

~ RIPPLES FROM THE CREEK ~



Board Update:

Welcome the new members of the Co-op, from last fall we welcome Rick & Renee Evans #89, Elouise and Zohedrock Hedd-Williams #87, Sabrina & Andy All #73, Pam Tapley & Bradley & Shane Biron #77, Al & Melissa McDermott #5, Sheldon Kelly & Cheryl Pacaud #35 and most recendy Nyree Jenkinson and Jason Marshall #59. We hope you enjoy living here as many of us have for years.

In stating that, we sometimes forget about how great our Co-op is and that we need to treat our residences with respect. Much money and time was spent by the Co-op (that being us the residents who live and pay rent here) to bring a unit up to par after someone moves out. You would be surprised - I was. I sometimes wish we could show everyone how units are left. Some are good but too many are not.

Last week we had the Co-op lawyer attend a meeting with the Board and she was very surprised at our Co-op. Surprised at how lovely the property is, surprised at our low housing charges, surprised that we have not had a vacant unit and surprised that we have not had to evict someone for many, many years. She told us all to be proud of our Co-op and acknowledged the hard work that has been put in to the Co-op to keep it as a strong community and financially healthy.

There is always a lot happening around here, and before I was on the Board, I really had no idea of just how much business is transacted by the Co-op office, the Board and the committees. If you participate, keep up the good work. If you don't participate, get on a committee and become involved.

Winsome Smith

Do you know?

Do you know what a great community you live in?

Do you know how many volunteer hours are offered per month by so many people?

Do you know that your neighbours help other neighbours in times of trouble?

Do you know that your neighbours help others who are sick?

Do you know that your neighbours help take care of the finances of the Co-op?

Do you know that your neighbours help take care of the difficult business of the Co-op?

Do you know that your neighbours do everything they can so no one gets evicted?

Do you know that your neighbours help fix up the houses?

Do you know that your neighbours help take care of the grounds?

Do you know that your neighbours communicate to members through a community newsletter?

Do you know that your neighbours keep an eye on your kids when you look away?

Do you know that your neighbours clean up the debris on the property when it blows around?

Do you know that your neighbours do "meals on wheels"?

Do you know your neighbours belong to community churches and do acts of charity?

Do you know your neighbours go out and work hard every day so they can provide a good home and life for their family?

Do you know that your neighbour has a pet that is loved?

Do you know that your neighbour struggles?

Do you know that your neighbour needs your help?

Do you know that your neighbour doesn't have enough food this week?

Do you know that your neighbour supports the local food bank?

Do you know that your neighbour helps at the school?

Do you know that your neighbour donates to the furniture bank?

Do you know that your neighbours drives others to the grocery store?

Do you know that your neighbour suffers deep emotional difficulties?

Do you know your neighbours need you to say 'hi' every day to them?

Do you know that your neighbours organize events for kids?

Do you know that your neighbours hold events for adults?

Do you know that your neighbour shovels a senior's driveway?

Do you know that your neighbour dances?

Do you know that your neighbour is artistic?

Do you know that you live in a great neighbourhood with many, many different people who offer an amazing amount of goodness to enrich the community in so many ways? Do you know that your help is needed too?

I do know.

Get involved in your neighbourhood. You might be surprised at how amazing it is.

Deborah

Newsletter Committee

Currently the committee is looking for two more members, if you are interested in joining our magnificent team; please contact the participation committee and let them know.

We are trying to have the Newsletter out every three months according to the seasons; we will try our hardest to fulfill that commitment.

If you are interested in seeing something in the newsletter please don't hesitate to get in contact with anyone of the members who is on the committee and voice your need. We try to represent everyone in the Co-op but, we are only a few out of over 100 people, without the feedback we are only assuming what you would like to see.

If you have anything you would like to add; you can email your suggestions to Evelyn (evelyn.fox@hotmail.com or unit #56).

We hope you enjoy this edition.

Finance Committee

In January we had 24 families on subsidy, 18 households were late with their housing payments and 11 households who were in arrears in the amounts ranging from \$20.00 to \$1000.00.

It is Budget time again and we have had many large expenditures within the last nine months, including \$30,000 for a drain collapse in 245. We have also endured almost an \$80,000 expenditure for new furnaces, patio doors and floors have had to be replaced also.

The Finance Committee meets almost once a month to review subsidies and arrears, as well as working on the Budget.

Judy Brennan
Chairperson

Neilson Creek Co-op Pride:

Editorial by: Donna McGhee

Each coop has its own special character, but many share the same benefits of communal living. If you join a co-op; you will enjoy a strong sense of community. Neilson Creek has just that, a strong sense of community.

