

~ RIPPLES FROM THE CREEK ~

You know that Summer is here, when the
Ice Cream Truck is Near!!



~ LISTEN for the tune and LOOK OUT for the truck! For the
safety of our children, the ice cream truck can be found parked
at the garbage hut in your cul-de-sac.

CHECK out RIPPLES FROM THE CREEK ONLINE AT:

<http://www.neilsoncreek.com>

From the Board of Directors

Well the nice summer weather is here finally. So many members have been out fixing up their gardens and really making things look really nice.

We've got some projects taking place on the property. Some of these projects have to be done by contractors because of the scope of the work. Some, however, could have, and should have been done by members.

Once again, many thanks to the members who keep their commitment to participate. So many go above and beyond, but once again we often fall short..... We have called for volunteers to help with the grounds several times, but have been unsuccessful in getting calls to the office.

We are just updating you on what our maintenance committee is doing. As follows, doing regular checks of air conditioners as well as trimming trees around the co op area. And as your aware, the fencing is being done throughout the co ops. 235 will soon be completed, and they will shortly afterwards move on to 245.

Sincerely,
Maintenance Committee

We would like to thank those members who co-operate so easily when we call them for an inspection and follow-up. It shows that you care about the time we invest in the inspections and that you understand the rules of the Co-op.

**Thank you,
Inspection Committee**

All interviews have been completed and handed over to the Board. The waiting lists are now closed for any new memberships.

Membership Committee

Dear Members:

Some things are just funny, reminiscent and make you smile. I am old enough and have been here long enough to remember a lot of stuff and certainly I got a chuckle out of seeing this when I was referred to the Facebook site.

Many of you have already seen this possibly, heck, some of you might have already been on the site or have written on the site. Anyway this is from Facebook, Neilson Creek Co-op and oh, how true.

If you lived in the Co-op, you:

1. Know what the cage was
2. Refer to your cul-de-sac as either 209, 215,235 or 245
3. Played road hockey in the parking lot of 209 and 215
4. Played manhunt
5. Went tobogganing behind 235
6. Went skating at Heron Park Arena
7. Went swimming at Heron Park Arena
8. Tried to build a tree fort in the forest, but never went in there at night
9. Played baseball at the end of 245, near the red monster
10. Played nicki nicki nine doors
11. Thought that the playgrounds were retarded
12. Thought that Momingside Mall was amazing
13. Probably went to Heron Park Public School
14. Probably went to Joseph Brant for grade 7 and 8
15. Probably went to Mowat after that
16. Didn't go to Heron Park or JB, you went to St. Malachy
17. Knew about the street parties
18. Hated people who lived in Deanscroft
19. Knew to stay away from Galloway
20. Knew the Dickie Dee guy Aaron
21. Loved when the ice cream truck came
- 22 Threw pine cones at cars from the mini forest near the creek
23. Threw crab applies at cars from the mini forest near the creek
- 24 Locked yourself out, you can go to the office to get a spare'
25. Climbed the tree in the front of the field
26. Know at least one person who had to get a tetanus shot from stepping on a nail near the climbing tree
27. Liked when all of the parents got together on driveways cause you knew you could stay out later.
28. Probably were chased around the ice by Ronnie
29. Knew everyone's name when you went trick or treating
30. Probably had your birthday party at the rec centre
31. Went bulbing
32. Piled up leaves in clear bags and brought them to the top of the street
33. Participated in spring/fall clean up just to get a lousy hot dog.

Deborah.

GRADUATES

We would like to take time out to recognize the graduating students who just graduated from grade 6, grade 8 and grade 12.

The following are:

Kourtney	Grade 6	Heron Park
Alexandria	Grade 6	William G. Miller
Daija	Grade 6	William G. Miller
David	Grade 6	William G. Miller
Kaprice	Grade 8	Joseph Brant
Dania	Grade 8	Joseph Brant

Congratulations, to everyone that has graduated and will be moving on to either middle school or high school, you don't have that much farther to go.

A very special **CONGRATULATIONS** goes out to:

Kaaleen who graduated from high school and will be pursuing higher education at the University of Guelph.

To date, "Retire Your Ride" has:



- Retired 1,769 cars from Canada's roads
- Reduced 95 tonnes of smog forming emissions

Retire Your Ride is an initiative of The Government of Canada, Clean Air Foundation and its partners, designed to enable people to get their high-polluting cars off the road and reward them for doing so. The program is committed to improving air quality by responsibly recycling vehicles and aims to retire at least 50,000 vehicles per year until March 31, 2011.

If you have a car that needs retiring, we'll recycle its parts in an environmentally responsible way, and reward you for it.

Reducing Emissions and Saving the Environment

Did you know that 1995 model year and older vehicles produce 19 times more smog-forming pollutants than 2004 and newer models? In fact, these older vehicles make up one quarter of vehicles driven by Canadians and can generate as much as half of the smog-forming pollutants caused by personal vehicle use.

By ensuring that vehicles are properly recycled, we can prevent the release of toxins into the environment. By retiring vehicles earlier, you'll be helping reduce harmful emissions.

Who Can Participate?

1995 model year and older vehicles that are in running condition and have been registered and properly insured for the last 6 months are eligible for the program and participants can choose one of many rewards. We offer participants a wide range of rewards to retire their vehicles. When you Retire Your Ride, we will ensure that it is recycled responsibly, and give you rewards that encourage you to use environmentally-friendly transportation, including a public transit pass or a membership to a car-sharing program, \$300 cash or a rebate on the purchase of a 2004 and newer vehicle.

Why recycle?

Of the 20 million personal vehicles in use in Canada, nearly five million are model year 1995 and earlier. The average lifespan of a vehicle in the 1960s was about 162,000 km. Now, the lifespan is nearly 225,000 km (Automotive Industries Association of Canada, 2005). This means that Canadians today are keeping their cars on the road for years longer than they used to.

How We Recycle

Cars are the most complex, mass-produced recycled product on the planet. Did you know that 75% of an average car's content by weight can be recycled? This means it is extremely important that vehicles are recycled responsibly. We will keep cars out of landfills and dangerous toxins from being released into our air, ground and water.

The recycling process happens in three stages:

Stage 1 - Pre-treatment: drainage of operating fluids
Stage 2 - Parts re-use: dismantling of parts and components
Stage 3 - Recycling of materials

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You can reach your local Call Center at 1-877-773-1996 (1-877-PRE-1996).

Website:

<http://www.retireyourride.ca/>

TIPS TO SAVE ENERGY and after all, save MONEY!

