

THURLESTONE NEWSMAGAZINE

July-Aug 2016



*From the NewsMagazine Committee,
we want to thank all those who
contributed to this issue:*

*Kay Witcher, Melissa Soulliere,
Cathy Menard, Janice Hardacre,
Jeff Gadicke and Alba Salsona
who helps out with the delivery!*

Submissions are always welcome.

Please deliver all you
contributions to the office
newsletter mailbox or email them
before Aug 19:

t-nm@live.ca

Jewel & Patricia

It's the lazy, hazy days of summer.

The sound of children laughing and
people gathering around enjoying
the warmth of the summer sun.

We hope that your summer is filled
with fun, friends and fantastic
adventures.

Take care of each other.

Happy Summer!

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Mission Statement
To promote Unity and Participation
To Inform and Entertain

July 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Canada Day <i>Office Closed</i>	2
3	4	5	6 - Bylaw Mtg 10 am	7	8	9
10	11	12	13 - Bylaw Mtg 10 am Finance Mtg. 7:00 pm	14 Membership Mtg 7:00 pm	15	16
17	18	19 Board Mtg. 7:00 pm	20- Bylaw Mtg 10 am	21	22	23
24 31	25	26	27 - Bylaw Mtg 10 am	28	29	30

Audit ← →

August 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Civic Holiday	2	3 - Bylaw Mtg 10 am	4	5	6
7	8	9 Board Mtg. 7:00 pm	10 - Bylaw Mtg 10 am Finance Mtg. 7:00 pm	11	12	13
14	15	16	17- Bylaw Mtg 10 am	18	19 NewsMagazine 7:00 pm	20
21	22	23	24- Bylaw Mtg 10 am	25	26 NewsMagazine 7:00 pm	27
28	29	30	31- Bylaw Mtg 10 am			

HOLIDAYS AND OBSERVANCES

JULY 1st

CANADA DAY



AUGUST 1st

CIVIC HOLIDAY



On June 20, 1868, a proclamation signed by the Governor General, Lord Monck, called upon all Her Majesty's loving subjects throughout Canada to join in the celebration of the anniversary of the formation of the union of the British North America provinces in a federation under the name of Canada on July 1st.



There are no limits to the majestic future which lies before the mighty expanse of Canada with its virile, aspiring, cultured, and generous-hearted people. - Sir Winston Churchill

Thurlestone Co-op Inc.
MINUTES OF BOARD MEETING

April 5th 2016

Present: Deb Brown, Sophie Edwards, Reg Morency, Shula Katz, Bridget Maloney, Pat Gadicke, Diana Hogan, Laura Parsons (arrived at 8:30 pm).

Regrets: Krys Wells

Recording Secretary: Pat Gadicke

Chairperson: President Deb Brown

1. **CALL TO ORDER:** 7:09 pm

2. **APPROVAL OF AGENDA:** 1st by Denise, 2nd by Deb. All in favour.

3. **ADOPTION OF MINUTES:** - July 7th 2015 - 1st by Denise, 2nd by Sophie. ABSTAINED: Reg, Deb, Pat.

-March 8th 2016- 1st by Deb, 2nd by Denise. ABSTAINED: Reg

-March 11th 2016- 1st by Denise, 2nd by Shula. ABSTAINED: Reg

4. **BUSINESS ARISING FROM MINUTES:** -July 7th 2015 – No new Business

-March 8th 2016 - No new Business

-March 11th 2016- No new business

5. **See Confidential Section CO-ORDINATOR RE: PARKING POLICY.** (Deferred from March 8th 2016): Board directed Diana to clarify and interpret Parking Policy. Pat Gadicke declared conflict of interest and left meeting .

6. **CONFIDENTIAL SECTION:** See Confidential Section.

7. **CO-ORDINATOR'S REPORT:**

7.1 **ADMINISTRATIVE UPDATE:**

a) FYI

b) RE: Paint Policy and date of effect. Board agreed that new Paint Policy is effective as of June 1st 2016.

c) FYI

d) FYI

e) FYI

f) RE: Rogers Cable contract. Motion made to renew Rogers contract – Option 3 for 7 years.
1st by Sophie, 2nd by Deb. All in favour. Motion carried.

7.2 MAINTENANCE UPDATE:

a) FYI

b) Motion to approve quote from ABC Fire Doors . 1st by Deb, 2nd by Laura. All in favour.
Motion carried.

8. COMMITTEE REPORTS: No reports at this time.

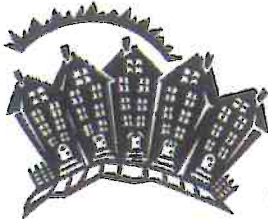
9. NEW BUSINESS: No new business at this time

10. DATE OF NEXT BOARD MEETING: April 26 2016 7p.m.

11. ADJOURNMENT: 9:27 P.M.

Deborah Brown, Chairperson

Pat Gadicke, Secretary



THURLESTONE CO-OPERATIVE INC.

22 Fishleigh Drive, Unit 3, Scarborough, ON, M1N 1G9

(416) 261-1110 (Phone) (416)261-4744 (Fax)

www.thurlestonecoop.com Email: thurlestonecoop@rogers.com

BOARD OF DIRECTORS MEETING

APRIL 26 2016

PRESENT: Deb Brown, Bridget Maloney, Denise McDonald, Reg Morency, Krys Wells, Pat Gadicke, Shula Katz, Sophie Edwards, Diana Hogan.

