



Neilson Creek



News and Views



**Congratulations goes out to Zoe-Noelle for being the winner of our
Drawing Contest for the Summer 2023 edition!**

See page 29 for more details on how to submit your child's artwork for their chance to be
the winner for our Winter edition!

SUMMER EDITION 2023



"The History of the Land" Mural - by Indigenous Artist Philip Cote, located at the north east corner of Spadina & Dupont. [The History of the Land Mural explained](#)

Land Acknowledgment

Neilson Creek Housing Cooperative stands on the traditional territory of Mississaugas of the Credit, the Anishnabeg, the Chippewa, the Haudenosaunee and the Wendat peoples. Toronto is now called home by many First Nations, Inuit and Metis peoples. Neilson Creek and the City of Toronto are part of Treaty 13 and also the Williams Treaty signed by the Mississauga of the Credit and Chippewa bands.

For more information on treaties on Canada and your community, visit <https://www.rcaanc-cirnac.gc.ca/eng/1100100028574/1529354437231>



Original artwork, "Unity", by Hausa-Hailstu artist Mervin Windsor.

NEILSON CREEK COMMITTEE UPDATES

Newsletter Committee

The Newsletter Committee has been busy making changes and improvements to how we prepare and deliver each edition within our Community. We hope you like that we are now more eco friendly with our online editions! By changing how we distribute our newsletter we are saving A LOT of paper and ink from being used as well as being able to provide you, our readers, with links that you are able to click on that would take you to even more information available on content we have provided. The Newsletter Committee is committed to providing you with as much information and content as we can. In order to do this we would really appreciate it if you took a couple minutes to answer the questions on the below linked questionnaire. For those of you who prefer to receive the Newsletter in hardcopy, the questionnaire is located at the end of the Newsletter, please fill it out and drop it in the office mailbox.



The Newsletter Committee is also looking for more volunteers to join our committee. If you enjoy doing research, writing articles for readers to enjoy, formatting and being a part of a fun group of volunteers then please submit your name to Deborah to be added to our team!

[Newsletter Member Questionnaire.](#)

The Board

Reminders

The Co-op has a food pantry located in the laundry room of the office. We never know all the circumstances that our neighbors live with. If you can contribute, it would be very much appreciated.

THE CO-OP HAS THEIR VERY OWN SOCIAL MEDIA ACCOUNTS! WE ENCOURAGE YOU TO CHECK OUT OUR LINKS AND HIT THE LIKE/FOLLOW BUTTONS!



Instagram: neilsoncreekcoop
<https://instagram.com/neilsoncreekcoop>

Facebook:
<https://www.facebook.com/NeilsonCreek>

continued on the next page...

Social Committee

- Upcoming event ideas being planned: Further details TBA

<ul style="list-style-type: none">● Father's Day Basket - Ticket sales June 6th-16th● Senior's High Tea - June 10th 11am● Canada Day Evening Celebration - Fireworks & Cake July 1st 8:30pm	<ul style="list-style-type: none">● "Pub Night" Wings & Darts (approx. end of July)● "Kids: End of Summer Splash Day" (late August - weather permitting)
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Mother's Day Basket (May) - Congratulations goes out to **Robin Pye** for being the winner of the Mothers Day Basket Raffle!!

Inspection Committee

The inspection committee has been sending out notices and started inspections around May 29. All those in 245, 235 and 215 who cancelled last fall, will receive notification. 209 will also receive notice of inspection. We ask that you please respect those who are giving their time to do your inspection and be ready on the assigned date for your inspection.

Reconciliation Committee

No new updates from the Reconciliation Committee.

Membership Committee

There is nothing new to report from the Membership Committee at this time. All waiting lists are currently closed and not accepting applications at this time.
Kind Regards,
Yvonne

Finance Committee

This has been a busy year for financial decisions. The Budget has been approved by the Finance Committee, Board of Directors and the membership. We have an increase of \$60.00 per unit. This is in part due to the \$4 to 5 million necessary to cover the mortgage as well as the other costs for the replacement of our windows. One of the extra costs is \$10,000 for the work done by the Mortgage Company. We also need to continue to do bathrooms, kitchens and new fences, as well as all the normal day to day costs needed to keep the Co-Op running and up to our high standards.

Judy Brennan, Treasurer





Cooperative Housing Federation of Canada

Background Information for Human Rights By-law

Does the Human Rights By-law state the human rights that are protected? No. People's human rights are part of the law of the Province, not things that the co-op adopts in a by-law.

What are the prohibited grounds of discrimination in housing?

The prohibited grounds of discrimination in housing are:

Race	Ancestry	Place of Origin	Disability
Colour	Ethnic Origin	Citizenship	Family Status
Creed	Sex	Sexual Orientation	Marital Status
Gender Identity	Gender Expression	Age	The Receipt of Public Assistance

What is harassment?

Harassment is inappropriate comment or conduct that is known or should be known to be unwelcome. It is illegal if it is on a ground stated in the Human Rights Code. The prohibited grounds of harassment are substantially similar to the prohibited grounds of discrimination.

Some examples of harassment when based on a prohibited ground are:

Epithets, Slurs or Jokes	Name Calling or Nicknames	Jokes, Cartoons or Graffiti	Verbal Abuse
Displaying offensive or derogatory images	Practical jokes causing awkwardness or embarrassment	Condescending or patronizing behavior undermining a person's self-respect	

What are the co-op's legal responsibilities?

As a housing provider the co-op has to follow the Human Rights Code in all areas of its operations. This includes its role as housing provider and as employer.

The co-op is responsible for the acts of the co-op as a corporation. It also can have responsibility for the acts of its staff and anyone acting on its behalf. This can include directors, officers, committee members and others.

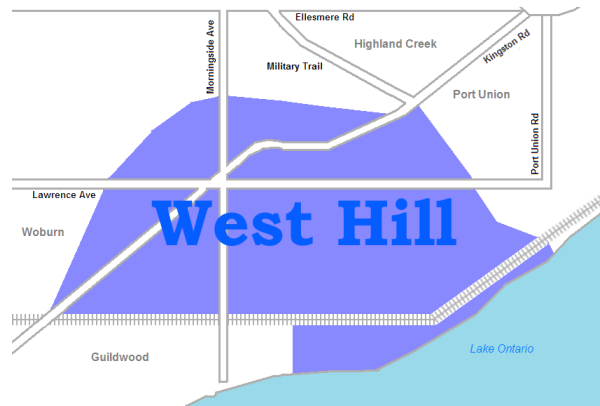
7 Co-operative Principles

The 7 cooperative principles are guidelines by which co-operatives put their values into practice.

<p>1. Voluntary and Open Membership</p> <p>Co-operatives are voluntary organizations, open to all persons able to use their services and willing to accept the responsibilities of membership, without gender, social, racial, political or religious discrimination.</p> <p>2. Democratic Member Control</p> <p>Co-operatives are democratic organizations controlled by their members, who actively participate in setting their policies and making decisions. Men and women serving as elected representatives are accountable to the membership. In primary cooperatives members have equal voting rights (one member, one vote) and co-operatives at other levels are also organized in a democratic manner.</p> <p>3. Member Economic Participation</p> <p>Members contribute equitably to, and democratically control, the capital of their co-operative. At least part of that capital is usually the common property of the co-operative. Members usually receive limited compensation, if any, on capital subscribed as a condition of membership. Members allocate surpluses for any or all of the following purposes: developing their co-operative, possibly by setting up reserves, part of which at least would be indivisible; benefiting members in proportion to their transactions with the co-operative; and supporting other activities approved by the membership.</p>	<p>4. Autonomy and Independence</p> <p>Co-operatives are autonomous, self-help organizations controlled by their members. If they enter into agreements with other organizations, including governments, or raise capital from external sources, they do so on terms that ensure democratic control by their members and maintain their co-operative autonomy.</p> <p>5. Education, Training and Information</p> <p>Co-operatives provide education and training for their members, elected representatives, managers, and employees so they can contribute effectively to the development of their co-operatives. They inform the general public – particularly young people and opinion leaders – about the nature and benefits of co-operation.</p> <p>6. Cooperation Among Cooperatives</p> <p>Co-operatives serve their members most effectively and strengthen the co-operative movement by working together through local, national, regional and international structures.</p> <p>7. Concern for Community</p> <p>Co-operatives work for the sustainable development of their communities through policies approved by their members.</p>
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HISTORY OF WEST HILL

West Hill is a culturally diverse, family oriented neighborhood located in the south-east part of Toronto. West Hill's natural beauty is derived from Morningside Park and Colonel Danforth Park. These two large ravine parks form the boundaries of this neighborhood.