- If your home is not properly sealed, it will lose 30% or more of its heat through cracks and crevices. Draft proofing can save you up to 10% on your heating bills.
- Installing a programmable thermostat can reduce your cooling and heating bills up to 10% a year. This will allow you to set the timer so your home will be cool when you arrive home.
- Ensure that outside doors are closed tight to keep the cool air inside the house.
- If you are planning to be out of the house for more than 24 hours, it is a good idea to turn off the air conditioner.
- Setting your thermostat to 25.5°C (78°F) or higher can save you between 3-5% in energy costs for every degree you raise it.
- Keep curtains closed during the day and save up to 5% in cooling costs.
- Avoid using the oven or the dishwasher during the hottest part of the day. Instead have a BBQ. or use the microwave.
- If you have central air conditioning, close the vents and doors in rooms that are not being used to keep the rooms that you are using cooler.
- Install a ceiling fan to circulate the air and avoid using the air conditioner. A 60 Watt ceiling fan costs less than \$1 to operate monthly, while an air conditioner can cost between \$26 and \$178 a month.
- Take a quick shower; it's cheaper than a bath. A five minute shower with an efficient showerhead will use about 50% less hot water than one bath.
- Wash laundry in cold water whenever possible.
- Turn off the oven a few minutes before cooking is complete, the heat already in the oven will complete the cooking process.
- Avoid opening the oven door too often as 20% of the heat escapes everytime.
- Consider placing your freezer in a cool, dark spot to boost its energy efficiency.
- Thaw frozen food inside the refrigerator. This will help keep the interior cool and eliminate energy being used to defrost in an oven or a microwave.
- A normal dishwasher uses 41 litres of water per cycle when rinsing dishes under running water for five minutes uses up 95 litres of water.
- Use an outdoor clothesline to dry your laundry.
- Shake out wet clothes before placing them in the dryer.
- Drying two or more loads in a row makes the most of the heat already generated by your dryer.
- Clean the dryer filter before every load to ensure maximum operating efficiency.
- Keep fixtures and light bulbs clean as dirt can absorb as much as 50% of the light.
- Always turn off the lights when leaving a room even if it is only for a few minutes.
- Shut down the home computer when not in use. Consider even turning off the monitor alone when leaving the computer for a short time.

Smart Meters are being installed in Ontario to automatically record the electricity consumption in our homes on an hourly basis. Ministry of Energy has come up with the chart below to help you determine the best time of day to run your appliances.

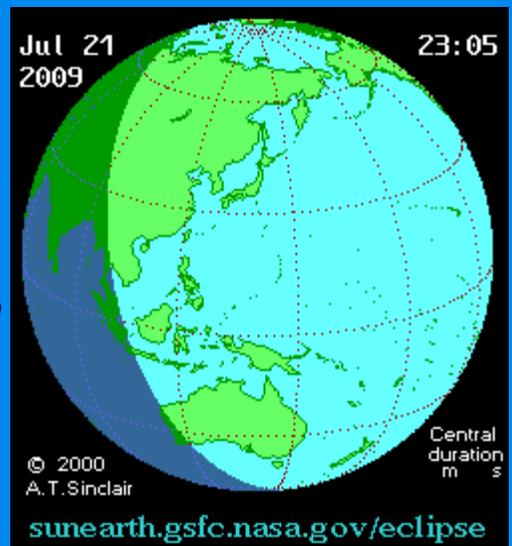
Time-of-Use Pricing Chart

Day of Week	Time	Time-of-Use	Price (cents/kW hour)
Weekends & Holidays	All day	Off-peak	3.4
Summer Weekdays (May 1 - Oct. 31)	7:00 a.m. - 11:00 a.m.	Mid-peak	7.1
	11:00 a.m. - 5:00 p.m.	On-peak	9.7
	5:00 p.m. - 10:00 p.m.	Mid-peak	7.1
	10:00 p.m. - 7:00 a.m.	Off-peak	3.4

For Your INFO...

SOLAR ECLIPSE - July 22, 2009

The solar eclipse that will take place on Wednesday, July 22, 2009 will be a total eclipse of the Sun with a magnitude of 1.080. This solar eclipse is the longest total solar eclipse that will occur in the twenty-first century, and will not be surpassed in duration until June 13, 2132. Totality will last for up to 6 minutes and 39 seconds, with the maximum eclipse occurring in the ocean at 02:35:21 UTC about 100 km south of the Bonin Islands, southeast of Japan. The North Iwo Jima island is the landmass with totality time closest to maximum.



MEDVISIT "Doctors Housecall Service" 8am to 11pm, 7 days a week.
When you need a doctor to visit, call 416-631-3000. **Doctor visits are FULLY covered by OHIP**

THE ONTARIO COSMETIC PESTICIDES BAN

Ontario's lawns, gardens, school yards and parks became a lot healthier on Earth Day, April 22, 2009. That was the date of the province's cosmetic pesticides ban. The McGuinty government believes the use of pesticides to control pesky weeds and insects for purely cosmetic reasons is an unnecessary risk to our families and pets and this ban is part of the McGuinty government's commitment to protect families, especially children from pollution and toxic chemicals through tough new environmental laws. The provincial ban overrides municipal pesticide bylaws, protecting all Ontarians, not just those in some communities. It also establishes one clear set of rules, which makes it easier for Ontario businesses to follow. Some exceptions to the ban do exist for health or safety reasons - such as removing poison ivy or controlling mosquitoes to prevent West Nile Virus.

PLASTIC BAG FEE

Shoppers in Toronto will want to remember to bring their own bags to the grocery store. On June 1, the City of Toronto started requiring stores to charge a nickel for single-use plastic bags. The five-cent fee is aimed at curbing the use of the throwaway bags. Toronto's plastic bag fee bylaw was the result of a compromise reached in November. Canadians currently take home about 55 million bags from stores every week.

ADOPTTEES now have option to learn identity of birth parents

TORONTO — Adopted children who've lived their entire lives without knowing the identity of their parents will finally gain the option to learn their family history. As of June 1, 2009 adopted adults are able to apply for copies of adoption orders and birth registrations. Birth parents are also able to apply for information from these documents. According to the Ministry of Community and Social Services, the result is adoptees will be more easily able find out what their original names were, as well as who their birth parents were. It could also help birth parents learn the name their child was given after he or she was adopted. The change could potentially lead to reunions of parents and kin who previously had no way of finding each other.

Another 25 Helpful Tips:

1. Toothpaste is a great silver cleaner.
2. Baking soda isn't an effective deodorizer for the fridge as the baking soda company would like you to believe. Activated charcoal is much better at absorbing fridge and freezer odors.
3. Baking soda is an extremely effective cleaner, though. Use it with vinegar to deodorize drains and clean stovetops and sinks.
4. A favorite tip of thousands of grandmas: when you nick your finger while cutting veggies, wait until the bleeding stops and paint on a layer of clear nail polish. It will keep juices out of the wound and won't fall off into the spaghetti sauce like a bandage.
5. The jury is still out on what to put in the bag of brown sugar to keep it from going hard: a slice of apple, a piece of bread, and a shard of terra cotta pot have all been used.
6. Got a nasty invisible splinter from your kitchen tools? Put a piece of adhesive tape to the area and then pull it off to remove the splinter.
7. When you bum yourself in the kitchen, just spread mustard on the affected area. Leave it for a while and it will ease the pain and prevent blistering.
8. For aluminum pans that are looking dull, just boil some apple peels in them. This will brighten up the aluminum and make your house smell yummy.
9. To keep cookies fresh, savvy grannies like to put some crumpled-up tissue paper in the bottom of the cookie jar.
10. If your salt is clumping up, put a few grains of rice in with it to absorb excess moisture.
11. To clean fruit stains off your fingers, rub them with a fresh, peeled potato. White vinegar can also do me trick.
12. Keep iceberg lettuce fresh in the fridge by wrapping it in a clean, dry paper towel and storing lettuce and paper towel in a sealed baggie in the fridge.
13. If your loaf of bread is starting to go stale, just put a piece of fresh celery in the bag and close it back up. For some reason, this restores a fresh taste and texture to the bread.
14. Always keep an aloe vera plant in your kitchen. It invaluable when you scrape your arm or burn your finger. Just break off a piece of a leaf and rub the gel from the inside on the injury.

