

▼ **Great Service
Great Job**
“I had used a different company previously and was seriously cheated. Homeservice Club took away my fear. I felt respected, and was included in all the aspects of the repair. I paid half the cost of the last repair!”
 - B.Y. Member #723088

Rest easy, knowing that all Homeservice Club authorized contractors are licensed, bonded and insured with all work protected by our exclusive **Double Guarantee!**



Tip

STAY SAFE: HYDRO SCAM!

Utility companies have seen an increase in scams targeting their customers, especially around long weekends. These con artists threaten immediate disconnection of services unless they receive payment in the form of a pre-paid card or cryptocurrency. Your hydro company will never threaten you with immediate service suspension. Keep yourself safe with these tips:

- Don't provide any personal or account information if contacted by phone, email, or text.
- Don't make any type of payment until you can confirm that you are, in fact, dealing with your hydro company
- Don't click on any links advertising a refund or rebate in text messages or emails as this is one method used to access your personal information
- Report suspicious activity to the Canadian Anti-Fraud Centre at **1-888-495-8501**
- Always compare your current bill to previous ones. Check for strange charges and confirm both the billing cycle dates and account information.



SAVE \$20
 October 1 - December 31
 New Subscribers Only
*on any 1 plan — contact us today for full details

PROTECT YOUR HOME AND YOUR WALLET

MINIMIZING THE COST OF ANNUAL MAINTENANCE

A protection plan provides parts and labour coverage for breakdowns to your home's most essential systems. Homeservice Club's low cost Worry-Free Warranty Plans can help you avoid expensive and unexpected repair costs when things go wrong. It won't strain your budget, finding an approved and insured contractor to solve your problem is easy and stress free, and, as always, emergency service calls and repairs are all included 24/7 — even for some older systems that are usually excluded from other warranty programs.

Breakdown Blues

Our Worry-Free Appliance Plan provides coverage for your six major appliances. You can rest easy when you choose this plan. Your appliances are covered in the event of an unforeseeable breakdown. Scheduling service is quick and easy, we'll help you get your appliances back up and running as quickly as possible, and keep you posted on our progress.

Heating Up

Furnace and HVAC system breakdowns seem to happen on the coldest nights of the year. Our Worry-Free Furnace plan covers most parts and labour, and annual maintenance and inspection of your furnace, keeping you warm and cozy on the coldest nights of the year.

Stay Cool

Take care of your home, and your home will take care of you. Our Worry-Free A/C plan includes routine, yearly maintenance and cleaning in addition to professional advice on where your cooling system could use some attention to help minimize the risk of future unexpected repairs.

I Want it All

By bundling our three popular protection plans together you can save more than **\$160**. That's in addition to saving on parts and labour costs, avoiding emergency service charges, and sparing yourself the uncertainty of who to call or what to do in the event of an emergency - backed as always by our Double Guarantee. **Right now, new subscribers save an additional \$20 on any one plan – contact us today for more details!**

You don't need to deprive yourself, eat only boring foods, or take your treats with a side order of guilt. Instead, by practicing a bit of defensive eating and cooking, you can sail through both Thanksgiving and the subsequent holiday season without making “go on a diet” one of your resolutions come next January.

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WAYS TO EAT SMART THIS HOLIDAY SEASON

BUDGET WISELY

Don't eat everything at feasts and parties. Be choosy and spend calories judiciously on the foods you love.

DISTANCE HELPS THE HEART STAY HEALTHY

At a party, don't stand next to the food table. That makes it easier to mindlessly reach for food as you talk. If you know you are prone to recreational snacking, pop a mint or a stick of gum in your mouth so you won't keep reaching for the chips.

DON'T GO OUT ON AN EMPTY TANK

Excellent pre-party snacks combine complex carbohydrates with protein and unsaturated fat, like apple slices with peanut butter or a slice of turkey and cheese on whole-wheat pita bread.

AVOID DRINKING ON AN EMPTY STOMACH

Alcohol increases your appetite and diminishes your ability to control what you eat. A glass of eggnog can set you back 500 calories; wine, beer, and mixed drinks range from 150 to 225 calories. If you are drinking alcohol, have a glass of water or juice-flavored seltzer in between drinks.

PUT ON YOUR DANCING SHOES

Dancing is a great way to work off some holiday calories. If you are at a family gathering, suggest a walk before the feast or even between dinner and dessert.

MAKE ROOM FOR VEGGIES

At meals and parties, don't ignore fruits and vegetables. They make great snacks and even better side or main dishes — unless they're slathered with creamy sauces or butter.

BE BUFFET SAVVY

At a buffet, wander 'round the food table before putting anything on your plate. By checking out all of your options, you might be less inclined to pile on absolutely everything.

DON'T SHOP HUNGRY

Eat before you go shopping so the scent of Cinnabon or pizza doesn't tempt you to gobble up treats you don't need.

COOK FOR THE HEART

To show family and friends that you really care about them, be creative with recipes that use less butter, cream, lard, vegetable shortening, and other ingredients rich in saturated fats and cholesterol. Consider turkey or fish instead of red meat.

PAY ATTENTION TO WHAT REALLY MATTERS

Although food is an integral part of the holidays, put the focus on family and friends, laughter and cheer. If balance and moderation are your usual guides, it's okay to indulge or overeat once in a while.



FALL LANDSCAPING IDEAS

Lawncare and landscaping ideas may be top of mind in spring and summer, but by the time fall arrives, you're likely done thinking about outdoor furniture and fresh plantings. Think again: in most areas, fall (especially early fall) still has excellent weather and is a good time to soak up the outdoors, especially before winter hits. There is season-specific work to be done and fall landscaping ideas to try, especially if you plan to make the most of your outdoor spaces until the first snowfall.

ENJOY YOUR YARD ALL SEASON LONG



Tip

Fall Safety Checks

- Check carbon monoxide detectors and smoke alarms and put in fresh batteries to protect yourself and your loved ones.
- A carbon monoxide detector can save lives if a home has oil or gas-burning appliances, like a furnace or water heater. Carbon monoxide is an invisible, odorless byproduct of burning oil or natural gas, and it can be deadly.
- Always install carbon monoxide detectors according to manufacturer's instructions. Generally they should be installed near each potential source of carbon monoxide, and within ear shot of living and sleeping areas.
- Have your wood-burning fireplace inspected, cleaned and serviced to prevent chimney fires and carbon monoxide poisoning.

- **Textured Plantings:** Most blooms may fade during summer and the first weeks of fall, but you can keep your yard, garden, and planters going with textured plantings. We suggest mums (traditional in fall); ornamental kales, cabbage, and peppers; and snapdragons, pansies, and grasses. Together, these bring texture and colour to a garden bed that might otherwise start to look brown and tired as fall progresses.

- **Consider Jewel Tones:** Try incorporating sapphire blue, emerald green, and amethyst purple into outdoor spaces with container gardens, outdoor furnishings and accessories, and seasonal plantings; for curb appeal that looks modern and on-trend, jewel tones will do the trick.

- **Start Lawncare Prep:** At the very least, you should be trying to keep fallen leaves from decomposing on the grass. Tackle some lawncare now and see the green payoff when spring rolls around next year.