

# Thurlestone

## NewsMagazine

### May 2011





## Notes from the Editor

May, 2011

During the last week of April, millions witnessed a joyous royal wedding and many in the U.S. experienced nature's fury with tornadoes. The City of Toronto's Office of Emergency Management is encouraging Toronto residents to take steps to be prepared for any emergency situation. Emergency Preparedness Week is May 1-7.

On a lighter note, we are seeing the signs of the April showers – blooms are popping up everywhere. At the Albert Campbell Library, you can ask a Master Gardener for advice on low maintenance gardening and on May 12, get some design ideas at Taylor Memorial Library.

No occupation is so delightful to me as the culture of the earth, and no culture comparable to that of **the garden.** ~ *Thomas Jefferson*

Enjoy the Victoria Day long weekend Saturday May 21st to Monday May 23rd, the unofficial start of summer ! Think camping, gardening ~ and fireworks at Ashbridges Bay on Monday at 9:30 p.m.

*Janice*

The NewsMagazine Committee is always looking for your contributions ~ please send in your ideas, artwork, stories, recipes, etc. at [t-nm@live.ca](mailto:t-nm@live.ca) or drop them off at the office mailbox



There were no winners for the April contests.

**DEADLINE** for submission of answers to this issue's contests is May 20.

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### **Always be prepared for any emergency**

(adapted from article by Mary Fragedakis, Toronto-Danforth Councillor)

Each year, Toronto marks *Emergency Preparedness Week May 1-7, 2011*

In light of recent disasters and crises in other countries, the City of Toronto's Office of Emergency Management is encouraging Toronto residents to take steps to be prepared for any emergency situation. Emergencies can occur any time and any place – without warning.

Being "emergency ready" means that you should know the risks, make a plan and have an emergency kit to last at least 72 hours – at home, at work and in your vehicle. Essentials to consider: bottled water, flashlight, batteries, spare keys, toiletries, trail mix, granola bars, ID (copies of passport, driver's license, SIN, health, credit and debit cards, and medication) Having insurance is also important.

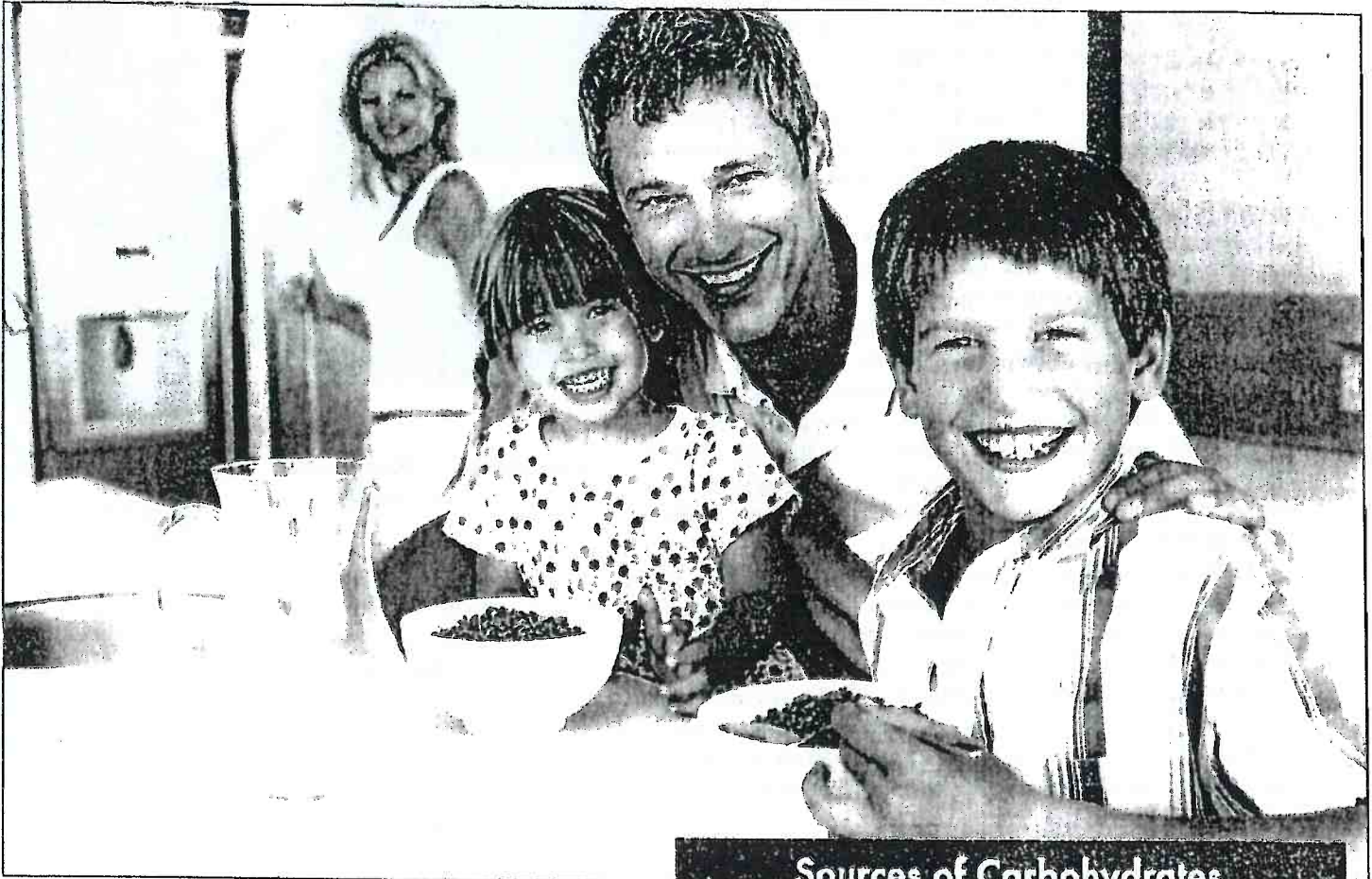
Emergency services personnel may not be able to reach you immediately. You may need to evacuate your home with little or no notice or be asked to 'shelter in place' with little or no access to food, water or other supplies. For more information on the Office of Emergency Management, see [www.toronto.ca/oem](http://www.toronto.ca/oem)