REGRETS: Laura Parsons

RECORDING SECRETARY: Pat Gadicke

CHAIRPERSON: Deb Brown, President

1. CALL TO ORDER: 7:00 PM

2. APPROVAL OF AGENDA: 1ST by Sophie, 2nd by Deb. All in favour.

3. ADOPTION OF THE MINUTES: April 5th 2016 – 1st by Denise, 2nd by Sophie. **ABSTAIN:** Krys. All in favour.

4. BUSINESS ARISING FROM MINUTES: April 5th 2016 - No new business

5. CONFIDENTIAL SECTION: See Confidential Section

6. CO-ORDINATOR'S REPORT:

6.1 ADMINISTRATIVE UPDATE:

a) FYI

b) Re: Vacancy Loss Contest – Not participating at this time.

c) Re: You Hold the Key Initiative. Board suggested that a petition be drafted for members to sign and that said petition be delivered to our M.P.

d) FYI

6.2 MAINTENANCE UPDATE:

a) Motion to accept tender from Viana Roofing for Fishleigh roof repairs, in the amount of \$39,800. 1st by Denise, 2nd by Shula. All in favour. Motion carried.

b) Motion to approve refinishing/repairs of flooring in Unit 5E by Century Flooring X-Press at cost of \$1,420.18. 1st by Deb, 2nd by Denise. All in favour. Motion carried.

c) Re: Quote from The Electrical Works in the amount of \$895.00 plus HST for outdoor receptacles at 2 Folcroft for E-bikes. Denise Macdonald declared a conflict of interest and left the meeting. Board decided to revisit this proposal when at least 3 members request this service.

d) Re: Proposal by Lumenix to perform a lighting survey in co-op common areas at no cost to co-op. Board agreed to go ahead with survey.

e) Re: Capitol Carpet Cleaning quote of \$7,684.00 to powerwash northface of 2 Folcroft. Board decided not at this time.

7.COMMITTEE REPORTS:

a) Re: Proposal to amend Paint Policy from Finance Committee. Motion to make standing resolution to amend Paint Policy. 1st by Pat, 2nd by Krys. All in favour. Motion carried.

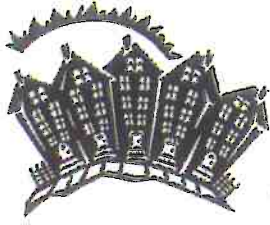
8. NEW BUSINESS: Reports given by Pat, Shula and Denise on workshops that they attended on April 16th 2016.

9.DATE OF NEXT BOARD MEETING: Tuesday May 17th 2016 at 7pm.

10. ADJOURNMENT: 9:40 pm.

Chairperson: Deb Brown, President

Secretary: Pat Gadicke



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Minutes of Board Meeting

MAY 17th2016

PRESENT: Diana Hogan, Reg Morency, Deb Brown, Krys Wells, Denise McDonald, Bridget Maloney, Pat Gadicke, Shula Katz.

REGRETS: Laura Parsons, Sophie Edwards

RECORDING SECRETARY: Pat Gadicke

CHAIRPERSON: Deb Brown, President

1. CALL TO ORDER: at 7:05 pm

2. APPROVAL OF AGENDA: 1ST by Denise, 2nd by Krys to approve agenda as amended to change item #9's next board meeting date to June 7th, 2016 from May 17th, 2016. All in favour as amended.

3. ADOPTION OF MINUTES OF APRIL 26TH, 2016: 1ST by Denise, 2nd by Reg. All in favour.

4. BUSINESS ARISING FROM MINUTES: None

5. CONFIDENTIAL SECTION: See Confidential Section.

6. CO-ORDINATOR'S REPORT

6.1 ADMINISTRATIVE UPDATE:

a) Motion to donate \$100.00 to CHFT Diversity Scholarship. 1st by Deb, 2nd by Shula. All in favour. Motion carried.

b) FYI

c) FYI

6.2 MAINTENANCE UPDATE:

a) Motion to approve quote for replacement of fabric on two awnings at Units 1A and 1B. Quote is for \$2,268.00 plus HST. 1ST BY Deb, 2nd by Denise. All in favour. Motion carried.

b) Re: WaterMatrix audit. Board decided to defer audit to a later date.

7. COMMITTEE REPORTS: No reports at this time.

8. NEW BUSINESS:

a) FYI

b) Re: Presentation by Denise about applying for grants to install outlets for E-bikes. Board gave the go ahead to proceed with grant application.

9. DATE OF NEXT BOARD MEETING: June 7th 2016 at 7:00 pm.

10. ADJOURNMENT: @ 9:35 pm 1st by Denise, 2nd by Deb. All in Favour.

Chairperson, President Deb Brown

Secretary, Pat Gadicke

NewsMagazine Committee:

Needs more helping hands for the production of the Newsletter!! New people, new ideas, your creativity, and/or your computer skills would be of great benefit.

Anyone interested please call the office and leave your name and number to forward on to the committee.

Or Email us at: t-nm@live.ca



DEADLINE for submission of answers to this issue's contest is: **July 22nd**.

There were no winners for the contest in our last issue.

Aspire to inspire before you expire. -anonymous-

TORONTO HYDRO-ELECTRIC SYSTEM LIMITED

bright ideas

NEXT UP: SUMMER!

ARE YOU READY FOR IT?

THE KIT:

7 essentials for 72 hours

Summer storm season is coming – are you prepared if the power goes out? Stock up on enough supplies to last 72 hours. Be sure to consider extra items for young children, pets or family members requiring special assistance.