15. When making a soup, sauce, or casserole that ends up too fatty or greasy, drop in an ice cube. The ice will attract the fat, which you can then scoop out.
16. To reuse cooking oil without tasting whatever was cooked in the oil previously, cook a ¼ piece of ginger in the oil. It will stay fresh days longer.
17. Water that has been boiled and allowed to cool will freeze faster than water from the tap. This comes in handy when you're having a party and need ice pronto.
18. Remove tea or coffee stains from your fine china by mixing up a paste of baking soda, lemon juice, and cream of tartar. Rub it over the stains and they'll come off easily.
19. If two drinking glasses become stuck together after stacking, it's not impossible to unstick them. Just put ice in the inner glass and dunk the outer glass in warm water. The warm glass will expand and cold glass will contract, making the glasses separate easily.
20. For splinters under the fingernail, soaking the affected finger in a bowl of milk with a piece of bread in it is said to draw out the splinter.
21. Did grandpa ever give you a drink of cola for an upset tummy? It turns out that this is actually a pretty effective remedy. The sugar and carbonation can soothe many tummy problems - but it can also exacerbate other.
22. Putting salty bacon on a boil is said to "draw the poison out" of boils.
23. To help old wooden drawers (without runners) open and close smoothly, rub a candle on the tracks.
24. A cotton ball soaked in white vinegar and applied to a fresh bruise will reduce the darkness of the bruise and help it disappear sooner.
25. Drinking cranberry juice and eating blueberries regularly will help stave off urinary tract infections.

CANADA DAY CELEBRATIONS

DOWNSVIEW PARK PARTY

FREE!

Beginning at 12:00 noon this event spares no expense to provide a long list of free entertainment and activities for attendees: amusement park rides and a petting zoo for kids, a climbing wall, a War of 1812 military re-enactment, performers, a fire-buskers show, music and fireworks in addition to an ample supply of free hot dogs, ice cream and water. The festivities wrap up at 10 p.m. with a fireworks display.

CONCERT & FIREWORKS - MEL LASTMAN SQUARE

FREE!

Beginning at 8 p.m. the City of Toronto will be putting on a free concert in North York's Mel Lastman Square that will culminate in a fireworks display at 10:15 p.m.

FIREWORKS DISPLAY - ASHBRIDGES BAY

FREE!

Grab a blanket and head down to the Beaches to enjoy a free fireworks display starting at 9:30 p.m. But why wait until then? The New Country 95.3's Canada Day Jam is a free music festival taking place in Woodbine Park from noon to 9 p.m. Go for the country music, stay for the pyrotechnics.

HARBOURFRONT CENTRE

FREE

July 1 - Canada Day

Harbourfront Centre celebrates the nation's foremost rite of passage with the biggest birthday party of the year! Chartering through the culturally and geographically diverse landscape of our provinces and territories, Harbourfront Centre celebrates all things that sound, feel, look, and taste like Canada!

FIREWORKS AT CANADA'S WONDERLAND

Weather permitting, the giant theme park just north of Toronto will be putting on a fireworks display on Tuesday July 1st at approximately 10 p.m. There's also a Canada Day Backyard Cookout planned, and of course the park will be open all day.

FIREWORKS AT ONTARIO PLACE

On Canada Day Ontario Place will actually be in the middle of the Canada Dry Festival of Fire, which involves four nights of fireworks based on international themes. Of course July 1st is the night that Canada will shine. You can also check out the Grand Finale on July 5th. Attractions will be open from 1 lam to 9pm (8pm for the water park), then the grounds will remain open until 11pm, with regular admission prices in effect.

Do You Know The Meaning Behind The Civic Holiday?

Do you know why the first Monday of August is a holiday in Ontario? If you answered no, you're not alone. Most people simply associate it with having an extra day away from the office.

And although that alone could be enough of a reason to celebrate, the true meaning behind the holiday is to honour John Graves Simcoe, the first Lieutenant Governor of Ontario (then known as Upper Canada). He was also the founder of the Historic Fort York, the birthplace of modern Toronto.

Before It Became Canada Day It Was Referred To As Dominion Day

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, in reference to the designation of the country as a Dominion in the BNA, 1867. The holiday was initially not dominant in the national calendar; up to the early 20th century, Canadians thought themselves to be primarily British, being thus less interested in celebrating distinctly Canadian forms of patriotism. No official celebrations were therefore held until 1917 - the golden anniversary of Confederation - and then none again for a further decade.

This trend declined in the post-World War II era; 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. Canada's centennial in 1967 is often seen as an important milestone in the history of Canadian patriotism, and in Canada's maturing as a distinct, independent country, after which Dominion Day became more popular with average Canadians. Into the late 1960s, nationally televised, multi-cultural concerts held in Ottawa were added, and the fete 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.

With only twelve Members of Parliament present, the private member's bill that proposed to change the name to Canada Day was passed in the House of Commons in five minutes, and without debate. With the granting of Royal Assent, 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. Although the proposal caused some controversy, many Canadians had already been informally referring to the holiday as Canada Day for a number of years before the official name change occurred.

The History of

CARIBANA/CARNIVAL

Caribana is a festival of Caribbean culture and traditions, this historic festival is held for the duration of one week however, the final parade is held on the weekend that coincides with the Ontario statutory holiday, Simcoe Day. This day is significant to the Caribana festival because it was John Graves Somcoe who amongst others abolished slavery in Upper Canada in 1810, it is a symbol of freedom for many people of colour.

Caribana has run in our city since 1967 however; Carnival has been an ongoing tradition in the West Indian Island of Trinidad and Tobago since before 1834 in the days of slavery with its roots in West African festivals and French Catholic carnival celebrations. The French Monsieus and Madames would dress in a version of their slaves and the slaves would dress in the silk and satin wear of the their plantation owners, once slavery was abolished former slaves would dress in disguise and dance and sing and bring their festive traditions to the street, showing a symbol of freedom from the cane fields. Carnival is celebrated two days before Ash Wednesday, which begins the season of Lent. Ash Wednesday is the first day of Lent, which is forty-six days before Easter not counting Sundays and is considered a day of repentance. Carnival has been adopted into many of the islands in the West Indies with Barbados celebrating "Crop Over", St. Vincent and Antigua celebrating Carnival. Carnival is also celebrated in England and in a couple of States in the U.S.A. Carnival in Trinidad will be held February 15 in 2010. Although, the parade is the main event in Carnival there is also a smaller pre-dawn parade held the night before called J'ouvert. This parade meaning "day open or morning" in Caribbean French-Creole features steel bands and various other instruments. Anyone who is "playing mas" or participating in this celebration will at times get themselves covered in mud, flour, baby powder or different coloured water paints as part of a tradition in Afro-Caribbean folklore. Some who are covered in the paints are dressed as red devils, blue devils, green devils, black devils, yellow devils and white devils to

portrait the way an evil spirit might act at night. This celebration is suppose to be one where all feel uninhibited and carefree of how they or anyone else looks as they get messy from people throwing baby powder and oils or water based paints into the crowd. After the sun has risen most of the participants will go home to clean up and change to their costumes to take part in the Carnival parade.

Toronto's main Caribana parade is held on the Lakeshore West where trucks that represents a specific "Mas Camp" will have either a steel pan band playing the rhythmic sounds of calypso or they will have a dj and performers playing either soca or reggae. Each Mas Camp will have a theme for the various costumes their participants wear that display beautiful vibrant colours and materials.

