

~ RIPPLES FROM THE CREEK ~

Happy Canada Day!



"Mikey"



CHECK out RIPPLES FROM THE CREEK ONLINE AT:

<http://www.freewebs.com/nhc1981/index.html>

From the Board

I would like to remind everyone that there are a lot of children out playing on each cul-de-sac. We all need to make sure that we drive carefully to protect the children

We really hope that everyone shows great pride in our community. Whether we clean up outside our house, cut the grass, sweep, wash down the front or plant flowers, we need to be proud of where we live.

I love where I live. I have great neighbours, have my back yard done so I enjoy it and have planted flowers in the front.

Pride comes from within. It can't be done for you. You have to be proud yourself. Make yourself proud of where you live.

Have a wonderful summer everyone.

Winsome Smith, President

Board of Directors

Dear Members:

This has been a very exciting time and every member of Neilson Creek has great cause to cheer and be happy.

First of all, the City of Toronto is moving forward quickly with a multi-purpose sports pad that is to be built at the rear of 209/215 on City property. There will be a 150' long path from Coronation to the pad. The sports pad will be approximately 60' x 90' and be of asphalt construction. There will be 2 custom made combined basketball/hockey goal posts. There are two park benches and the possibility of a bike rack. This is what the community has asked for and I am happy to see the project move forward.

Second, is the next stage approval from CMHC for new roofs, insulation and baffles. All units will receive insulation and battles and all the 3 and 2 bedroom units will also have new roofs. The project is currently in the hands of building engineers who are preparing to send it for tender. After this process, will be the 'choosing' of the firm and then down to the business of doing the roofs and insulation.

The anticipated commencement of the roofs is around the second week of September and we anticipate that it *will* take 2 months to complete.

In anticipation that this all moves forward, it is about a \$400,000. grant to Neilson Creek.

As I said, this is very exciting time for those at Neilson Creek. It is only because of good governance, management and participation over the past 29 years that we qualify for CMHC's assistance. Thanks everyone for all your input over the 29 years. It really does make a difference.

Deborah DiSalle
Co-ordinator

Finance Committee

We continue to meet on a regular basis, reviewing all subsidy applications and catching up members who need a repayment plan. If you are having financial troubles, please make sure you are in contact with Deborah through a phone call, letter or in person. A lot of repayment plans can be settled this way and you won't need to be called to a Finance Committee meeting. Deborah passes all this information onto us for our review. If you ignore the problem and make no effort to stay in contact, we will call you to a meeting.

If you are going away in the summer or any time of year, please make sure you have submitted your housing cheque on time and in full, so you don't go into arrears.

Remember, paying our housing charge should be priority since we all need a place to live.

Judy Brennan, Chair

Finance Committee



GRADUATING STUDENTS

On this, your graduation day all stand and give cheer.
To honour you for all the work you've done to get you here,
As we rise and give applause be sure you don't forget
That learning is not over as your future plans are met.
May you always be a listener and learn from all you meet
Always keep a student's spirit and your life will be complete.
So as you go on to Middle school and High school may you
Keep On Keepin' On

Shane Brohm is graduating into grade 7

Jahmilah Barriner is graduating into grade 9

Luke Jordan is graduating into grade 9

Jordan Buster is graduating into grade 9

CONGRATULATIONS TO ALL THE GRADUATES

FROM

NEILSON CREEK CO-OP



Summer's Coming! 5 Helpful Tips for Parents

Stressed out about the thought of summer coming? Struggling with how to spend time with your child without becoming frustrated or feeling inadequate? Here are some tips that could help.

Many parents both love and hate the thought of summer vacation. On the one hand, you're ready to be done with the homework, backpacks full of papers, seemingly endless fundraisers, and getting the kids up and out the door to catch the bus every morning. Summer holds the possibility of a slower pace, fun times together as a family, and the kids being able to wrestle each other outside instead of in the family room! But then there's the other side of the summer vacation coin: refereeing the kids' fights (also known as "too much togetherness syndrome"), blocking out the whines of "but there's nothing to dooooo," shuttling kids around from one activity to the next, and discovering that there is only so much time you can be around your children before you start to lose your mind. It seems every season has its pluses and minuses!

A little summer pre-planning can go a long way in maximizing summer benefits for any family—especially families living with autism or other disabilities. Here are 5 helpful tips for thinking about and planning your summer month;

1. Plan ahead! the key is not to let summer sneak up on you, and overwhelm you in the process. You know summer's coming. So commit to making it a great experience for everyone involved instead of a stress-fest for your family. Begin looking into options your area such as camps, community events, local attractions, parks, and other options that may be available. There are many things that are free or low cost if you take the time to look for them. Just exploring the variety of parks and playgrounds in your area can make for great inexpensive fun. Most larger communities have recreation departments that offer summer activities ranging from sports to art to science.

2. Ensure adequate support for your child. Make sure whatever activities you choose for your child include adequate support for him/her to have a successful experience. There can be a tendency to think that because Summer activities don't involve "academics," children with autism and other disabilities won't need as much support. The reality is that these kids need support to navigate the social complexities and expectations of seasonal environments such as camp, vacation Bible school, local recreation events etc. Supports vary according to the needs of each child, but it is best to determine potential needs and accommodations ahead of time to ensure a positive and productive experience for your child, and less worry for you.

3. Figure out a schedule that is workable for everyone involved. Sometimes in the quest to make sure everyone has things to do, we end up turning ourselves into crazed taxi drivers all summer long. Determine how much time you want to be at home versus other places; and don't go crazy planning something every minute. As much as kids may think they need to be doing something 24-7, there is great benefit to them having some downtime as well. Don't plan so much in your summer schedule that there isn't free time and relaxation.

4. ALL kids need a break from the hectic schedule of the school year! Some parents of children with autism or other disabilities feel that they need to make every moment therapeutic, or have their child involved in some kind of activity or program each day. I have met many families over the years who become stressed at the thought of their child not being in school for the summer. Some of the BEST learning for kids takes place outside the walls of the classroom. You may have been conditioned to believe that what your child needs only happens in a school building, or that you can't possibly provide the same benefits outside a school setting. Nothing could be further from the truth! Allow your child with autism to experience the summer just like other kids—and watch them blossom in the process.

5. Make time for yourself. All parents need breaks and time to themselves throughout the summer. The previous tips will help accomplish reduced stress for parents by planning ahead for structured activities outside the home, and developing a workable time schedule for those things to happen. Parents also need to allow some time to do things you want/need to do, instead of feeling like you have to entertain your kids all day. Determining a workable schedule that includes time at home together and time doing other activities will help everyone stay sane—most importantly you!

Summer can be a great time for kids, parents, and families as a whole. A little time spent in planning can make the difference between a successful, rejuvenating summer, and one that leaves you burnt out and longing for September. Look for a future article covering the kinds of questions you should ask when considering summer programs and activities for your child.

When the kids are on Vacation and you're not

The end of the school year is an exciting time for kids looking forward to long, fun-filled summer days. But for working parents, the summer can be challenging trying to find care for younger children, finding the right summer programs or day camps and trying to get time as a family in.

Make your way to the farmers market.

If your kids are up at the crack of dawn take them to the local farmer's market you'll have plenty of time to explore the different scents, sounds and colours well before you have to go to work. It's a great chance to teach kids about home-grown food and show them how to pick out a fresh watermelon. Besides getting your grocery shopping done, you'll be spending quality time together.

Home cooking

Make meal time a fun time for your children by getting them involved with cooking dinner. Put your kids to work beating eggs or measuring out ingredients. Pizza is an especially hands-on meal for kids and even teenagers.

Pick your own

On the weekends you can head out to the local fruit farm and have a pick your own experience. Have a competition to find the smallest or the largest strawberry, or a race to see who can fill their basket the quickest. Some fruit farms also have animals or hay rides.