What to include in your 72-hour emergency kit:

- At least four litres of water per person per day
- Money, as bank machines may not be available
- Non-perishable food and a can opener
- Crank or battery-powered radio
- Blankets
- First aid kit
- Flashlight

Plan ahead at TorontoHydro.com/BePrepared

Keep your eyes peeled for powerlines

As you start to spend more time outdoors, be sure to stay (and play) well away from electrical equipment and powerlines – contact with live wires can be fatal.

- 1 Look up, look out!**
Watch for powerlines when cleaning eavestroughs or windows, working on the roof or painting the house.
- 2 Play it safe**
Fly kites in open spaces, well away from powerlines. If a kite gets tangled in an overhead line, leave it alone! Never let kids climb trees near powerlines.
- 3 Prune carefully**
When pruning trees, look carefully for hidden powerlines that may be covered by branches and leaves.
- 4 Downed line? Stay clear**
If you come across a downed powerline, stay back at least 10 metres – about the length of a school bus – and call 9-1-1.

Watch powerline safety videos at TorontoHydro.com/Safety

OUR VICTORIA DAY 2016



Photos by Jeff Gadicke



POTLUCK BBQ

SATURDAY AUGUST 20TH

2-5PM

BRING YOUR FAVOURITE SALAD OR
DESSERT.

HAMBURGERS AND HOT DOGS
PROVIDED.

COME ON OUT AND SHARE GOOD FOOD AND
GOOD COMPANY



SPONSORED BY THE SOCIAL COMMITTEE



Honey Balsamic Chicken and Goat Cheese Salad

Ingredients

450 g boneless skinless chicken breasts, cubed

Lemon-Dijon Dressing:

1 tbsp (15 mL) olive oil

1 tsp (5 mL) Dijon mustard

1 tbsp (15 mL) lemon juice

Pinch each salt and pepper

2 tsp (10 mL) olive oil

2 tsp (10 mL) balsamic vinegar

2 tsp (10 mL) liquid honey

6 cups (1.5 L) baby arugula

2 cups (500 mL) chopped English cucumber

1/2 cup (125 mL) crumbled soft goat cheese

2 tbsp (30 mL) chopped fresh chives

1/4 cup (60 mL) chopped pecan halves, toasted

Lemon-Dijon Dressing:

1 tbsp (15 mL) olive oil

1 tsp (5 mL) Dijon mustard

1 tbsp (15 mL) lemon juice

Pinch each salt and pepper



Preparation

Lemon-Dijon Dressing: In small bowl, whisk oil with mustard until combined; whisk in lemon juice, salt and pepper. Set aside.

Sprinkle chicken with salt and pepper. In nonstick skillet, heat oil over medium heat; cook chicken, stirring occasionally, until golden and no longer pink inside, 6 to 8 minutes.

Whisk vinegar with honey until combined; pour over chicken. Cook, stirring, until chicken is coated and vinegar mixture starts to thicken, about 1 minute. Transfer to plate; let cool slightly.

Meanwhile, in large bowl, combine arugula, cucumber, goat cheese and chives. Drizzle dressing over top; toss to coat. Stir in chicken; top with pecans



Mediterranean Fusilli Salad

Ingredients

12 oz (340 g) fusilli pasta

1 zucchini, cubed

1 can (19 oz/540 mL) romano beans, drained and rinsed

2/3 cup (150 mL) sliced, drained oil packed sun dried tomatoes

3/4 cup (175 mL) thinly sliced fresh basil

Dressing:

2/3 cup (150 mL) extra virgin olive oil

1/4 cup (60 mL) red wine vinegar

1 garlic clove, minced

1 tsp (5 mL) ground cumin

1 tsp (5 mL) dried oregano

1/4 tsp (1 mL) salt

1/4 tsp (1 mL) pepper

Preparation

Dressing: In bowl, whisk together oil, vinegar, garlic, cumin, oregano, salt and pepper.

In large pot of boiling salted water, cook fusilli until tender but firm, about 10 minutes. Drain and rinse in cold water; drain well and place in large bowl. Add zucchini, beans and tomatoes; pour dressing over top and toss to combine. (Make-ahead: Cover and refrigerate for up to 24 hours.)

Toss with basil just before serving.

Toronto Animal Services launches mobile spay and neuter services for dogs and cats



Toronto Animal Services' Mobile Spay/Neuter Your Pet (SNYP) Clinic will be rolling into neighbourhood improvement areas throughout the city to provide spay and neuter services for dogs and cats. Residents with an income of less than \$50,000 will qualify for subsidized or waived fees.

Spaying and neutering pets prevents and reduces a number of serious and expensive health problems, reduces unwanted behaviour related to mating and prevents pet overpopulation.

The state-of-the-art truck is the first of its kind in Canada and was made possible through a \$250,000 donation from PetSmart Charities of Canada™, and additional donations from Toronto residents.

"Our partnership with PetSmart Charities of Canada and its generous donations has allowed us create the SNYP truck, which will bring subsidized spay/neuter services directly to the communities who often have limited access to veterinary care," said Elizabeth Glibbery, Manager, Toronto Animal Services.

Residents can call 416-338-6281 to book an appointment and check the website for dates that the truck will be in their neighbourhood.

"As a leading funder of animal welfare, PetSmart Charities of Canada funded nearly 9,000 spay/neuter surgeries across Canada in 2015 alone," said John DeFranco, Chair, PetSmart Charities of Canada. "Our collaboration with Toronto Animal Services – and funding for their important Mobile SNYP Clinic – is a significant step toward ending pet homelessness in Toronto."