If you are interested in the events that Caribana has to offer here are some of the things that you can attend:

Official Launch:

Nathan Phillips Square, Tuesday July 14,2009 from 12 pm - 2 pm

Junior Carnival:

Yorkgate Mall, Saturday July 18, 2009 10 am - 4 pm

Calypso Monarch Finals:

Queen Elizabeth Theatre, CNE, Saturday July 18,2009 7 pm - 12 am

Art Exhibit-"Beyond the Rhythm":

Royal Ontario Museum, July 23 — August 3

Scotia Bank Caribana Gala:

Liberty Grand - Exhibition Place, July 24,2009 6:30 pm

Scotia Bank Caribana King & Queen Show:

Lamport Stadium, July 30, 2009 7pm - 12 am

Pan Alive:

Lamport Stadium, July 31, 2009 7pm - 12 am

Caribana Parade:

Exhibition Place (Lakeshore Blvd West), August 1,2009 10 am - 6 pm

De Scotia Bank Caribana Lime

Olympic Island, August 2,2009 12pm-8pm

ROTI

4 cups flour
2 tablespoons baking powder
Pinch of salt
2 teaspoons vegetable oil
6 oz. lukewarm water

Combine flour, baking powder and salt in a bowl. Pour oil into the water, and then add this mixture to the flour mixture. Mix well. Knead for about 5 minutes until dough is very smooth. Divide into 6 balls of dough. Set aside for about 2 hours, covered with a damp cloth. Using a rolling pin, roll each ball into a thin flattened circle, about 9 inches in diameter. Set aside covered. Add 1 to 2 tablespoons of oil to a heavy skillet or a grill. Place the rolled roti on the heated skillet. Cook each side for about 2 minutes, or until lightly browned. Lightly brush each side with margarine or oil. Wrap in a towel to keep warm until ready to serve.

CHICKEN CURRY

2-3 lbs. whole chicken cut into pieces
1 onion, finely chopped
1 teaspoon chopped garlic
1 tablespoon tomato paste
Half a teaspoon finely chopped scotch bonnet pepper (optional)
1 teaspoon salt (or to taste)
3 tablespoons curry powder
1 tablespoon ground cumin
Half tablespoon ground black pepper
1 cup of water or more
1 bay leaf and a sprig of thyme

Cut chicken in serving size pieces. Combine the chicken and all ingredients. Mix well and marinate for 2 hours or longer. When done marinating, add 2 tablespoons of oil to a saucepan and heat to medium. Add the chicken mixture and cook, stirring constantly for about 5 minutes. Add the water and cook until tender.

RICE AND PEAS

1 cup red kidney beans
1 medium onion chopped
1 medium tomato chopped
1 teaspoon garlic chopped
1 sprig of thyme
1 tablespoon sweet pepper
1-2 teaspoons salt
2 cups rice
3-4 cups water
1 tablespoon cooking oil

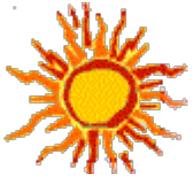
Boil the beans and salt in a saucepan until tender in 3 cups of water. Heat oil in a fry pan and fry chopped onion, sweet pepper, garlic, thyme and tomato. Then add to the cooked beans. Wash the rice and add to the beans. Cook at medium heat until tender. Add water if needed.

JERK CHICKEN OR JERK PORK

2 lbs. chicken or pork
2 teaspoons ground black pepper
1 teaspoon ground allspice
1 onion finely minced
1 cup scallion, finely chopped
2 tablespoons freshly chopped thyme leaves
Half scotch bonnet pepper, or other chili pepper finely minced
2-3 teaspoons Worcestershire sauce
Salt to taste
2 tablespoons vegetable oil

Blend all ingredients together except meat. Rub mixture into meat. Marinate and refrigerate 1-3 hours or overnight. Broil or grill at medium temperature, basting with the meat juices.

Jerk seasoning can also be bought at the supermarket or West Indian food stores.



Sun Safety For All

Before you head for the beach, the park or even the backyard, take a few minutes to learn about sun safety. You can protect your family and still have fun under the sun. This advice applies to everyone regardless of age or ethnicity. Find out more...

- Avoid needless exposure to the sun.
- Protect your eyes by wearing UV blocking sunglasses.
- Select shaded areas for outdoor activities.
- Clothing such as a broad brimmed hat, long-sleeved shirt, and long pants can protect your skin. Tuck a handkerchief under the back of your hat to help prevent sunburn on the neck.
- If you can't cover up, use a sunscreen containing a Sun Protection Factor (SPF) of at least 15, verify it has both UVA and UVB protection, re-apply every two hours and after sweating or swimming.
- Avoid using sun lamps.
- Some medication can make skin more sensitive to UV rays, consult your doctor if you have any questions.
- Don't let infants or children play or sleep in the sun in a playpen, carriage, stroller, etc.
- Get children used to wearing sunscreen lotion, paying particular attention to the most exposed parts - the lips, face, neck, shoulders, back, knees and tops of feet.
- People can use both sunscreen and insect repellents when they are outdoors to protect their health. Follow the instructions on the package for proper applications of each product. Apply the sunscreen first, followed by the insect repellent.
- Make sure plenty of fluids are available, especially in hot weather to prevent dehydration.

Playground Safety

Each year, more than 20,000 to 30,000 Canadian children are injured on playgrounds. Of these, about 1,700 will require admission to hospital. Tragically, some children die. The following statistics emphasize the need for playground safety.

- Injuries on playground equipment were sustained most frequently by 5-9 year olds, followed by 2-4 year olds.
- Most injuries occurred at a public park or at school
- Playground equipment accounting for most injuries were slides, monkey bars and swings.

Playground Safety Tips

- Never tamper with the ropes on playground equipment.
- Adults should supervise children on the playground at all times.
- Children should avoid wearing clothing with drawstrings which can get caught in the equipment and lead to entanglement or strangulation.
- Children should take off helmets before playing on equipment as they can get stuck and result in strangulation.



Summer Safety Tips...



Children and Wheels

With the warmer weather, children on bicycles, scooters, skateboards and in-line skates are everywhere!

Cycling, rollerblading, skateboarding and riding a scooter are great ways for kids to keep active. They need to be safety conscious, but they should get out there and have fun.

The shocking truth is that when it comes to kids being injured on wheeled devices, most mishaps are the fault of the child. That puts a big responsibility on parents to instill safety from a young age. They must supervise children to help them gain skill and learn the rules of the road.

The largest proportion of the mishaps don't involve motor vehicles. Most common are falls, hitting a stationary object, and running into a bike or pedestrian. However, about 90 per cent of cycling fatalities are caused by cyclists being struck by motor vehicles.

When children follow each other on their bikes, the first child may run a stop sign and get through and the next one is hit. Children must always assess the traffic situation for themselves.

Almost two-thirds of in-line skating injuries happen on roads and sidewalks. Relatively few occur in those areas best suited for recreational in-line skating, such as playgrounds and rinks.

What's the single most important precaution for children on wheels? The Canada Safety Council insists on the value of wearing a bicycle helmet for all these activities. In a spill, the forehead usually hits the ground first, and head injuries cause most fatalities and serious injuries. Buy and use only helmets which bear the CSA mark.

Safety on Wheels

Bicycles

1. Make sure your bicycle is safe.

Does it work properly? Check tires, brakes, etc. Does it fit properly? You should be able to straddle the bike with both feet on the ground; a bike that is too big or too small is a safety hazard.