Cooperative housing is a viable home ownership alternative that provides affordable, quality living space, as well as a number of social benefits. Housing costs are rising rapidly across the country, making the dream of homeownership more difficult each day. Cooperative housing offers an affordable alternative that can lead to an entry-way to homeownership. Some of the members are new, just getting the hang of life in a coop, others are among our first families. We're now seeing second generations come back to live here. Our coop is the best in Toronto. It's the best run, staying in the black year after year. We're proud of this, not all coops can make this statement. This is the result of great management by our coordinator and the Board of Directors.

Not all Coops are created equal, it's clear to visitors to Neilson Creek. People who've visited other Coops have often commented how great our property is, how nice the units are kept and the benefits to the members. Not all Coops are set on such a great property, nor have all the extra added benefits Neilson Creek has. We've got great schools, a newly revamped Community Centre with pool and ice pads, a public library, public transit, and shopping all within walking distance. Neilson Creek offers the best housing charge going and the best maintained property. So many other coops charges are much higher. Let's all appreciate where we live and live up to our commitment to the Co-op.

GETTING READY FOR SPRING AND SUMMER AT NEILSON CREEK

Open those shutters and pack away the long johns - spring is just around the corner! After months of hiding inside from the cold, it's time to flush out the stale winter blahs and prepare your home for a fresh new season.

1. Get the mould out ~ With increased time indoors and more contact with your furnishings, bacteria and moulds have been multiplying in your carpets and upholstery all winter long. Yikes! It's a time to give all fabrics a good shampoo to nip these nasties in the butt, especially before the weather gets wet and rainy as moisture helps moulds grow faster. Also, take a look around your window panes, scrub with an unscented detergent then dry quickly. And don't forget the fridge — give it a good wipe-down.

2. A breath of fresh air ~ After blasting heated air through your home all winter it's time to clean out or replace your air filter.

3. A fresh start with flowers ~ Get into the spring of things with potted pink tulips, yellow daffodils, purple irises or white lilies. Even if the weather is still wintry outside, you're reminded that soon these lovelies will be sprouting forth in your own garden.

4. Paint ~ A hot paint trend this year is to mix pastels with darker neutrals. Give your home a splash of pretty spring colour on an accent wall, in the kitchen or create a colourful trim in a dull-looking room.

5. Vacuum out your fire alarm ~ Dust will accumulate inside your smoke detector, causing it to give a false alarm. After checking the battery this month, take the top off and vacuum the inside with the drapery-cleaning attachment of your vacuum cleaner. Remember the batteries should be replaced once per year.

6. Go fly a kite ~ High winds in March make it a great time for kids to construct, decorate and fly their own kites over March break. Check out the local library for kite construction books or browse online for easy instructions. If the weather remains too cold all month, kids can hang their kites in their rooms until it gets nicer out.

7. Get ready, green thumbs! ~ Before the first real thaw comes, make sure your gardening tools are in working order. Grease up any stiff cutting tools, check screws or bolts on handles to ensure they're secure and replace anything that rusted over the winter. Have power tools serviced and replace old blades or chains with sharp ones. And go ahead - indulge in that cool new gardening gizmo to get you really pumped for the upcoming season.

8. Open Up! ~ When April nears, open up the windows and let the fresh breeze flow through the house. At the end of the month when temperatures are warmer, it's a good time to give the outside a cleaning.

9. Carpet cleaning ~ Another way to make the house fresh and clean after months of being locked up tight against the elements: clean the carpets. Especially if you've got kids, who knows what's been tracked through the house over the winter? Rent a carpet steamer.

10. Get rid of winter wear ~ April is a good time (and safe bet) to put away the winter woolies and bring out your summer clothes. Whether you move them to an extra closet or pack them up in a chest, you should be safe to lock them away for another 6 months.

Everyday Tips to remember while SPRING Cleaning

To dean up spills in your oven, sprinkle the spills immediately with salt. When the oven has cooled, brush away the burnt-on food with a damp sponge.

For more effective dishwashing, add a few tablespoons of vinegar along with the dishwashing detergent when washing dishes. The vinegar cuts the grease and leaves dishes sparkling.

To disinfect smelly sponges, wash sponge thoroughly, then microwave it while it is wet, for a short period. When you see steam from the sponge, the bacteria in the sponge will be dead. Remove carefully, it will be hot! Wash the sponge thoroughly before use. ****Make sure the sponge has no metal components!****

To remove hard-water and lime build-up in a teapot or kettle, pour in two cups of vinegar and bring to a boil. Let simmer for about 10 minutes, then rinse well.

To remove skid marks on linoleum rub the spot with toothpaste before washing the floor.

To keep your plastic containers from getting stained from tomato based foods, rub the inside with vegetable oil before placing the food in the container.