Camp in.

You might not have time to head up to the cottage or Provincial Park, you can turn your backyard into an exciting wilderness adventure. Set up a tent and roast marshmallows over a camp stove. Let your kids stay up late make shadow animals, tell scary stories.

Become a bookworm at the library.

Make a solitary activity a family one by picking out books together at the local library. Most libraries offer more than book lending. Family activities are on many library summer calendars. Get your library card and have fun while encouraging your kids to read over their summer vacations.

Catch a movie.

There still are a few drive-ins out there. You can bring your own snacks and you don't have to worry about keeping your kids quiet. Most drive-ins have more than 1 movie so smaller kids can fall asleep after the first movie.

Walk the dog

Having a pet can be hard work, but why not make it a fun morning or evening activity that gets your family moving an outside during the warmer summer weather. Walk your dog to the park, play catch or go off the beaten path by taking a trail nearby. Your whole family, including your dog, will benefit from the exercise and you'll have quality time to talk with each other and enjoy the outdoors.

Kids are full of expectation when they look towards their summer vacation. It's free time for fun and play with friends and family. But it can be hard for parents whose schedules don't change to find the time to be a part of the fun and play. By changing everyday activities and trying some new ones, you can make the most of your time at home.

SUMMER CAMPS

CyberARTS Summer Camp

416-395-3192 ext.4 and we'll be happy to help you.

blakely.mcalister@tdsb.on.ca.

<http://www.cyberartscamp.org/index.php?page=programs&head=programs-head>

Ultimate Canadian Cheer and Dance Camp

<http://www.ultimatecheer.ca/section/?s=22>

1420 Bayly St Unit #17 Pickering, ON

905-839-8822 phone

info@ultimatecheer.ca



Creature Quest Camp

http://www.creaturequest.ca/Groups_Camps.html

Scarborough Parks and Recreation Summer Camps

http://www.toronto.ca/parks/torontofun/2009-10/Scar/Scar_SpSu2010_Camps.pdf

Just for Kicks Soccer Camp

<http://www.iust4kickssoccer.com/league.php?scriptName=LEAGUEINFO&leagueID=8457&leagueInfoID=15584>

YMCA Scarborough Summer Camps

<http://www.ymcatoronto.org/en/find-ymca/toronto/scarborough/camps/scarborough-camp.html>

Canlan Sports Camps

<http://www.icesports.com/scarborough/hockey-camps.aspx>

Hoops All Stars Basketball Camp

[http://hoopsallstars.com/index.php?p=camp info/maps and locations](http://hoopsallstars.com/index.php?p=camp%20info/maps%20and%20locations)

Special Needs Camps

<http://www.ourkids.net/special-needs-camps.php>

Variety Village Summer Camps

<http://www.varietyontario.ca/viHage/camp.htm>

Camp E.D.I.F.Y./Grace Apostolic Church

<http://campedify.graceclc.com/>

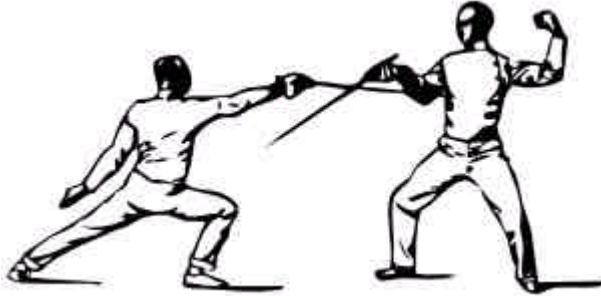
Toronto Historic Museum Summer Camps

<http://www.toronto.ca/culture/museums/camps.htm>

Camp Riverwood

<http://campriverwood.com/>

Sword Players Fencing Camp
<http://www.swordplayers.com/>



Scarborough Gym Elites Summer Camps
<http://www.scarboroughgymelites.com/summercamps.html>

Star Dance Academy Summer Camps
<http://www.stardanceacademy.ca/7page id=64>

Fiddlehead Center for the Arts
<http://www.fiddleheadscarborough.org/summer-camp.html>

Tap Angel Girls Basketball Camp
<http://www.tapangelsbasketballorg.com/default.html>

Great Big Theatre Day Camp
<http://www.gbtc.com/daycamp.shtml>

Summer Adventure Camp
<http://www.gsc.ca/daycamp.htm>

Charlotte Town Tennis Day Camp
http://www.charlottetowntennis.com/site/index.php?option=com_content&view=article&id=50&Itemid=61

Camp Wenonah

<http://www.campwenonah.com/wNewsUpdate/ReadingFullStory.aspx?StoryNum=61>

Camps for Girls Only:

<http://www.ourkids.net/girl-camp.php>

<http://www.gbcamp.com/>

<http://summer.muskokawoods.com/ontario-summer-camps-for-girls.html>

<http://www.chehockey.com/just-for-girls-hockey-schools-camps>

<http://www.campoconto.com/>



Camps for Boys Only:

<http://www.ourkids.net/boy-camp.php>

<http://camps.ca/boys-camps.php>

http://www.pioneercamp.ca/index.php?option=com_content&view=articles&id=65&Itemid=31



WEST SCARBOROUGH NEIGHBOURHOOD COMMUNITY CENTRE
 313 Pharmacy Avenue,
 Toronto, Ontario, M1L 3E7



Authorized Provider

West Scarborough Aquatics Training Registration Form

Please fill in and mail or fax it back

Ways to register:



Phone

(416) 755 9215 Ext. 239



Fax

(416)7557521



E-mail

aquatics@wsncc.on.ca

Contact information:

Salutation Mr Mrs Ms

Name _____

Address _____

Postal Code _____

E-mail _____

Registering for (please consult the Course Schedule):

Course	# of participants	Date
<input type="checkbox"/> Standard First Aid & CPR		
<input type="checkbox"/> Emergency First Aid & CPR		
<input type="checkbox"/> CPR/AED		
<input type="checkbox"/> Emergency Child Care First Aid & CPR		
<input type="checkbox"/> Standard Child Care First Aid & CPR		
<input type="checkbox"/> Babysitting (Ages 10 to 14)		

Payment information:

If paying by credit card: Visa Mastercard

Card number _____ Expiry Date (mm/yy) _____

Card holder _____ Signature _____

By cheque: Enclosed

Thank you for choosing Canadian Red Cross First Aid & CPR training!
We will confirm your registration within 48 hours from the date we receive the Registration Form.

The History of Canada Day

Canada Day, formerly Dominion Day, is Canada's national day, a federal statutory holiday celebrating the anniversary of the July 1, 1867, enactment of the British North America Act (today called the Constitution Act, 1867), which united two British colonies and a province of the British Empire into a single country called Canada. Canada Day observances take place throughout Canada as well as internationally.

Frequently, referred to as "Canada's birthday", the occasion marks the joining of the British North American colonies of Nova Scotia, New Brunswick, and the Province of Canada into a federation of four provinces (the Province of Canada being divided, in the process, into Ontario and Quebec) on July 1, 1867.

Since 1868, Canadians celebrated the anniversary of the formation of the union of the British North America provinces as Canada each July 1st. The July 1 holiday was established by statute in 1879, under the name "Dominion Day". The first record of organized ceremonies in Ottawa was for the 50th anniversary of Confederation in 1917, to dedicate the new Centre Block of the Parliament Buildings, under construction following the massive fire earlier that year, to the Fathers of Confederation and to the valour of Canadians fighting in the First World War in Europe (hence, the tower over the Parliament Buildings is called the "Peace Tower").

The next large celebration was held in 1927 to mark the Diamond Jubilee of Confederation. It was highlighted by the laying of the cornerstone by the Governor General of the Confederation Building on Wellington Street and the inauguration of the Carillon in the Peace Tower.

