?



• The Star Spangled Banner, the national anthem of the United States, has a range of one and a half octaves, making it difficult for most people to sing. It has 4 stanzas, each containing 32 bars

and 101 notes.

• The first time the anthem was played at a baseball game was in 1918 (during a World Series). It was meant as a patriotic gesture during the first World War.

• According to a Harris survey, nearly two-thirds of Americans 18 and older don't know all the words to the anthem. The National Association of Music Education launched the National Anthem Project in 2005 to raise awareness of the song.

• The original poem by Francis Scott Key had four verses, although we usually sing only the first.

• The actual flag that flew over Fort McHenry in Baltimore and that inspired Key to pen the anthem is now owned by the Museum of American History in Washington, D.C.

HAPPY CANADA DAY

. . . from your friends at Helix Courier Limited! By the time many of our friends, customers and suppliers will get this newsletter, Canada Day will have come and gone. We hope that everyone will have had a great time with friends and family and that everyone has returned safely back to work.

We live in a great country and it's nice to be able to celebrate that fact every year.

It's summer . . .

. . . Hot dog!



The history of the hot dog stretches all the way back to the 9th century B.C. when sausage was mentioned in Homer's *Odyssey*. But honest-to-goodness frankfurters didn't roll around till the late 1600s in Germany.

Some believe that the sausages were first called "dachshunds" or "little dogs" because they resembled the shape of a dachshund. We know them today as hot dogs.



. . . Let's Go to the Beach!

Next time you're sunning yourself on the beach, consider the following:

- When you're at the edge of the ocean, the horizon is about three miles away.
- High waves carry sand out toward the ocean; small waves deposit sand onto the beach.
- Every third or every seventh wave is larger than those immediately preceding it.
- Sand is shell and rock that have been worn down into grains.
- An average beach pail, roughly a quart, holds 3.5 million grains of sand.
- Some sandy beaches are famous for the unusual sounds they emit, such as singing, whispering, etc., caused by the passing of waves over the sand and underlying bedrock.

. . . Points to Ponder

In summer, the song sings itself.

-- William Carlos Williams

You know your children are growing up when they stop asking you where they came from and refuse to tell you where they're going.

-- P. J. O'Rourke

The man who strikes first admits that his ideas have given out.

-- Chinese proverb

. . . Start swatting those mosquitoes!

The next time you slap a mosquito, consider this:

- A mosquito doesn't really bite, it stabs by piercing your skin with its long proboscis.
- Only female mosquitoes stab. They need the blood to nourish their eggs. Male mosquitoes are vegetarians, feeding on flower nectar.
- The mosquito's saliva causes that itchy bump on your skin. The saliva keeps the blood from clotting while the mosquito drinks its fill.
- A mosquito can drink one and a half times its own weight.
- There are about 3,000 species of mosquitoes worldwide; more than 165 are found in North America.
- Mosquitoes like dark colours, especially blue.
- Mosquitoes cause more human deaths worldwide than any other creature.
- Mosquito-borne diseases include malaria, encephalitis, West Nile virus, dengue fever, and yellow fever.

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. . . The five D's of Success

William Kendy, author of *Selling Power*, says you must remember the five D's to fulfil your potential:

- 1. Decision** -- Make a conscious decision to take charge of your life.
- 2. Desire** -- Develop a burning desire and passion for what you do and what it means for your future.
- 3. Discipline** -- Do what you have to do day by day, week by week, and month by month to reach your objectives.
- 4. Determination** -- Have a strong resolve and don't give up.
- 5. Do it now** -- Don't wait for tomorrow or next week to start on a new path.

. . . Getting Organized

Feeling a bit scattered? Professional organizer Linda Rothschild suggests replacing all those sticky-backed notes and memos with one small notebook. Rather than wading through a hodge-podge of bits and pieces, you'll have all your important information and "to do" lists in one handy place.

When you jot down a task, note the date so that you'll recall when you decided to do something.