Kitchen surfaces: Mix in spray bottle, 1 part ammonia to 3 parts water. Or try diluted bleach solution in a spray bottle. It will remove stains AND disinfect.

Cleaning coffee maker: Pour straight vinegar into it as if you are making the coffee, no filter is need. Turn coffee maker on as if you were making a pot of coffee. Repeat this with a new batch of vinegar until it runs clear of calcium deposits.

Removing mildew from shower or bath: 3 parts bleach and 1 part water - put in spray bottle. Spray on mildew areas and it will virtually disappear.

Use crumpled up black and white newspaper dipped in vinegar to wash windows. Dip paper in vinegar and wipe the glass until almost dry, then shine with dry newspaper or cloth.

Children's stickers can be removed from wood by applying white vinegar to the sticker, letting it soak and then scraping off.

Clean those dirty, dusty, mini-blinds in your house in a snap! Fill the bathtub with warm, soapy water and let the blinds soak. If they are white blinds add a little bleach to get rid of any stains.

Removing Crayon from walls: use damp sponge and Colgate toothpaste. Rub carefully.

Removing scuff marks, pen, and pencil from walls: use a dry cloth and rubbing alcohol.

To remove pet odors from your carpet, sprinkle it with baking soda and let sit for one hour, then vacuum.

For removing ink stains: Ball point pen stains can be removed by using hair spray - let the hair spray drv and wash the item.

SPRING CLEANING CHECKLIST

Kitchen

- Microwave Cleaned Inside & Out
- Drawers/Cupboards Inside & Out
- Stove/Oven Inside & Out
- Stove Vents
- Fridge Inside & Out
- Fixtures Cleaned & Polished
- Baseboards Dusted & Wiped Down
- Window Sills Cleaned

Bedrooms

- Linens Changed
- Furniture Dusted & Polished
- Doors Knobs & Face Plates Polished
- Floors Vacuumed
- Baseboards Dusted & Wiped Down
- Window Sills Cleaned
- Have kids go through toys old and broken ones can be thrown away or donated
- Clothes that no longer fit can be donated

Living Room

Living Room Furniture Dusted & Polished Floors Vacuumed Fabric Sofas & Chairs Vacuumed Baseboards Dusted & Wiped Down Window Sills Cleaned Doors Knobs & Face Plates Polished

Bathrooms

Sink Disinfected Tubs & Showers Scrubbed & Disinfected Toilet Scrubbed & Disinfected Medicine Cabinet Cleaned Mirrors Cleaned Floor Vacuumed/Swept & Mopped Doors Handles & Face Tableware Polished Baseboards Dusted & Wiped Down Window Sills Cleaned

Entrance and Hallways

- Floors vacuumed
- Baseboards Dusted & Wiped Down
- Window Sills Cleaned

Closets

- Floors swept & mopped
- Odd mittens thrown away
- Shoes and jacket that are too small donate or throw away

Outside

- Wash porch decks, driveway and walkways
- Wash outdoor furniture and umbrellas
- Wash light fixture covers
- Clean gutters



Bed Bugs

Pest Note



Photos courtesy of:
Gary Alpert; Whitney Cranshaw, Colorado State University, Bugwood.org



Bed bug nymph
before and after feeding
Photo: Lou Sorkin



Bed bug bite region
Photo: Lou Sorkin

Bed bugs—what are they?

Bed bugs have an oval broad, flat body and a short, broad head. Shaped similar to an apple seed, unfed adults are around 6 to 10 mm long and brown and wingless. After feeding, they swell slightly in size and darken to a blood-red colour. The nymphs are shaped like the adults, but are yellow-white in colour.

Itchy welts on skin and/or black or brown spots on mattresses sheets, bed frames or walls often indicate that there is a bed bug infestation.

Bed bugs are also known by several names: wall louse, house bug, mahogany flat, red coat, crimson rambler as well as others.

The bed bug eggs are white, about 1 mm long (1/25 inch), and are almost impossible to see on most surfaces. The female bed bug lays at least 200 eggs in her lifetime, at a rate of about two or four per day. The eggs have a sticky coating and are deposited in cracks and crevices, behind woodwork and similar hidden locations. They usually hatch in six to 17 days.

Newly hatched nymphs feed as soon as food is available. A bed bug goes through five moults before it reaches full maturity. Adults usually live for around 10 months, but can live for a year or more in a home where the environment is good for reproduction, with temperatures ranging between 21°C and 28°C, making it ideal for breeding year round.

Bed bugs can live from several weeks up to roughly a year and a half without feeding. Older bed bugs can go even longer without feeding.

What can they do?