Since 1958, the government has arranged for an annual observance of Canada's national day in Ottawa, with the Secretary of State in charge. Typically the ceremonial Trooping the Colours was held on the lawn of Parliament Hill in the afternoon, with a sunset ceremony in the evening followed by a band concert and fireworks display.

For Canada's Centennial in 1967, Her Majesty Queen Elizabeth II attended the celebrations at Parliament Hill as part of a large scale official ceremony.

In 1968, multicultural and professional concerts were added to the Parliament Hill celebrations, which began to be nationally televised. In Ottawa, the "Festival Canada" extended the festivities over the whole month of July and included numerous cultural, artistic and sport activities.

In 1980, the National Committee (the federal government organization charged with planning Canada's Birthday celebrations) sponsored the development of local volunteer-run celebrations all across Canada, and funded fireworks displays in 15 major cities across the nation since 1981. In 1982, the July 1st holiday known as "Dominion Day" became "Canada Day".

Since 1985, Canada Day Committees are established in each province and territory to plan, organize and coordinate the Canada Day celebrations locally, with grants provided by the Canadian Heritage department.

Interesting Canadian Facts

- Canada was named from the Huron and Iroquois word **kanata**, which means village.
- Canada has approximately three million lakes across the country. More than 30,000 of those lakes are larger than **three square kilometers!**
- Princess Juliana of the Netherlands gave Ottawa **100,000 tulip** bulbs as a thank-you gift in 1945 for keeping the Dutch Royal Family safe during World War II. The Netherlands was occupied by the Nazis until **Canadian soldiers** liberated the country in 1944-45.
- The Bank of Canada issued the last \$1 bill in 1989. It was replaced by the one dollar coin, known as the **loonie**, which came out in 1987.
- The world's only flying saucer launching pad is in St. Paul, Alberta. It was built in **1967**.
- The **largest mall** in the world is the West Edmonton Mall in Alberta. It has over 800 stores and restaurants, an amusement park, the world's largest indoor lake with four working submarines, 26 movie theaters and a **hockey-sized** ice arena.
- More than 75% of the world's **maple syrup** comes from Canada.

Canada Day Celebrations

Mel Lastman Square

5100 Yonge St.

5:00pm, Free admission

The 2010 Canada Day celebrations at Mel Lastman Square kick off with Wonder+® hosting a day packed with activities to promote healthy living for kids, in partnership with KidSport™. This is an opportunity to meet Olympic athletes like team Canada hockey player and gold medalist Vicky Sunohara, 2010 Olympic medalist Speed Skater Kristina Groves and Gold Medal winning short track speed skaters Charles and Francois Hamelin. Activity stations open at 5 p.m. followed by a KidSport™ Fundraiser BBQ at 6 p.m. and the first annual Wonder+® 100-Metre Canada Day Dash at 7 p.m. Around the Square see magicians, jugglers, fire-breathers, urban dancers and live music performances and more!

Canada Day @ Downsview Park

Starting at 11am, free family activities will include midway rides, a petting zoo, performers, and a historical re-enactment. The festivities wrap with a fireworks display beginning at 10pm.

Free Fireworks Display @ Ashbridges Bay

Grab a blanket and head down to the Beaches on July 1st to enjoy a free fireworks display that should start after 9:30pm. But why wait until then? The Beaches Lions Canada Day Family Festival will be on in Kew Gardens while Vinyl 95.3's Summerfest will be on in Woodbine Park from noon to 9pm.

Fireworks @ Ontario Place

Come Canada Day Ontario Place will actually be in the middle of the Canada Dry Festival of Fire, which involves three nights of themed fireworks displays set to music. On fireworks days the Ontario Place attractions will be open from 10am to 9pm (8pm for the water park), then the grounds will remain open until 11pm, with regular admission prices in effect. You can also buy a ticket for reserved bleacher seating during the fireworks-displays. Or you can just get *near* Ontario Place and keep your eyes on the sky.

Canada Day Celebrations

Canada Day @ Queen's Park

Following a Citizenship Ceremony at 11am, the south lawn of Queen's Park will have free family entertainment, inflatable attractions, carnival games, face painting and more from noon until 5pm.

Harbour-front Centre

A free noon-to-midnight celebration featuring family canoe rides around the Natrel Pond, film screenings, live music and more.

The 44th Annual CHIN International Picnic

Head to Exhibition Place for midway rides, entertainment, a shopping bazaar, the Miss CHIN Bikini and Mr. CHIN Competitions, a beer garden and more. Open July 1st, 3rd and 4th with free admission all three days.

Farmers' Markets

"Sights, Sounds and Flavours"

**Albert Campbell Square
Scarborough Civic Centre
FARMERS^MARKET**

Tuesdays

June 15 - October 19, 2010

- Farm fresh selection of produce, baked goods and preserves
- International flavours of local restaurateurs
- Jazz, R&B, Folk, Roots and World Music by Toronto-based musicians
- Free admission!

Markets by the Bluffs, Est. 2004 (BirchCliff Village) 2009 (Guildwood Village)

About Us

The grass roots personality of our markets make them a place worth visiting every Thursday or Friday. Enjoy live music, good fresh local food, organic fresh-picked produce, teas, soaps & candles, dips, sauces, homegrown art, face painting and other special events. Become a part of this communities' Handmade, Homemade, Earthmade yenuue.

Location of Market

Birch Cliff Village Farmers' Market: 1512 Kingston Road, Scarborough, north of Kingston Road at Manderley Drive in church garden. Guildwood Village Farmers' Market: 201 Guildwood Parkway, just east of Kingston Road.

Time of Operation






Day(s) & Hours: Birch Cliff Village Farmers'Market:
Every Friday from 3 p.m. to 7 p.m.
June 11, 2010 to October 8, 2010

Guildwood Village Farmers' Market:
Every Thursday from 2 p.m. to 6:30 p.m.
June 10, 2010 to October 7, 2010

Sun Life Financial Museum and Arts Pass (M.A.P.)

The Sun Life Financial Museum & Arts Pass (MAP) lets you and your family (2 adults & up to 4 children) explore the best of Toronto's arts and cultural treasures for free.

With your valid adult Toronto Public Library card, you can take out a pass for your family at any Toronto Public Library branch. Quantities are limited and rules and conditions apply.

Participating Venues	Pass Information & Conditions	Participating Branches
<p data-bbox="87 548 354 575">Art Gallery of Ontario</p> 	<ul style="list-style-type: none">• Pass admits two adults and up to five children under age 18• Five passes available per branch per week• Excludes March Break	<ul style="list-style-type: none">• All library branches
<p data-bbox="87 747 415 774">Black Creek Pioneer Village</p> 	<ul style="list-style-type: none">• Pass admits two adults and up to two children under age 15• Three passes available per branch per week• Black Creek will be open from May 1 - Dec. 23, 2010	<ul style="list-style-type: none">• All library branches
<p data-bbox="87 1052 305 1079">Gardiner Museum</p> 	<ul style="list-style-type: none">• Pass admits two adults and up to three children under age 12• Three passes available per branch per week	<ul style="list-style-type: none">• All library branches
<p data-bbox="87 1262 334 1289">Museum of Inuit Art</p> 	<ul style="list-style-type: none">• Pass admits two adults and up to three children under age 12• Three passes available per branch per week	<ul style="list-style-type: none">• All library branches
<p data-bbox="87 1493 402 1520">Textile Museum of Canada</p> 	<ul style="list-style-type: none">• Pass admits two adults and up to three children under age 12• Five passes available per branch per week	<ul style="list-style-type: none">• All library branches

City of Toronto's Historic Museums



- Pass admits two adults and up to two children under age 14
- Five passes available per branch per week

- All library branches

Ontario Science Centre



- Pass admits two adults and three children under age 17
- Five passes per week available at 32 branches
- Not valid for OMNIMAX presentations, parking or separately priced exhibitions.

