

"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.

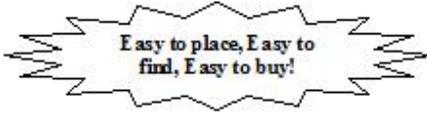
International Celebrations

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!



CLASSIFIEDS

FOR SALE:

3PC SECTIONAL SOFA, features 2 recliners and a sofa bed, 2yrs left on warranty comes with coffee table
-\$1750 firm –
Call 416-286-2172

DOG KENNEL, new, for 15lbs or less
-\$30 O.B.O-
Call 416-281-0154

32" RCA TV, still works
-\$100 O.B.O-
Call 416-286-5599

MOVING SALE, Portable TV - \$40; Gas Dryer - \$300;
Frost Free Fridge - \$30; Large Chest Freezer - \$50
Evenings Call 416-284-6072

BUSINESS:

No Ads This Month

ITEMS WANTED:

No Items This Month

To place your free ad, please email us at: ripplesfromthecreek@live.ca



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 Spartan's
- 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.

In The NEWS!

UNION STATION AT YOUR FINGER TIPS!

Go transit now offers an online version of the departure boards at union station. The new web page provides real-time information from the comfort of your home or office. Cancelled trips are displayed in red; track changes blink; and all other exceptions are in yellow. Access this information at gotransit.com, where Go brings union station to you.

Time	Line	Track/Pltfrm	Remarks	Stopping at
22:10	Newmkt/Barrie	25	Proceed to Bus	Aurora - Newmarket Term -
22:10	Stouffville	27	Proceed to Bus	Markham - Mt. Joy -
22:13	Lakeshore E.	-	Wait for Train Info.	Eglinton - Guildwood
22:20	Milton/Miss	-	Bus Terminal	Erindale - Streetsville -
				22:04

IMPROVING PASSENGER FLOW AT UNION STATION:

As part of the major improvement program at union station, they will be replacing all three escalators on the east side of the go concourse with three new, larger stairwells. These stairwells will help with crowding issues improve passenger flow, and offer direct access to the bay west teamway from the concourse and track levels. Work will start in the fall 2008. Passengers with accessibility concerns can reach the train platforms using the elevators located throughout the concourse.

NEW 'FURNITURE' READY FOR TORONTO STREETS

Here come 26,000 new pieces of "street furniture" for Toronto's sidewalks and roadways: New bus shelters, garbage bins, benches, newspaper boxes, etc. All are set to hit Toronto streets this year! The new garbage bins -- which come in two sizes --- have foot pedals that open the flaps covering the openings where you deposit trash or recyclable materials. That means you don't have to use your hands to push open the flaps, which are often dirty.



As of June 2, 2008 Toronto Public Health started posting WATER QUALITY REPORTS - The City's beaches are regularly tested for water quality from June to the end of August. The water is tested for E. coli bacteria, which is an indicator organism. Toronto Public Health will issue a warning against swimming if bacteria levels are over 100 E. coli per 100 ml of water tested on two or more consecutive days. At some beaches, particularly those affected by rivers and creeks, a 24-hour 'no swimming advisory' may be issued after a heavy rainfall.



BLUE FLAG - is an internationally recognized eco-label awarded to beaches that achieve high standards in 29 criteria including water quality, environmental education, environmental management, and safety and services.

BEACHES OPEN FOR BUSINESS - The blue flag will fly over six of Toronto's beaches this year: Cherry Beach, Woodbine Beaches, and on Centre Island the beaches at Centre Island, Gibraltar Point, Hanlan's Point, and Ward's Island are open.

Sprinklers MANDATORY in Ontario - All new Ontario condos and apartments higher than three (3) storeys must be outfitted with sprinkler systems as of Spring 2010.

MORNINGSIDE CROSSING... (Formerly Morningside Mall)

~Shoppers Drug Mart is scheduled to open in July 2008

~Food Basics and LCBO are scheduled to open in September or October 2008

~Other tenants will include: Shoeless Joe's, KFC/Taco Bell, Good Life Fitness, Allstate, Bulk Barn and Dollarama.