Bed bugs can cause allergic reactions and itchy welts. Allergic sensitivity can increase if exposure is prolonged. They do not however pose a major health risk and are not known carriers of blood-borne diseases. Bed bug bites may not be noticed immediately because bed bugs typically feed at night when people are asleep.

Bed bugs are wingless and cannot fly or jump, but are able to hide in extremely small locations because of their flattened bodies—under wallpaper, behind picture frames, in electrical outlets, inside box springs, in mattress pads and in night tables. Long considered eradicated in most metropolitan areas, bed bugs are making a comeback. People now travel more than ever before, and bed bugs are hitching rides on clothing and luggage. They can now be found everywhere there is a high turnover of people, from homeless shelters to five-star hotels. They can also be accidentally transported around the house on objects. Bed bugs do not indicate a lack of cleanliness.

How can I manage them?

Because bed bugs are hard to get rid of, a pest control operator is a simple solution. Alternatively, you may decide to control them yourself. Usually more than one chemical treatment is required, and must be done in addition to physical control.

Be thorough in addressing bed bug infestations, because bed bugs travel easily, you may have to treat nearby rooms. Remove or reduce any clutter that might transport bed bugs.

Responsible Pesticide Use

Before Purchasing a Pesticide

- Identify the pest correctly.
- Use physical control methods and alternatives to pesticides.
- Read the label directions and safety precautions before buying the product. The label must include the name of the pest to be controlled and the treatment location (e.g. indoor, outdoor, garden uses, pet treatment).
- Purchase only the quantity of product needed for the treatment.
- Consider hiring a licensed pest control operator.

Using a Pesticide

- Carefully read all label instructions and precautions before using pesticides.
- Do not drink, eat or smoke while applying pesticides.
- Persons and pets should vacate the area during treatment. Cover or remove aquaria.
- If kitchen area is to be treated, cover or remove food, dishes and utensils.

After Using a Pesticide

- Always wash your hands thoroughly after handling any pesticide product.
- Do not permit persons or pets to contact treated surfaces until residue has dried completely.
- Provide adequate ventilation of treated areas after use.





Adults, nymphs, eggs, feces, and shed skins on cardboard
Photo: Lou Sorkin



Bed bugs hiding behind flat rubber moulding
Photo: Lou Sorkin

Bed treatment

Infested mattresses should be steam-cleaned. Take care to use steam that is hot enough, and avoid excess moisture which could lead to mould. Inspect your bed thoroughly by examining the seams, tufts and crevices of the mattress as well as the box spring, bed frame and headboard. You may have to remove the cloth underside of the box spring to determine if there are bugs inside. Mattress pads and sheets should be washed in hot water and dried on the high setting. Infested areas should be vacuumed carefully with a brush attachment. Afterwards, dispose of the vacuum bag immediately and inspect the brush attachment for bed bugs. Bed bugs cannot easily climb metal or polished surfaces and cannot fly or jump. Treat the legs of beds to keep them away. Coat the legs with double-sided carpet tape or petroleum jelly, you can also place the legs of the bed inside glass jars or metal cans.

You may have to discard your bed. Holes or worn spots in the fabric may allow bed bugs to lay eggs in areas not easily reached, and there are restrictions on how insecticides can be used on beds.

Treatment of other items

Carefully examine all night tables, baseboards, dressers, headboards (especially padded ones), electrical outlets, any items stored near or under the bed, any nearby carpeting or rugs, picture frames, switch plates, inside clocks, phones, televisions and smoke detectors—in short, anything and everything that is in the room where the infestation has been noted. Upholstered chairs and sofas can also harbour bed bugs and should be treated with careful vacuuming and laundering of all possible parts (cushions, slipcovers, skirts, etc.).

Smaller items that cannot be laundered can sometimes be treated by heating (temperatures greater than 50°C) or freezing. Some items can be wrapped in plastic wrap and placed outdoors on a hot sunny day or in sub-zero temperatures in the winter. However, the freezing temperatures must be maintained for a prolonged period of time (e.g. four days of cold exposure at 0°C) to ensure that the bed bugs are killed.

Prevention

To prevent future bed bug infestations, mattresses must be completely enclosed. They can be wrapped in zippered bed encasements available from allergy supply companies, with duct tape over the zipper. Mattresses can also be wrapped and sealed in plastic film. Be cautious about taking in second-hand furniture, bedding, mattresses or beds. Inspect and clean them before bringing them home. When you travel, inspect the mattress and headboard in the hotel room, do not bring your pillow from home, and do not put your suitcase on the bed.