- priority branches

Casa Loma



- Pass admits two adults and two children under age 14
- Three passes per week available at 32 branches
- Excludes Christmas and March Break

- priority branches

Royal Ontario Museum



- Pass admits two adults and two children under age 14
- Five passes per week available at 32 branches

- priority branches

Toronto Zoo



- Pass admits two adults and two children under age 12
- Five passes per week available at 32 branches.

- priority branches

The Bata Shoe Museum



- Pass admits two adults and up to four children under age 18
- Five passes per week available at 32 branches
- Excludes March Break and Family Day

- priority branches

Note: Priority branches includes Morningside Library at Lawrence & Manse

Caribana Events around Toronto

Caribana Tent Villages @ Marilyn Bell Park

Be entertained by the hottest soca and calypso artists as you relax and enjoy the glorious Parade of masquerade bands along Lakeshore Blvd. Come feel the pulse of the drums and hear the musical history of the Caribbean carnival traditions - from kalinda and kaiso... to bele and mento.

Address: Marilyn Bell Park , Marilyn Bell Park, Toronto, ON
Date: Saturday July 31st, 2010
Hours: 10am-6pm
Crowd: Casual, Family Event
Dress Code: Casual (no sportswear, jerseys and athletic shoes)
Music: Reggae, Soca, Calypso
Price: Free

De Caribana Lime/Tropical Rhythms @ Ontario Place

The Scotiabank Caribana Lime is a celebration of what makes the Caribbean and its culture truly unique; Caribbean food, music, art and entertainment. This celebration will showcase the best Caribbean music performers, food vendors, and a community of people to celebrate the last day of the month long Caribana Festival in Toronto.

This event features the Tropical Rhythms - Caribbean Food Festival!!
Grace Food's presents the 1st annual "Tropical Rhythms" Caribbean Food Festival (TRFF) as part of the 2010 Scotiabank Caribana Festival (SBCF). This exciting new event is scheduled for August 1, 2010 at the Island Lime inside Ontario Place. The goal of the event is to give visitors a taste of Caribbean culture as the Caribbean Islands come together to Feel De Vibe.

- Date: Sunday August 1st, 2010
- Hours: 12pm-8pm
- Crowd: All Ages

Toronto Caribana Parade 2010 @ Exhibition Place & Lakeshore Boulevard

The Caribana Parade is the largest Caribana Festival event in North America and this year it will celebrate its 43 anniversary. This event is made up of a series of Bands that compete for best costumes in this annual parade. The Caribana Parade consists of over a million participants including steel pan bands, live soca, calypso, reggae and salsa performers as well as elaborate masqueraders in costume. Every year the community gets together with family and friends to watch the parade and enjoy the Caribana festivities. Enjoy the music, food and spectacular costumes in Toronto's Caribana Parade.'

Date: Saturday July 31st, 2010
Hours: 10am-6pm
Crowd; All Ages (16+), Family Event
Dress Code: None (hats not allowed)
Music: Soca, Calypso, Live Music
Notes: \$20-\$25 to enter the exhibition place. However, most of the parade is held on Lakeshore Boulevard which is FREE!

SUMMER SAFETY

Well... it's summer time... YAY!

With that being said there are many things that we have to think about. Our children are going to be spending a lot of time outside, playing and doing many different activities.

As a parent, I like to know that I have done my best to keep my children happy, healthy and safe, and I am sure you all feel the same way. There are many ways to help us enjoy a safe summer. Here are some tips to help.

- **BIKE/SCOOTER/SKATEBOARD & ROLLERBLADE Safety**

Let's start with **INSISTING** our children wear helmets when riding any of the above items; I know some kids think it isn't "cool" to wear them. but it is up to us (as parents/guardians) to make sure they wear them and understand how important a helmet is. It could save their life.

Helmets protect them when they crash or fall. It may not matter how good they are at what they are doing...let's face it-accidents happen. Did you know-that everyone under the age of 18 is required by law to wear a helmet when riding on public roads?

It is suggested that you keep kids under 10 off the road until they are fully aware of the "road rules". You can learn about road rules at www.mto.gov.on.ca, and help your children learn & practice them. Make sure they understand them fully before letting them ride the road alone.

- **TRAFFIC Safety**

Parents: Please make sure your child knows how to cross the street safely, that they look both ways before crossing and that they don't "J" walk. Encourage them to cross at the lights or crosswalk.

Drivers: Please take care when driving this summer. The streets will be filled with many children playing and just trying to have fun. Watch your speed; pay attention to pedestrians at all points of the road especially at crosswalks. Let all do what we can to keep our children as safe as we possibly can this summer.

SUMMER SAFETY

• WATER Safety

Swimming: Children love water, they love to swim, splash and play. Kids under 5 are most at risk of drowning. When in the water or even just near water, stay within arm's reach of your child, or better yet, have them wear a lifejacket.

With Heron Park Pool just across the road from us, you can bet our kids will be asking to go there many times this summer. Be sure to keep your eye on them at all times and if you can't take them, make sure you trust the person who does.

Talk with your child about the rules of the pool - like no running on the deck, diving into shallow water, horseplay in the water, and simply what to do if they need help. Let them know that it is ok to ask (scream) for help if they need it or if they notice someone else needs it.

One basic rule to follow is **NEVER LEAVE YOUR CHILD ALONE IN OR NEAR WATER**, not even for a moment. It only takes that moment for something to happen, someone could drown, and most times, it goes unnoticed.

Beach Play: If you take your kids to the beach this summer, try to be aware of the water conditions...is it safe...Is there an undertow, are there sharp objects in the water, are there leaches in the water or does the water get deep?

Boats: As the operator of the boat, you need to be licensed, to drive it. If you are not licensed, and are caught, it could result in a whopping \$250.00 fine...YIKES! It is important that you ensure that there are enough lifejackets on board for each passenger.. Not having them could also result in a fine...not to mention how dangerous it could be if something happens and you need them, but don't have them.

In many ways, driving a boat has the same rules as driving a car. You need to obey the rules of the water, watch for signs, and pay attention to speed limits. Most importantly, is too not drink and drive your boat...just like the commercial say's "beer on the pier. water on the water"!

For more information on water and boating safety, you can visit: www.redcross.ca or www.mto.gov.on.ca.

SUMMER SAFETY

• BUG Safety

Mosquitoes: We are all aware of how annoying mosquitoes can be. Not only do their bites itch... they can also spread disease. Who can forget "West Nile Virus"? Although we can do our best to avoid these things from affecting us...nothing is 100% effective.

You don't have to be camping in the woods to get bitten by these guys; they are here in the city too. You can bet that living near the "creek", we will definitely come across a few of these (blood) suckers.

Try to avoid stale or still water areas, avoid using scented soaps and hair sprays when you know you are going to be outside for a long time, mosquitoes love those scents. Use insect repellent if necessary. There are many different products out there for you to choose from...if I can offer my advice...read the labels on all of them, and make sure you know what you are buying. Check to make sure it isn't expired. You should also pay close attention to the amount of Deet it contains. The CDC (Centre for Disease Control and prevention) recommends you use products with between 10% and 30% Deet in them, and that you don't use any product with Deet in it on children under 2 months old.

For more information on the effects and uses of Deet, you can visit: www.deet.com

Call Poison Control (1-800-222-1222) if you get insect repellent in your eyes, mouth, or in a cut.

Bees & Wasps: It's a good thing to know in advance if you are allergic to these insects or not... but if you're like me...you've never been in the situation to know.