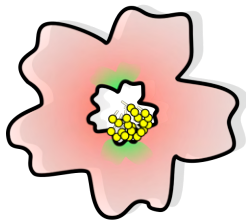
West Hill's history began in 1879, when it was granted a post office by the federal government. Prior to the opening of the post office, West Hill was considered part of the neighboring Highland Creek community. The name West Hill comes from its elevated position on the west side of Highland Creek, a deep glacial ravine.



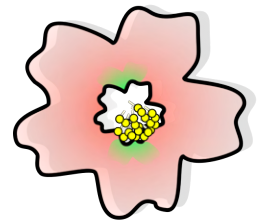
West Hill's earliest settlers were Irish immigrants from the County of Cork (Coat of Arms shown to the left), who arrived here in the 1840's seeking refuge from the potato famine in their homeland. They settled mostly in two-room shacks in the Morningside and Lawrence Avenue area, which for a time was called "Corktown". Many of these new Canadians found work in the building of the Grand Trunk Railway along Toronto's waterfront in 1856. In 1906, the radial streetcar line connected West Hill to the rest of Toronto.

Near Manse Road, where the local school and a Methodist church were located, there were three general stores. One was operated by the Duncan family, another by Durnford and a third, perhaps the best known, was Eade's. Nearby once stood the West Hill Hotel, built in 1910 to serve the growing traffic along the Kingston Road highway. West Hill really began developing after 1906 when the radial streetcar line was extended to the area. Radial cars, running on tracks laid along Kingston Road to Victoria Park, could quickly transport residents of West Hill to the city limits. The streetcar attracted many families to this area, which culminated in the opening of the West Hill Public School in 1921. The present day neighborhood was developed largely between the 1940's and 1960's.





Ladies Paint Night



An evening filled with creativity, laughter, and delicious snacks!

Organized by the Social Committee, the Ladies Paint Night on April 21st was a memorable event with a Cherry Blossom theme. The event was a great opportunity for women to unwind and embrace their creative side while socializing with other like-minded individuals.

The night started with a warm welcome by the committee into a beautifully decorated room, followed by an introduction to the art activity of the night - painting a beautiful full moon and cherry blossom scene. All the supplies were provided for a small fee of \$15, so the attendees didn't have to worry about bringing anything.



As the paintbrushes started flowing, so did the conversations and laughter. The atmosphere was welcoming and joyful, providing a perfect backdrop for the creation of unique artworks. The step-by-step tutorial video on YouTube made it easy even for beginners to follow along and create breathtaking pieces.

The snack table was generously filled with delicious foods and desserts, adding to the comfort and enjoyment of the event.

Overall, the Ladies Paint Night was an absolutely amazing night. Attendees got to enjoy a creative outlet, socialize with others, and indulge in treats, making it a memory to cherish for a long time. I myself, along with many others, can not wait for the next one!



Article written by Bailey Radcliffe

Community Resources

Food Banks/ Free Food Pantry

Located in our very own Co-Op office at 235 there is a Food Pantry, members are welcome to use (Donate and Collect). Members needing to use the food pantry – this is truly for you to use anonymously. Come any time up till 9:30pm. Go to the office laundry room and take what you need from the cupboards. No one needs to know who you are or what food you need. Generally, there is no one in the office from 5:00 p.m. through 9:30, except for Wednesday. If you wish to donate any **Non-Perishable** food items please bring them to the office and leave them on the table in the hall

Feed Scarborough- Rouge Park Food Bank

- <https://scarboroughfoodsecurityinitiative.com/food-bank>

The Salvation Army Scarborough Citadel Food Bank

- <https://www.scarboroughcitadel.ca>



Crisis Lines and Shelters

- Scarborough Women's Shelter: 416-397-0322
- Warmline: 416-960-9276
- Distress Center: 416-408-4357
- Scarborough Health Network Community Crisis Program: 416-495-2891
- Kids Help Phone 24/7 e-mental health service offering free, confidential support to young people in English and French. Phone: 1-800-668-6868

YWCA

YWCA Toronto offers girls their own space where they can talk, explore, dream and plan. We provide girls and young women a safe and fun space to develop leadership skills and try new things. Caring staff offer girls and young women counseling, settlement services, help with school, career support, parenting support and fun activities. Phone: 416.961.8100 Website: <https://www.ywcautoronto.org/>

Victim Services Toronto

Victim Services Toronto provides immediate crisis response, intervention and prevention services which are responsive to the needs of individuals, families and communities affected by crime and sudden tragedies. 24 hours / 365 days a year *Phone*: 416-808-7066

Community-Based Services for Seniors

There are many services available to help seniors access food and essentials, get health and personal care in their homes, get mental health support, and more. Call 211 (24 hours a day, 7 days a week) or the Toronto Seniors Helpline (416-217-2077) to be referred to the right support for you.

Dental Care

FREE Dental Care for low-income seniors is available in **24 clinics** across the city. Call 416-338-7600 for more information.



Friendly Phone Calls

There are many agencies and groups who offer phone calls from trained volunteers to check in with seniors, have a friendly conversation and keep in touch. Call 211 or Toronto Seniors Helpline (416-217-2077) to be connected to a phone call service for seniors.

*** ACT OF KINDNESS ***

Have an elderly neighbor who could use the help shoveling snow? Do you know of someone who is struggling? Send them a box of groceries! Uber, Instacart, Longos Grocery Gateway and Mama Earth Organics all have a food gift option

Senior Services/Activities

Below is a list of websites that you can visit where you will be able to find many different kinds of services and activities for Seniors.

Older Adult Centres (City of Toronto):

The City runs Older Adult Centres across the city that offer recreational, social and educational programs for seniors. Activities can include cards, crafts, day trips, fitness programs and guest speakers.

[Seniors Recreation & Things To Do – City of Toronto](#)

Senior Toronto:

Senior programs: ballroom dance, bridge, bunka, cardio high / low, chair yoga, chess, choir, clogging, country crafts, creative writing, cribbage, crochet, dominoes, euchre, folk art, jewelry making, knitting, leisure skate, line dance, multi arts, osteo fit, paper tole, quilting, scrabble, shinny, shuffleboard, stretch and strength, table tennis, tai chi, tap dance, wood burning, wood carving, yoga. Need older adult membership. Free.

[Scarborough Village Recreation Centre | Senior Toronto](#)

The Active Living Centre (formerly known as the Pine Tree Seniors Centre):

ALC is a gathering place for community members to enjoy various activities and meet new friends.

[Active Living Centre \(ALC\) - Scarborough Centre for Healthy Communities \(schcontario.ca\)](#)

FATHER'S DAY

Sunday, June 18th 2023

What is Father's day and why is it important?

- Father's day is an important holiday that's held on June 18th to celebrate fatherhood, paternal bonds and male parents fulfilling their roles and responsibilities towards their family. This day can help bring families closer together, and children can show their fathers how much they appreciate them and everything they do!



How did Fathers day become a celebration?

- A woman from Spokane, Washington, was the founder of Father's Day. She was one of six children raised by her widowed father. Her mother had died during the birth of her sixth child. Since Mother's Day was established in 1908, Sonora Smart Dodd wanted to have an equivalent holiday for fathers. To promote her idea of celebrating fathers for a day, Sonora visited local churches and the YMCA and met with shopkeepers and government officials to gain support for this new tradition. Because of her hard work, Sonora found success when Washington State celebrated the first Father's Day on June 19, 1910.

How can we celebrate Father's day?

- There are many ways we can celebrate our fathers on this day!
- Many fathers enjoy sports, so taking them to a Blue Jay's game, or a hockey game would be an amazing experience for them, and you.
- Many people also give gifts on this day, so finding something your father would love, is a perfect way of showing your appreciation! This could be as little as a written card that would make him emotional, clothing is always a great gift, sports equipment, or even something as big as a BBQ or a brand new watch! Those for sure will put a smile on your fathers face!

Oftentimes we think of Mother's day as being a sentimental holiday, but Father's day is just as important and we need to show our fathers how much we love them too!



INDIGENOUS PEOPLES DAY

June 21st 2023

What is it?

Indigenous Peoples Day is a day that recognizes and celebrates the cultures and contributions of Indigenous nations across Canada.

When is it?

Indigenous Peoples Day is celebrated on June 21st every year. June 21st is also Summer Solstice, another day important to Indigenous Nations which is celebrated by gatherings, traditional foods, dancing, singing and storytelling.

How can you be a part of Indigenous Peoples Day?