World Population To Hit 7 Billion In 2012

The Census Bureau said the world's population will reach 7 billion in 2012. According to projections released, there are about 6.7 billion people in the world today. China and India have the largest populations, followed by the United States with 304 million. The world's population hit 6 billion in 1999, meaning it will take only 13 years to add a billion people.

MORTGAGES

Home Trust Company is Canada's first choice alternative lender. We provide credit solutions for a full spectrum of borrowers with a wide range of products. Home Trust Company has developed a market niche by carefully and prudently lending to people who are purchasing and/or refinancing a property and have had difficulty in obtaining their financing from one of the major banks.

Typically, our customers fall into one of the following categories:

- Small business owners and self-employed people.
 - People with former credit difficulties that have since been resolved. This includes discharged bankrupts without any waiting period.
 - Landed and non-landed immigrants to Canada who do not have a credit history.
- For more information call: 416-360-4663

New Service To Be Made Available Throughout Canada

Toronto - Not sure where the closest grocery store is? Are you not able to find the local stationary store in your town? Then telephone Google, and they can help you find the answer. Even if you don't have access to a computer, the new service that is being set up by the Google Internet service will aid consumers across Canada with the new service being started. Telephone users can simply dial 1-800-GOOG-411 and they will be connected to a computer that is equipped with voice recognizing software. The voice will ask for the city and province, and then through a voice directed menu will assist the users to find the information that they are looking for. This new service will make Canada the first outside of the United States to be granted access to the new telephone-computer service. There are many options with the service, the user can ask for directions to the business or location, ask for the phone number, or receive a voice spoken text message about the business or restaurant that they are inquiring about.

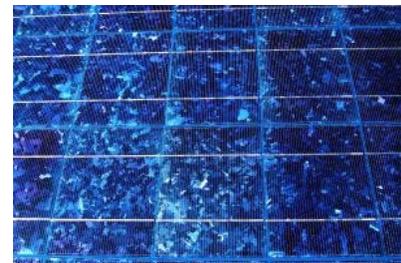
Going GREEN...

BYOB takes on new meaning at the LCBO

LCBO Picking up a bottle of wine on your way home? You'll soon be carting it without the help of a plastic bag. The LCBO is phasing out plastic shopping bags as part of its ongoing efforts to go green. The switch to more environmentally friendly alternatives is expected to eliminate approximately 80 million plastic bags a year from landfills. LCBO is encouraging everyone to bring reusable bags when they shop at the LCBO. Customers who forget to bring a bag can choose from a range of inexpensive reusable LCBO bags or take a free paper bag or cardboard box. Existing supplies of plastic bags are expected to run out this summer.

New Solar Technology To Power Wal-Mart Superstore

Wal-Mart Canada has plans to build the country's largest rooftop solar-energy system on a superstore planned for Markham, Ontario later this year. Menova Energy will install an innovative "concentrated" solar-energy system. Wal-Mart is partnering in the installation of the system to help prove the feasibility of the technology for a retail environment. Menova's PowerSpar technology magnifies sunlight by 1,000 times onto tiny solar cells, resulting in a dramatic reduction in costs and highly efficient electricity production. Heat is also captured in the process, creating another source of emission-free energy that can replace the fossil fuels typically used for space and hot-water heating. "On just one Wal-Mart store, this Ontario product can reduce greenhouse gas emissions by 390 tonnes per year,"



TTC Environmental Plan 2008-09

Transit Tomorrow

A plan to expand the TTC with rapid Light Rail Transit lines across all parts of Toronto is being implemented – it's called the Transit City Plan. This is a significant element in the City of Toronto's commitment to an environmentally sustainable future and liveable city.

Transit and Bikeways

The City plans to complete a bikeway network to make it easier to get around by both bicycle and transit. The TTC will be putting bike racks on all buses by 2010.

