



"Ripples From The Creek"



By: Harmony

Recipés For BBQ

BBQ Beer Ribs

4 lbs - Pork back ribs, cut into 2-3 bone portions

Water, to cover

1 cup – Dry Sherry

Marinade

1 can of beer	½ cup – barbeque sauce
½ cup – soy sauce	2/3 cup – brown sugar, packed
¼ cup – liquid honey	2-4 – garlic cloves, minced

Combine ribs, water and sherry in large pot. Bring to a boil. Reduce heat to medium-low. Simmer, uncovered, for about 1 1/2 hour, skimming off fat occasionally, and until ribs are tender. Remove ribs drain water and cool. Place ribs in large reseal able freezer bag.

Marinade: Combine all 6 ingredients in medium saucepan. Heat and stir on medium until boiling and brown sugar is dissolved. Cool. Makes 3 cups marinade. Pour over ribs. Seal. Turn until coated. Marinate in refrigerator for at least 3 hours, turning several times. Remove ribs, reserving 1/2 cup marinade.

Preheat barbecue to medium-high. Place ribs on greased grill. Close lid. Cook for about 5 minutes per side, brushing with reserved marinade, until heated through. Serves 6.

Best Pork Chops

6 - Bone-in pork chops (about 2 1/2 lbs)

Garlic Marinade

½ cup – water	3 tbsp. – lemon pepper
1/3 cup - soy sauce	2 – garlic cloves, minced
¼ cup – cooking oil	

Garlic Marinade: Combine first 5 ingredients in small bowl. Makes about 1 cup marinade.

Place pork chops in single layer in large shallow baking dish. Pour marinade over top. Turn until coated. Cover. Marinate in refrigerator for 45 minutes, turning occasionally. Drain, reserving marinade in small saucepan. Bring reserved marinade to a boil on medium. Reduce heat to medium-low. Simmer, uncovered, for at least 5 minutes. Preheat barbecue to medium. Cook pork chops on greased grill for about 25 minutes, turning once and brushing with reserved marinade, until desired doneness. Serves 6.

Bacon Wrapped Scallops

12 - Large Scallops (cleaned)

12 - Slice of bacon (50% less salt)

Lemon pepper marinade (PC brand)

Marinate scallops in marinade for no longer than 10 minutes. Discard the balance of the marinade. Wrap bacon around scallops and secure with a toothpick. BBQ on medium heat until bacon is done. When bacon is ready remove from BBQ.

Planning A Summer BBQ?

Since summer has arrived, our thoughts turn to outdoor activities. When we start thinking about being outside, thoughts of barbecuing are not far off. Planning a barbecue can be easy and fun. Dining outdoors, inviting friends over and bringing the meal out of the house makes for a charming and social dinner party. Here are some barbeque party ideas to make your outdoor entertaining a breeze.

- Always plan your event far enough in advance so that everyone has enough notice to fit it into their schedule.
- You want the weather warm enough so that everyone will be comfortable.
- Make sure you have a backup plan in case of rain, whether it is an alternate date or grilling in your garage. Expecting to be outside in the rain is not a good idea.
- Have several main dishes, just to satisfy the variety of tastes that will be attending your barbecue. Traditional picnic side dishes will be expected, however you may wish to try a few new ideas.
- Have a plan for when you are going to begin preparing your food. You want to make sure everything has had ample time to thaw or marinate and that you are prepared.
- Having a theme barbecue is a lot of fun. There are many other themes that can be used at a barbecue:

- Hawaiian Themed Luau
- Mexican Fiesta
- Labor Day BBQ
- Night-time Glow in the Dark Party
- Western Cowboy Party

- You will need to have comfortable seating for everyone. Kids can always sit on a blanket if you run out of seating.
- For daytime parties, you'll need umbrellas or other sources of shade in order to keep people from becoming overheated.
- To help keep guests cool, you should have a selection of iced soft drinks and other beverages in addition to whatever alcoholic beverages you may be serving.
- For evening parties, some outdoor lighting will come in handy, whether candles, patio lanterns or even white Christmas lights. How about citronella candles and torches for their insect repellent capabilities as well as for lighting.