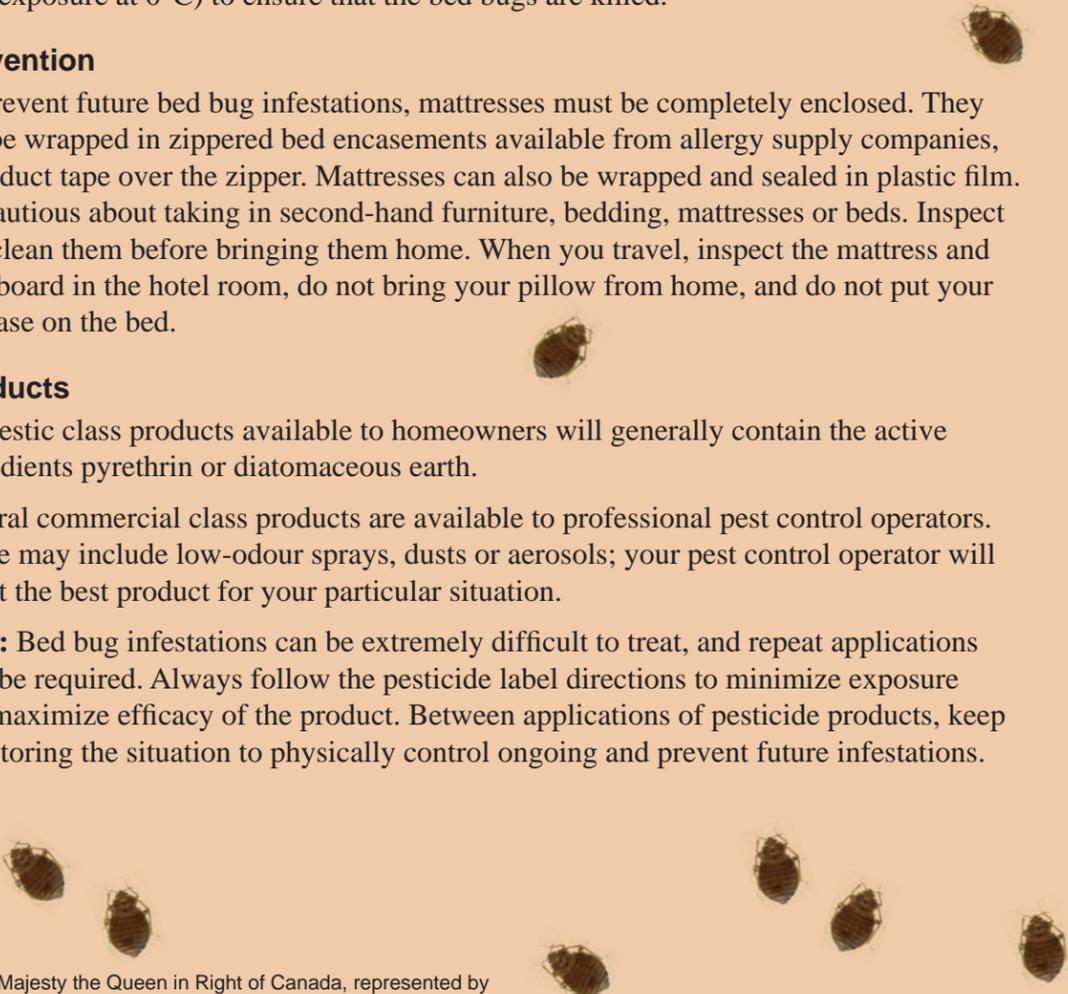
Products

Domestic class products available to homeowners will generally contain the active ingredients pyrethrin or diatomaceous earth.

Several commercial class products are available to professional pest control operators. These may include low-odour sprays, dusts or aerosols; your pest control operator will select the best product for your particular situation.

Note: Bed bug infestations can be extremely difficult to treat, and repeat applications may be required. Always follow the pesticide label directions to minimize exposure and maximize efficacy of the product. Between applications of pesticide products, keep monitoring the situation to physically control ongoing and prevent future infestations.

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Health Canada Pest Management Regulatory Agency

2720 Riverside Drive, Ottawa ON K1A 0K9
Phone from inside Canada: 1-800-267-6315
Phone from outside Canada: 613-736-3799 (long distance charges apply)
Fax: 613-736-3798
www.healthcanada.gc.ca/pmra



- Wipe clean all surfaces that come in direct contact with food, such as counters, tables and stovetops, including indoor and outdoor surfaces.
- Always store pesticides out of reach of children and pets and away from food and beverages.

Accidental Poisoning

- Call a poison control centre immediately and seek medical attention.
- Take the pesticide container or label with you to the emergency facility or physician.
- Follow first aid statements on the label.
- In case of accidental poisoning of pets seek veterinary attention immediately.
- Report pesticide incidents to manufacturers (phone number on label). They are required to send them to Health Canada.