Does it have a bell, a light and reflectors?

2. Obey all signs, signals and rules of the road.

Know the signals for riding on the road (stop, turn right, turn left) and know how to shoulder check before turning. Child cyclists must obey the same rules of the road as adult drivers: ride on the right side of the road, stop for stop signs and red lights, signal turns, and yield to traffic that has the right-of-way.

3. Always wear a helmet that fits properly.

The helmet should protect the forehead without slipping forwards or backwards; it should not move unless the scalp moves.

In-line Skates, Skateboards and Scooters

1. Protect yourself from injury.

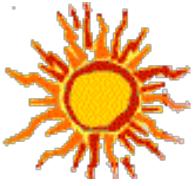
Wear protective gear: a bicycle helmet, wrist guards, gloves, knee and elbow pads and protective clothing (long sleeves and pants).

2. Skate and ride where it's safe.

Use roller rinks, parks and playgrounds. Stay away from roads and traffic. Skate or ride on dry surfaces and under good weather conditions. Skate or ride on the right side of paths and trails.

3. Watch out for what's around you.

Stay away from water, oil or debris or uneven or broken pavement. Always yield to pedestrians. Be careful near stairs and steps. If wearing headphones, ensure that you can still hear your surroundings.



Summer Camp Info...

YWCA

Camp Tapawingo

YWCA Camp Tapawingo is a Girls Residential Traditional camp located in Parry Sound, Ontario, on Georgian Bay.

Camp Tapawingo, for girls 6-15 years of age, turns a summer experience into life-long memories. The relaxed atmosphere of an all girls' setting creates the perfect environment for a girl to discover herself, build confidence and a sense of achievement. A carefully developed program of crafts, sports, music and activities makes Tapawingo an outstanding experience to build on.

Making new friends, singing by a campfire, canoeing, going on overnight trips, running, laughing and learning. It's a perfect way to spend 1, 2 or 3 weeks this summer. Each session up to 120 campers enjoy the great outdoors on our protected shores. Each of the cabins sleeps 8 campers and buzzes with stories and shared experiences, dreams and joy.

Experienced, trained counsellors are always ready to lend an understanding ear, offer guidance or share a joke. The warmth of new friendships makes each day a special day at Camp Tapawingo. That's why the campers keep coming back, year after year.

Leadership program available for girls 16 years old.

For further information contact:
Camping Department
at 416.652.9374

Green Acres Day Camp

A country day camp for kids & teens ages 3 to 15 years. Green Acres has been offering traditional day camp programs since 1966. In recent years, they have added specialty camp programs to keep up with the needs of campers. You will now find four amazing camp programs offered at Green Acres. The traditional Green Acres Camp, All-Star Sports Camp, Cedar Creek Riding Camp and MyCAMP. They also have New specialty camps that run during August and the Start of September, including Act One Theatre Camp, D-Phi Sorority, Head Start, Music Camp and Tennis Academy.

During the camp season, daily transportation to the camp is provided from the following areas - Toronto, North York, Thornhill, Markham, Richmond Hill, Aurora, Newmarket, Scarborough and Vaughan. In addition, camp bus service is available from certain areas in Ajax, Pickering, Whitby and Woodbridge.

11123 Kennedy Road
Markham, ON
L6C 1P2
Telephone: 905-887-1400

Robin Hood Day Camp

At Robin Hood campers are supervised by well trained staff. Camp Robin Hood's program is packed with traditional camp activities, 2 instructional swims per day and fantastic camp wide events that enhance the spirit of camp every summer. Their Sports Academy offers specific sport instruction in baseball, basketball, soccer, tennis golf and personal challenge sports (mountain hiking, inline hockey and climbing wall activities). They offer door to door transportation to their 50 acre private site in Markham.

10243 Reesor Road
Markham, Ontario
Canada
L6B 1A8
Phone: 416-736-4443

Day Camps cont'd...

Uof T Summer Day Camp

For over two decades, the University of Toronto at Scarborough has specialized in offering high quality children's programming in their popular, fun-filled "All-Star" Day Camp. If you would like to speak with someone regarding one of their camps or tennis programs, please call 416-287-7099.

University "All-Star" Camps ...for 6 - 12 year olds
All camp sessions run weekdays from 9:00 am - 4:15 pm for 2 week intervals. During each session they offer different camps based on age (6-8 yrs. and 9-12 yrs.) and interest. Campers participate in their chosen sport activity (Multi- Sport, Games & Sports, or Tennis) in the morning; and participate in computers, drama, and mixed media in the afternoon.

Also available: Leadership Camp... for 13-14 year olds

Rising Chefs

Ages 6-12

Join the Rising Chefs World Tour! In our delicious action packed camps we're exploring dishes from a different part of the world each week.

9am-4pm \$299 per week (before and after care available for an additional charge)

Ages 11+ Is your tween/teen a total foodie?? Have they ever wondered what a real chef does? Then this is the camp for them. Two different themes, two awesome camps!

Choose either:

- Culinary Boot Camp (sauces, soups, veg. prep, pastas, meat dishes, food presentation and more!)
- Baking Boot Camp (breads, appetizers, pastries, piping, cakes, tortes and more!)

9am-4pm \$399 per week (before and after care included)

91 Rylander Blvd., Unit 1020

Scarborough

M1C2Y9

Phone:416-207-0029

Dragon Boat Kids Camp

The Pickering Dragon Boat Kids Camp introduces youth to the sport of dragon boat in a fun, healthy and safe environment. Established in 2003, the camp is located within Progress Park on the east shore of Frenchman's Bay.

Dragon Boat Kids Camp is designed for co-ed youth aged 7 - 14. Its primary objective is to utilize the sport of dragon boat racing to promote a healthy lifestyle among youth in Durham Region and the Greater Toronto Area.

Dragon Boat Kids Camp offers weekly sessions through July and August. The camp runs from 9am - 4pm and uses dragon boat racing introductory sessions as a centerpiece to a series of fun and exciting activities. Other than dragon boat racing campers will:

- visit Petticoat Creek Pool
- participate in Frenchman's Bay Watershed Rehabilitation Project
- visit Millennium Square 'Splash Pad'
- participate in camp games, arts and crafts projects, and outdoor sports.

To register for the pdbc's Dragon Boat Kids Camp please visit: <http://pdbc.ca/> Print and fill out a registration form, then mail it, along with payment, to:

Pickering Dragon Boat Club
ATTN: Dragon Boat Kids Camp
1383 Fordon Avenue
Pickering, ON, L1W 1K1



Events In & Around Toronto

SUNDAY SERENADES - MEL LASTMAN SQUARE

FREE!

July 12-August 23, 2009 The very best in swing, big band and jazz acts to compliment Toronto's warm summer evenings. Sunday Serenades runs on Sunday evenings in July and August at Mel Lastman Square. Swing dance enthusiasts will have a chance to show off their dance moves under the stars at these free concerts. 7:30 p.m. - 9 p.m. Mel Lastman Square is located at 5100 Yonge Street two blocks north of Sheppard Avenue.

FRESH WEDNESDAYS - NATHAN PHILLIPS SQUARE

FREE!

July 15-August 26, 2009 Fresh Wednesdays features free, live noon-hour concerts to complement shopping at Nathan Phillips Square's annual Farmers' Market. Savour your favourite fruits and vegetables at their peak of perfection while listening to the great Canadian music. Nathan Phillips Square is located at 100 Queen Street West.