Canada Day



Canada Day (French: Fête du Canada), formerly Dominion Day, is Canada's national day, a federal statutory holiday, celebrated on July 1st.

Tuesday July 1st, 2008 is Canada's 141st anniversary of Confederation.

Let us celebrate this special day as a community and gather together to commemorate our history. Let's Celebrate Canada!

Facts

- Frequently referred to as "Canada's Birthday"
- The occasion marks the joining of the British colonies of Nova Scotia, New Brunswick, and the Province of Canada into a federation of four provinces on July 1, 1867
- On June 20, 1868, then Governor General Lord Monck issued a royal proclamation asking for Canadians to "Celebrate the anniversary of the confederation." However, the holiday was not established statutorily until 1879, when it was designated as "Dominion Day"
- No official celebrations were held until 1917
- Beginning in 1958, the Canadian government began to orchestrate Dominion Day celebrations, usually consisting of 'Trooping the Colour' ceremonies on Parliament Hill in the afternoon and evening, followed by a mass band concert and fireworks display
- Into the late 1960s, nationally televised, multi-cultural concerts held in Ottawa were added, and the fête became known as 'Festival Canada' After 1980 the Canadian government began to promote the celebrating of Dominion Day beyond the national capital, giving grants and aid to cities across the country to help fund local activities
- The name was officially changed to Canada Day on October 27, 1982, a move largely inspired by the adoption of the Canada Act, earlier in the year. However, many Canadians had already been informally referring to the holiday as 'Canada Day' for a number of years before the official name change.

International Celebrations

Canadian expatriates have been organizing Canada Day activities in their communities on or near the date of the holiday. For example, since June 30, 2006, annual Canada Day celebrations have been held at Trafalgar Square – the location of Canada House – in London, England. As well as in Sydney, Australia, at the Victoria Cross bar since 2000. This bar is the location for official Canada Day celebrations. Also, the members of the Canadian Forces in Afghanistan mark each Canada Day at their base.

Activities

Most communities across the country will host organized celebrations for Canada Day, usually outdoor public events, such as parades, carnivals, festivals, barbecues, air and maritime shows, fireworks, and free musical concerts. Just as we are planning here at Neilson Creek, so be sure to come out and enjoy the activities that many people in the co-op have worked so hard to make possible. We hope to see you there!

Happy Canada Day!

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ENTERTAINMENT AT THE CREEK



New & Upcoming Movies

TOP RENTALS Recommended by Category: July and August 2008

Suspense/Thriller /Drama

- The Flock
- The Other Boleyn Girl
- Vantage Point
- The Bank Job
- The Bucket List

Comedy/Chic Flick

- Fool's Gold
- Be Kind Rewind
- Welcome Home Roscoe Jenkins
- Definitely, Maybe
- Superhero Movie
- Harold and Kumar Escape from Guantanamo Bay
- Meet the Spartans
- Mama's Boy

Action/Martial Arts

- Doomsday
- Flash Point
- Never Back Down
- The 36th Chamber of Shaolin

Family Movies

- The Spiderwick Chronicles
- Nim's Island
- Hannah Montana & Miley Cyrus: Best of Both Worlds Concert Tour in Disney Digital 3-D

Fantasy/Sci-Fi

- The Jumper
- 10,000 BC

Horror

- The Eye
- Rogue
- P2
- The Ruins
- Shutter

CHAPTERS TOP BEST SELLER'S BOOKS

- New Earth – Awakening to your life's purpose – Eckhart Tolle
- Chasing Harry Winston – Lauren Weisberger
- Love the One your with – Emily Giffin
- Devil May Care – Sebastian Faulks
- The Host – Stephenie Meyer
- Bright Shiny Morning – James Frey
- Sign of Seven – Nora Roberts
- The Last Lecture – Randy Pausch
- Step on A Crack – James Patterson
- Careless in Red – Elizabeth George

