



The Cover Letter

YOUR ONE STOP PROPERTY SERVICES SHOP

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Treat of the Month



CALL 604-833-2511 TODAY TO RECEIVE A FREE GIFT!

WORLD'S TOUGHEST JOB

I recently watched the video titled “#worldstoughestjob” and if you haven't seen it yet, I encourage you to take a few minutes out of your day to watch. What is it? A fantastic job posting for a Director of Operations position. Some of the job requirements: working 365 days a year, no breaks, being on your feet most of the day, and my favourite: increasing workloads on all major holidays with a happy disposition. The video is meant to bring awareness to the difficult job being a mother is so people can reflect and be truly grateful for all that moms do.

It was a great reminder of all the things my mom has done for my brothers and I. The countless trips to the sports fields, making 90% of the meals I consumed prior to the age of 18, dealing with my temper tantrums, well into my teens:), helping with homework, listening to my girlfriend problems, smelling unbearable amounts of cologne, etc... One of my fondest memories in life goes back to the daily walks my mom and I would go on in Granville Island getting groceries and having a generally amazing time. Mom, I am the man I am today because of you! (She is a client and reads these too!)

Let's get down to business... I love working in Vancouver with a demographic that is made up of 90% “mom”. On a weekly basis I see a small portion of all the things that are going on in the households that we work for. There are after school sports, tutors, band, play time, etc... I know how busy you all get. So how can we make your lives better? What are we doing that you love and want more of? Is there something we are missing? A text message system to remind you of upcoming work? A yearly schedule so you know months in advance of an upcoming clean? Recently a client asked me about the business of total home care. Is this something you would be interested in? One point of contact for numerous services? I truly value your feedback and input! Please call me 604-833-2511 or email ryan@upservices.ca and let me know how we can make your life easier.

Additionally, for the month of May our strategic theme is “How can we be a more positive influence on the world?” We are working hard to piece together the parts to truly make a difference and as we strive to make a positive impact on Vancouver we invite you to join us in whatever way you'd like. Whether giving feedback, advice, input, smiles, etc... Speaking of smiles, check out our Facebook page [upservices604](https://www.facebook.com/upservices604) for a daily dose of humour, tips, and surefire posts made to give you at the very least a smirk!

In closing, I hope you enjoy this month's newsletter devoted to “Mom's”. We salute all of you who take care of others on a daily basis and selflessly make others lives so much better!

With love,

RYAN

Customer Care Whizz

P.S. Be sure to enter our Mother's Day “Spa Bliss Package” contest prior to Sunday May 11th. Entering is easy! Simply “Like” our Facebook page between now and May 10th.

GIVE MOM THE GIFT THAT KEEPS ON GIVING

BY DIANE MULLEN

Mother's Day was declared an official holiday in 1911, thanks to the tireless efforts of Anna Jarvis who lobbied for the recognition of Mother's Day in memory of her mother who expressed her desire that someday someone must honor all mothers, living and dead, and pay tribute to the contributions made by them. Today Mothers Day is celebrated in more than 46 countries around the world though at different times in the month of May.

Motherhood is the cornerstone of a stable society. Mothers are everything for us when we are small...our lives revolve around her. For everything that we need we call on her. We look to her to protect us from all perceivable dangers. When we are sick, we want our Mothers. We run to her to kiss away our wounds. And for a warm hug and love we look for her. She is the focal point of our lives, the greatest human being in the world.

And even as we grow into adulthood, the bond that is shared is second to none.

My own mother has been gone from my life now for ten years. I will always miss her. I miss picking up the phone to tell her all that is going on in my life and to get her take on things. I think back on all the Mother's Days celebrated, all the cards carefully and thoughtfully made and all the times she fussed as though it was the greatest gift she had ever received. She kept every card from all six of her children. I have also kept every card given to me by my own children. Nothing warms my heart more, even to this day, than words written on a card that are heartfelt and meaningful and meant just for me.

My children are grown now and have children of their own. It is still the cards that hold the most meaning for me. They are not handmade anymore but the words written on them fill my heart with joy as I read them over and over again.

In this day of extreme commercialism, I can say with confidence that your handwritten words of appreciation and thanks will be the best investment you can make. A purchased gift is nice, but the gift of words well expressed is priceless!

"Mothers hold their children's hands for a short while, but their hearts forever."

- UNKNOWN

LERMY LIFE HACKS PICK UP THE PACE!

There's nothing quite as enjoyable as a walk in the spring with so many blossoms and flowers to behold. Not only does walking give us the ability to think more creatively, it can contribute to overall health and add years to our life.

In a recent study done on nearly 20,000 participants, it was discovered that speed rather than duration of walking was associated with reduced risk of heart failure. With this in mind, you can turn your leisurely stroll into a faster paced walk and allow yourself to see better benefits. Try picking up the pace at intervals to begin with, increasing them as you become more accustomed. Such a small step to take with far reaching results!