Energy Efficiency Subway and LRT

Many vehicle improvements are included in the designs for both the New Subway Train (called the Toronto Rocket) and the New Low Floor Light Rail Vehicle to reduce energy consumption and to make the vehicles more environmentally sustainable. Automatic Train Operation is included in the design for the Toronto Rocket, which will improve energy efficiency. Currently all streetcars and 94% of subway vehicles have regenerative braking; all fleets will have it by 2010.



Earth Friendly Advice For A Greener Planet

Choosing environmentally friendly cleaning products — and removing toxic ones — goes a long way towards ensuring a home with fresh, clean air. Clean air renews and rejuvenates; it doesn't pollute our lives or the environment. Living in a less toxic home, removed from neurotoxic chemicals, improves sleep and concentration, makes babies less fussy, and gives a sense of well being.

Tips...

Install a low-flow aerator on your showerhead. It could cut your water use for that five-minute morning shower down by two-thirds – to 50 litres from 150. The city of Toronto sells them as part of its \$13 indoor water efficiency retrofit kits.

When buying your next shower curtain, choose a natural fabric, such as cotton or bamboo. Studies have found that vinyl shower curtains can boost air toxins in your home for more than a month.

A home computer, monitor and printer can use up to 200 watts of electricity. Set your monitor to go into "sleep" mode if it is idle for more than 5 minutes, and your computer to do the same after 15 minutes.

Clean Green Around The Home – When it comes to cleaning around the house, adding some green to your routine is easier than you might think. Consider the following environmentally friendly cleaning practices.

- when cleaning countertops and fixtures, use reusable cloths and rags rather than disposable paper towels.
- rather than using chemical carpet cleaners, treat carpet stains by lightly sprinkling baking soda over the carpet. Rub it into the fabric and then vacuum the area after one hour.
- polish furniture with a mixture of one teaspoon lemon juice and one cup of vegetable oil. Apply the mixture to your furniture using a reusable cloth.

Park In The Shade...

During hot months, try to park your vehicle in a shady spot, which decreases the amount of fuel lost to evaporation and requires less air-conditioning when you get back in. Gasoline evaporates rapidly, and even escapes from closed tanks. The process is sped up by high temperatures. Keeping your vehicle cooler means you'll run your air conditioner less, resulting in a substantial savings in fuel. You'll be less likely to damage car contents from extreme heat, meaning you'll have fewer items to replace.

Fans Beat The Heat...

For a less environmentally destructive way than air-conditioning to stay comfortable in the heat, choose a portable or ceiling fan. Fans use 90% less energy than central air, and make rooms feel seven to ten degrees cooler because of the process of evaporation. Sure, central air feels great, and, yes, it can help save the lives of the elderly or frail, who are sensitive to high heat. But it is also extremely energy intensive, and still typically relies on ozone-damaging fluorocarbons. Central air-conditioning is also prohibitively expensive for many who live in old structures or who are on tight budgets. Most modern ceiling fans can also be run in reverse when it's cold, pushing warm air down from high spaces.

EVENTS

SUMMER CAMPS - Starting June 30th Heron Park

CRC – Sports camps for children 4 – 12 yrs of age

West Hill PS – Fun in the Sun for children 6 – 12 yrs of

For registration information call 416-396-4035

age

TORONTO PUBLIC LIBRARY EVENTS

"What Every Good Babysitter Should Know"

Babysitting Course offered by St. John's Ambulance. Monday, July 7 & 14 from 1:30 – 5:00 p.m. You must attend both sessions to complete the course. \$35.00 registration fee.

Call 416-396-8881 for more info.

Learn How To Draw Popular "ANIME" – Mon, July 21st from 2 – 3 p.m. Space is limited.

Register at 416-396-8881.

Magical Entertainer "Vincent" – If your children are between the ages of 6 & 12 yrs. and love magic and laughter drop in on Monday, August 18th from 2 – 3 p.m.

Arrive early as space will fill up quickly!

Tuesday Teen Film Evenings

July 8th, 15th & August 19th, 26th.

6 - 8 p.m.

Drop in and bring a friend!

CANADIAN NATIONAL EXHIBITION & AIR SHOW August 15th to September 1st

The Rodeo (Canadian National Exhibition)

August 29 to September 1, 2008; Three shows daily

RODEO! Canada's oldest sport returns to the Exhibition for the first time in more than 25 years.