If you get stung, try to remove the stinger (if visible), gently scrap it with a credit card type object or your fingernail. The area will most like turn red. swollen and itch or burn...If you notice that it is getting bigger, or if you feel any difference in your breathing or if your throat starts to get itchy feeling...go to the Dr., don't waste time...better to be safe than sorry ...It may be that you are allergic...It may not...but why chance not knowing.

If you have a medical question and you can't get out to the Dr.'s office...you can call TELEHEALTH Ontario (1-866-797-0000)...a nurse is available 24 hrs a day to help answer your questions, and give you the best advice possible.

SUMMER SAFETY

- **FOOD Safety**

From BBQing in the backyard, to picnicking at the park...there are many things you need to think about before do either.

BBQ: Inspect your barbeques propane tank at the beginning of each summer to make sure it is not rusty or damaged....and if it is...replace it. Clean your grill and bricks...this will avoid grease build-up and high flames, that can burn you. When you are finished using your BBQ...turn off the propane tank first then turn off the burner controls. Always make sure your BBQ is off and completely cooled down before you cover it.

* Keep Children and pets away from the BBQ - Especially when in use!!!*

FOOD: Keep uncooked food CHILLED...especially raw meat...pack a cooler just for food and one for drinks...you are less like to open the food cooler as often as the drink cooler...therefore keeping your food cooler and safer. Take extra caution with lunch meats, chicken and mayonnaise based foods, like macaroni or potato salad, sandwiches etc... these items tend to spoil faster than most other foods... bacteria seems to really like "warm mayo"...yuk! Keep your food and cooler out of the sun.

Put your leftovers away (in the cooler or fridge if possible) as soon as you are finished eating, This also helps reduce the chance of bacteria growing. The simple rule to follow is..."when in doubt, throw it out!"



SUMMER SAFETY

- **SUN Safety**

Last but definitely not least... how to protect you and your children from the sun!

The sun can be very dangerous. I'm sure most of you have had a "sunburn" at least once in your life, and if you have, you know how uncomfortable and even painful they can be. Not only can they be painful and irritating, but...too much sun can contribute to Melanoma (skin cancer). Thankfully there are many ways to help protect yourself from the sun.

1. Try to plan what time of day you plan to be active outside...the sun is at its peak between 10:00am-4:00pm. When possible stay inside. When you are active outside. **STAY HYDRATED** - try to drink at least 5oz of cold water every 20 mins or so...even if you don't feel thirsty. This will keep you hydrated
2. Wear light-coloured and light weight clothing to cover your skin whenever you can. Always try to remember to wear a hat. If you don't cover your head while out in the sun for too long, chances are you end up getting sun/heat stroke...and that can make you very ill. Wear sunglasses to help to protect your eyes also.
3. **WEAR SUNSCREEN**- this is the best way to fight the sun's UVA and UVB rays-use a sunscreen with an SPF of 15 or more. Make sure you put it on at least 30 minutes before going outside, and reapply every 2 hours or so. Check the label and make sure it is water proof if you plan on getting wet, and remember that you need to reapply the sunscreen again once you get out of the water.

Well... I hope that you found this information helpful.

This is my first summer at Neilson Creek and I must say ...so far it's been great. Thanks everyone for reading this and hopefully learning something from it.

Let's do what we can to make this a safe and happy summer here at Neilson Creek Co-Op.

Heat Stroke (Hyperthermia):

Heat stroke also called Hyperthermia is an abnormally elevated body temperature with accompanying physical and neurological symptoms. Heat stroke can have very severe and serious consequences if it is not treated properly and promptly.

In extreme heat, high humidity, or vigorous exertion under the sun, the body may not be able to handle the rise in body temperature sometimes rising as high as 106°F (41.1°C) or higher. Another cause of heat stroke is dehydration. A dehydrated person may not be able to sweat fast enough to dissipate heat, which causes the body temperature to rise.

Those most susceptible to heat strokes include:

- infants,
- the elderly (often with associated heart diseases, lung diseases, kidney diseases, or who are taking medications that make them vulnerable to heat strokes),
- athletes, and
- outdoor workers physically exerting themselves under the sun.

Heat stroke symptoms:

Symptoms of heat stroke can sometimes be mistaken to those of heart attack or other conditions. Sometimes a person experiences symptoms of heat exhaustion before progressing to heat strokes.

Symptoms of heat exhaustion include:

nausea
vomiting
fatigue
weakness
headache
muscle cramps and aches, and
dizziness

Some individuals can develop symptoms of heat stroke suddenly and rapidly without warning.

Heat stroke affects people differently and at different times however, **common signs of heat stroke include:**

- high body temperature
- the absence of sweating, with hot red or flushed dry skin

- rapid pulse
- difficulty breathing
- strange behavior
- hallucinations
- confusion
- agitation
- disorientation
- seizure
- coma

Treatment of Heat Stroke:

Victims of heat stroke must receive immediate treatment to avoid permanent organ damage.

The most important first step is to cool the victim down:

- Contact 911 immediately
- Get the victim to a shaded area, remove clothing, apply cool or tepid water to the skin (for example you may spray the victim with cool water from a garden hose), fan the victim to promote sweating and evaporation, and place ice packs under armpits and groins. If you are able you can put the victim in the bath with cold water.
- Monitor body temperature with a thermometer and continue cooling efforts until the body temperature drops to 101-102°F (38.3-38.8°C).
- Even if you are able to get the victims temperature down, they must still seek medical attention to ensure there is no damage to internal organs.

How to Prevent Heat Stroke:

- Avoid becoming dehydrated and avoid vigorous physical activities in hot and humid weather.
- If you have to perform physical activities in hot weather, drink plenty of fluids (such as water and sports drinks)

Avoid alcohol, caffeine, and tea which may lead to dehydration.

- Take frequent breaks to hydrate yourself. Wear hats and light-colored, lightweight, loose clothing.

- Public Health Home
- A - Z Index
- Contact us

Heat and extreme heat alerts

- Heat health alert system
- Air conditioned places
- For landlords
- Heat safety tips
- Hot Weather Response Plan
- Alert statistics
- FAQ's
- News releases
- Related resources

Heat Alerts and Extreme Heat Alerts



In addition to the services provided during a Heat Alert, the City opens seven cooling centres when an Extreme Heat Alert is declared.

Location	Address	Hours of operation
Metro Hall	55 John St.	24 hours
North York Civic Centre	5100 Yonge St.	11 a.m. - 7 p.m.
East York Civic Centre	850 Coxwell Ave.	11 a.m. - 7 p.m.
Etobicoke Olympium	590 Rathburn Rd.	11 a.m. - 7 p.m.
McGregor Community Centre	2231 Lawrence Ave East	11 a.m. - 7 p.m.
Driftwood Community Centre	4401 Jane St	11 a.m. - 7 p.m.
Centennial Recreations Centre	1967 Ellesmere Rd.	11 a.m. - 7 p.m.

Water and light snacks are available at the seven cooling centres.

As well, during Extreme Heat Alerts:

- Parks, Forestry and Recreation may extend operating hours of certain City pools.
- Toronto public health inspectors will visit known rooming houses, boarding homes and other residential premises of concern to determine if the recommended Hot Weather Protection Plan has been implemented at the building.
- [The Heat Health Alert System](#)
- What happens during a Heat Alert?

Last updated February 2010

For Your Information

Become a Volunteer



Phone #: 416-750-9885 1045 McNicoll Ave.

Scarborough Support Services is always looking for volunteers. Volunteers form a vital part of our service to the community. Volunteers are involved in our agency in all kinds of ways: on the ground in direct programs and services, on committees, in our offices providing assistance, and helping with our fundraising activities. If you would like to meet new people and experience the personal reward that comes from helping others and making a difference in their lives, then come and volunteer with us!