Murphy's Other 15 Laws

1. Light travels faster than sound. This is why some people appear bright until you hear them speak.
2. A fine is a tax for doing wrong. A tax is a fine for doing well.
3. He, who laughs last, thinks slowest.
4. A day without sunshine is like, well, night.
5. Change is inevitable, except from a vending machine.
6. Those who live by the sword get shot by those who don't.
7. Nothing is foolproof to a sufficiently talented fool.
8. The 50-50-90 rule: Anytime you have a 50-50 chance of getting something right, there's a 90% probability you'll get it wrong.
9. It is said that if you line up all the cars in the world end-to-end, someone from California would be stupid enough to try to pass them.
10. If the shoe fits, get another one just like it.
11. The things that come to those who wait may be the things left by those who got there first.
12. Give a man a fish and he will eat for a day. Teach a man to fish and he will sit in a boat all day drinking beer.
13. Flashlight: A case for holding dead batteries.
14. God gave you toes as a device for finding furniture in the dark.
15. When you go into court, you are putting yourself in the hands of twelve people who weren't smart enough to get out of jury duty.

LIONS, WILDEBEESTS, & ZEBRAS. OH MY!



It's not your average nature preserve! Step into Isak Dinesen's world on a safari through the Masai Mara National Reserve. 583 square miles of Africa's most beautiful rolling grasslands, and its inhabitants, makes a trip to Kenya's Masai Mara a bucket list worthy vacation. A visit to this choice piece of the Serengeti is a life-changing experience. Once you make your grand entrance to the park, there are several options to make your stay as comfortable or adventurous as possible. Stay in the Kichwa Tembo Camps (where Meryl Streep and Co. hung their hats while filming "Out of Africa") and glam your way through your vacay! Or, luxuriate in one of the first lodges built in the reserve, Masai Mara Sopa Lodge, where you can look out from your balcony across the rolling hills.

Once you pick your place, get excited for the myriad of activities that await you! Go for a drive (really!) and take in the African Animalia at close range; you can rent your own vehicle or take a guided tour. Take to the sky, in a hot air balloon of course, and experience the vastness of the Mara (the best time for this is when the wildebeest migration is underway). Set out on foot, for a classic walking safari with a Maasai guide, or get friendly with the locals and have a cultural experience (while a bit staged, going native is always encouraged!). Whatever you do to fill up your time, give yourself a moment to take it all in. You might find yourself belting out a few choruses of "Circle of Life!"

Word Search & Sudoku Fun!

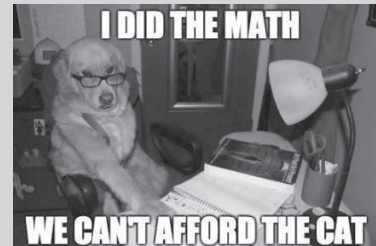
Fill in one or both of the puzzles, take a picture, post to Facebook or Twitter, or email the office and we'll send you a \$10 gift card to Starbucks.

O E U I I H E A T H E R Q M J
 H D G G W Y R Z A A N R P Y U
 X L I L A C P T N O U E Y V B
 B Q U T X D W M I I Y W J X C
 V W F N K F G T A O H O W I W
 R L S M A L A M H Y T L E E G
 D J S P Z N A M D I F F H H B
 I X J K R R L R H W P N Y T U
 H P H A Y N A W S L J U A T M
 C X C L U N F I I I I S C U Y
 R Q L A G Y N O E P B R I O B
 O I E E C A Y H V P X J N I X
 S B A C P Y R V I W H R T P B
 H P G A R D E N I A O B H C K
 A H I Q I T Z Z M A L P A S N

HYACINTH
 HYDRANGEA
 PEONY
 CARNATION
 AMARYLLIS
 GARDENIA
 SUNFLOWER
 HEATHER
 LILAC
 ORCHID

Sudoku

	5		9	1			4
1			6	8			2
		3			7	1	5
		2					1
6							7
	9					4	
	3	6	9			8	
	2			6	3		1
9			8	5			6



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Email info@upservices.ca with the subject line "Feature Me"

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 2784 KINGSWAY
 VANCOUVER, BC
 V5R 5H6

Member Price \$9.95

MAY EVENTS

BMO VANCOUVER MARATHON - May 4

ART IN THE CITY at West End Community Centre - May 10-11

B.C. SPOT PRAWN FESTIVAL at False Creek Fisherman's Wharf - May 11

MOTHER'S DAY - May 11

CIRQUE DU SOLEIL PRESENTS TOTEM at Concord Pacific Place - May 16 - June 15

THE FUTURE OF URBANITY, THE ENVIRONMENT, AND OUR LIFESTYLE - May 29-30

VANCOUVER INTERNATIONAL CHILDREN'S FESTIVAL - Granville Island - May 27-June 2