Members of the general public will have the opportunity to tour the SNYP truck on Nathan Phillips Square on Wednesday, May 11 between 11 a.m. and 2 p.m. Toronto Animal Services' staff and a representative from PetSmart Charities of Canada will be available to provide tours and answer questions for the media at 11:30 a.m.

More information and the schedule for the SNYP mobile clinic is available at <http://www.toronto.ca/snyptruck>

Please Note: It is not safe for dogs larger than 30 pounds to be spayed or neutered in the SNYP truck. There is not enough room in the truck to move a large dog that is under anesthetic.

If we identify an owner that needs help with a large dog, we will do our best to accommodate the dog in our shelter clinic or refer them to another clinic that can help.

SNYP Truck Clinic Dates and Locations:

How do I make an appointment? You will be able to make your request by calling 416-338-6281 or by email spayneuter@toronto.ca to book an appointment.

Date	Location
May 12, 19, 26 June 2, 9 July 14	No Frills Supermarket 25 Photography Drive - Black Creek Dr./ Eglinton Ave.
May 17, 24 June 30	Lampport Stadium 1151 King St W
June 14 July 13 and 27	145 Strathmore Blvd.
June 21, 23 July 12	Arleta Manor 7-11 Arleta Ave. Sheppard Ave./Jane St.
June 29, July 6, July 20	Jane/Finch Mall 1911 Finch Ave. W. - Jane St./Finch Ave. W.
July 5, 7. Aug 30 Sept 1. Nov 1, 3, 29 December 1	Yonge Street Mission 306 Gerrard Street East – Parliament St./Gerrard St. E.
July 19	Fred Victor Centre - Bethlehem United Shelter 1161 Caledonia Rd. - Eglinton Ave./Caledonia Rd.
July 26 and 28	Centennial Recreation Centre 1967 Ellesmere Ave. - Ellesmere Ave/Markham Rd.

Spaying and neutering pets prevents and reduces a number of serious and expensive health problems, reduces unwanted behaviour related to mating and prevents pet overpopulation.

This item appeared in Gary Crawford's spring newsletter to constituents. It might be beneficial to some of our members

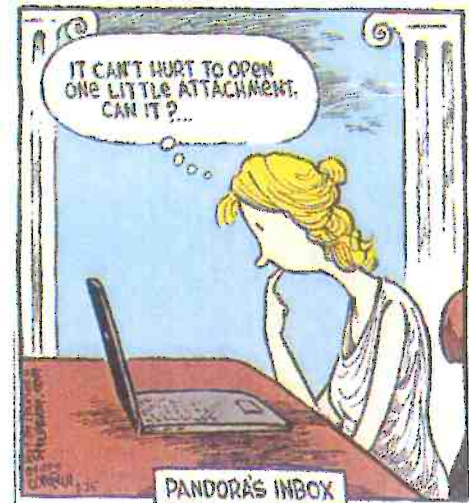
CONGRATULATIONS ! You've "won a cruise"?

If it sounds too good to be true, it probably is !

Whether it is in our electronic email inbox or on the phone, requests for personal information can steal our identity.

Email Fraud, "Phishing" and "Brand Spoofing" - How can you tell if an email is legitimate?

- Your bank never sends emails or calls you on the phone asking for personal information such as your credit card, passwords or answers to security questions.
- Beware of unsolicited emails that have a sense of urgency and warning that your account will be closed or your access limited.
- Some fraudulent emails and websites look professional with logos and links, but contain spelling and grammatical errors. They look personalized but will be addressed as "Dear Valued Customer". These emails are attempts to get you to volunteer personal information or install malware on your computer.



How to Protect Yourself

- Don't open the attachment from a suspicious-looking email.
- Call the person or company to check or search online for complaints of a similar nature.
- Do not provide personal information such as bank account numbers, passwords, credit cards, social insurance number, health card number, driver's license, home address.
- Report and delete spam. The Canadian Anti-Fraud Centre (CAFC) is the central agency in Canada that collects information and criminal intelligence on such matters as mass marketing fraud (e.g., telemarketing), advance fee fraud (e.g., West African letters), Internet fraud and identification theft complaints. www.antifraudcentre-centreantifraude.ca

What to Do If You Unwittingly Provided Personal Information

Step 1 - Contact your bank/financial institution or credit card company

Step 2 - Contact your credit bureau and have fraud alerts placed on your credit reports:

Equifax Canada
(www.consumer.equifax.ca)
Toll free: 1-800-465-7166

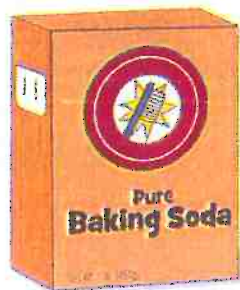
TransUnion Canada
(www.transunion.ca)
Toll free: 1-877-525-3823

Step 3 - Contact your local police

Step 4 - Always report phishing. If you have responded to one of these suspicious e-mails, report it to the Canadian Anti-Fraud Centre

Surprising Uses for Baking Soda

What is Baking Soda?



Baking soda is a chemical compound that appears as a fine powder. It releases bubbles of carbon dioxide when it interacts with an acid and a liquid. Common practical use for baking soda is: baking, deodorizer and cleaning. But, baking soda can do a lot more than just sit in the back of the fridge !

Baking soda is good indefinitely past its 'best by date', although it can lose potency over time. While old baking soda may not produce as much leavening action, it is still safe to eat. Unopened package: two years; opened package: 6 months.