See the attached Toronto Emergency Medical Services card to fill out and carry with you at all times.

#### **Important Numbers:**

Emergency Management	416-392-4554
Emergency Human Services	416-392-9206

# Get the Best Start to Your Day with Breakfast



By Doug Cook RD MHSc CDE

Breakfast is the most important meal of the day, so goes the saying, but is it really? Arguably, it is. Research shows when people, kids or adults, skip breakfast they are more likely to be overweight and also run the risk of not getting the nutrition they need to stay healthy. Think of it as a lost opportunity for nutrients. Skipping breakfast can also set you up to overeat at the next meal by increasing hunger. Often people will end up eating more later on in the day to make up for the energy that the body needs – it's virtually impossible to trick the body, and without even thinking about it, you can be driven to eat; usually something quick that can be lower in nutrients and higher in refined sugars, fat and calories.

According to a national survey for Breakfast for Learning, a national non-profit organization dedicated to child nutrition, about 31 per cent of elementary school kids and 62 per cent of high school students don't eat breakfast. The number one reason they give is a lack of time, and the number two reason is because kids don't like to eat breakfast according to 32 percent of parents surveyed.

## Sources of Carbohydrates

Fruit, 100% fruit juice, dried fruit

Bottled fruit smoothies, home-made smoothies in a reusable stainless steel canister

Dairy: organic milk (also chocolate milk), yogurts

Milk alternatives like fortified soy, rice or oat-based beverages

Whole grain breads, crackers, buns and iron-fortified cereals

Breakfast really is about 'breaking the fast' from the night before. During sleep, the body uses up carbohydrate that is stored in the liver and there is some muscle break down to supply other parts of the body with amino acids (the building blocks of muscle). When we eat breakfast, we top up our stores of carbohydrate, replace the lost protein along with some vitamins and minerals. Think of it as time to refuel in order to face the demands of the day. As well, research has shown that children who have breakfast have better concentration and do better in