TASTY THURSDAYS - NATHAN PHILLIPS SQUARE

FREE!

July 16 - August 27, 2009 Tasty Thursday BBQ - 11 am - 2 pm - \$5 or less!!! Thursday Concerts noon - 2 p.m. Every Thursday a variety of prime Toronto restaurants will be featuring select menu items for five dollars or less. In addition to the delicious international cuisine, which includes pad thai, empanadas, jerk chicken and jumbo shrimp, each week there will be a free noon hour concert, providing the perfect lunch hour escape.

BEACHES INTERNATIONAL JAZZ FESTIVAL EVENTS!

FREE

Woodbine Park - Lakeshore Blvd. E. & Coxwell July 17-19, 2009 Multiple outdoor stages featuring free concerts. Featuring our "New Generation" and "Youth" stages celebrating young upcoming musicians that are making an impact. Bring a hat, a blanket or folding chair or join us in one of our beer gardens! Limited capacity special viewing area will be set aside for those who use wheelchairs/scooters.

StreetFest - Queen St. E. July 23 - 25, 2009 StreetFest is a Beaches International Jazz Festival original event showcasing the finest in Big Band, Swing, Dixieland, Smooth, Post-Bop, Afro-Cuban, Fusion, Funk, R&B and Soul sounds that Canada has to offer. Upwards of 50 bands entertain you along a closed 2 km stretch of Queen Street East! 7-11 pm. Kew Gardens 11:30 am-6:30 pm July 25 - 26, 2009 Concerts by notable jazz music headliners on the main stage in Kew Gardens, located in the heart of Toronto's Beach community. A unique yearly opportunity to witness up front and personal, jazz musicians who've created that special buzz on the international music scene. Bring along friends and family. Settle in on your beach blanket or chair, or check out our outdoor licenced lounge located within viewing distance of the stage! Limited capacity special viewing area will be set aside for those who use wheelchairs/scooters.

CHIN PICNIC 2009

FREE!

Uncover an exciting new culture, or rediscover your own at the 43rd Annual CHIN International Picnic at Exhibition Place, July 1st, 4th, & 5th, 2009! This 3-day event attracts 250,000 people annually and remains the largest, free picnic in the country. Come and experience flavours from around the world, watch performers direct from their native countries, and take part in an event unique to Toronto. Our shopping bazaar hosts over 100 exhibitors, promising something for everyone, and our midway rides and animal attractions excite crowds of all ages. The International Bikini pageants bring out Ontario's finest competitors - cheer your favourite on to victory.

CARIBANA FESTIVAL Monday July 14th - Sunday August 2nd

Every summer, Toronto blazes with the excitement of calypso, steel pan and elaborate masquerade costumes during the annual Toronto Caribbean Carnival (Caribana) Festival. Caribana 2009 celebrates its 42nd anniversary, it is the largest Caribbean festival in North America. This three-week Festival attracts over a million participants annually, including hundreds of thousands of American tourists. With events like the King and Queen Show, 2009 Caribana Parade, and Nightlife parties everyday of the week. The parade will take place on Saturday, August 1st from 10 am - 6pm



GREEN TORONTO FESTIVAL

July 25 - July 26

FREE!

Exhibitors and performers fill Yonge-Dundas Square to explore living green. Saturday July 25th will include a street-closure of Yonge street (from Dundas to Queen) with over 100 exhibitors, local food, live music, and more. Sunday July 26th is family day with events on Yonge-Dundas Square with kid friendly activities and hands-on fun for the whole family. Check out hundreds of green products and services to help you live green at home, work and on the road. Everything from bees, worms and bikes, to green fashions, renewable energy, local foods and more....

SCARBOROUGH RIBFEST!

"Thomson Park Rib Fest"

FREE!

Starts daily at 11:00 a.m. July 31st to August 3rd. Please leave your pets at home. No cover charge. Live entertainment. Mouth watering, barbeque ribs and chicken prepared by some of the best "ribbers" from Canada and the United States competing for "best ribs" and other awards. Sing karaoke everyday and get a chance to become a Scarborough Idol (make sure you register at the park!) Enjoy delicious ribs, hot dogs, french fries, corn on the cob, midway rides, and skill testing games. The Beer Garden is open all day, every day. Located at Brimley Rd. and Lawrence Ave. Come out and enjoy the family fun!

TREEHOUSE! Live Stage AT....."Ontario Place"

Live children's entertainment featuring...



July 13 to 19



July 20 to
August 2



August 3 to
August 16



May 16 to 18
August 17 to 30



August 31 to
September 4

CANADA'S WONDERLAND

Encompassing 330 acres with more than 200 attractions. Paramount Canada's Wonderland is Canada's premiere theme park. The Park is divided into eight themed areas, with every type of roller coaster and thrill ride imaginable, including Hanna Barbera Land, which is suited for younger children. The Park averages roughly three million guests per year. Call (905) 832-7000 for more info. There's paid parking at the Park. Admission: Adult (60+) & Children (3-6 yrs)... \$21.49 Adult (7-59 yrs)...\$42.99 Children (2 yrs & under)... Free

ONTARIO PLACE

Ontario Place is one of Toronto's best summer family leisure and entertainment complexes. Located directly on the beautiful Lake Ontario waterfront, Ontario Place is home to a multitude of land and water attractions geared for all ages. Open 10:00 am - midnight. Call (416) 314-9900 for prices and other info.

METRO TORONTO ZOO Phone: 416-392-5929

Lots of activities over the summer months, some of which include: Waterside theatre Entertainment, The McGregor Socks Make-A-Wish Foundation, Scavenger Hunt, Today's Parent KidSummer Day, plus much more... Visit: www.torontozoo.ca/SpecialEvents

< td> < td Senior 65+)="=" \$15.00> < td Child 4-12)="=\$13.00">

HARBOURFRONT CENTRE Heart of Toronto's Waterfront FREE EVENTS!

For inquiries regarding events, programs, site directions and service call 416.973.4000

July 3 -5 The Hot Spot

If it's hot, it's at Harbourfront Centre! New this year! A festival that captures a variety of international music and explores what's 'hot' globally. Crank up the heat this summer with sizzling music, the hottest artists and tomorrow's trendsetters.

July 10 -12 Beats, Breaks & Culture

One of the country's most influential electronic music festivals, BBC pursues, dissects, celebrates and showcases the best national and international electronic music and culture.

July 16 - 19 Mexico Beyond Your Expectations

Come celebrate the Mexican revolution with an incredible festival that highlights the rich diversity of the country and its people. From the traditional to the contemporary, this festival has it all!

July 24 - 26 Canadian Voices

New for '09! Canada has a rich history of producing some of the finest singer/songwriters in the world. This new festival highlights emerging Canadian musicians in the fields of classical, folk and rock.

July 31 - August 3 Island Soul

An annual favourite! Crisscross a series of Caribbean cultural borders — shaped by African, Indian and European influences — across artistic disciplines. Enjoy the sounds of calypso, soca, salsa and reggae.

August 7-9 Zaika: A south Asian Food Festival

Experience the diversity and regional specialties of South Asian cuisine! Bring your appetites! This festival serves up the broad spectrum of South Asian cuisine, ranging from best-loved dishes to new and unique regional tastes. The festival also features song, dance and cinematic Bollywood classics.