Ants: Sprinkle a mixture of equal parts baking soda and salt wherever you see the ants coming in.

BBQ Grill: Put some baking soda on a damp brush, scrub the grate and then rinse.

Bath: Add ½ cup baking soda to your bath for an at-home spa treatment.

Bug bites, rashes, sunburn and poison ivy: Mix baking soda with a little water and apply directly to sore.

Crayon Marks: Remove scratches and crayon marks from vinyl floors and walls.

Dishes: Baking soda helps cut grease naturally and make it easier to clean. Add a heaping scoop of baking soda to your normal dish soap and let soak for a while.

Fire: Scatter a handful of baking soda over small grease fires on rugs, upholstery, clothing, and wood.

Flowers: Keep cut flowers fresh longer by adding a teaspoon to the water in the vase.

Garden: Scatter baking soda around flowerbeds to prevent rabbits from eating your veggies.

Hair: Mix a little baking soda into your conditioner and lather on your hair to keep it healthy and resistant to split ends. For dandruff, massage wet scalp with a handful of baking soda instead of using shampoo. **Chlorine remover:** Rinse hair with 1/2 teaspoon baking soda in 1 pint water to remove the dullness or discoloration caused by chlorinated pools.

Heartburn: Create an antacid by mixing ½ teaspoon of baking soda with ½ cup of water.

Sidewalks: Scatter baking soda on icy sidewalks—it's not as corrosive as salt.

Weeds: Sprinkle into the cracks on your driveway and walkways.

Poems

STAND WITH YOU

*She sits in a corner,
 Curled up in a ball.
 She finds some comfort,
 Within the joining of the wall.
 The outside world scares her,
 Feels like she's always stabbed in the back.
 She lacks faith and trust in others,
 Feels like she's falling through a crack.
 The sun shines bright,
 But only for everyone else's day.
 So she remains in the corner,
 Till the sun shines her way.
 It's sad to see,
 That you are trying to hide.
 That people have walked away,
 In times you've cried.
 No storm lasts forever,
 Never stop searching for the light.
 Together we will dance it through,
 Together we will fight.
 I will always stand with you.
 ~~ Cathy Menard ~~*



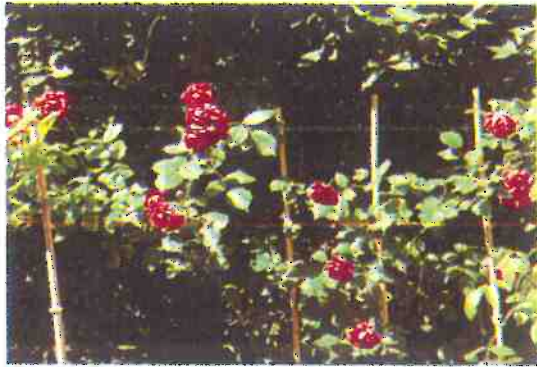
SONNET

[Composed 1801. - Published 1820.]

*There is a little unpretending Rill
 Of limpid water, humbler far than aught
 That ever among Men or Naiads sought
 Notice or name!— It quivers down the hill,
 Furrowing its shallow way with dubious will;
 Yet to my mind this scanty Stream is brought
 Oftener than Ganges or the Nile; a thought
 Of private recollection sweet and still!
 Months perish with their moons; year treads on year;
 But, faithful Emma! thou with me canst say
 That, while ten thousand pleasures disappear,
 And flies their memory fast almost as they;
 The immortal Spirit of one happy day
 Lingers beside that Rill, in vision clear.*

William Wordsworth
 ~An Anthology~
 English Poets Series

THURLESTONE'S GARDENS



Bits And Bites

Did you know ?

Since it takes 365 and 1/4 days for the earth to revolve around the sun, one day needs to be added every four years (Feb. 29th) so that the calendar and seasons don't get out of whack.

~Otherwise, after about 730 years, summer would be in what are now the winter months, and winter would be in what are now the summer months.~

And because there is really 365 days, 6h, 9mins so that 6hrs 9mins turn into a whole day.

COLOSSAL SQUID

ONE OF THE WORLD'S LARGEST ANIMALS!

The Colossal Squid is a creature borne from the nightmares of people with sea-phobia all over the world. The Colossal Squid for a long time wasn't even verified to exist but now we know it as the largest squid in the ocean. These creatures are almost 50 feet in length and they weigh upwards of 1,700 pounds. The Colossal Squid has long limbs that are lined with three pointed hooks which make them excellent predators and able to fight pretty much anything in the ocean. The eye alone on this malicious looking creature is as big as the human head. The first Colossal Squid ever discovered was found in 1925 when a sperm whale surfaced with two tentacles from the squid still inside of its stomach.



<http://www.journalistate.com>

Low Cost Summer Activities for Kids

FUN AT THE TORONTO PUBLIC LIBRARY

The library is more a place to check out books. There are plenty of fun, free, activities from science experiments to movies available all through out the summer. www.torontopubliclibrary.ca

Our local libraries are:

- ♦ Taylor Memorial Library - 1440 Kingston Road, Toronto, 416-396-8939
- ♦ Albert Campbell District Library - 496 Birchmount Road, Toronto, 416-396-8890

And check out the TD Summer Reading Club both online and in library at:
<http://www.tdsummerreadingclub.ca/>

SPLASH PADS AND PLAYGROUNDS

While we have our own playground sometimes its fun explore too. The closest splash pad is at Scarborough Bluffs Park on Cecil Drive. Another splash pad is at Sandown Park, both are beside playgrounds. Pack a lunch and make a day of it.