Indigenous Peoples Day is open for anyone to celebrate and learn - whether you are Indigenous or not. Keep an eye out for local Indigenous communities hosting events on or around June 21st. If you attend any events it is important to do so in a respectful manner and with the intention of wanting to learn. These events are an opportunity for you to learn and ask questions about Indigenous cultures and people. For the city of Toronto (Scarborough area), Native Child and Family Services (Kingston and Galloway) hosts events and culture nights (weekly) which are often open to the public for learning opportunities.



NATIVE CHILD
AND FAMILY SERVICES
OF TORONTO

CANADA DAY

July 1st, 2023

What is Canada day and why is it important?

- Canada day is a holiday that we as Canadians, celebrate on July 1st every year. Canada Day is a national holiday celebrating the country's independence from Great Britain in 1867. The new nation, still loyal to Great Britain, was called the Dominion of Canada and consisted of only four provinces ((Nova Scotia, New Brunswick, Ontario, and Quebec). Now, there are 10 provinces and 3 territories. At first, the holiday was called Dominion Day, but in 1982 Canada gained complete independence from Great Britain and it was renamed to Canada Day.
- It is a day for Canadians everywhere to show pride in their country's history and culture.
- **While it may be referred to as Canada's birthday, it is important to acknowledge and celebrate the country's indigenous culture and its important role in the country's rich history before 1867.**



How can we celebrate Canada Day?

- Canada Day celebrations take place throughout the country and across the globe. Parades, outdoor concerts, barbecues, fireworks, festivals, flag displays, and wearing red and white – the national colours of Canada, are all popular ways the day (or weekend) is celebrated.
- It is also a day for citizenship ceremonies for the country's newest citizens. Concerts and cultural displays are held on Parliament Hill in Ottawa, Ontario - the nation's capital.



HAPPY GRADUATION

To All Neilson Creek Graduates of 2023

It's the end of the school year!

Many Neilson Creek students are graduating from kindergarten to grade 1, grade 8 to grade 9 and from grade 12 to either university or college or the working world! It's an exciting time for everyone and you all have achieved so much that it deserves recognition and celebration!

Here are some tips to help you ease Graduation Day stress and enjoy your celebration:

1. Bring a camera. You will want to remember this day. Take lots of photos.
2. Make sure your phone is charged. This will help immensely should you get separated from family or friends during the ceremony. It is also useful for taking photos should you decide not to bring your camera.
3. Wear comfortable footwear. You will likely be standing around a lot. Make sure your shoes have good support and padding so you are not distracted by painful blisters.
4. Wear appropriate clothing. Business casual attire is most appropriate for guests and suits and dresses for those graduating. Don't wear anything too warm with all the people in the crowd it will be very hot and if you are the one graduating and have to wear a gown the last thing you want is to overheat and feel ill right before you go on stage.
5. Arrive a little early so you are not in a rush to find your seats and where you are supposed to go.
6. Arrange a meeting spot with family and friends to meet at once the ceremony is over. Everyone will be rushing to leave, making it difficult to find your people.
7. Have fun! Relax and enjoy the moment!

Congratulations Graduates!



How to thrive, not just survive the last days of school!

The last day of school is soon approaching! This year, in the Toronto District School Board the last day of school is June 30th. In the Catholic School Board, school ends on June 28th for secondary students and June 29th for elementary.

While you may be counting down the days of sleeping in and summer fun, here are a few ways to thrive, not just survive the last days of school:

1. **Prioritize tasks.** There's always lots to do in the last days of school, even though things are starting to wind down, it's still important to stay on task. Write a daily list of your top 3 things you need to do. Keep them in your notebook or phone to help you stay on track.
2. **Stick to your routine.** It can be tempting to let things slide a little bit at the end of the school year, but continuing to follow your routine will help you stay on task and achieve your goals.
3. **Take care of yourself.** Eat well, stay hydrated and make sure you are getting enough sleep. Things can be super busy this time of year so make sure you take proper care of yourself to reduce the stress on your body.
4. **Be present.** Focus on the people you are with and the memories being created because everything is about to change!
5. **Write out your goals for the future.** Keep track of your future goals, write it in a notebook or keep a note in your phone of things you wish to accomplish in the future to help you stay on track and in time you will see your dreams come true!



DO YOU KNOW HOW TO MAKE THE RIGHT CALL?



TRANSPORTATION SERVICES FOR SENIORS

There are many not for profit and private agencies that offer rides to and from medical appointments or other locations for seniors. Call 211 or the Toronto Seniors Helpline (416-217-2077) to learn more.

FOR NON-EMERGENCY MEDICAL ISSUES

- Call Telehealth Ontario at 1-866-797-0000
- Find a walk-in clinic
- To contact Toronto Paramedic Services main switchboard call 416-392-2000

IF YOU ARE A SENIOR OR KNOW A SENIOR WHO WOULD BENEFIT FROM:

- Community supports, such as Meals on Wheels, transportation and adult day programs
- Crisis services
- Care at home, such as nursing and personal support
- Supportive counselling over the phone
- Caregiver resources and support

CALL TORONTO SENIORS HELPLINE - Calls are answered 365 days a year.

Phone: 416-217-2077

Monday-Friday: 9AM-8PM | Saturday-Sunday-Statutory Holidays: 10AM-6PM

Tick & Lyme Disease Awareness

How Lyme Disease Spreads

Lyme disease is caused by a bacterium called *Borrelia burgdorferi*, which is spread through the bite of infected [blacklegged ticks](#). Infected blacklegged ticks need to be attached for at least 24 hours in order to transmit the bacteria that causes Lyme disease.



Most people get Lyme disease after being bitten by:

- nymphs, which are about the size of a poppy seed
- adult female ticks, which are about the size of a sesame seed



You may not notice a tick bite because ticks are tiny and their bites are usually painless.

Not all blacklegged ticks carry the bacteria that causes Lyme disease. Blacklegged ticks are infected with the bacteria when they feed on infected animals like:

- Deer, Birds, and rodents, such as white-footed mice and chipmunks

People and other animals can get Lyme disease when an infected tick feeds on them for long enough to transmit the bacteria.

Tick Habitat

More than 40 different types of ticks live in Canada, but only 2 types spread the bacteria that can cause Lyme disease in people:

1. blacklegged ticks
2. western blacklegged ticks, common to British Columbia

Blacklegged ticks are most often found in or along the edge of forested areas. Tick habitats also include:

- shrubs
- leaf litter
- grass or herbs
- forests
- wood piles

Ticks can be active whenever the temperature is consistently above freezing and the ground isn't covered by snow. You're most likely to encounter ticks during the spring, summer and fall. However, when conditions are favorable, ticks can be active at any time of the year. You can sometimes find blacklegged ticks in areas outside of where they're known to live. Always take precautions against tick bites when in wooded or grassy areas.

There's currently no Lyme disease vaccine available for humans. The best way to protect yourself from tick-borne diseases is to prevent tick bites. Check your provincial public health authority to find out where infected ticks are most likely to be found.

Continued on the next page....

Tips

- Wear light coloured, long-sleeved shirts and pants to spot ticks easily.
- Tuck your shirt into your pants, and your pants into your socks.
- Wear closed-toe shoes.
- Apply insect repellent containing DEET or Icaridin to clothing and exposed skin (always follow label directions).
- Wear permethrin-treated clothing (always follow label directions).
- Walk on cleared paths or trails.
- Keep children and pets from wandering off paths.
- Avoid using trails created by animals (such as deer and moose), as ticks are often found on the grass and plants along these trails.

Before going indoors check for ticks on yourself and your pets, clothing, outdoor gear such as backpacks.

Once indoors Shower or bathe as soon as possible, as it can help you find unattached ticks. If you don't shower or bathe, do a full-body tick check on yourself and your children.

- If you find an attached tick, remove it as soon as possible.
- To kill unattached ticks on your clothing, put dry clothes in a dryer on high heat for at least 10 minutes. If your clothes are damp, you may need to dry them for longer.
- If you wash your clothes, use hot water and dry on high heat. Ticks can survive a cold/warm wash cycle.

Reducing Ticks Around your home

Blacklegged ticks thrive in damp, shady environments. They can't survive for long in dry, sunny areas. To create an environment that's unfavorable for tick survival:

- mow the lawn regularly to keep the grass short
- remove leaf litter, brush, long grass and weeds at the edge of the lawn and around stone walls and wood piles.
- prune shrubs and trees to allow sunlight to filter through
- create a 1-metre or wider wood chip, mulch or gravel border between your lawn, woods, shrubs, stone edges.
- seal stone walls and other openings to help prevent animals such as deer, mice and other rodents from bringing ticks into your yard
- place patios, decks and children's playground sets in sunny areas of the yard and away from yard edges
- place playground sets on a mulch or wood chip surface



Talk to your veterinarian about tick-prevention products for your pets, as they can also bring ticks into your yard or home.