Actor Facts on MARK WAHLBERG

Given Name: Mark Robert Michael Wahlberg

Nickname: Marky Mark

Date of Birth: June 5, 1971

Born: Dorchester, Massachusetts, USA ~ the youngest of nine children

Model, Singer, Actor and Producer

Anybody recognize this face? In 2005, Mark Wahlberg was shooting the movie "Four Brothers" right here in Scarborough on Darlingside Drive and Coronation Drive.

- He was a bricklayer before he started rapping
- He was a member of the early 90's teen group 'New Kids On The Block', with his brother, Donnie for only 6 months
- After leaving New Kids, he started his own band as a rapper, "Marky Mark and the Funky Bunch"
- He released a debut album, "Music for the People" which became a smash hit
- Mark has posed for Playgirl and Penthouse
- He was once a Calvin Klein underwear model with Kate Moss
- Has four tattoos: Tweety and Sylvester on his leg, Bob Marley on his left arm, his initials on his right arm and a rosary around his neck
- Mark was nominated for a 2007 Oscar for Best Performance by an actor in a supporting role, for his role in "The Departed"
- At 17, Mark served 45 days of a two-year prison sentence at Deer Island, an adult prison, after he assaulted a Vietnamese refugee during a robbery attempt
- Mark failed his freshman year of high school, got into drugs and dropped out of high school at 15. He later returned to obtain his GED
- Mark Wahlberg's daughter Ella Rae was born on the 1st September 2003, sadly this was also the day Mark's older sister Debbie passed away
- Leonard DiCaprio was originally offered the lead role in "Boogie Nights"; he turned it down to star in James Cameron's "Titanic". Leonardo recommended Wahlberg for the lead role, after he costarred with Wahlberg in "The Basketball Diaries"

Mark was nominated for a SAG Award in 2008 for his work in the movie "Boogie Nights". The category was Outstanding Performance by a Cast in a Theatrical Motion Picture

- Wahlberg earned \$10 million for his role in "Planet of the Apes". He used his earnings from this movie to start the Mark Wahlberg Foundation, a group that helps struggling kids
- Mark is left-handed
- Was originally cast as Linus Caldwell in "Oceans Eleven", but dropped out
- Considers "The Truth About Charlie" his worst film
- Wahlberg has said, that "The Departed" is one of the roles he is most proud of
- Distant relative of Madonna and Halle Berry
- Mark and some friends were actually booked to fly on one of the planes that crashed into the twin towers on September 11, 2001. Originally planning on flying from Boston to Los Angeles but at the last minute they decided to charter a plane to Toronto, for a film festival and then from there to Los Angeles. A near brush with death that he still dreams about today. "We certainly would have tried to do something to fight. I've had probably over 50 dreams about it."
- You can see Mark Wahlberg in M. Night Shyamalan's "THE HAPPENING". He is also currently shooting "Max Payne" in Toronto, to be released later this year. "The Fighter" in pre-production for 2009 is also to star Mark along with Brad Pitt. Be sure to check out these and other films of Mark Wahlberg.

Health Check – The Summer Sun



“Catching some rays this summer could be more dangerous than ever this year.”

Health and environment experts are warning people to be extremely cautious out in the sun this summer. Levels of harmful ultraviolet radiation are expected to rise four per cent this year as more radiation reaches land because the Earth's protective ozone layer is thinning, according to Environment Canada. The earth's ozone layer is not as thick as it used to be and more ultraviolet radiation from the sun is reaching the Earth. Overexposure to ultraviolet radiation, often referred to as "UV rays," can cause skin cancer and other serious health effects. It is being strongly advise that people that avoid too much sun or to cover up when it's bright outside.