WADING POOLS

Highview Park at Highview just west of Kennedy, has a wading pool for those with little ones who want to get wet.



SWIMMING POOLS

Birchmount Community Centre has an indoor pool complete with a tot pool but if you're looking for an outdoor pool its at Blantyre Park.

BEACHES

Not just in "The Beaches" (or the Beach, your choice), we're also close to Bluffer's Park beach. Either location is a great place to hang out, build sandcastles and forget you're in the city. Plus Bluffers Park, Woodbine Beach are Blue Flag

beaches, meaning the water quality is tested daily in the summer.

KIDSTOWN WATER PARK

IA rather long hike up Birchmount (its located at 3159 Birchmount Rd), Kidstown Water Park is a free kids water park with a small slide, wading pools and a large water bucket that must be experienced.

ICE CREAM TRUCK

The ice cream truck has to be experienced by the young and young at heart at least once a summer! They usually show up in the afternoon so keep an ear out for the music.

TAKE A HIKE!

Whether is Rouge Park, the Don Valley or just a stroll through Rosetta McLain gardens there's plenty of places to discover nature in the city. Check out: <http://rougepark.com/hike/>



July-August Sudoku:

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

Answers to Last Contest:

1. - A. APPLE
2. - A. HERSHEY'S
3. - A. LIMA
4. - A. KRONE
5. - A. CHEESE
6. - A. EURO
7. - A. MARK ZUCKERBERG
8. - A. FEDERAL BUREAU OF INVESTIGATION
9. - A. CARLOS SLIM HELU
10. - A. THE BLACK MAMBA

Solution to Previous Sudoku:

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

SOMEBODY USED MY CREDIT CARD TO SIGN UP FOR AN ONLINE FOREIGN LANGUAGE COURSE!



MULTI SUDOKU

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

HOW TO PLAY: Multi Sud consists of five overlapping Sudoku grids. The object is to solve the grids according to the rules of regular Sudoku so that the solution in each overlapping area complies to the rules of the two overlapping grids.

Submit your solved Multi Sudoku to the NewsMagazine box at the Office to win a prize. The earliest bird will get the worm. Winners will be announced in the next issue of the Newsletter. Entries must be submitted by July, 22nd. **Good Luck**

Name: _____ Unit: _____

Find the words about swimming, listed below, in the word search grid. Circle each letter one by one. Each letter of the swimming word search grid may be used in more than one word. When the word search puzzle is complete, read the remaining letters left to right, top to bottom, to learn an interesting fact about recreational swimming.

Swimming Word Search Puzzle

S A B U C S D W F I R M M I N
 G C R A N B E I B E O T H H L
 A U E L S E N S V F U S L A W
 N D A R D S E I C E A H R E A
 A K S T R I R D O L N O A L R
 E A T C A T I E P V I R T Y C
 I T S S U P R S W I M S U I T
 I M T A G R Y T U F S E E S N
 A P R R E E G R L L C P O O O
 O L O I F N N O E G F L I S R
 H C K O I I A K N G R A E R F
 C R E F L T R E E A T Y E I O
 N E R A I O X E R C I T S I N
 G U A N N N E L D D A P G O D
 S D G S U M M E R W S P O R T

SWIMMING WORD LIST

BREASTSTROKE	LAKE	SNORKEL
DIVE	LIFEGUARD	SPLASH
DOG PADDLE	OCEAN	SUMMER
FINS	POOL	SURFING
FLOATING	RIVER	SWIMSUIT
FRONT CRAWL	SCUBA	WATER
HORSEPLAY	SIDE STROKE	

SUMMER 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
20	7	14	16	26	18	17	12	3	8	5	23	6	24	2	1	9	13	25	22	4	15	21	19	11	10

_____ _____ _____ _____
 22 12 26 13 26 25 12 20 23 23 7 26 26 22 26 13 24 20 23

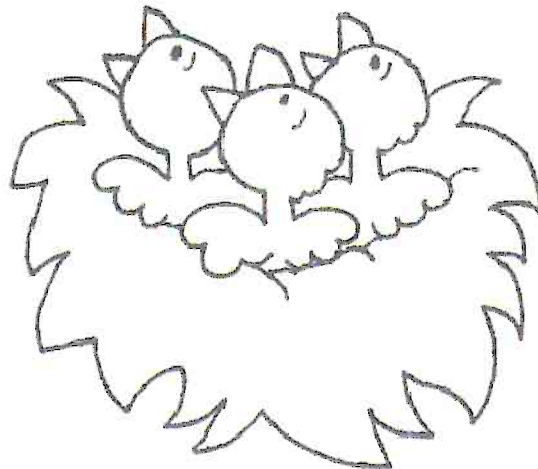
_____ _____ _____ _____
 25 4 6 6 26 13 3 24 22 12 26 17 13 20 22 26 18 4 23

