



The Cover Letter

YOUR ONE STOP PROPERTY SERVICES SHOP

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Service of the Month

PAINTING

PRESSURE WASHING

10% OFF

GUTTER CLEANING

WINDOW CLEANING

Call today!

LIVE A HAPPY, HEALTHIER LIFE

June was a fantastic month and my biggest highlight was, without a doubt, turning 30, surrounded by great friends, family, and my dearest Tracy in a Gastown restaurant. As I reflect on my life, I am so grateful to have experienced so much happiness.

Speaking of happiness... I recently stumbled upon *Eric Barker* - "*Barking Up the Wrong Tree*" blog and I'm loving his posts. If you are into self improvement and lifelong learning he's a must read. On June 22nd he wrote about living a happy life. To sum it up: gratitude, gratitude, gratitude. Those who are happiest are thankful for life, thankful everyday for the good and bad, and they express their thankfulness to others. They don't have regrets and they are generally positive. Start today by expressing gratitude to just three people in your life. You'll make their day and yours.

What else am I thankful for? I'm thankful to have the opportunity to engage a great client base on a monthly basis and I'm thankful to have great friends who are entrepreneurs who I can showcase to you on a monthly basis (if you would like us to showcase your business, let me know. I'd love to have coffee and discuss).

Lastly, I'm grateful for having a stellar team in the final report and presentation for my *CMA (Certified Management Accounting)* designation. We presented on June 15th and the board enthusiastically accepted our recommendations. I'm done. Wahooo!

Have you noticed that when the sun shines people want to get outside more often and enjoy the backyard? Have you noticed grime lurking around the exterior of your home? If so, check out our "Service of the Month" feature on the left. This month is 10% off Window Cleaning. I decided to change up the "Treat of the Month" as no one seemed interested in goodies. I really do have a health conscious client base!

While on the subject of health, I've been running less than I'd like but cycling more than ever before. If anyone cycles early Saturdays I'd love to join. What are you doing for breaking a sweat?! A few of my buddies have gotten into Jillian Michaels workout videos. They're free on Youtube. I never thought much of workout videos until I tried one and it kicked my butt! Health note - the Glory Juice Co Facebook contest ends July 15th. Check our page for details.

As always, thank you for taking time out of your busy schedule to spend some time under the Umbrella.

With love,

RYAN

Customer Care Whizz

P.S. I'm humbled to be serving another year on the board for the **Vancouver Board of Trade's "Company of Young Professionals"**. If you know any young business people in Vancouver looking to network I'd love to take them for coffee and introduce them to a great young leaders program.

SAVE 25% ON YOUR ENERGY BILL

We would like to introduce you to our friends at **Long Life Windows & Doors**. Kris and Pat are a father and son team and they, along with their partner, Paul and staff, have been providing outstanding service to the Greater Vancouver region for several decades. We asked them a few questions that we feel will help you when making the very important decision to have your windows replaced.



What are the top benefits to having your windows replaced?

- 1. Energy Savings:** The average home will save between 25 and 35% on their energy bill. That's significant!
- 2. Protection for your home:** The glass in our windows blocks 90% of harmful UV rays, protecting your floors, furniture, and drapes from damage caused by the sun.
- 3. Esthetics:** More and more homeowners are looking to add curb appeal to their homes and replacing windows goes a long way towards achieving that goal.
- 4. Comfort:** Our windows will keep the heat out in summer and the cold out in winter, allowing you to enjoy every room in your home year round.
- 5. Security:** Replacing your patio doors and entry doors in particular will substantially add to the security of your home.

When Should You Have Your Windows Replaced?

1. Windows that are old will typically be drafty, causing your heating bill to escalate.
2. Condensation builds up due to a break in the window seal causing cloudy windows.
3. There is harmful mold on the inside of your windows caused by moisture that is collecting.
4. You are faced with an old, tired look that needs upgrading.



To arrange a free consultation or receive information on window and door installation please call 604-439-0982. When booking a consultation be sure to tell Kris you read about him in the newsletter and get a \$25 gas card FREE.

LERMY LIFE HACKS

Time to make hotel arrangements for your family? When determining the best accommodations for your crew, you will need to take into account the ages of your children. Take heart, there is help! MiniTime is a family trip planning search engine that will give you destination recommendations suitable to your children's ages. This site can tell you everything from having cribs and strollers available to having arcades, etc. It will also let you know about activities in the area that appeal to your children. If the kids are happy, mom and dad are happy!