Health Effects of UV Radiation

Overexposure to UV radiation is the main cause of skin cancer. UV rays can trigger the development of skin cancer by creating changes in the cells of the skin. In some cases, the UV rays cause direct damage to the cells. Tans and sunburns, for example, are both signs that UV rays have damaged the skin. In other cases, UV rays can cause skin cancer indirectly, by weakening the immune mechanisms in skin and the rest of the body.

Most often, skin cancer is the result of overexposure to UV rays from the sun. There are three types of skin cancer: basal cell carcinoma, squamous cell carcinoma, and malignant melanoma. The last one can be fatal if not treated early. Many studies of skin cancer show links between malignant melanomas and an individual's intolerance to sun exposure. The studies indicate that people who have suffered severe and frequent sunburns during childhood are at greater risk of developing melanoma. Fair-skinned, red or blonde-haired, green, blue-eyed and freckles are most at risk. Heredity also plays a role; one of every ten people with melanoma (the most serious form of skin cancer) has a family history of the disease. While darker skin types are less likely to develop skin cancers, people with dark and olive skin are susceptible to sun damage, and do get skin cancer.

The two other types of skin cancer tend to develop later in life on areas of skin that have been exposed repeatedly to the sun, such as the face, neck, or hands. Basal and squamous cell carcinomas progress slowly and rarely cause death because they usually do not spread to other parts of the body.

Overexposure to ultraviolet radiation has also been linked to a number of other health effects, including sunburns, cataracts, premature aging of the skin, and weakening of the immune system.

Cataracts and Other Eye Damage

Cataracts are a form of eye damage in which a loss of transparency in the lens of the eye clouds vision. If left untreated, cataracts can lead to blindness. Research has shown that UV radiation increases the likelihood of certain cataracts. Although curable with modern eye surgery, cataracts diminish the eyesight of millions of Canadians and cost billions of dollars in medical care each year. Other kinds of eye damage include pterygium (i.e., tissue growth that can block vision), skin cancer around the eyes, and degeneration of the macula (i.e., the part of the retina where visual perception is most acute). All of these problems can be lessened with proper eye protection from UV radiation.

Minimizing Your Risk

These guidelines will help you protect your family from the sun's harmful rays:

- Seek shade if you are taking part in outdoor activities when the UV index is three or higher
- Cover up. Wear long-sleeved shirts, long pants, gloves, and a broad-brimmed hat or visor. Avoid see-through clothing when possible.
- Avoid sunbathing for the purpose of tanning, especially between 11:00 a.m. and 4:00 p.m. in the summer when the sun's rays are strongest. Reapply after swimming, sweating, exercise or washing your hands, even if the instructions say it isn't necessary.
- Use sunscreen lotion and reapply it often, as directed on the label. Look for a "broad spectrum" sunscreen with a sun protection factor (SPF) of at least 30.
- Wear sunglasses that screen out ultraviolet radiation. Your eyes have no built-in defence against the sun, and damage to the eye from UV rays can lead to cataracts.
- daylight saving time (summer time) and latitude is to check shadow length. If a person's shadow is shorter than their actual height, the risk of sunburn is much higher.
- Do not think you are safe just because the sky is cloudy. The sun's harmful rays can get through fog, haze, and light cloud cover.

Children Need Extra Protection

Children and teenagers have more sensitive skin than adults, so they need extra protection if they are going to be out in the sun for a long time. Sunburn may increase the risk of skin cancer later in life, so it is best to get children used to wearing protective clothing and sunscreen lotion from the start.

At the very least, young children should wear a sunhat, T-shirt, and shorts. When you put sunscreen on children, pay special attention to the parts that are most exposed, including their ears, face, neck, shoulders and back, knees, and the tops of their feet. Avoid using sunscreen on babies. Cover them and keep them in the shade instead.

Canadian adults and children should apply sunscreen each morning from May to September religiously.