SUMMERTIME REMINDERS

1. Stay Cool

- Stay in air-conditioned locations as much as possible. If you are outdoors, take breaks from the heat, especially during the hottest part of the day (11:00 a.m. to 2:00 p.m.).
- Take cool showers or baths to cool down.
- Cover your windows with drapes to keep the hot sun out.

2. Stay Hydrated

- Drink plenty of water and sports drinks, even if you don't feel thirsty. Avoid alcohol and caffeine, which can dehydrate you.

3. Stay Protected

- Avoid strenuous or high-energy activities.
- Wear loose and lightweight, light-coloured clothing.
- Use a sunblock with UVA and UVB protection (SPF 30 or greater) even on cloudy days.
- When outdoors, stay in the shade and wear a hat with a wide brim.
- Wear a helmet when cycling, inline skating and skateboarding.
- Use repellents wisely and check the label for a product that is safe for the age of the user.
- Insect Bites - go to a hospital right away if you develop hives after a sting, have dizziness, breathing trouble or swelling around the eyes and mouth.
- Protect yourself from diseases spread by mosquitoes and ticks by wearing bug repellent. In addition to that, you can also minimize bug bites by getting rid of stagnant water in your yard (think bird baths and kiddie pools). Light-coloured clothing is less attractive to mosquitoes and allows you to see ticks more easily.
- When thunder roars, go indoors: If you can hear thunder, you can get hit by lightning.



4. Watch for Signs of Heat Stress

Heat cramps, heat exhaustion and heat stroke are possible on hot days. Signs of heat-related illness:

- Muscle pains, cramps, or spasms
- Heavy sweating, paleness, weakness, dizziness, headache nausea or vomiting
- Confusion, fainting or unconsciousness
- High body temperature (over 103 degrees) with dry skin (not sweating)
- Rapid pulse

If you feel sick and suspect it may be heat-related, sip a sports drink. Get medical help immediately if you still don't feel better or you experience very high body temperature, rapid pulse, or dizziness.

THE SIGNS OF HEATSTROKE IN KIDS

Babies and toddlers have an increased risk of overheating as they are not as efficient at regulating their body temperature. It's important to know the first signs of heatstroke or heat exhaustion and constantly be on the lookout for any symptoms.

The symptoms of heat exhaustion can include stomach and leg cramps, thirst, being tired, or cool moist skin. Touch your child often to feel the texture and temperature of their skin. If you notice any signs, act immediately to cool your child down.

The symptoms of heatstroke in children include:

- skin that is hot, dry, and red
- a high temperature of 103F (39.4 C) degrees and above without sweating
- headache, which can cause irritability
- restlessness
- lethargy
- vomiting
- shallow and quick breathing
- unconsciousness
- dizziness or confusion

Remember that sweating, being red-faced, thirsty, and warm are normal reactions to heat. It is when your child shows any abnormal reactions (as those listed above), that the situation becomes incredibly dangerous. Act immediately to get your child help.

CAR SAFETY

If your child gets locked inside a car, or you witness a child left in a hot car, **call 9-1-1 immediately**

The temperature inside a car can heat up quickly, creating an environment that can cause harm or even death. During the summer, as the outside air temperature increases, temperatures inside a vehicle can reach dangerously high levels. Opening the car window slightly or parking in the shade does not keep the temperature at a safe level.

Why parked cars are dangerous:

- Young children, especially infants, are much more sensitive to heat than adults.
- Rising temperatures inside a car can produce significant heat stress on children causing severe dehydration, heat exhaustion or heat stroke that may result in serious illness or death.

What parents and caregivers need to know:

- Never leave your child in an unattended car, even with the windows open.
- Teach children not to play in, on, or around cars.
- Keep car doors / trunks locked so children do not play in them and become trapped.
- Make sure that all children leave the vehicle when you arrive at your destination.
- Check your child's safety seat belt buckles before restraining them in the car. Their skin can be severely burned if it touches car seat surfaces that are dangerously hot.
- Keep car keys out of reach and sight of children.



act fast.
Save a Life.

TIPS FOR PETS

If your pet is accidentally locked in your car, or you see a pet locked in a car, [call 9-1-1](#). If you see a pet in distress due to the heat, [call 311](#).

Pets are at the greatest risk of injury and heat-related health problems during the summer months.

Follow these tips to keep your pet safe and cool:

- Keep pets hydrated during hot weather by ensuring they always have access to fresh water, whether at home or on daily walks and outings
- Watch out for sunburn. Short-haired pets and those with pink skin or white hair are most likely to burn. Water, sand and rocks at the beach reflect sunlight, putting your pet at increased risk.

Find a cool place

- Use a fan or air-conditioning to keep your home cool
- Provide shade outdoors
- A gentle sprinkle from a garden hose is helpful to keep your pets cool
- Never leave a pet unattended in hot weather on balconies or in unsheltered backyards

Watch how much pets eat and exercise

- Overeating during hot weather can lead to overheating.
- Reschedule or plan outdoor activities during the cooler parts of the day

Never leave your pet in a parked car

- In hot weather, it's kinder and safer for pets to stay home. If you must take your pet, carry a spare key to help avoid accidentally trapping them in the locked vehicle.

Watch for signs of heat stroke:

- rapid panting
- hot skin
- vomiting
- lots of drooling
- twitching muscles
- a dazed look

Heat stroke is a serious medical condition that requires immediate intervention. Untreated, it can lead to death. Act quickly to cool down your pet by moving them to a shaded area, pouring cool water over them and contacting a veterinarian immediately.



HOW TO SPOT AND TREAT HEALTH PROBLEMS CAUSED BY HEAT

It's important to recognize when hot weather is making you sick, and when to get help.

Here's a list of health problems caused by exposure to too much heat:

DEHYDRATION:

What it is: A loss of water in your body. It can be serious if not treated.

Warning signs: Weakness, headache, muscle cramps, dizziness, confusion, and passing out.

What to do: Drink plenty of water and, if possible, sports drinks such as Gatorade, which contain important salts called "electrolytes." Among other things, electrolytes play a key role in regulating your heartbeat. Your body loses electrolytes when you're dehydrated. If you don't feel better, call 911.

HEAT STROKE:

What it is: A very dangerous rise in your body temperature, which may happen gradually over days of heat exposure in older adults. It can be deadly.

Warning signs: A body temperature of 104°F (40°C) or higher; red, hot, and dry skin; a fast pulse; headache; dizziness; nausea or vomiting; confusion or lethargy; and passing out.

What to do: Call 911 immediately. Move to a cool, shady place and take off or loosen heavy clothes. If possible, douse yourself with cool water, or put clothes soaked with cool water on your wrists, ankles, armpits, and neck to lower your temperature. Try to see if you can safely swallow water or sports drinks while waiting for 911.

Note: If you are caring for someone else who has heat stroke, only give them water or drinks if they are awake and can swallow. Do not try to give fluids by mouth if the person is drowsy, as it could cause choking.

HEAT EXHAUSTION:

What it is: A serious health problem caused by too much heat and dehydration. If not treated, it may lead to heat stroke (see above).

Warning signs: Heavy sweating or no sweating, muscle cramps, tiredness, weakness, paleness, cold or clammy skin, dizziness, headache, nausea or vomiting, fast and weak pulse, fainting. Body temperature is generally between 98.6°F (37°C) and 104°F (40°C).

What to do: Without delay, move to a cool, shady place, and drink plenty of cool fluids, such as water or sports drinks. Call 911 right away if you have high blood pressure or heart problems, or if you don't feel better quickly after moving to the shade and drinking liquids.

HEAT SYNCOPE:

What it is: Fainting caused by high temperatures.

Warning signs: Dizziness or fainting.

What to do: Lie down and put your feet up, and drink plenty of water and other cool fluids.



GARDENING TIPS

Never gardened before? No problem. Make your grow-your own dreams a reality with these 9 easy-to-follow tips.

1. Site it right

Starting a garden is just like real estate, it's all about location. Place your garden where you'll see it regularly. That way, you'll be much more likely to spend time in it.

2. Follow the sun

Misjudging sunlight is a common mistake when you're first learning to garden. Pay attention to how sunlight plays through your yard before choosing a spot for your garden. Most edible plants, including many vegetables, herbs, and fruits, need at least 6 hours of sun in order to thrive.