Rosalie Hall

Rosalie Hall, with compassion and respect, assists young parents in need and their children to realize their potential through the provision of a wide range of community, residential, educational and child development services. Situated on the corner of Lawrence Avenue and McCowan Road. Rosalie Hall's residential services include a comprehensive 25-bed licensed care and treatment program for young women with multiple and needs during the pre natal period and a specialized post natal service for mothers and their infants who, together, have multiple needs. Counselling and support components are designed to assist young mothers in developing skills to adjust and adapt to their individual life situations. Counselling is provided on an individual, couple and or group basis. Guiding principles and values are based on a holistic, client-focused, shared decision making philosophy. Service interventions are designed to enhance motivation and promote behavioural and life change.

3020 Lawrence Avenue East Scarborough

Phone: (416) 438-6880

Open Monday to Friday from 8:30 a.m.- 4:30 p.m.

E-mail: [info\(a\).rosaliehall.com](mailto:info(a).rosaliehall.com)

Toronto Bicycle Station - Union Station

The Bicycle Station includes a change room, a mechanic stand and a variety of tools for customer use as well as a vending machine with emergency bike necessities such as tubes, tire levers, patch kits, energy bars and refreshing beverages. Security measures include a "man-trap" door system to prevent people following others into the station, 24 hour video surveillance as well as staffed hours during the day. The Bicycle Station is also a great place to get information on bicycling, walking and public transit in Toronto. The Bicycle Stations many features make it easier than ever to ride your bicycle in Toronto.

20 York Street, Toronto - Phone:416-338-3666 - E-mail: bicvclestation@toronto.ca

Service Ontario Kiosks - Visit the Service Ontario kiosk nearest you for fast and easy access to Ontario government services such as: Ontario Health Card / Driver's Licence / Vehicle Registration / Outdoors Card / Renew plates tickers /Change your address (no charge) / Get an abstract
Service Ontario kiosks are located in major shopping centres across the province with extended hours of service.

For Your Information

Shared Lane Pavement Markings

New shared lane pavement markings are being painted on downtown streets. These markings are called "shadows" and are used to show the ideal cyclist position in the lane (away from the curb and parked cars), and to remind drivers to share the road.

Guild Inn will be getting a face lift with the new Centennial School opening at the old inn. Major renovations have begun.

DO NOT put empty propane tanks in recycling or garbage

Propane tanks or canisters of any size should **NEVER** be put in with your recycling or garbage and must be disposed of properly. Even when empty, these tanks are considered dangerous hazardous waste. Please take all propane and helium tanks to the City's Drop-off Depots or to a Community Environment Day.

Toronto Community Housing Corporation

The T.C.H.C. provides 57,500 units of rental housing in apartments, single family dwellings, townhouses, rooming houses for any Canadian resident including families, singles, seniors, persons with physical, developmental or psychiatric disabilities, refugees and refugee claimants. Contact them at 416-327-9000.

The East Scarborough Boys & Girls Club

The East Scarborough Boys and Girls Club is located at 100 Galloway Road They provide recreation, tutoring and mentoring programs for children and youth age birth to 24 years. Programs also include after school programs for children and youth 6 to 14 years of age and evening drop-in programs for youth 15 to 24. The can be contacted at 416-281-0262.

Freedateconnection.com
Where sparks fly!
Sign up for FREE!

Bankruptcy Scarborough Ontario

If you live in the Scarborough Ontario area and are experiencing financial difficulties that might lead to personal bankruptcy, contact Hoyes, Michalos & Associates Inc., a *trustee in bankruptcy in Scarborough*, to discuss your situation and the debt management options available to you...

55 Town Centre Court Suite 700 Scarborough, Ontario Phone:(416)730-8060

Pine Tree Seniors Centre

Pine Tree Seniors Centre offers many wonderful recreational activities for seniors. For more information, call 416-283-9822 or drop in at 4130 Lawrence Avenue East.

The East Scarborough Storefront

The Storefront provides access and information about numerous programs and services such as: Health issues / Housing / Job search / Computer training / Legal issues / Mental health issues / Parenting / Recreation / Seniors services / Settlement services / Social assistance / Youth services, *and more...* 4040 Lawrence Avenue **East**, Scarborough Tel: (416) 208-9889

S E R V I C E S

2-1-1 for services located throughout the greater Toronto area

Childcare Subsidy

416-392-5437

East Metro Youth Services

416-438-3697

Foodlink Hunger Hotline (referrals to food banks & food programs) 416-392-6655

Child Tax Benefit

1-800-387-1193

Children's Aid Society of Toronto

416-924-4646

Catholic Children's Aid Society

416-395-1500

Native Child & Family Services

416-969-8510

Babies Best Start

416-447-2885

Distress Centre Scarborough

416-408-4357

Kids Helpline

1-800-668-6868

Mobile Crisis

416-289-2434

Public Health Youth Clinics

416-338-7438

TeleHealth Ontario

1-866-797-0000

Uninsured Clinics (For those without an OHIP card) 416-431 -8200 ext 6646

Assessment and Referral Centre

Youth needing shelter should call 416-338-4766

Scarborough Housing Help Centre

2500 Lawrence Ave East at Midland Ave.

416-285-8070

Second Base Youth Shelter

416-261-2733

Birth Certificate

1-800-461-2156

Legal Aid Ontario

1921 Eglinton Ave. East

416-750-7172

Scarborough Community Legal Services

695 Markham Rd. 416-438-7182

2425 Eglinton Ave E. 416-285-4460

Toronto Health Connections

416 338-7600 to locate prenatal or parenting programs in your area or to arrange to meet a friendly home visitor or nutritionist.

East Toronto Family Resource Centre

416-686-3390 ext 334

Ontario Early Years Centres

Located throughout Scarborough, for kids under 6 years old. Free. Just drop in. 1 -866-821 -7770

Time Out for Teen Moms

416-287-9845

Warden Woods Community Centre

416-694-1138

West Hill Community Services

416-284-5931

YWCA Family Support Centre

416-266-1232

2010 Community Environment Day: Reuse, Recycle & Safely Dispose

Thursday August 26 - Colonel Danforth Park - 73 Colonel Danforth Trail (at Kingston Rd.)

Purchase

- Backyard Composter \$ 15
- Green Bin \$18
- Kitchen Container \$5
- Indoor Water Efficiency Kit \$ 10
- Rain Banpl \$85

Pick up for FREE

- Green Bin and Kitchen Container (with proof of new residency in the last 90 days or in exchange for a damaged bin)
- Leaf compost (limit of one cubic metre per household)

Drop off for recycling or proper disposal

- Computer Equipment & Peripherals
(e.g., desktops, laptops, hand-held portables, monitors, printing devices, etc.)
- Audio/Visual Equipment & Peripherals
(e.g., telephones, cell phones, pda's and pagers, cameras, small TVs, radios, receivers, speakers, tuners, equalizers, turntables, projectors, recorders, DVD players and VCRs, etc.)
- Household Hazardous Waste
(e.g., cleaning supplies and solvents, motor oil, paint, batteries, old/unused medication, mercury thermometers/thermostats, pesticides, fluorescent and compact fluorescent bulbs, propane tanks, etc.)
- Gas-powered lawn and garden equipment (mowers, leaf blowers, trimmers and chainsaws)

Items donated to local schools for reuse

- Art supplies (e.g. pencils, markers, crayons, etc.)
- Buttons, keys, and collectors' coins and stamps
- Clipboards, corks and cork boards
- CDs and cases
- Children's books
- Costume jewelry including broken/old watches and clocks with hands
- Dress-up clothing (e.g. costumes, prom dresses, uniforms, etc.)
- Fabric pieces, yam

Items donated for reuse (please keep separate from others)

- Sporting goods (e.g. skates, and jerseys)
- Books
- Medical equipment in good condition (e.g. eyeglasses, walking aids, hearing aids, etc.)
- Small household items (e.g. dishes, ornaments, etc.)
- Textiles in good condition (e.g. clothing, linens, etc.)
- Non-perishable foods will be donated to a food bank

Please Do Not Bring: construction waste, garbage, gasoline, wood, cassette and video tapes, commercial/ industrial hazardous waste and scrap metal.