TASTE OF THE DANFORTH August 7th (6pm - 11pm), 8th (12pm - 11pm), 9th (12pm - 8pm)

In August, the annual "Taste of the Danforth" festival now attracts over a million visitors over a 2 1/2 day stint. Closed off to traffic, the street is flocked by visitors to enjoy the sights, sounds, and flavours from participating restaurants and retailers that do their best to show off their excellent offerings with visitors, and retail and food vendors offering special deals and samples.

SUMMER MUSIC IN THE GARDEN FREE!

Toronto Music Garden (Harbourfront Centre) Celebrating 10 years of free music and dance! Concerts are Thursdays at 7pm and Sundays at 4pm and are approximately one hour in length. Bench seating is available but limited, so feel free to bring a lawn chair. Don't forget your hat or umbrella and sunscreen as shade is limited. Concerts proceed weather permitting. Please call our info desk at 416-973-4000 for up-to-the-minute rain calls.

LET'S GO TO THE EX! CNE - August 21st - Sept 7th

2009 Admission Prices: General Admission: \$15, Seniors (60 yrs +): \$11, Children (13 & under): \$11, Family Pass (2 adults & 2 children or 1 adult & 3 children): \$45, Children 2 yrs. & under: Free



ONTARIO SCIENCE CENTRE ~The Science of Spying "Your Mission Awaits" On until September 7th

Find out if you have what it takes to be a spy in this new interactive exhibition. On arrival, you're recruited for training as a "spy for the day" and embark on a secret mission.

~Lizards & Snakes: Alive! An engaging exhibition that features more than 60 live lizards and snakes from live continents and introduces visitors to a diversity of squamates - the group that includes legged and legless lizards, including snakes.

Prices: Adult 18-64 yrs = \$18 Senior 65+yrs = \$13.50 Youth 13 - 17 yrs = \$13.50 Child 4-12 years = \$11 Children 3 and under admitted free

WILD WATER KINGDOM 7855 Finch Ave. W, Brampton, Tel: 905 794-0565

"Canada's Largest Water Park" is 100 acres of fabulous fun featuring Dolphin Bay children's area with 'The Big Tipper'...800 gallons of water splashing down. Water Sprayland, 7 children's water slides and the Dryland Playground. Your admission includes all of the amazing FUN water attractions and also includes UNLIMITED use of bumper boats, batting cages, two 18 hole fantasy mini-golf courses, and the exciting challenge of rock climbing under a waterfall on the Wild Water Wall!

Regular Day Pass (ages 10+) = \$29.95 Children Day Pass (ages 4 to 9) = \$21.95
Seniors Day Pass (ages 60+) = \$21.95 Children under 4 = free

AFRICAN LIONS SAFARI

1386 Cooper Road, Flamborough Toll Free 1-800-461-9453

Rates: Adult (13-59).....\$29.95 Senior (60+).....\$26.95 Children (3-12).....\$24.95

ATTRACTIONS INCLUDE: Drive Through Game Reserve (9 km), Misumu Bay Wet Play area, Jungle Playground, Parrot Paradise show, A scenic railway tour, Pets' Corner, Elephant Roundup demonstration, Birds of Prey flying demonstration, Take a cruise aboard the 'African Queen'.

ONTARIO PARKS

\$25.00 - \$35.00 per night depending on area and showers vs no showers

Most Parks Include:

Hiking, swimming, canoeing, boating, wildlife viewing, natural heritage education, tent camping, flush toilets, electrical campsites, showers, playground, park store, day use area, laundry

Darlington Park (905-436-2036)
1600 Darlington Park Rd., Bowmanville, Ont

Sibbald Point Park (905-722-8061)
26465 York Road 18, R.R.#2, Sutton West, Ont

Bronte Creek Provincial Park (905-827-6911)
1219 Burloak Drive, Oakville, Ont

Earl Rowe Provincial Park (705-435-2498)
Alliston, Ont

Springwater Provincial Park (705.728.7393)
1331 Highway 26, Midhurst, Ontario

TORONTO PUBLIC LIBRARIES

****Closed on all Sundays in July and August****

CEDARBRAE BRANCH - "Closed for Major Renovation"

On Sunday October 5, 2008 at 5 p.m., Cedarbrae Branch closed for major renovations, scheduled for completion in 2010.

MORNINGSIDE BRANCH
4279 Lawrence Ave. East Tel: 416-396-8881

Childrens Programs
Learn to Draw Comic Art on Monday, July 6th from 10:00 -11:00 AM
Register at the branch.

Teen Programs
Morningside Summer Zine Project Tues. July 7th from 2:00 - 4:00 PM Ages 14-18
Teens who love to write or draw are needed to create the first Morningside Zine this summer. In partnership with Toronto Cultural Services. Register at the branch.

Morningside Young Entrepreneurs Tues. July 7th from 6:00 - 8:00 PM Ages 14 +
Free interactive 4 week program for teens on starting and running a business. In partnership with the City of Toronto and Mazemaster. Register at the branch.

Summer Reading Club: Agent 009 Wed. July 8th from 10:00 - 11:00 AM Ages 7-13
Join our Summer Reading Club and test your detective skills this summer with stories and games and lots of mystery. Register after June 21 at the branch.

Wednesday Afternoon Film Programs Wed. July 8th from 2:00 - 3:30 PM Ages 8-14
Join us on Wednesday afternoons for free film programs at the library. No need to register, just drop by and enjoy these popular movies with friends or family.

Arts and Crafts for Preschoolers Fri. July 17th from 2:00 - 3:30 PM
Staff from the Early Years Centre Scarborough East teach arts and crafts to preschoolers and help to develop their artistic talents. Register at the branch.



~ ENTERTAINMENT AT THE CREEK ~



ACTOR FACTS ON MEGAN FOX

Given Name: Megan Denise Fox
Nick Names: Mega Fox, Foxy Megan
Date of Birth: May 16, 1986
Born: Memphis/Tennessee

- Megan has one older sister and has an Irish, French and Cherokee ancestry.
- Megan began her training in drama and dance at the age of 5 and when she was 10 years old, she moved to Florida where she continued her training and finished school.
- Megan began acting and modeling at the age of 13 after winning several modeling and talent awards
- Megan made her film debut as "Brianna Wallace" in the Mary-Kate Olsen and Ashley Olsen movie, *Holiday in the Sun*.
- She currently lives in Los Angeles.
- Megan has nine tattoo's in total, a tattoo of Marilyn Monroe, a ribcage tattoo that reads "*there once was a little girl who never knew love until a boy broke her HEART*" and a quote from William Shakespeare's *King Lear*, tattooed on her right shoulder that reads "We will all laugh at gilded butterflies".
- Is a huge fan of animals and has owned dogs, cats, birds, squirrels and even a pig.
- While living with her parents, Megan was not allowed to date anyone. She only did it after she moved out.
- Megan was nominated for the Best Supporting Young Actress on a TV Series on the 2005 Young Artist Award, for her role in "Hope & Faith".
- In 2006, Megan was named #68 in FHM magazine's "100 Sexiest Women in the World". In 2008 she was #1 in FHM magazine. Megan was ranked #18 on the Maxim magazine Hot 100 of 2007 list. Then ranked #2 on the Maxim magazine of 2009 list.
- Megan was banned for life of entering Wal-Mart in Port St. Lucie, Florida for stealing stuff like The Olsen twins lip gloss.
- Megan is a fan the Xbox 360 and her favorite game is the mega-hit 'Gears of War'.
- Megan is a champion swimmer and was a member of swim teams in Tennessee and Florida for 5 years.