This spectacular show features more than 200 cowboys and cowgirls in Team Roping, Barrel Racing, Jr. Barrel Racing, Steer Wrestling, Bareback Riding, Tie Down Roping, Ladies Break Away Roping, Junior Bull Riding, Saddle Bronc Riding and the world's most dangerous sport: Bull Riding. Grab life by the horns and watch Toronto become the centre of the wild, wild east!

BARNEY LIVE AT ONTARIO PLACE

July 28th to August 3rd

Barney, the famous purple dinosaur, will make a special appearance with live shows each afternoon. Sing and dance with Barney and keep the kids entertained all day long! For MORE info call 416-314-9900

20th Annual Beaches INTERNATIONAL JAZZ FESTIVAL (free of charge)

July 18th to July 27th -- Join the jazz enthusiast's lakeside at Woodbine Park for the kick off to the Festivals 20th year celebration. This festival is voted Toronto's #1 Music Event. It offers multiple outdoor stages featuring free concerts. For info call 416-698-2152.

Location -Woodbine Park (Lakeshore & Coxwell)

TASTY THURSDAY'S (free of charge)

Every Thursday from July 10th to August 28th Toronto restaurants will come to Nathan Phillips Square to bbq delicious meals with items for five dollars or less. For info. Call 416-338-0338. 100 Queen Street West Nathan Phillips Square (Queen Street W. & Bay St.)

SUNDAY SERENADES (free of charge)

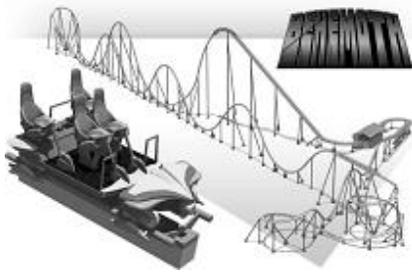
Sunday Serenades run every Sunday from July 13th to August 24th. Enjoy the very best in swing, big band and jazz acts to compliment Toronto's warm summer evenings. For more info call 416-338-0338 Located at Mel Lastman Square (Yonge St. & Sheppard Avenue)

TORONTO CARIBBEAN CARNIVAL (CARIBANA) FESTIVAL 2008

North America's Largest Street Festival (June 13th to August 3rd) Every summer, Toronto blazes with the excitement of calypso, steel pan and elaborate masquerade costumes during the annual Toronto Caribbean Carnival Festival. This three-week Festival attracts over one million participants annually, including thousands of American tourists. Among the highlights is the Parade. Thousands of brilliantly costumed masqueraders and dozens of trucks carrying live soca, calypso, steel pan, reggae and salsa artists jam the 1.5 km parade route all day. Based on Trinidad Carnival, the Festival now also includes the music, dance, food and costumes of Jamaica, Guyana, the Bahamas, Brazil and other cultures represented in Toronto - the world's most culturally diverse city.

BEHEMOTH

"New" at Canada's Wonderland! Canada's Biggest, Fastest and Tallest roller coaster ~At over 5,300 feet in length, Behemoth sets the stage for thrills with a climb to a height of 230 feet, followed by an adrenaline pumping 75 degree drop with speeds reaching 125 kilometers per hour in 3.9 seconds. It is the ultimate



coaster experience with high speed twists and turns, including double banked flat loops (horizontal loops) and eight extreme drops.

RIBFEST August 1st - 4th, 2008 (Thomson Memorial Park)



The Largest Annual Community Event Bringing Friends & Families Together In Scarborough! Please leave your pets at home! Free Admission! Free Parking! Free shuttle buses for seniors & handicapped available from the parking lot. See creative designs by crafters and vendors selling intriguing wares. Sing karaoke everyday and get a chance to become Scarborough Idol (register at the park!) Enjoy delicious ribs, hot dogs, french fries, corn on the cob, midway rides, skill testing games and 4 days of live entertainment! Beer Garden open all day, every day! Location: Brimley Road north of Lawrence Avenue - Follow the signs to the parking lots

BURD's...