3. Stay close to water

Plan your new garden near a water source. Make sure you can run a hose so you don't have to lug water to your garden each time your plants get thirsty. The best way to tell if plants need watering is to push a finger an inch down into the soil (that's about one knuckle deep). If it's dry, it's time to water.

4. Start with great soil

When starting a garden, one of the top pieces of advice is to invest in soil that is nutrient-rich and well-drained. Use an all-purpose garden soil into the top 6 to 8 inches of existing soil.

5. Consider containers

When space is at a premium, look to containers. You can grow many plants in pots, including vegetables, herbs, flowers, fruit trees, berries, and shrubs. When gardening in containers, use a pot that's large enough for the plant it's hosting, and fill with potting mix. Not only is it specially formulated to help plants in pots thrive, but it also helps protect against over- and under-watering.

6. Choose the right plants

It's important to select plants that match your growing conditions. This means putting sun-loving plants into a sunny spot, and giving ground-gobbling vines like pumpkins and melons ample elbow room (or a trellis to climb). Do your homework and pick varieties that will grow well where you live and in the space you have.

7. Learn your frost dates

Planting too early (or late) in the season can spell disaster for your garden. You need to know the last average spring frost date for your area so you don't accidentally kill plants by putting them out prematurely. It's also good to know your first average fall frost date so that you get your plants harvested or moved indoors before late-season cold damages them.

8. Add some mulch

Apply a layer of mulch that's 2 to 3 inches deep around each plant. This will help reduce weeds by blocking out the sun, and reduce moisture loss through evaporation, so you have to water less. For a polished look, put down a layer of bagged mulch.

9. Feed plants regularly

We've already talked about the importance of starting with great soil, but that soil works best in concert with regular boosts of high-quality nutrition for your plants. In other words, amazing soil + top-notch plant food = super garden success! So, a month after planting, begin feeding your garden.



Best Homemade Natural Garden Fertilizers

There are many different all natural garden fertilizers that you can use right in your garden or with potting soil. Some of these fertilizers can be made or collected at home using common items from your pantry or your backyard.

1. Weeds

Weeds are very high in nitrogen and will make an excellent fertilizer. Make weed tea. To do this, fill a five-gallon bucket no more than 1/4 full with weeds that you've pulled. Then fill the bucket the rest of the way with water, and let the weeds soak for a week or two. Once the water turns nice and brown (like tea), pour this nutrient-rich weed tea on your gardens.

2. Kitchen Scraps

Compost releases nutrients slowly, which means a well-composted garden can go a year or two without requiring reapplication of fertilizer.

Compost also helps the soil retain moisture, which is essential for vegetable gardens to thrive during hot, dry summers.

3. Manure

Manure comes from a variety of sources — cows, horses, chickens. Each type of manure is high in nitrogen and other nutrients, but you'll need to use it carefully. Raw manure is highly acidic and may actually have more nutrients than your plants need, so too much can burn your plants. It's best to use composted manure. Since it is less nutrient-dense and acidic, you can use more of it to improve your soil's water retention without risking your plants. You won't have to wait long—manure quickly turns to a perfect odour-free soil amendment.

4. Tree Leaves

Rather than bagging up the fall leaves and putting them out on your curb, collect them for your gardens instead. Leaves are rich with trace minerals, they attract earthworms, they retain moisture, and they'll help make heavy soils lighter. You can use leaves in two ways: Either till them into your soil (or mix crushed leaves into potting soil), or use them as a mulch to both fertilize your plants and keep weeds down.

5. Coffee Grounds

Coffee grounds come with a lot of uses, but one of their best is as a garden fertilizer. Lots of plants, such as blueberries, rhododendron, roses, and tomatoes, thrive best in acidic soil. Recycle your coffee grounds to help acidify your soil.

There are a couple of ways to do this— you can either top dress by sprinkling the used grounds over the surface of the soil, or you can make "coffee" to pour on your gardens. Soak up to six cups of used coffee grounds for up to a week to make garden coffee, then use it to water your acid-loving plants.

6. Eggshells

If you've ever used lime in your garden, then you know it comes with lots of benefits. It helps lower the acidity of your soil for plants that don't like acid, and it provides plants with lots of calcium, which is an essential nutrient. Lime itself is an all-natural fertilizer that you can buy at the garden center, but if you'd rather save some money, there is a cheaper way to get the same benefits. Simply wash out the eggshells from your kitchen, save them, and crush them to use in your garden. It turns out that eggshells are 93% calcium carbonate, which is the scientific name for lime.

7. Banana Peels

We eat bananas for their potassium, and roses love potassium too. Simply bury peels in a hole alongside the rose bush so they can compost naturally. As the rose grows, bury the peels into the soil's top layer. Both of these approaches will provide much-needed potassium for the plant's proper growth.

Summer Activities For All

Summer is coming! No school, warm weather, longer days. It's freedom and it's just the best time of the year. Here's a list of activities (some free) to help you make the most of summer!

- 1. Explore Rouge Park** - Canada's largest urban park with endless trails. Pack a picnic lunch and some bug spray and spend the day exploring!
<https://parks.canada.ca/pn-np/on/rouge>
- 2. Toronto Islands Bike Tour** - Hop on the ferry and bring your bike or rent one when you get there! There are guided tours available or you can ride on your own and choose your own adventure.
<https://www.torontoislandbicyclerental.com/>
- 3. Hang out at the Beach** - While you're at Toronto Island, you may as well stop to relax at the beautiful beaches there. <https://www.torontoisland.com/>
- 4. Visit Scarborough Bluffs** - This beautiful escarpment stretches 15 km across Scarborough, standing above Lake Ontario. You can admire the bluffs from the beach.
<https://www.toronto.ca/explore-enjoy/parks-gardens-beaches/scarborough-bluffs/>
- 5. Visit a Botanical Garden** - There's nothing more peaceful than a stroll through a botanical garden. Visit Allan Gardens on Gerrard St. East.
<https://www.toronto.ca/data/parks/prd/facilities/complex/41/index.html>
- 6. Visit a Farm** - See some cute farm animals at Riverdale Farm and check out a real farm right in the city!
<https://riverdalefarmtoronto.ca/>
- 7. Kayak around the lake** - See the city skyline from a kayak on Lake Ontario. Rent kayaks and canoes at the HarbourFront Canoe and Kayak Centre. They also have guided tours.
<https://paddletoronto.com/>
- 8. Hang out at a Park for the Day** - High Park and Trinity Bellwood's are great options right in the city. <https://www.highparktoronto.com/>
<https://trinitybellwood.ca/>
- 9. Visit Sugar Beach** - Beautiful views and pink chairs this is a must do!
<https://www.waterfrontoronto.ca/our-projects/canadas-sugar-beach>
- 10. Harbourfront Concerts** - Every summer, Harbourfront will put on many concerts and live events to enjoy by the water.
<https://harbourfrontcentre.com/series/summer-music-concerts/>
- 11. Electric Island** - Every long weekend in the summer Toronto Island turns into a giant dance party with great electro vibes. They are back in 2023 with an event in May, July, August, and September. <https://www.electricisland.to/>
- 12. Toronto Jazz Festival** - 10 days of free music to check out around the city. The event this year is scheduled June 23 to July 2nd <https://torontojazz.com/>
- 13. Royal Ontario Museum** - There is always something cool and interesting to do at the ROM! <https://www.rom.on.ca/en>
- 14. Art Gallery Ontario** - If you're under 25, it's free! If you're over 25, check out the free night on Wednesdays from 6–9 pm. <https://ago.ca/>
- 15. Watch a Movie in the Park** - Cozy up in a blanket and watch a movie in parks around the city. A perfect date night activity! <https://www.topictureshow.com/>



16. Celebrate Pride! - Celebrated all through June.

<https://www.pridetoronto.com/>

17. Kensington Market Food Tour - Sample the world on this multicultural food tour through Kensington market. Home to one of the most diverse food scenes in Toronto! Sample over six international cuisines, from Tibetan momos to Jamaican patties.

<http://www.kensington-market.ca/Default.asp?id=home&l=1>

18. Food Truck Fest - Food lovers rejoice! Celebrate the best of food trucks and hang out in Woodbine Park this August 4th-7th, 2023.

<https://www.canadianfoodtruckfestivals.com/toronto/>

19. Visit Canadian National Exhibition - Summer wouldn't be complete without a trip to CNE. Everyone loves the ex! Indulge your inner child and play carnival games, get views of the city from the Ferris wheel, and eat all the weird things. The ex is scheduled to return in 2023 from August 18 to September 4th. <https://www.theex.com/>

20. Visit Ripley's Aquarium - Check out some beautiful sea life and if you go on Friday evening you can dance among the fish for Friday night Jazz!