## Sources of Protein

Nuts, seeds and nut butters like almond, peanut, cashew

Dairy: organic milk (also chocolate milk), yogurt, cheese

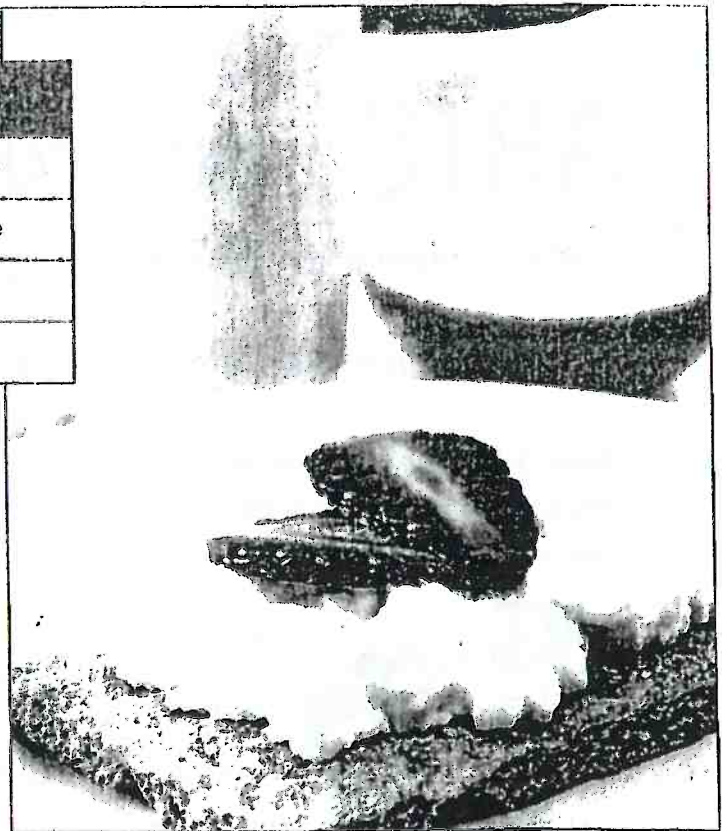
Ready to serve 'breakfast shakes'

Cold meats and eggs

school, have more energy, and are more likely to meet their daily nutritional needs, which are necessary for healthy growth and development.

So, what should your kids eat for breakfast? Ideally, wholesome nutritious foods that include a source of protein, calcium, iron, good quality carbohydrates with a source of fibre. Believe it or not, anything is better than nothing. While some may cringe at the thought of a doughnut or cookies, these would at least provide a basic source of carbohydrates, the very thing that fuels the brain and muscles. It's better than running on empty. These choices however, won't be a source of vitamins and minerals and ideally should not be the foundation of breakfast. The building blocks of a healthy breakfast include sources of carbohydrates, protein and fats. ◀

Doug Cook, RD MHS c CDE is a Registered Dietitian/Nutritionist and Certified Diabetes Educator who currently works at St. Michael's Hospital in Toronto, and as a nutrition consultant. He practices a holistic and integrative approach providing science-based guidance on food and diet along with nutritional supplements and natural health products where appropriate. He recently co-authored *Nutrition for Canadians for Dummies* (Wiley 2008). In addition, he has served as the nutrition expert for the Ministry of Health's website [healthyontario.com](http://healthyontario.com). Visit his website: [www.wellnessnutrition.ca](http://www.wellnessnutrition.ca).