 12 26 20 13 22

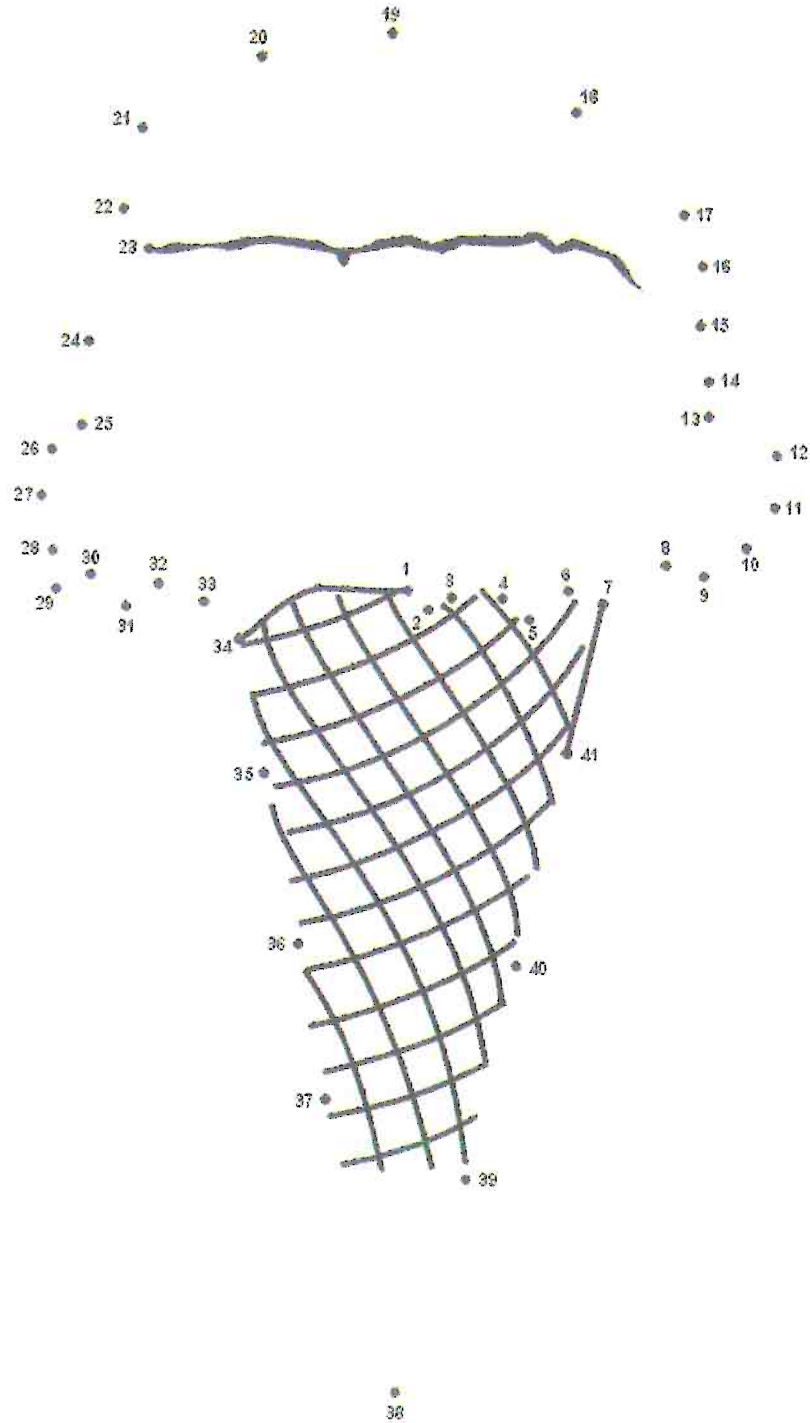
Directions:

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.

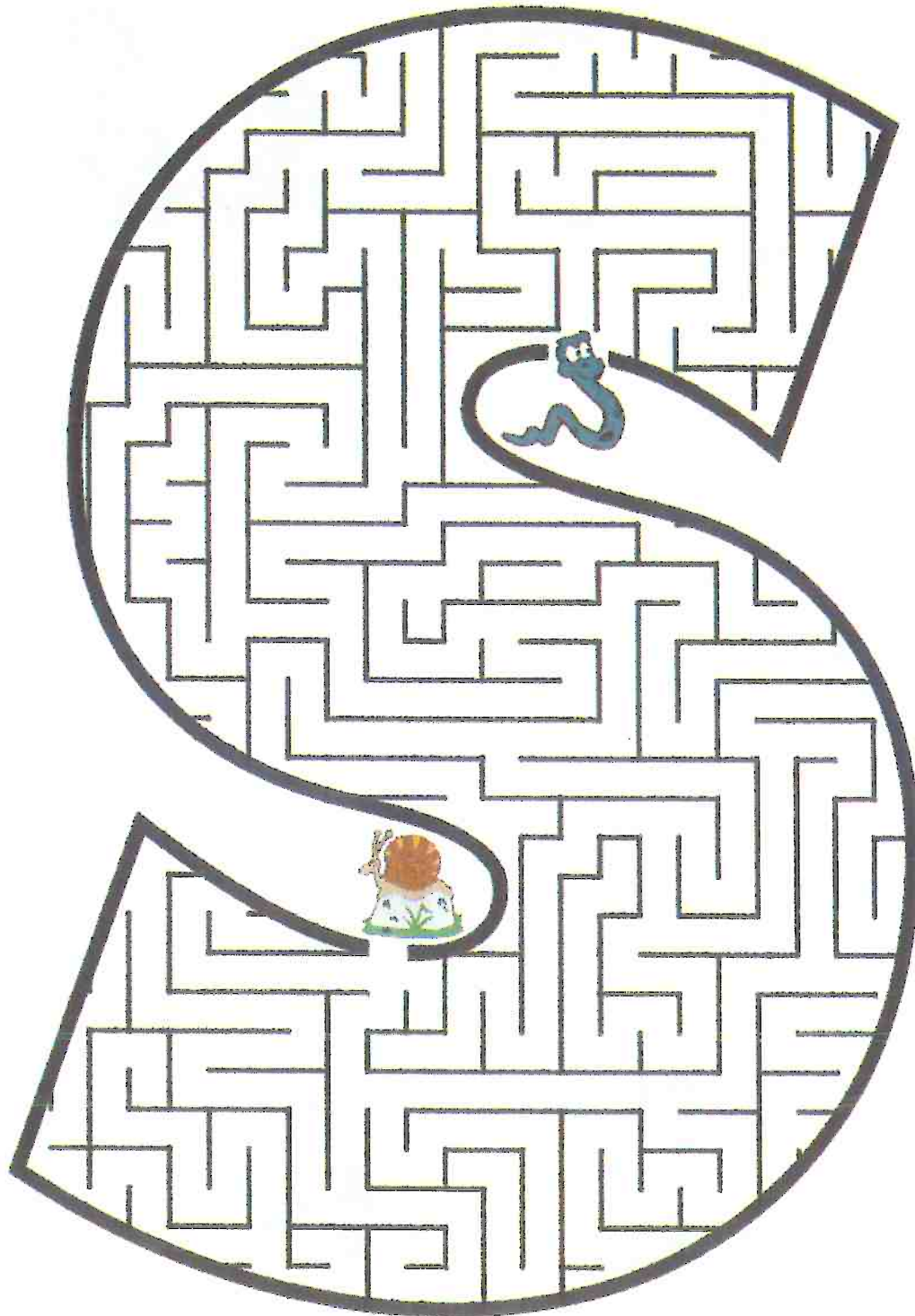
The bottom part contains a secret phrase. Each of the blanks has a number underneath it. Fill in the letters that correspond to the numbers below the blanks to solve the phrase.