Personal Quotes

- "The Director of Transformers ~ Michael Bay doesn't like really skinny actresses. He's been traumatized by them for some reason in the past. So I always try to put on eight to ten pounds before filming a Transformer's movie."
- "If I ever lose a role because of my tattoos, I'll quit Hollywood and go to work at Costco."
- "I have no friends and I never leave my house. You just have to make a choice to just refuse to be involved with things that could get you in trouble. It's easy when you feel upset or depressed about something to want to go to a club and want to drink, but instead I just force myself to sit and feel it and deal with it, and try to grow from it, because I don't want to go down that path. I'm one of the most isolated people in existence right now, but it's worth it because if I wasn't making that decision I would be throwing away my career."
- You will find Megan in the newly released Transformers ~ *Revenge of the Fallen*. In the future, Megan is expected to take on the role of Lara Croft in the upcoming continuation of the Tomb Raider movie franchise.



~ ENTERTAINMENT AT THE CREEK ~

New Releases to DVD from June and July 2009

June 2009	July 2009
• Inkheart	• The Unborn
• Revolutionary Road	• Knowing
• Defiance	• 12
• He's just not that into you	• Push
• Gran Torino	• Two Lovers
• Street Fighter: The Legend of Chun Li	• The Haunting in Connecticut
• One Week	• Horsemen
• The International	• Watchmen
• Fired Up	• Hello Goodbye
• Fan Boys	• Caroline ~ 3D
• Friday the 13th (Killer Cut 2009)	• Fast and Furious
• Pink Panther II	• Dragon Ball : Evolution
• Crossing Over	• Miss March
• Confessions of a Shopaholic	• The Queen and I
• 12 rounds	• Pontypool
• Stone of Destiny	• Finn on the Fly
• Jonas Brothers ~ 3D Concert	• The Great Buck Howard

Coming Soon to DVD for August 2009

August 2009
• Che: Part 1 and 2
• Race to Witch Mountain
• State of Play
• I Love you Man
• Hannah Montana The Movie
• Last House on the Left
• The Class

Coming Soon to your local Movie theatre

July 2009	August 2009
• Ice Age, Dawn of the Dinosaurs ~ Wed July 1	• G.I. Joe - The Rise of Cobra ~ Fri August 7
• Public Enemies ~ Wed July 1	• Julie and Julia ~ Fri August 7
• Moon ~ Fri July 3	• When in Rome ~ Fri August 7
• Bruno ~ Fri July 10	• District 9 ~ Fri August 14
• The Hurt Locker ~ Fri July 10	• Taking Woodstock ~ Fri August 14
• I Love you, Beth Cooper ~ Fri July 10	• Time Traveler's Wife ~ Fri August 14
• Harry Potter and the Half Blood Prince ~ Wed July 15 (also in IMAX 3D)	• Inglorious Basterds (Quentin Tarantino Film) August 21
• 500 Days of Summer ~ Fri July 17	• Goose on the Loose ~ Fri August 21
• G-Force ~ Fri July 24	• Final Destination ~ Fri August 28
• Aliens in the Attic ~ Fri July 31	• H2 (Halloween 2) ~ Fri August 28

~ ENTERTAINMENT AT THE CREEK ~

SUMMER HOROSCOPES

Aries Horoscope ~ March 21st to April 19th

There is a mood of progress in the air and you feel that everything is going really well for you. A letter or parcel will be delivered with a big surprise inside.

Taurus Horoscope ~ April 20th to May 20th

A summer spending spree could be fun especially if this involves an overnight stay or a trip away. Short trips are especially enjoyable and there may be a degree of competition in romance.

Gemini Horoscope ~ May 21st to June 20th

A friend's making a number of social and travel plans and you are invited. At first you might feel you have too much to do, but you will be tempted. Why not follow your instincts? Duty can wait. July is a great month to work on new projects, but watch your spending in August.

Cancer Horoscope ~ June 21st to July 22nd

In July it might feel like someone is trying to keep a secret from you. You could ask them directly. Or you could find more subtle ways to discover what's going on such as phoning up a few friends to ask what they may know. There's a mood of progress in the air in August.

Leo Horoscope ~ July 23rd to August 22nd

A summer romance will fill a little gap in your life if you're single. Get yourself out and about and mix with others of the same age as yourself. In a group event, behind the scenes work will be surprisingly rewarding.

Virgo Horoscope ~ August 23rd to September 22nd

You've been working hard to reach a special goal. The end is in sight. The financial rewards or a strong sense of achievement could be the main incentive.

Libra Horoscope ~ September 23rd to October 23rd

The sun will be in your travel zone in July.. If you aren't travelling soon, you will be. You need something to look forward to. In fact your itchy feet could take you to some interesting places. Focus on main goals in July.

Scorpio Horoscope ~ October 24th to November 22nd

You'd really regret it if you allowed someone to persuade you to enter a risky venture. Whether with regard to money or emotions, play it safe and keep everything honest and open.

Sagittarius Horoscope ~ November 23rd to December 21st

Summer sees the start of a satisfying trend in your relationships. If you're single, a new romance could bring you future happiness. If attached, a close relationship takes on a new and more positive feel.

Capricorn Horoscope ~ December 22nd to January 29th

You're working hard, perhaps because of a deadline or a need to keep in your boss's good books. You might feel badly about the news, but news regarding a friend or associate's love-life has the sobering influence of making you appreciate what you've got.

Aquarius Horoscope ~ January 20th to February 19th

Responsibilities are increasing and the summer months ahead look to be busy and demanding for Aquarians. So, before taking on anything else, ask yourself whether you will have the time and energy. Or are you spreading yourself too thinly?

Pisces Horoscope ~ February 20th to March 20th

Decisions made within the family will have a far-reaching effect. If new projects are instigated, be sure that it is your best foot that you put forward. Don't look behind, think positive and look to the future.



**DO YOU HAVE SOMETHING TO SELL, GIVE AWAY,
ADVERTISE, BARTOR, TRADE?**

HERE IS THE PLACE TO DO IT AND THE BEST PART IS

IT'S FREE

**TO POST SOMETHING EMAIL EVELYN AT
EVELYN.FOX@HOTMAIL.COM
OR DROP YOUR AD FORM AT UNIT 56**

For Sale

Office Cabinet, Excellent Condition - \$100, O.B.O.



Contact: Dan Dubien, Unit #55 Phone: 416-282-2912

For Sale

Kirby Upright Vacuum - \$300, O.B.O.



Contact: Dan Dubien, Unit #55 Phone: 416-282-2912

For Sale

- Girls 18" Barbie Bike: \$5.00
- Playstation 1 with 2 games : \$30.00
- Fisher Price 12V F150 2 seater, kids truck with FM Radio, 2 batteries: \$200.00/O.B.O.

Contact: Maggie, Unit #61, 416-750-2499.

- Evenflo toddler rear mounting bike seat: \$20.00

Contact: Evelyn, Unit #56, evelyn.fox@hotmail.com

- Antique hutch \$50.00/O.B.O.

Contact: Carol, Unit #22, 647-345-3454

Resources

Bizee Bee Parents: An online resource for Parents www.bizeebeeparents.com

Scarborough Rent Bank: Financial loans available to low income families or individuals that face eviction as a result of rental arrears: www.shhc.ca

Phone: 416-285-8070

Address: 2500 Lawrence Avenue East/at Midland

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

JULY 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Canada Day	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

AUGUST 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					