## Sources of Fats

Fish oil supplements

Ground flax, chia, hemp seeds

Nuts, seeds, nut butters

## A Family Friendly Breakfast Meal Planner

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Whole wheat bagel, English muffin, toast or pita with melted cheddar cheese</p> <p>Fresh berries or a glass of 100% fruit juice</p> <p>A good source of:</p> <ul style="list-style-type: none"> <li>• Fibre</li> <li>• Fruit</li> <li>• Protein</li> <li>• Calcium</li> <li>• Carbohydrates</li> <li>• B-vitamins</li> <li>• Vitamin C</li> </ul>	<p>Whole grain fortified cereal with organic milk (or chocolate milk)</p> <p>Piece of fruit</p> <p>A good source of:</p> <ul style="list-style-type: none"> <li>• Fibre</li> <li>• Fruit</li> <li>• Iron</li> <li>• Folic acid</li> <li>• Protein</li> <li>• Calcium</li> <li>• Carbohydrates</li> <li>• B-vitamins</li> <li>• Zinc</li> <li>• Vitamin C</li> </ul>	<p>Banana dog (peanut butter, a banana, and raisins in a long whole-grain bun)</p> <p>A good source of:</p> <ul style="list-style-type: none"> <li>• Fibre</li> <li>• Fruit</li> <li>• Protein</li> <li>• Potassium</li> <li>• Carbohydrates</li> <li>• Monounsaturated fats</li> </ul>	<p>Leftovers like cold pizza</p> <p>Piece of fruit or a glass of 100% fruit juice</p> <p>A good source of:</p> <ul style="list-style-type: none"> <li>• Protein</li> <li>• Calcium</li> <li>• Carbohydrates</li> <li>• Fruit</li> <li>• Vitamin C</li> <li>• Lycopene</li> </ul>	<p>Trail mix of nuts, dried fruits, pretzels, crackers, and dry cereal</p> <p>Organic milk, chocolate milk, cheese or yogurt</p> <p>A good source of:</p> <ul style="list-style-type: none"> <li>• Fibre</li> <li>• Fruit</li> <li>• Protein</li> <li>• Calcium</li> <li>• Carbohydrates</li> <li>• B-vitamins</li> <li>• Vitamin C</li> </ul>

## Are You Going to Scarborough Green Fair?

Saturday May 7 from 11 to 3 p.m

100 Brimley Road South at Kingston Road

(Blessed Cardinal Newman High School)



This free, fun and family event is open to all! There will be numerous green exhibits, gardening vendors and displays, nature walks, garden/nature workshops and kids' activities.

- learn how to be 'greener' at home and in your neighbourhood
- learn about bee, butterfly and bird friends
- take a workshop on container gardening
- stop by the Master Gardener table with your gardening questions
- explore the outdoors on a Jane's Walk along the Scarborough Bluffs with the Toronto Field Naturalists
- learn about turtles and frogs at the Toronto Zoo display
- visit Kids/Korner, where you can plant seeds, make your own arts and crafts, enjoy face painting and much more

Hosted by St. Agatha's SAS Stewards of the Earth and the Cardinal Newman Treehuggers in partnership with Live Green Toronto, BEAN (Biodiversity Education and Awareness Network), Evergreen and the Toronto Zoo.



**World's Biggest  
Ice Cream Cake**

**Help create the world's biggest ice cream cake in Yonge-Dundas Square.**

**Tuesday, May 10 – 12 noon to 2:00 p.m.**

Dairy Queen Canada is celebrating the 30th birthday of their iconic cake by attempting the Guinness World record attempt with a 21,000 lb. cake.

**Get some FREE ice cream cake (donations to SickKids encouraged).**

## Slow Down

One day a policeman stopped a motorist who had just gone through a four way stop sign and was about to give him a ticket when the motorist said, "Officer you can't give me a ticket for that!" "Why not" said the officer, "Because although I did not stop I slowed right down and its almost the same." "But you did not stop" replied the officer, "and the sign says STOP." "But the way was clear and it was safe" replied the

motorist. The officer then pulls out his batton and starts hitting the motorist.

"What are you doing!" yells the motorist in surprise. "Do you want me to slow down or stop" says the officer.



## What will they say?

Three friends die in a car accident and they go to an orientation in heaven. They are all asked, "When you are in your casket and friends and family are mourning you, what would you like to hear them say about you?" The first guy says, "I would like to hear them say that I was a great doctor of my time, and a great family man." The second guy says, "I would like to hear that I was a wonderful husband and school teacher which made a huge difference in our children of tomorrow." The last guy replies, "I would like to hear them say ... Look, He's Moving!"

## The First Kiss

At the end of their first date, a young man in a bygone era took his favorite girl home. He decided to try for that important first kiss. With an air of confidence, he leaned his hand against the wall, smiled, and said, "How about a good night kiss?"

"Are you crazy?" she said. "My parents will see us!"

"Oh, come on! Who's gonna see us at this hour?"

"No, please. Can you imagine if we get caught?"

"Come on, they're all sleeping!"

"No way. It's too risky!"