<https://www.ripleyaquariums.com/canada/>



21. Big on Bloor - Walk along this car-free stretch of Bloor between Dufferin and Landsdowne and celebrate local arts, community, and culture.

<https://bigonbloorfestival.com/>

22. Taste of the Danforth - If you love Greek food, you do not want to miss Taste of the Danforth. <https://greekowntoronto.com/taste-of-the-danforth/>

23. Go to a Jays game - Jay's game tickets are relatively inexpensive. It's a great way to spend an afternoon or evening during summer in Toronto.

https://www.mlb.com/bluejays/tickets/single-game-tickets?mlbkw=ds-g-p70134444537&gclid=Cj0KCQjwpPKiBhDvARIsACn-gzBMkSfhWfdBcvMDB8sl2rb0SlmjEO2mpnQvZaMen8lleupt4vflcsoAhp1EALw_wcB&gclidsrc=aw.ds

24. Escape to the Cottage - There's nothing better than a cottage weekend! If you don't know anyone with a cottage you can rent one at Airbnb. <https://www.airbnb.ca/>



25. Go Camping - Check out the lakes and forest of beautiful Algonquin, one of Ontario's best natural parks. The canoeing and kayaking here is fantastic. Plus, you might spot some of Canada's best wildlife. <https://www.algonquinpark.on.ca/index.php>



Where to Volunteer

Good Neighbours Drop-In

- 193 Markham Road, Scarborough, ON, 647-358-4105
- Email: info@goodneighboursmission.org
- [Home - Good Neighbours Drop-In, Scarborough \(goodneighboursmission.org\)](#)



Good Neighbours is a drop-in mission new to the Scarborough neighbourhood! Come visit us at 193 Markham Road, near Markham and Eglinton.

Beginning in 1986, we opened the Mission drop-in in Riverdale. Since then, many of the families and individuals we knew left the downtown core and moved to Scarborough. We realized that Scarborough was becoming an area of great need with very few social services. In 2016, we opened a new location in Scarborough on Danforth Road and Eglinton East. It was in this new site that we learned of the closure of the Scarborough Red Cross Drop-In. After consultation with the Scarborough Red Cross, we decided to move near to the location they were leaving. Our new home has inherited some of the regulars from the Scarborough Red Cross, but also new people.

We follow the 'Rule' of the Mission. In Scarborough, Good Neighbours is part of the Apostolate of the Carpatho-Russian Orthodox Diocese.

As with our affiliate missions, we wish to create a beautiful and inclusive place where families with children, and others who visit, can experience belonging and peace. All are welcome! Good Neighbours is associated with Community Food Centres Canada, as a 'Good Food Organization.'

Hours & Services at Good Neighbours

Drop-In hours (all are welcome), with sit-down/take-out meals — Thursday and Friday, 9:30 a.m.–4:00 p.m.

Food for families with children (emergency food) — Wednesday 2–4 pm, and Friday 9:30 am–4:00 p.m. (appointment required)

Seniors' Day with social and craft activities, plus a food bank (note we are not affiliated with the Daily Bread Food Bank) — Wednesday, 9:30 a.m.–4:00 p.m.

Professional counselling is available






St. Zoticos Church is open for prayer and meditation

Volunteer positions are available — contact us

Subscribe to Good Neighbours' e-newsletter, using our [sign-up form](#)

Need Help to Navigate Volunteering?

Volunteer Toronto can help!!!

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Book an Appointment with a Volunteer Advisor

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Looking for a volunteer opportunity but unsure where to start?

Book an appointment with a Volunteer Advisor!

Our friendly and knowledgeable team of remote Volunteer Advisors are here to help you navigate your search for a volunteer role.

During your 30 minute telephone appointment, they can:

- Advise on how to effectively search for role postings using our online search engine
- Recommend volunteer roles based on your skills, experience, interests, goals, schedule, and location
- Advise on the unique application process for each role

Book an Appointment

Please note:

- This is not a matching or placement service. After your appointment, you will need to apply to each opportunity of interest independently.
- The purpose of your appointment will be to help you find volunteer roles to apply to. If you or someone you know is looking to receive personal assistance (i.e. meal delivery, tech support, etc.) please call 211 or visit 211toronto.ca instead.

To contact the Volunteer Advisor Team directly:

Call: 416-961-6888 ext. 232

Email: advisors@volunteertoronto.ca

Advisors are available:

Monday: 10:00 AM – 4:30 PM

Tuesday – Thursday: 10:00 AM – 7:00 PM

Friday: 10:00 AM – 3:30 PM

Calling all Kids!



We are looking for front cover submissions for the **Winter Edition** of the Newsletter!

Get out some paper along with some crayons, pencil crayons or markers and get drawing!

Let your imaginations run wild and be as creative as you like!



The contest is open for children from 4-14 yrs of age!

Prior to the release of the winter edition, **one winner** will be selected to have their drawing featured on the front cover

The winner will be chosen based on the most creative drawing and will receive **2 Cineplex Movie Passes**



Please drop your submission off at the office or email them to newsletter@neilsoncreek.com.



**** You must put your child's name, age and unit number in the back of your picture for it to be entered into the contest ****

Submissions will be accepted until November 1, 2023

Summer Recipes

Breakfast Recipe

Egg Muffins

 Prep/Total Time: 30 min.  Makes 1 dozen

Ingredients:

1/2 pound bulk pork sausage
12 large eggs
1/2 cup chopped onion
1/4 cup chopped green pepper
1/2 teaspoon salt
1/4 teaspoon garlic powder
1/4 teaspoon pepper
1/2 cup shredded cheddar cheese



Directions:

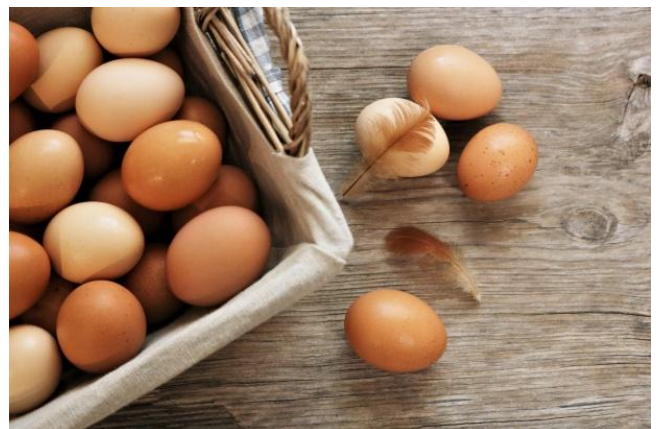
-Preheat the oven to 350°. In a large skillet, cook sausage over medium heat until no longer pink, breaking it into crumbles; drain.

-In a large bowl, beat eggs. Add onion, green pepper, salt, garlic powder and pepper. Stir in sausage and cheese.

-Spoon by 1/3 cupfuls into greased muffin cups. Bake until a knife inserted in the center comes out clean, 20-25 minutes.

Can you Freeze Breakfast Egg Muffins?

Cool baked egg muffins. Place on waxed paper-lined baking sheets, cover and freeze until firm. Transfer to freezer container; return to freezer. To use, place in a greased muffin pan, cover loosely with foil and reheat in a preheated 350° oven until heated through. Or microwave each muffin on high 30-60 seconds or until heated through.




[Breakfast Egg Muffins Recipe: How to Make It \(tasteofhome.com\)](http://tasteofhome.com)

Lunch Recipe

Slow-Cooked Chicken Caesar Wraps



Prep: 10 min. Cook: 3 hours  Makes 6 serving

Ingredients:

1-1/2 pounds boneless skinless chicken breast halves

2 cups chicken broth

3/4 cup creamy Caesar salad dressing

1/2 cup shredded Parmesan cheese

1/4 cup minced fresh parsley

1/2 teaspoon pepper

6 flour tortillas (8 inches)

2 cups shredded lettuce

Optional: Salad croutons, crumbled cooked bacon and additional shredded Parmesan cheese



Directions:

Place chicken and broth in a 1-1/2- or 3-qt. slow cooker. Cook, covered, on low 3-4 hours or until a thermometer inserted in chicken reads 165°.

Remove chicken and discard cooking juices.

Shred chicken with 2 forks; return to slow cooker.

Stir in dressing, Parmesan, parsley and pepper; heat through. Serve in tortillas with lettuce and, if desired, salad croutons, crumbled bacon and additional shredded Parmesan cheese.