SUMMER COOLERS

Mango Frappe

Ingredients:

1	medium whole ripe mango, peeled and pitted
3/4 cup	orange juice
1/4 cup	lime juice
1 1/4 cup	club soda
2	ice cubes

Directions:

Puree the mango in a food processor or a blender. Add the orange and lime juices; process until smooth.

Add the club soda and ice cubes; process just to blend and crush the ice. Serve at once.

Apple Citrus Refresher Ingredients:

2 cups	apple juice
2 cups	orange juice
2 cups	grapefruit juice
1/2 cup	lime juice; freshly squeezed
2 cans	ginger ale; each (12 oz)

Directions:

Make sure juices and ginger ale are well chilled at the start. In large pitcher or punch bowl combine apple orange, grapefruit and lime juices. Just before serving, pour in ginger ale. Serve over ice cubes in tall glasses.

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Luau Tropical Punch

Sunny citrus flavors combine in this easy-as-punch recipe that blends pineapple and orange juices with fizzy lemon-lime soda for a tropical treat.

Ingredients

- 1 (46 fluid ounce) can pineapple juice
- 1 (6 ounce) can frozen orange juice concentrate, thawed
- 2 liters lemon-lime flavored carbonated beverage

Cooking Instructions

1. In an empty gallon milk jug or pitcher, pour pineapple juice and orange juice concentrate. Shake to mix and pour in the lemon-lime soda. You may need to let the fizz settle and then return to pouring. This will fill up the gallon. Freeze overnight.
2. Let the punch start to thaw 2 hours before serving. Serve slushy.

Blue-and-Pink Ocean Sunset "Cocktails"

Use clear glasses to show off the crazy colors of this summer drink! The Blue-and-pink Ocean Sunset "Cocktails" are bright blue on top with a pink glow at the bottom. The red cherry looks like a setting sun. Use your judgment to purchase enough for the number of guests you're expecting.

Ingredients

blue raspberry drink, chilled
Grenadine or raspberry syrup
Maraschino cherries
Ice cubes
non-alcoholic ginger beer, chilled (*optional for adult servings only*)

Cooking Instructions

1. For kids' drinks, pour blue raspberry drink into glasses first, then pour a teaspoon of grenadine or raspberry syrup into each glass.
2. The syrup will fall to the bottom, creating a dark pink layer (Tip: Do not add the syrup to glasses before pouring in the fruit drink or the colors will mix and you won't get a layered effect).
3. Drop a cherry into each glass and an ice cube.
4. For the adult version, make the drink half blue raspberry drink, half ginger beer, then follow same steps to finish. ;
5. Serve immediately.

Non-Alcoholic Beverages to cool off with in the Summer Heat!

Aqua Fresca

Ingredients;

- 4 cups drinking water
- 2 cups fresh fruit
- 1/4 cup sugar
- 2 teaspoons lemon or lime juice
- lime or lemon wedges for garnish

Preparation: In a blender combine water and fruit. Puree until smooth. Pour mixture through a strainer into a pitcher or serving container. Stir in lemon or lime juice and sugar. Add additional sugar to taste. Garnish with a lemon or lime wedge.

Monster Slime Juice

Ingredients:

- 6 oz Kool-Aid® Berry Blue mix
- 12 oz orange juice concentrate
- 1 gallon water (3.8 L)

Preparation: Mix orange juice concentrate and kool-aid, and add water. Stir, and watch it turn green.



Virgin Strawberry Daiquiri Recipe

Ingredients:

- 1 oz fresh lime juice
- 3 oz fresh strawberries (you can also use frozen strawberries or strawberry syrup)
- 1 teaspoon sugar
- Crushed ice

Preparation: Fill lime juice, strawberries, and sugar into a blender. Blend until smooth, then add the crushed ice and blend again until smooth. Pour into a chilled cocktail glass. Garnish with whole strawberry, serve with a straw.

Strawberry Slushie

Ingredients:

- 1/2 cup strawberries
- 1 cup ice
- 1/2 cup water
- 1 tablespoon maple syrup or sugar

Preparation; Using a blender, blend all the ingredients except the maple syrup until the ice has turned to slush. Add maple syrup or sugar to your liking,



Lemon-Garlic Chicken Kabobs

Ingredients

- 1 cup vegetable oil
- 1/2 cup soy sauce
- 1/2 cup light corn syrup
- 1/4 cup lemon juice
- 2 tablespoons sesame seeds
- 1/2 teaspoon garlic powder
- garlic salt to taste
- 4 skinless, boneless chicken breast halves - cut into 1-1/2 inch pieces
- 1 (8 ounce) package fresh chopped mushrooms
- 2 onions, quartered
- 1 green bell pepper, cut into large chunks

Cooking Instructions

1. In a medium bowl, blend vegetable oil, soy sauce, light corn syrup, lemon juice, sesame seeds, garlic powder, and garlic salt. Place chicken in the mixture. Cover, and marinate in the refrigerator at least 2 hours.
2. Preheat an outdoor grill for medium heat, and lightly oil grate. Thread chicken onto skewers alternately with mushrooms, onions, and green bell pepper. Pour marinade into a saucepan, and bring to a boil. Cook for 5 to 10 minutes.
3. Place skewers on the prepared grill. Cook 15 to 20 minutes, turning frequently, until chicken is no longer pink and juices run clear. Baste with the boiled marinade frequently during the last 10 minutes.

Grilled Vegetables (on the barbecue) Recipe

Ingredients

Marinade

- 60 ml (1/4 cup) good-quality olive oil
- Juice of 1 lemon
- A few sprigs of fresh thyme
- 1 tbsp. herbes de Provence or rosemary
- 2 cloves of garlic, chopped
- Salt and freshly-ground pepper
- Vegetables as desired: carrots, endive, sweet pepper or Bell Peppers, eggplant, etc.

Method

1. Wash the vegetables. Aside from carrots and onions, it's best to leave the peels on the vegetables so that they hold together when cooked.
2. Cut the vegetables into thick slices, about 3/4" (2 cm).
3. Combine the ingredients for the marinade in a bowl. Pour over the vegetables and marinate at least one hour. If you're short of time, brush the vegetables generously with the mixture as they cook.
4. Cook the vegetables on the barbecue: grill over high heat to mark them, then reduce the heat and continue until cooked. Be careful not to char them!
5. Pour the remaining marinade into a serving dish. Add the grilled vegetables and combine well. Drizzle on a little more olive oil if needed and garnish with thyme or rosemary.

Pizza On The Grill II



Ingredients

- 1 ready made pizza crust
- 2 cups shredded mozzarella cheese
- 1 cup tomato sauce
- ½ cup chopped green bell pepper
- ½ cup fresh sliced mushrooms

Directions

1. Preheat an outdoor grill for high heat and lightly oil grate.
2. Roll out prepared pizza dough to a size that will fit your grill.
Place on grill for 5 minutes, or to desired doneness, and flip over. Now add the sauce, cheese, green bell pepper and mushrooms.
3. Cover the grill and allow to cook over high heat for 5 to 10 minutes, or until cheese is melted.

CREATURES FROM THE CREEK



XENA, the Warrior Princess is 11 months old.
She enjoys long walks and playtime in the park.
Xena especially enjoys her time spent at Doggy Day Care.
She is a happy and playful puppy that loves children and
enjoys having her belly rubbed.

If you would like your "creature" featured in the next newsletter, send us a picture of your pet and be sure to tell us all about your loved one.