Disposing of Pesticides

- Do not reuse empty pesticide containers. Wrap and dispose of in household garbage.
- Follow the product label instructions or contact provincial authorities for disposal of pesticides.

Note: These are general recommendations. Consult the label for specific instructions. When in doubt, contact a professional.

Health Canada
Pest Management Regulatory Agency
www.healthcanada.gc.ca/pmra
1-800-267-6315

CANCER

Cancer Control Month -April.

The number of new cases of cancer is increasing each year. People of all ages get cancer, but nearly all types are more common in middle-aged and elderly people than in young people. Skin cancer is the most common type of cancer for both men and women. The next most common type among men is prostate cancer; among women, it is breast cancer. Lung cancer is the leading cause of death from cancer for both men and women. Brain cancer and leukemia are the most common cancers in children and young adults.

Cancer, develops when cells in a specific part of the body begin to grow out of control. Unlike normal cells, cancer cells do not stop reproducing after they have doubled 50-60 times. Normal body cells grow, divide, and die in an orderly, natural fashion. Normal cells divide more rapidly during the early years life. After adulthood is reached, cells in most parts of the body divide only to replace worn-out or dying cells and to repair injuries. Cancer cells continue to grow and divide forming new abnormal cells.

- Cancer cells usually form a tumor. Some cancers, such as leukemia or cancer of the bone marrow and blood, do not form tumors. Instead, these cancer cells circulate through other tissues where they grow.
- Not all tumors are cancerous. Benign (non-cancerous) tumors do not spread to other parts of the body and, with very rare exceptions, are not life threatening. Different types of cancer can grow at different rates and respond to different treatments. Malignant, or cancerous, tumors may spread and cause further damage to organs and tissues in the body.
- Cancer cells develop because of damage to DNA DNA occurs in most cells of the body and is the blueprint for how the body grows, functions, and stays healthy. Usually, when DNA becomes damaged the body is able to repair it. In cancer cells, the damaged DNA is not able to be repaired. Individuals can inherit damaged DNA. More often, though, an individual's DNA becomes damaged by exposure to something in the environment, such as smoking or radiation from the sun.
- Cancer cells sometimes travel through the blood or lymphatic system to other parts of the body. The cancerous cells begin to grow and replace normal tissue in a process called metastasis. Regardless of where cancer may spread, it is always named for the place it began. For instance, colon cancer that spreads to the liver is still called colon cancer, not liver cancer.
- Symptoms and treatment depend on the cancer type and how advanced it is. Treatment plans may include surgery, radiation, and/or chemotherapy. The most common cancers are breast cancer, lung cancer, bowel or colon cancer, prostate cancer, bladder cancer, non-Hodgkin's lymphoma, stomach cancer, melanoma, esophageal cancer, pancreatic cancer, leukemia, and ovarian cancer.
- Cancer is the leading cause of death among Americans under the age of 85. Half of all men and one third of all women will develop cancer during their lifetimes. Although cancer occurs in people of all racial and ethnic groups, the rate of cancer occurrence varies from group to group. Two-thirds of individuals diagnosed with cancer are aged over 65 years. In 2005, 7.6 million people died of cancer out of 58 million deaths worldwide. More than 70% of all cancer deaths worldwide occur in low and middle income countries, where resources available for prevention, diagnosis, and treatment of cancer are limited or nonexistent. Based on projections, cancer deaths will continue to rise and an estimated 9 million people will die from cancer in 2015, and 11.4 million may die in 2030.
- Early diagnosis makes it more likely that cancer can be treated successfully. It is important that individuals are aware of possible symptoms and that individuals see a doctor for regular check ups.

Top 10 Ways To Help Prevent Cancer

Cancer prevention is easier than you think. With a few simple lifestyle changes, you can drastically reduce your risk of many types of cancer. Many factors play a role in cancer development, but the good news is that most can be avoided.

1. Avoid Smoking and Exposure to Smoke

Smoking is the most significant cancer risk factor that we can reduce. It is responsible for not only lung cancer, but many other types of cancer. One of the best ways to prevent cancer is to quit smoking or never start. Avoiding secondhand smoke is also a way to prevent cancer. Secondhand smoke is the smoke exhaled from a smoker or a lit cigarette, pipe or cigar.

2. Practice Sun Safety and Recognize When Skin Changes Occur

Skin cancer is the most common type of cancer among men and women, and it accounts for about half of all cancer diagnoses. The good news is that skin cancer is one of the most preventable types of cancer. The first step in preventing skin cancer is to avoid UV ray exposure. We can do this by wearing sunscreen, avoiding mid-day sun, wearing protective clothing when outdoors, and by staying away from tanning beds.