"Please, please, please. I like you so much."

"No, no, no. I like you too, but I just can't!"

"Oh yes you can. Please?"

"No, no. I just can't."

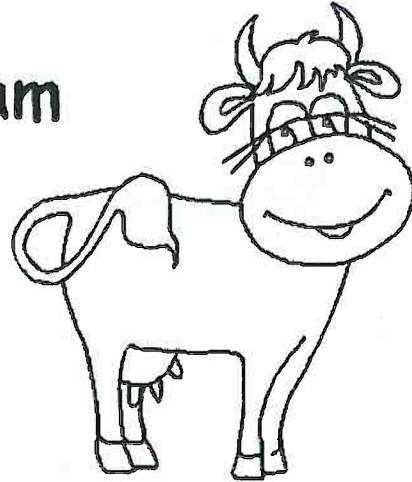
"Pleeeeeease?..."



Then to their surprise, the porch light went on, the door opened, and there stood the girl's sister, hair disheveled, in her pajamas. In a sleepy voice she said, "Dad says to go ahead and give him a kiss. Or I can do it. If need be, dad will come down himself and do it. Whatever you do, tell your date to take his hand off the intercom button."

Unscramble the letters to find the words in our

# Farm Animals Anagram



Hidden Word  
(solve the circled letters):

\_\_\_\_\_

s e r o h

\_\_\_\_\_

a c t

\_\_\_\_\_

t o s r e o r

\_\_\_\_\_

k o n d e y

\_\_\_\_\_

u d c k

\_\_\_\_\_

o g d

\_\_\_\_\_

n e k c c i h

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o a f l

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c l a f

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b l a m

\_\_\_\_\_

l u l b

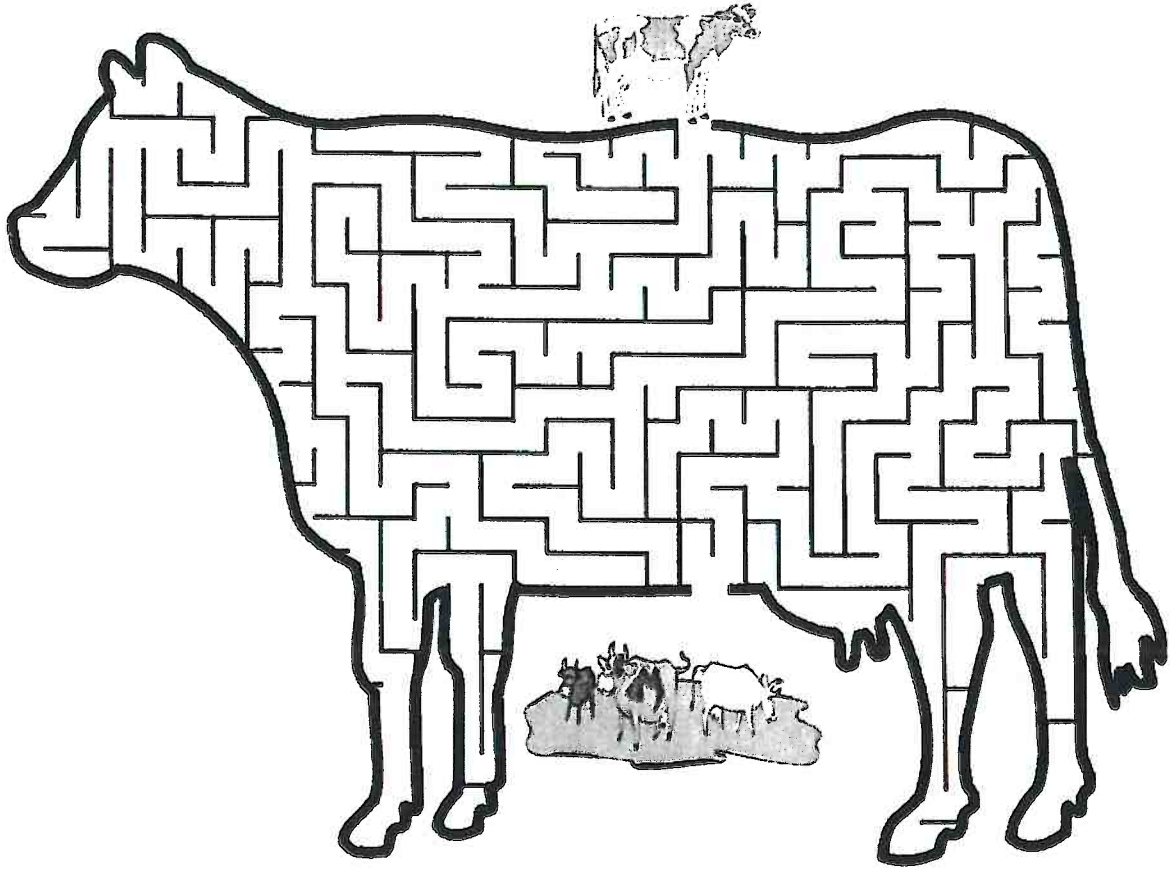
\_\_\_\_\_

n e h

\_\_\_\_\_

Submit your answers to the NewsMagazine box at the Office or E-mail them to [t-nm@live.ca](mailto:t-nm@live.ca) to win a Prize/lucky 649 Ticket. For each correct answer you get a point. The highest score wins but in case of a tie, the winners' names will be put in a hat and one will be drawn. Winner will be announced in the next issue of the Newsletter. Entries must be submitted by May, 20<sup>th</sup>. **Good luck**