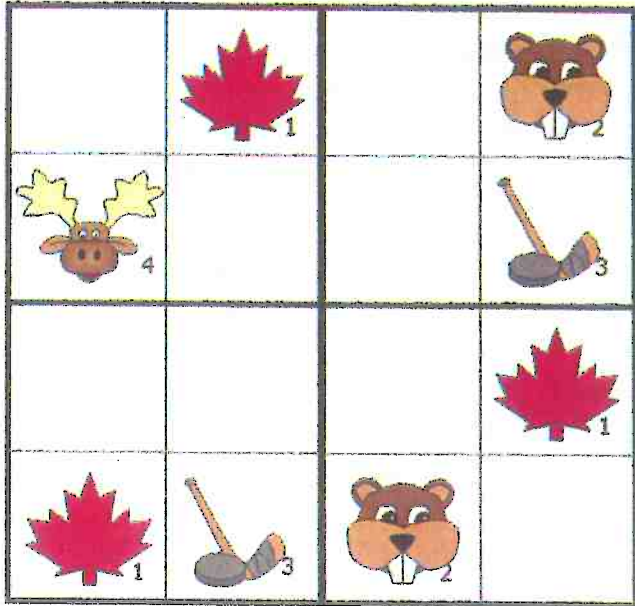
Summer Dot to Dot: Ice cream cone



The Slithery Snake needs to go through this maze to catch the Slow Snail on this maze of the letter S.



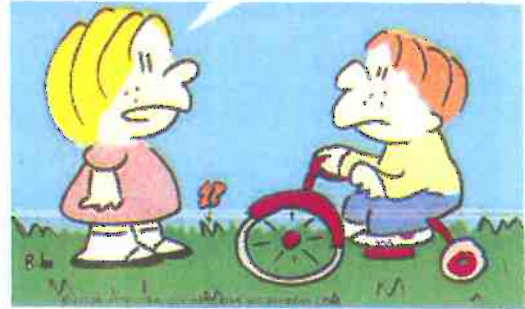
Oh, Canada! Sudoku



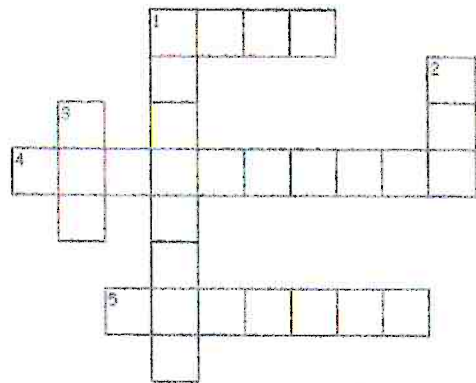
Each row, each column and each of the large four squares should have one of each image. Fill in the blanks!



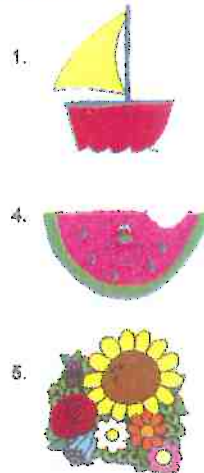
HAVE YOU GIVEN ANY THOUGHT TO WHAT YOU'RE GOING TO DO WITH YOUR LIFE AFTER SUMMER VACATION?



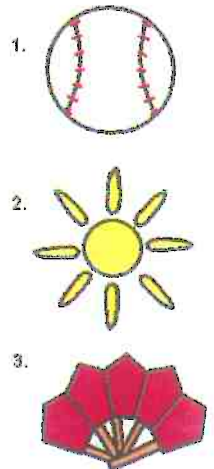
Summer Crossword



Across



Down



Word List:
baseball
boat
fan
flowers
sun
watermelon



Coloring Time