Nutrition Facts

1 wrap: 472 calories, 25g fat (5g saturated fat), 79mg cholesterol, 795mg sodium, 29g carbohydrate (1g sugars, 2g fiber), 31g protein.



[Slow-Cooked Chicken Caesar Wraps Recipe: How to Make It \(tasteofhome.com\)](https://www.tasteofhome.com/recipes/slow-cooked-chicken-caesar-wraps)

Dinner Recipe

Vegan Bechamel Sauce

 Prep/Total Time: 20 min.  Makes 4 servings (2 cups)

Ingredients:

3 tablespoons vegan butter-style sticks, such as Earth Balance
2 tablespoons all-purpose flour
1-1/2 cups unsweetened refrigerated soy milk
2 tablespoons nutritional yeast
1/2 teaspoon salt
1/4 teaspoon pepper
Dash ground nutmeg
Hot cooked pasta



Directions:

In a small saucepan, melt vegan butter over medium heat. Stir in flour until smooth; gradually whisk in soy milk. Bring to a boil, stirring constantly. Remove from heat; stir in nutritional yeast, salt, pepper and nutmeg until smooth. Let rest for three minutes or until thickened. Serve with pasta.

Nutrition Facts:

1/2 cup: 135 calories, 10g fat (4g saturated fat), 0 cholesterol, 433mg sodium, 7g carbohydrate (2g sugars, 1g fiber), 4g protein.



[Vegan Bechamel Sauce Recipe: How to Make It \(tasteofhome.com\)](https://www.tasteofhome.com/recipes/vegan-bechamel-sauce/)

Dessert Recipe

Air-Fryer Lemon Oreos



Prep: 10 min. Cook: 10 min./batch



Makes about 2 dozen

Ingredients:

- 2 cups complete buttermilk pancake mix
- 5 tablespoons sugar
- 2 tablespoons grated lemon zest
- 1 carton (3/4 cup) lemon yogurt
- 1/2 cup 2% milk
- 1 large egg
- 2 teaspoons clear vanilla extract
- 27 lemon creme Oreo cookies
- Confectioners' sugar, optional

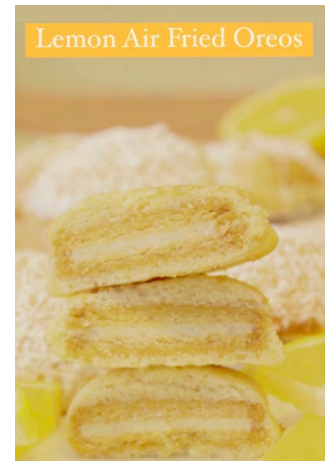


Directions:

Preheat air fryer to 350°. In a large bowl, combine pancake mix, sugar and zest. In a separate bowl combine yogurt, milk, egg and vanilla. Add to dry mixture; whisk until smooth. Line air-fryer basket with parchment. In batches, dip Oreos in batter, tapping off excess. Arrange Oreos in a single layer on parchment, 2 in. apart. Cook until golden brown, 6-8 minutes. Repeat with remaining Oreos. If desired, dust with confectioners' sugar. Serve warm.

Nutrition Facts:

1 cookie: 130 calories, 4g fat (1g saturated fat), 8mg cholesterol, 172mg sodium, 21g carbohydrate (11g sugars, 0 fiber), 2g protein.

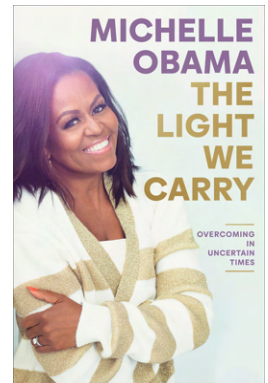


[Air-Fryer Lemon Oreos Recipe: How to Make It \(tasteofhome.com\)](https://www.tasteofhome.com/recipes/air-fryer-lemon-oreos/)

BOOK RECOMMENDATIONS

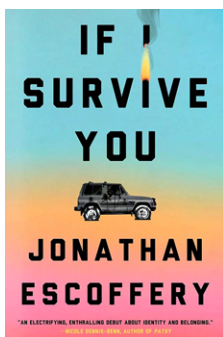
1. **The Light We Carry by Michelle Obama**

Michelle Obama offers listeners a series of fresh stories and insightful reflections on change, challenge, and power, including her belief that when we light up for others, we can illuminate the richness and potential of the world around us, discovering deeper truths and new pathways for progress. Drawing from her experiences as a mother, daughter, spouse, friend, and First Lady, she shares the habits and principles she has developed to successfully adapt to change and overcome various obstacles—the earned wisdom that helps her continue to “become.” She details her most valuable practices, like “starting kind,” “going high,” and assembling a “kitchen table” of trusted friends and mentors.



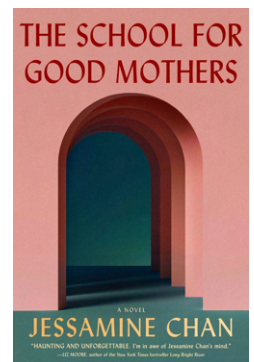
2. **If I Survive You by Jonathan Escoffery**

In the 1970s, Topper and Sanya flee to Miami as political violence consumes their native Kingston. But America, as the couple and their two children learn, is far from the promised land. Excluded from society as Black immigrants, the family pushes on first through Hurricane Andrew and later the 2008 recession, living in a house so cursed that the pet fish launches itself out of its own tank rather than stay. But even as things fall apart, the family remains motivated, often to its own detriment, by what their younger son, Trelawny, calls “the exquisite, racking compulsion to survive.”



3. **The School for Good Mothers by Jessamine Chan**

Motherhood, for all of its merits, can still be terrifying, a tension that’s explored to maximum effect in Jessamine Chan’s chilling debut novel *The School for Good Mothers*. The dystopian story centers on Frida, a 39-year-old academic and single mother to a toddler named Harriet. When a sleep-deprived Frida makes one unwise and ill-fated decision, her daughter is taken into custody and Frida is sent to a reform school for mothers, where she is surrounded by women who have also made life-altering mistakes. With biting satire and sharp insight, Chan raises big questions about the modern state of not only parenthood, but also surveillance and personhood.



4. **Strangers to Ourselves by Rachel Aviv**

Does mental illness define identity? How do we see ourselves—and how do others see us—during times of distress? These are among the questions *New Yorker* writer Rachel Aviv probes in her debut book, a deeply reported exploration of mental illness. In addition to detailing her own experience being hospitalized at age 6 with anorexia, Aviv introduces a handful of other people who have lived with mental illness and examines how sociocultural factors shaped their journeys, and why medication often falls short. She writes with empathy and nuance.



Kids Crafts

Toilet Paper Roll Bees

Supplies Needed (can be purchased at the Dollar Store)

- Toilet paper rolls or paper towel roll cut in half
- Pink paint
- Black Marker
- Cardstock paper - White, Black and Yellow
- Small Googly eyes
- Black pipe cleaner
- Small black pom poms
- Glue



How To Make A Toilet Paper Roll Bee

1. Cut a rectangular piece of yellow cardstock to fit around the paper roll. Overlap the edges of the paper slightly and glue or tape along the seam.
2. Cut 2 narrow strips of black cardstock. Glue around the paper roll to make stripes, leaving a space on top for the bee's face.
3. Add 2 googly eyes to the front of the paper roll.
4. Draw the mouth on with a black sharpie or marker.
5. Dip the end of a paint brush in pink paint and add 2 dots of paint
6. on either side of the mouth to make cheeks.
7. Bend a black pipe cleaner into a "V" shape.
8. Glue 2 pom poms onto each end. Glue the pipe cleaner to the inside top of the paper roll.
9. Cut out two wings from white cardstock. Glue or tape to the back of the paper.

Now your toilet paper roll bee is done. We love how easy this is to make!

They turn out so cute too! Kids can decorate them any way they like too. Use paint or markers to draw on the face or stripes if you don't have all of the same supplies.



Other Ideas and games for Kids (Indoor/Outdoor)

Outdoor Movie Screen

When it gets too dark for games, it's movie time! Throw a white sheet over a rope, lay blankets on the ground, and queue up your favorite funny movies for the whole family on the projector. Add twinkle lights for a special touch.



Lady Bug and BumbleBee Tic-Tac-Toe



Paint rocks to resemble your favorite bugs, critters, or animals to make this super-simple game.

Bean Bag Bowl Toss

Encourage kids to add up their own scores as a little math lesson. How's that for some summer math practice?!



Milk Magic



This idea is mesmerizing!

All you need is a shallow dish or plate, some milk, some food colouring, some dish soap and some Q-Tips!