3. Eat Your Fruits and Veggies

A diet rich in fruits and vegetables greatly reduces your risk of developing cancer and many other conditions. Fruits and vegetables contain antioxidants, which help repair our damaged cells. Green, orange and yellow fruits and vegetables are your best bet to help prevent cancer. Studies also show that dark fruits, like blueberries and grapes, may also have anti-cancer properties. Cruciferous vegetables such as broccoli and cauliflower appear to pack a powerful punch at preventing cancer, according to numerous studies. Other cruciferous vegetables include bok choy, Brussel sprouts, and cabbage.

4. Limit Red Meat and Animal Fat

Numerous studies show that a diet high in animal fat increases the risk for several types of cancer, particularly colon cancer. Red meat contains much more fat than poultry and fish, so reducing the amount of red meat in your diet may help to prevent cancer. A diet high in fat also is a major cause of obesity, which is a risk factor for many types of cancer.

5. Limit Your Alcohol Intake

Drinking excessive amounts of alcohol regularly increases your risk factor for many types of cancer. Studies suggest that men who consume 2 alcoholic drinks per day and women who have 1 alcoholic drink per day significantly increase their risk factors for certain types of cancer.

6. Exercise for Cancer Prevention

The Cancer Society recommends exercising 30 minutes, at least 5 days a week for cancer prevention. Exercising doesn't have to mean going to the gym to lift weights. There are plenty of ways to get exercise into your day.

7. Know Your Personal and Family Medical History

Knowing your family history of cancer is important to properly assess your risk factor for certain types of cancer. We know that cancers like breast, colon, ovarian, and possibly other types can be hereditary. If you know that a certain type of cancer runs in your family, let your doctor know. Together, you can determine a proper screening plan and assess your true risk. Genetic testing and counseling is available and may be recommended based on your family's medical history.

8. Know What You're Being Exposed to in Your Work Environment

Chemicals in the workplace may increase your risk of developing many types of cancer, including kidney cancer and bladder cancer. If you are exposed to fumes, dust, chemicals, etc. in the workplace, you have a legal right to know what you are being exposed to. Gasoline, diesel exhaust, arsenic, beryllium, vinyl chloride, nickel chromates, coal products, mustard gas, and chloromethyl emers are all carcinogens and can be found in some work environments. Talk to your employer about limiting exposure.

9. Practice Safe Sex

Unsafe sex can result in the infection of the human papillomavirus (HPV), a known cause for cervical cancer and a risk factor for many other types of cancer. HPV is a common sexually transmitted infection that is spread through sexual, skin-to-skin contact. A vaccine, Gardasil to prevent HPV was approved by the FDA in 2006 and protects against 4 strains of HPV that are associated with cervical cancer and other types. HIV/AIDS is also associated with some types of cancers.

10. Get Screened for Cancer Regularly

Cancer screening tests can be useful not only in detecting cancer, but also helping prevent it.

Screening tests like the colonoscopy and Pap smear can detect abnormal cellular changes before they turn cancerous. The key to their effectiveness, however, is that they are done regularly.

Other cancer screening tests are available and may be useful for early detection, but not necessarily cancer prevention. Prostate cancer screening through digital rectal exams and PSA tests can help detect prostate cancer early. Mammograms and other imaging tools are also recommended to detect breast cancer in women.

If you have any questions or concerns please contact your doctor or contact: Canadian Cancer Society Ontario Division

55 St. Clair Avenue West, Suite 500

Toronto, ON M4V2Y7

(416) 488-5400 or toll-free at 1 800 268-8874

I also read an informative article in the Toronto Star: New Screening test for cancer. Genetic studies now allow you to have your DNA tested to determine what diseases you may have later in life such as Alzheimer's, diabetes, heart disease or breast cancer and others. (screening test for over 100 diseases).

If you are interested here is the info: DNA Testing Centres of Canada

1-866-863-5139

416-494-4325

www.dnatestingcanada.com

Easter Egg Wreath

Turn colorful eggs into a spring decoration.



For thousands of years, the egg has been a symbol of new life — and spring — for people the world over. Craft the time-honored symbol into a wreath for your door, and you've got the perfect way to welcome spring into your home.

Materials

- 14 plastic pull-apart eggs
- Puffy paint
- Egg cartons
- 2 large heavy-duty paper plates
- Scissors
- Glue
- Green craft foam
- Twist ties

Instructions

1. First, decorate 14 plastic pull-apart eggs with puffy paint and let them dry. (Overturned egg cartons make great workstations and drying racks; just set each egg half over a carton cup bottom.)
2. Cut the rims from the paper plates and glue them together. Glue green craft foam leaves around the ring, leaving 1 1/2 inches between them.
3. To attach the eggs, tightly wrap twist ties (one for each egg) between the leaves around the paper plate ring, then simply close the egg halves together over the ties.