If you're looking for a great little place to fish that's close to the city; try "Burd's Trout Fishing" in Stouffville, just north of Toronto. Bring a large blanket, a picnic and your gear, and enjoy a perfect day outdoors! If you overlook packing a lunch don't worry, there is a concession stand and BBQ cart on the premises. If you don't have fishing gear, you can rent it on the premises. Best of all, no fishing licences are required. If the kids run out of patience waiting for the fish to bite, there is a playground and a sandbox with toys to keep them busy. Burd's is open 7 days a week from 9a.m.-7p.m. Burd's is located north of Toronto at RR#2, 13077 Hwy 48, Stouffville, ON. For further info contact: 905-640-2928. No dogs permitted!



Exploring The Great Outdoors



A large part of Ontario is covered by protected parks and wilderness areas. There are over 270 provincial parks, six national parks, including an underwater marine park and hundreds of conservations areas in Ontario. When a family visits an Ontario park, something wonderful happens. Time slows right down. Parents and kids go for a leisurely swim; they explore a scenic hiking trail and enjoy a beautiful sunset. Choose the length of time you wish to spend and the type of scenery you want to see. Spend a day, a weekend or longer getting close to nature, hiking, paddling the lakes and rivers, walking along sand dune lined beaches or seeing interesting nature and wildlife. Whether it's planned or spur-of-the-moment, a day trip to an Ontario Provincial park can be captivating.

CAMPGROUNDS

Sibbald Point Provincial Park
26465 York Road 18, R.R.#2
Sutton West, Ontario
905-722-8061

Emily Provincial Park
797 County Road 10, R.R.#4
Omeme, Ontario
705-799-5170

Balsam Lake Provincial Park
R.R. #1 Kirkfield, Ontario
(705) 454-3324

Glen Rouge Campground
Located off Highway #2 (Kingston Road), just north of Highway 401 and east of the Sheppard Avenue/Port Union Road interchange. Road)
For more information call 416-338-CAMP (2267)

Darlington Provincial Park
1600 Darlington Park Rd.
Bowmanville, Ontario
905-436-2036
East of Oshawa, off highway 401

PARKS

Adam's Park
Lawson Rd off Port Union Rd (South of Hwy 401)

Agincourt Park
31 Glen Watford Dr

Bluffer's Park
Brimley Road South end



Ashbridge's Bay Park
Lakeshore Blvd E. East of Coxwell Ave

Colonel Danforth Park
Colonel Danforth Trail or Old Kingston Road.

East Point Park
Copperfield Rd, between Manse Rd and Beechgrove Dr

Guildwood Park
South side of Guildwood Parkway between Morningside Avenue and Kingston Road

Thomson Memorial Park
Brimley Road north of Lawrence Ave.



The Corner Diner

A Great Breakfast at a Great Price

\$5.25

Bacon/Ham/Sausage

3 Eggs

Home Fries

Toast

Coffee

670 Coronation Drive (corner of Coronation and Beechgrove)

Telephone : 416-282-7895

**Stroll on down and enjoy a great
Saturday or Sunday morning breakfast!**

Summer Time Pest Control



Mosquitoes

- The first step in dealing with these blood-sucking creatures, you want be sure they don't make there way into your home. Check window and door screens for holes, rips or tears and fix or replace them. Small entrances in screens can be sealed shut by using clear fingernail polish or Super Glue. You can buy patch kits for larger openings.
- Stagnant water is the perfect breeding ground for mosquitoes. Check your clogged gutters, rain barrels left uncovered, birdbaths, old tires, empty cans or bottles- anything that can hold a little water attracts female mosquitoes. Another good way to help deter mosquitoes away from your home is with your garden. Planting Horsemint, Marigolds, Rosemary are great natural repellents. Catnip has been known to be the most powerful repellent plant. Studies have shown that it is ten times more effective than DEET.
- Protecting your skin from bites can be difficult. Be sure to cover up when you can and reapply bug spray often. Another remedy is to eat plenty of spaghetti that's heavy on the garlic sauce. Garlic, when ingested by eating foods or taking tablets, can help make your blood less attractive to female mosquitoes.