Happy Mixing!

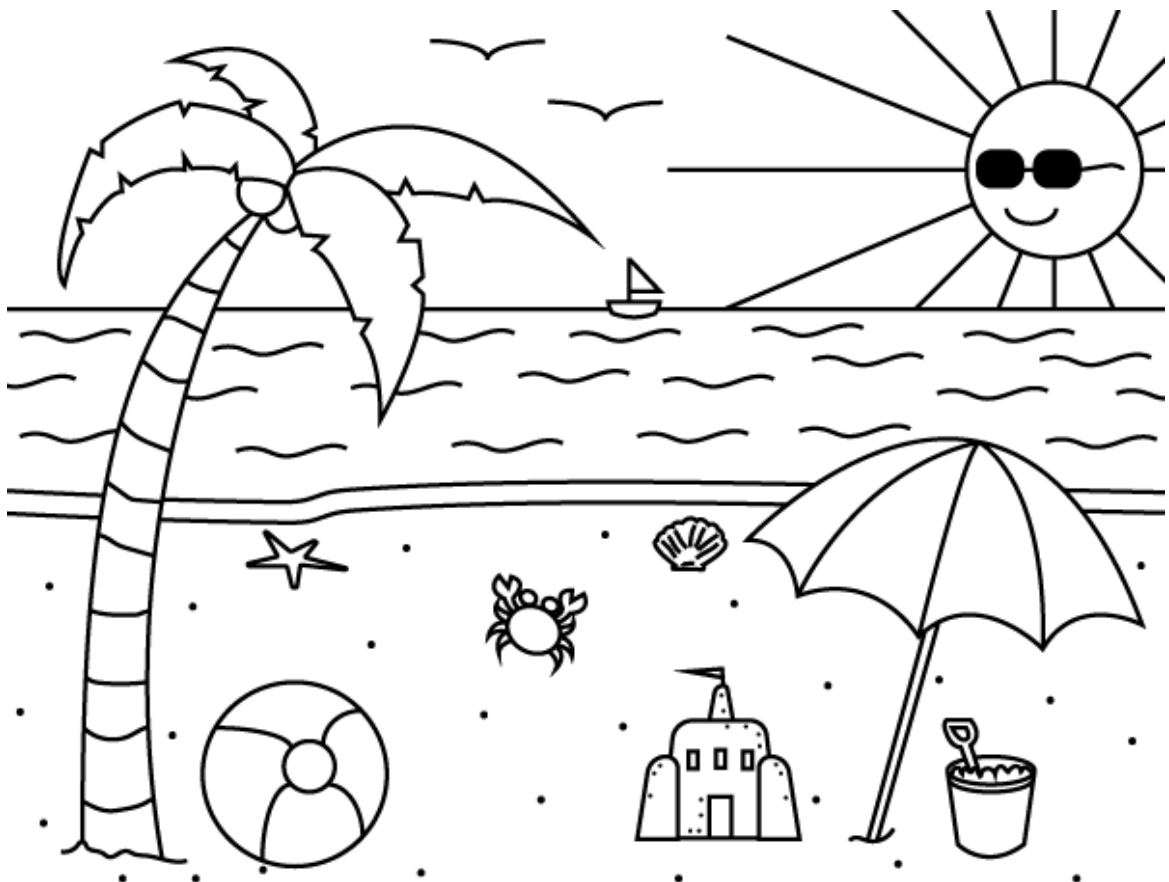
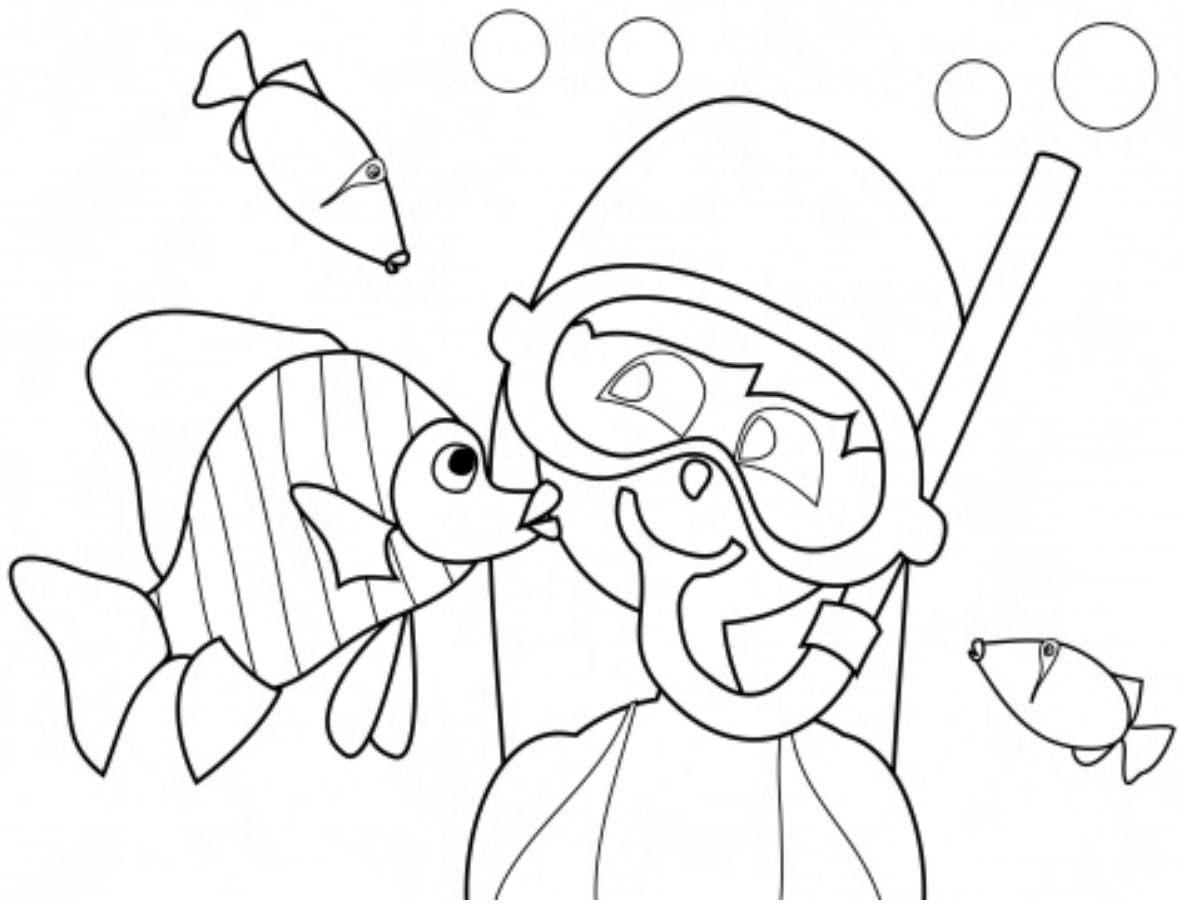
Rock Painting

Little ones often love to pick up rocks while they are out and about.

While they are busy having fun covering their stone in paint, they're also learning to paint a solid object, which really helps to develop their hand-eye coordination.







Neilson Creek Newsletter Questionnaire

This page is for members who receive hardcopies of the newsletter. If you are reading this electronically, please make sure to click the link above in the Newsletter Committee Update on page 3.

Please return this page to the office with your answers filled out, thank you!

1. Do you enjoy the content that is provided in our Newsletter editions?

- Yes
- No

2. Would you like to give feedback to the Newsletter Committee for content on future editions? If so, you can send an email to Newsletter@neilsoncreek.com

- Yes, I am interested in providing feedback and I will send an email.
- No, I am not interested in providing feedback.

3. We are looking to change the name of the Newsletter, we would love for our community to be involved in this process. In the comment section below please provide a name or two that you think would best suit our communities newsletter.

4. How do you feel about the length of the Newsletter? (# of pages)

- Perfect Length
- Too Short
- Too Long

5. Is receiving the Newsletter 4 times a year sufficient or not enough? If not, we would appreciate it if you sent us an email with your opinions on the matter. Newsletter@neilsoncreek.com

- Yes, it is sufficient enough.
- No, I would like to receive more editions per year.

6. Do you read the entire Newsletter or just certain sections?

- Yes, I read the entire newsletter.
- No, I only read certain sections.

7. Would you be interested in joining the Newsletter Committee?

- Yes, I will send Deborah an email requesting to join the Newsletter Committee.
- No, sorry I am not interested at this time.
- Maybe, I will contact Deborah in regards to possibly joining the Newsletter Committee.