So before you begin making plans, check out **MiniTime.com** to make the most of your family get away!



Amazing Day Trips!

School is out and you have decided to have a staycation. After all, BC is absolutely beautiful in the summer and there are so many places you can go. Here are just a few amazing day trips for you to consider:

HARRISON HOT SPRINGS

At the far end of the Fraser Valley lies Harrison Hot Springs, famous for the geothermally-heated waters that give it its name. You can experience them two ways: at the Harrison Hot Springs hotel, where a luxurious outdoor pool is fed by the springs themselves or the public pool, which, like the resort, gets its warm water from the south end of Harrison Lake.

THE STAWAMUS CHIEF

"The Chief", a giant rock face that towers over the town of Squamish, is just an hour's drive from Vancouver. There are three ways to the top: a 1.5 kilometre hike to the first peak; a 1.7 kilometre hike to the second; and a 1.8 kilometre hike to the third. The climb ranges from 540 to 630 metres of elevation and boasts amazing views from the top. Once done, you can cool off in Shannon Falls, one of the province's highest waterfalls.

CULTUS LAKE

A popular freshwater destination at the eastern end of the Fraser Valley. Take a dip in the warm lake, where you can also wake surf and water ski. There's also plenty of great hiking and biking trails throughout the park that surrounds the lake.

ALICE LAKE

There's no end to the great day trip destinations near Squamish, and Alice Lake is among the best. The quaint park is cut off from the world by thick forests and tall mountains, and provides great views of the majestic Tantalus Range. For a leisurely time, the trail around the lake provides a nice evening's walk, while the Four Lakes Trail is a little more challenging.

GEORGE C. REIFEL MIGRATORY BIRD SANCTUARY, DELTA

The Reifel Bird Sanctuary is a piece of land where waterfowl such as snow geese make their nesting grounds. With opportunities to see birds such as snowy owls, sandpipers, woodpeckers and more, there are few better places in B.C. for birdwatching.

PINAPPLE-ORANGE-BANANA Punch



INGREDIENTS

- 1 can crushed pineapple
- 6 ripe bananas
- 1 liter pineapple juice
- 1 can frozen orange juice concentrate
- 5 cups water
- 2 liters club soda or ginger ale

METHOD

Mix crushed pineapple and bananas in blender.

Pour into extra large ice cream pail.

Add pineapple juice, OJ and 5 cups water.

Freeze.

Take out of freezer in the morning of the day you want to serve the punch... monitoring the thawing process so that you can stir the frozen slush. This will take at least five hours.

Refrigerate until time to serve. Pour into punch bowl and add club soda or ginger ale just before serving. (ginger ale for a little sweetness, club soda for less sweetness)

Word Search Fun!

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

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

SWIMMING
 SUNTAN
 BEACH
 CAMPING
 CABIN
 CANOE
 FISH
 BARBEQUE
 PICNIC
 VACATION

July Events

- VANCOUVER INDIAN SUMMER FESTIVAL in Downtown Vancouver - July 3 - 12
- CARNAVAL DEL SOL at Grandville Street between Smithe & Hastings - July 5, 6
- KHATSAHLANO MUSIC AND ARTS FESTIVAL at West 4th Ave. - July 12
- VANCOUVER FOLK MUSIC FESTIVAL at Jericho Beach - July 18 - 20
- CELEBRATION OF LIGHT FIREWORKS -10:00pm over English Bay
 - July 26 - United States
 - July 30 - France
 - August 2 - Japan
- CARIBBEAN DAYS FESTIVAL at Waterfront Park & Lonsdale Quay Plaza, North Van.
 - July 26, 27

Funnies



Testimonials

"Hi Ryan,

Just wanted to say what a great job your guys did cleaning my windows and gutters yesterday. They were very thorough and really did a great job, not even phased by my 2 high skylights. These too are now sparkling clean, and I can't believe how much mess came out of my gutters.

I wouldn't hesitate to recommend you to my friends and will definitely be calling on you again.

Thanks,

Angela B.

Let's get SOCIAL

 [FACEBOOK.COM/UPSERVICES604](https://www.facebook.com/upservices604)

 [TWITTER.COM/UPSRENEWS](https://twitter.com/upsrenews)

FEATURE YOUR BUSINESS IN OUR NEWSLETTER!

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

UMBRELLA PROPERTY SERVICES
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Member Price \$9.95