Help  
the cow,  
through  
the cow  
shaped  
maze,  
to find  
its friends  
in the  
pasture.



### Mother's Day Crossword

Across

4.



5.



Down

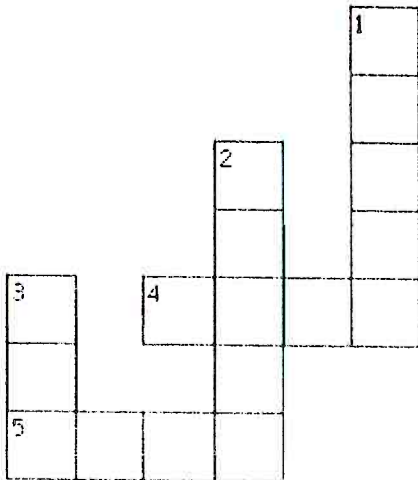
1.



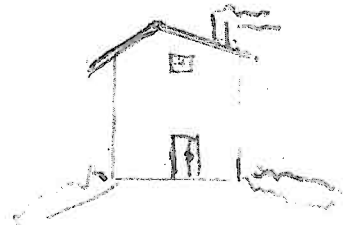
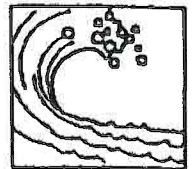
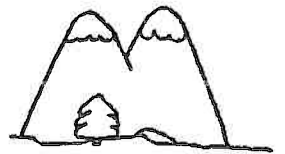
2.



3.



Animal Habitats: Draw a line to help each character find its habitat



# CRYPTOGRAM

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z  
 10 9 26 11 2 5 16 14 19 18 15 21 17 13 22 7 23 3 1 12 20 8 6 4 24 25

\_\_\_\_\_  
 10 16 22 22 11 21 10 20 16 14 10 13 11 10 21 22 13 16

\_\_\_\_\_  
 1 21 2 2 7 10 3 2 12 14 2 12 6 22 9 2 1 12

\_\_\_\_\_  
 26 20 3 2 1

**Directions:**

This puzzle is called a Cryptogram. I've always loved doing them! At the top there is a KEY that lists all the letters from A thru Z with a box below. Each of the letters has a corresponding number.

The bottom part contains a secret phrase. Each of the blanks has a number underneath it. Fill in the letters that correspond to the numbers below the blanks to solve the phrase.



Hey Kids!

Submission Deadline May, 20/11

If you know the number or animals. Write the answer: \_\_\_\_\_  
 Your name: \_\_\_\_\_ Unit number: \_\_\_\_\_ And age: \_\_\_\_\_

Cut and drop this portion in the box on the office door or e-mail this info to [t-nm@live.ca](mailto:t-nm@live.ca)  
 The first one to give us the answer will win a prize. Good luck !

*kidzone, first-school*