Wasps

- Wasps are all types and sizes but the ones that people are more concerned with are Hornets and Yellow jackets because of their stinging habits. You can prevent-getting stung by not wearing perfumes or any other sweet smelling substance. Avoid wearing bright colours as they can attract aggressive insects. Food is the main attractor so try and keep your food and drink covered. Avoid flowerbeds and shrubs.
- Keeping the amount of wasps around your home under control can be difficult. Keep all outside garbage tied up and tightly covered. Before throwing out any fruit or vegetable waste in the trash, be sure to seal it in plastic. Fill in any possible nesting areas, such as drains, openings around foundation, small holes. When barbequing or picnicking, set out some tuna or dog food a good distance away as to try and lure them from the eating area.
- Being stung is the last thing you want to happen. If a wasp lands on you be sure to stay still and wait for it to leave or gently shoo it away. By the chance you do get stung, wash the area with soap and water. Put ice or a cold compress to help relieve the pain and swelling. Apply an antihistamine, such as benadryl, within two minutes afterwards. Mix a paste, consisting of baking soda and water, and apply it to affected area.

Ants

- To keep ants out of your house, start by finding the place they use to come in. Try to seal any possible holes to keep the invasion at bay, and make sure there is no garbage or anything attractive to ants' near the entrance of your home. Windowsills should be clear of food, as these can be popular places for ants to enter. As ants get creative finding ways to get into the house, you may have to keep checking for cracks and holes, and trying a few different solutions to keep all of them out
- Some of the most effective natural remedies to keep ants out of your house can be found in your kitchen. Ants will crawl away from cinnamon, mint, red chilli powder, and black pepper. All of them can be sprinkled on countertops or cupboards, as they're not poisonous and highly effective. Planting mint and cloves in windowsills or outdoor gardens around the home will also help keep ants out of your house. Bay leaves, especially when dipped into mint mouthwash and placed around the food pantry, are another helpful option. Peppermint extract and vinegar are great remedies as well. Mix the peppermint extract with water and wash down your walls, cupboards, countertops, anything where you want ants to stay away.
- Creating a ring of Vaseline or chalk around windows and doors also helps, as ants will not cross lines drawn with any of these products. While this may not help you get rid of the ants already present in your home; it will certainly discourage other ones to join the invasion. Baby powder is another great ant repellent. Sprinkling some on doors will keep ants out of your house.

Flies

- The first step in fly control is making sure areas around food; compost and garbage are kept clean. Wash garbage bins regularly and use tight fitting lids. If you do have food out for extended periods, keep it covered. Ensure that all drains and gullies are free from food deposits by washing down frequently. Avoid leaving meats uncovered overnight - e.g. to defrost. Avoid fruit and vegetables from over-ripen or decay. If

you own a dog, cleaning up faeces immediately will help with fly control in your backyard.

- Install screens in any open windows or doorways, and make sure existing screens are secure and are free of tears or holes. Remind family members to close doors behind them. For open doorways, try hanging partitions, such as beads to deter flies from entering.
- There are some scents that flies just don't like including basil, mint, pine and cloves. Hanging these plants or sachets with these scents near windows or doorways will help keep flies away.

Traps

Purchasing insect traps can be frustrating. Here a few that have been proven to work and can be purchased from Home Depot There is a product that proves to work very well with flies but only has one flaw, it stinks. This fly trap is called "Rescue Disposable Fly Trap". The smell attracts the flies and once it is full you just toss it in the garbage. The best place to hang it when in the back yard is just on the other side of your back fence.

Wasps have a similar trap. "Rescue Disposable Wasp Trap" can be hung outside the back fence, this one doesn't smell quite as bad as the fly trap. The other effective wasp trap is the round "Planters Pride Wasp Trap". This is a reusable trap that just hangs outside and can be filled with just a bit of apple juice. Just a hint, because there is no smell to this one it is the better choice to put in the front yard.