Send your picture to: neilsoncreeknews@hotmail.com

Out Of The Mouths Of Babes!

On Love and Marriage

HOW DO YOU DECIDE WHO TO MARRY?

"You got to find somebody who likes the same stuff. Like if you like sports, she should like it that you like sports, and she should keep the chips and dip coming." Alan, age 10

"No person really ^decides before they grow up who they're going to marry. God decides it all way before, and you get to find out later who you're stuck with." Kirsten, age 10

WHAT IS THE RIGHT AGE TO GET MARRIED?

"Twenty-three is the best age because you know the person FOREVER by then." Camille, age 10

"No age is good to get married at. You got to be a fool to get married." Freddie, age 6

HOW CAN A STRANGER TELL IF TWO PEOPLE ARE MARRIED?

"Married people usually look happy to talk to other people." Eddie, age 6

"You might have to guess, based on whether they seem to be yelling at the same kids." Derrick, age 8

WHAT DO MOST PEOPLE DO ON A DATE?

"Dates are for having fun, and people should use them to get to know each other. Even boys have something to say if you listen long enough." Lynnette, age 8

"On the first date, they just tell each other lies, and that usually gets them interested enough to go for a second date." Martin, age 10

WHEN IS IT OK TO KISS SOMEONE?

"When they're rich." Pam, age 7

"The law says you have to be eighteen, so I wouldn't want to mess with that." Curt, age 7

"The rule goes like this: If you kiss someone, then you should marry them and have kids with them. It's the right thing to do." Howard, age 8

IS IT BETTER TO BE SINGLE OR MARRIED?

"I don't know which is better, but I'll tell you one thing. I'm never going to have sex with my wife. I don't want to be all grossed out." Theodore, age 8

"It's better for girls to be single, but not for boys. Boys need someone to clean up after them." Anita, age 9

Entertainment From The Creek

Upcoming summer movie releases



June 30: Twilight Saga: Eclipse

Kristen Steward, Robert Pattinson and Taylor Laitner

In the third movie Bella finds herself in danger again when Seattle is over taken by vampires. In the midst of it all she has to choose between love with Edward and friendship with Jacob. With graduation coming she is forced with the most important decision of her life.



July 1: The Last Airbender

Directed by M. Night Shyamalan

Air, Water, Earth, Tire. Four nations tied by destiny when the Fire Nation launches a brutal war against the others. A century has passed with no hope in sight to change the path of this destruction. Caught between combat and courage, Aang discovers he is the lone Avatar with the power to manipulate all elements. Aang teams with Katara a Waterbender to restore balance to their war-torn world.





July 23: Salt

Angelina Jolie, Live Schreiber

As a CIA officer, Evelyn Salt swore an oath to duty, honor and country. Her loyalty will be tested when a defector accuses her of being a Russian spy. Salt goes on the run, using all her skills to elude capture. Salt's efforts to prove her innocence only serve to cast doubt on her motives, as the hunt to uncover the truth behind her identity continues and the question remains: "Who Is Salt?"



August 6: Step Up 3-0

Adam G Sevani, Shami Vinson

When the Maryland School of the Arts (MSA) goes to Paris for an international dance competition, one student misses his flight back to Baltimore. He soon makes friends with an American away from home and a beautiful French woman. They introduce him to the red-hot Parisian underground dance scene, and before long he is wowing the local dancers with his unique moves as they prepare for an underground dance competition. With time running out before the big event and their routine stolen by a rival crew, he turns to his loyal MSA crew in Baltimore for help. Can Moose, the MSA crew and the French crew pull together a new dance number at the last minute?



Actor Spotlight

Tom Hanks



Born July 9th 1956 in California USA he started acting in college when he wanted to take part in a school play but was told no cause he had no experience so he went to a local community theater and auditioned where the director noticed him and asked him to go to Cleveland where he began acting in Shakespeare plays. In 1979 Tom Hanks moved to New York City and began his film career. Then landed a T.V show the Bosom Buddies where director Ron Howard saw him and put him in his first big screen movie Splash. After Splash he had a few movie flops but had another hit in 1988 with his movie Big.

Tom Hanks is now married to Rita Wilson and he has 3 children.

Toy Story 3 (2010). Voice of Woody/ voice of Woody

Angels & Demons (2009) Robert Langdon

Charlie Wilson's War (2007) Charlie Wilson

Cars (2006) Voice of Woody Car

The Da Vinci Code (2006) Robert Langdon

The Ladykillers (2004) Professor Goldthwait Higginson Dorr

The Polar Express (2004) The Conductor/ Hero Boy/ Father/ Scrooge/ Santa Clause/ Hobo

The Terminal (2004) Viktor Navorski

Catch Me If You Can (2002) FBI Agent Carl Hanratty

Road to Perdition (2002) Michael Sullivan

Cast Away (2000) Chuck Noland

Toy Story 2 (1999) Voice of Woody

The Green Mile (1999) Paul Edgecomb

Saving Private Ryan (1998) Captain Miller

You've Got Mail (1998) Joe Fox

Apollo 13 (1995) Jim Lovell

Toy Story (1995) Voice of Woody

Forrest Gump (1994) Forrest Gump



August 13: The Expendables

Sylvester Stallone, Jason Statham, Jet Li

A group of mercenaries hired to infiltrate a South American country and overthrow its ruthless dictator. Once the mission begins, the men realize things aren't quite as they appear, finding themselves caught in a dangerous web of deceit and betrayal. When their mission is cancelled and an innocent life in danger, the men struggle with an even tougher challenge one that threatens to destroy this band of brothers.



August 20: The Lottery Ticket

Bow Wow, Ice Cube, Loretta Devine

A young man living in the projects, wins \$370 million in a nationwide lottery. When his opportunistic neighbors discover he has the winning ticket in his possession, he must survive their greedy and sometimes even threatening actions over a three-day holiday weekend before he can claim his prize.



SUDOKU HIGH FIVES

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

HOW TO PLAY: Sudoku High Fives consists of five regular Sudoku grids, sharing one set of 3-by-3 boxes. Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition. The numbers in any shared set of 3-by-3 boxes apply to each of the individual Sudokus.

2010 FIFA World Cup



































The 2010 FIFA World Cup is the 19th FIFA World Cup, the premier international association football tournament. It is being held in South Africa, and began on June 11th and is scheduled to conclude on July 11th, 2010. The tournament is the result of a qualification process that began in August 2007 and involved 204 of the 208 FIFA national teams. World Cup soccer matches the 2008 Summer Olympics as the sports event with the most competing nations. The final game of the 2010 FIFA World Cup is predicted to be among the most-watched events ever.

South Africa defeated Morocco and Egypt in an all-African bidding process to hold the 19th FIFA World Cup for 2010. This is the first time that the tournament has been hosted by an African nation. Italy is the defending champions, having won the 2006 FIFA World Cup in Germany.

Off the field, the 2010 finals have been significant for introducing the noise of the "vuvuzela" (sounds like millions of bees buzzing) which is a long horn blown by fans throughout the game.

The Final Groups are mentioned below.

Final Groups			
<u>Group A</u>	<u>Group B</u>	<u>Group C</u>	<u>Group D</u>
 South Africa	 Argentina	 England	 Germany
 Mexico	 Nigeria	 United States	 Australia
 Uruguay	 Korea Republic	 Algeria	 Serbia
 France	 Greece	 Slovenia	 Ghana
<u>Group E</u>	<u>Group F</u>	<u>Group G</u>	<u>Group H</u>
 Netherlands	 Italy	 Brazil	 Spain
 Denmark	 Paraguay	 Korea DPR	 Switzerland
 Japan	 New Zealand	 Côte d'Ivoire	 Honduras
 Cameroon	 Slovakia	 Portugal	 Chile

Don't forget to cheer for your favourite team!