



The Villa Wave, Summer Edition 2019



Summer has arrived! 40+ temps are here, and the sun is shining! We trust that everyone is enjoying the longer days, and sunny afternoons.

St. Joseph's Villa 140th Celebration



The Villa Pool will be closed on Friday, August the 2nd. Celebrations for the 140th will take place in the lower parking lot from 1-4pm that day. Please join us for a free BBQ

lunch, entertainment (Chris Marshall will be playing with the Dundas Piping Band!), face painting and a petting zoo!

August Long Weekend

The Villa Pool will be closed on Monday, August the 5th for the long weekend. **Chris Marshall will be teaching a *one time* extra class on Saturday August 3rd, at 9:15am. Don't miss this great opportunity for an extra class over the long weekend!**

Schedule Change

Recently we changed our Friday 1:15pm Mindful Movements Class to Thursdays at 12:45pm. Please join us at our new time!



A very kind email was sent to the Villa Pool following a recent, unexpected pool closure; it was asked to be shared in our newsletter:

Thank You

It is time for a much needed thank you, to all our Instructors at the Villa

Pool. As the front line ambassadors, they tend to take the bulk of complaints and at times unwarranted criticism. This pool is old and at times temperamental, leading to temperature variations that can only be addressed by the Villa Maintenance Services. As patrons, we have to accept, four or five days per year that the pool will be closed, without significant notice.

This tiny club we have all joined, has many different advantages that do not exist in the city pools, sending get well cards, disseminating info about the ill, calling people at home etc. Instructor job descriptions do not require any of these respectful and simple acts of kindness that we have grown accustomed to. The Villa Pool Instructors go above and beyond their job description. Remember life is short, tell a joke or an inspiring story, make someone smile.

Thank You to:

Chris, Erin, Ruth, Michele, Alex, Karlee, Val

10 Surprising ways to keep cool in the summer heat

[Chloe Rose Stuart-Ulin](#) · CBC Life ·

No AC, no problem. There are plenty of ways to stay cool with just a bit of ice, a fan, and these tricks. With summer comes outdoor festivals, airy dresses, picnics in the park, naps on the balcony, green on the trees... and restless, sweaty, impossibly hot nights. What can a poor city-dweller with no air conditioning do when the temperatures hit 40C+ degrees? Plenty, as it turns out. Get yourself a few ice packs and a fan; you're five minutes away from cutting that grueling summer heat wave in half!

Eat spicy foods

This might sound like a terrible idea on a hot day, but "hot" foods like cayenne, jalapeño, and habanero peppers get their heat from the chemical capsaicin, which acts as an irritant in humans and gets us to sweat

more, cooling us down. As Yale professor Barry Green [explained in *Scientific American*](#): "Spicy foods excite the receptors in the skin that normally respond to heat... Therefore, the pattern of activity from pain and warm nerve fibres triggers both the sensations and the physical reactions of heat, including vasodilation, sweating, and flushing."

Sleep under a damp towel or sheet

This will feel especially nice if you have a fan running at the same time. The evaporation of the cloth's water will keep you cool all night, and the sheet or towel will most likely be dry by morning. Dr. Shubhayu Saha, a health scientist at the C.D.C.'s Division of Environmental Health Science and Practice, [explains in a recent *New York Times* article](#) that "when parts of the body with a high concentration of blood vessels near the skin come in contact with the cold, it helps transfer heat out of the body to cool down faster."

Set your ceiling fan to run counter-clockwise

The blades on your ceiling fan are tilted slightly in order to push air either upwards or downwards. In

winter, you'll want the blades to turn clockwise, which will pull the cooler air in the room upwards and displace the rising warmth. In the summer, you should switch the rotation to counter-clockwise, pushing more wind currents into the room below. You can do this easily, [just find the switch on the body of the fan](#) (there should only be one!) that changes the direction.

Eat less salty food and protein

Salty foods and protein [produce metabolic heat when digested and cause water loss](#). Eat more fruits and vegetables (no need to turn on the oven) and smaller, more frequent meals throughout the day. Scientists have known about this relationship between digestion and metabolic heat for many years. In 1936, [Dr. G. Booth and J.M. Strang showed that](#) "eating ground beef steak and stewed tomatoes to satiety raised skin temperature an average of 2°C about 1 hour after the meal." That's a lot!

Wet your curtains

This trick has been around for a long time, but I very rarely see my friends trying it at home. Spritzing or soaking your curtains, or leaving the bottoms to sit in buckets of water, is a great

way to cool down any incoming sunlight or breeze from the outside. This trick only works if you can get air circulating to evaporate the water, so run a fan at the same time or chose a window with a draft coming through.

Buy or build an ice-pack hat

Strapping a cold compress to your head can work wonders in the blistering heat, especially if you're prone to headaches. You can buy or build your own ice-pack hat, to varying degrees of effectiveness and cost.

For a cheap chill, throw a couple of wet dish towels in the freezer (coil each of them into a "C" beforehand to fit your head when frozen) or pick up two malleable ice-packs from the dollar store. There are specifically designed icy-headbands available online for purchase as well.

Put a bowl of ice in front of your fan

This uber-easy trick is the very best of the DIY air conditioners: just toss a bunch of ice cubes into a metal bowl (or freeze some water straight into the bowl), and set it in front of a running

fan. Tilt your fan or the bowl in such a way as to get air flowing directly onto the icy surface, cooling down the blowing air. You'll feel the effect immediately. Remember to refill your ice trays right away to be ready for the next load.

Keep your moisturizers in the fridge

Imagine rubbing cold moisturizer on your forehead — or your feet — in the middle of a hot day. What a relief! And it might be something worth keeping in mind all year long. According to board certified dermatologist Dr. Shirley Chi, M.D., [applying your moisturizer after a stint in the fridge can help reduce puffiness and the appearance of rosacea](#), though oil-based products should not stay in long or they won't absorb as well. For a doubly cooling experience, try this with a tube of aloe vera.

If you're in dry heat: drink something hot

Matter over mind is the rule for this trick. Drinking a hot cup of tea might be the furthest thing from your thoughts right now, but there's a scientific reason for why it,

paradoxically, will help cool you down. Dr. Ollie Jay, a researcher at University of Ottawa's School of Human Kinetics, and his team published a study in 2012 [proving the effectiveness of this technique](#). "What we found is that when you ingest a hot drink, you actually have a disproportionate increase in the amount that you sweat," Jay says. "Yes, the hot drink is hotter than your body temperature, but the amount that you increase your sweating by more than compensates for the the added heat to the body from the fluid."

Keep in mind that this trick will only work if your sweat can evaporate off of your body, meaning this won't work very well in humid areas.

Finally, find yourself a public spot with AC to spend a few hours during day

It might feel impossible to venture out into the sunshine for long enough to travel, but it'll be worth it once you locate your perfect AC nirvana. Find a mall, a movie theater, a grocery store, or any other public area with reliable air conditioning to spend a few hours every day, especially in the afternoon when the weather is at its worst. Close your windows and lights when you

leave the house to keep your home nice and cool for your return.

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