Batik Eggs



Batik is a method of dyeing fabric by way of blocking areas you don't want dyed by applying wax. You can create batik eggs using masking tape instead of wax as your blocking agent.

What You Need:

- Masking tape
- Scissors or knife (and ADULT SUPERVISION)
- Crepe paper dye [see recipe below]
- Hard boiled eggs
- Plastic Spoon
- Plastic wrap

What You Do:

1. Cut designs out of the masking tape.
2. Place the tape designs on the egg.
3. Put your egg on a plastic spoon and dip it into the dye. You should leave the egg in the dye longer for a darker color and shorter for a lighter color.
4. Place the egg on a piece of plastic wrap and let dry.
5. When dry remove the tape.
6. You can then repeat the process by adding different tape pieces to different areas of the egg and dipping into a different dye color.

Crepe Paper Dye Recipe

1. Cut strips of crepe paper (crepe paper is the sort of stuff they make birthday party streamers out of).
2. Place the strips in a bowl.
3. Pour hot water (from the tap or from the kettle) over the paper in the bowl. Make sure there is ADULT SUPERVISION
4. Take the paper out of the water using a large spoon.
5. Add some white vinegar to the dye (about 1 tablespoon) The vinegar helps the dye to set.
6. Let the mixture cool.
7. Voila - Crepe Paper Dye

Barnyard Cuties



This barnyard trio makes a great project for Easter, but the roly-poly pals are fun to play with any time of year.

Materials

- 3 Styrofoam eggs
- Tacky glue
- Fluffy, curly, and smooth yarn
- Scissors Felt
- Black ball-head straight pins
- Extra-fine permanent marker

Instructions

1. Flatten the rounded end of each egg by pressing it on a hard surface. Hold this end and drizzle glue on the opposite half. Press the end of the yarn into the glue at the egg's tip and spiral it around the egg. When you reach the midpoint, cut the yarn.
2. Apply glue to the egg's uncovered half and wrap as before, again working toward the middle.
3. Cut ears, a pig nose, and faces from felt. To make ear creases, dab glue on the ear's bottom edge and pinch from the back. Pin the creases in place until the glue sets.
4. Glue the ears and pig nose to the faces and attach the faces to the eggs' flat ends. Use ball-head pins for eyes, then draw on noses and mouths with a marker.



History of Easter

Easter is the most important annual religious feast in the Christian worshipping year. According to Christian scripture, Jesus was resurrected (brought back to life) from the dead on the third day after his crucifixion. Some Christians celebrate this resurrection on Easter Day or Easter Sunday (also Resurrection Day or Resurrection Sunday), two days after Good Friday and three days after Maundy Thursday. The chronology of his death and resurrection is variously interpreted to be between A.D. 26 and A.D. 36. Easter marks the end of Lent, a season of fasting, prayer, and penance.

Easter is not fixed in relation to the civil calendar. Easter is linked to the Jewish Passover for much of its symbolism but also for its position in the calendar. In most European languages the feast called Easter in English is termed by the words for Passover in those languages and in the older English versions of the Bible the term Easter was the term used to translate Passover.

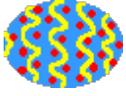
Relatively newer elements such as the Easter Bunny and Easter Egg hunts have become part of the holiday's modern celebrations, and those aspects are often celebrated by many Christians and non-Christians alike.



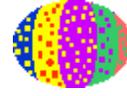
MAKE A HATCHABLE DINOSAUR EGG

This is a great way to make HUGE, hatchable, papier-mâché dinosaur eggs. If you make a bunch of these eggs a few days in advance, they can be decorated at a party.

SUPPLIES NEEDED



- One balloon for each dinosaur egg
- A lot of old newspaper and/or brown-bag paper
- Flour-water glue (instructions below)
- Paints (tempera works well) and markers



Make a simple, thin glue from flour and water (boiling gives it a nice consistency). Mix 1 cup of flour into 1 cup of water until the mixture is thin and runny. Stir into 4 cups of boiling water. Simmer for about 3 minutes, then cool.

Have children tear a lot of strips of newspaper and/or brown bag paper. Strips should be about 1 inch wide; the length doesn't really matter.

- For an extra special dinosaur egg, put a small, plastic dinosaur inside the balloon before blowing it up.
- Blow up a balloon for each child.

Dip each strip of paper in the flour glue and wrap around the balloon. Have at least two layers surrounding the balloon. Let it dry (at least overnight) after each layer.

Let the dinosaur egg dry for a few days. When it is dry, you can pop and remove the balloon from inside the egg.

After the dinosaur egg is completely dry, decorate with paint or markers. Let the children know that no one knows what color the dinosaurs' eggs were. Also, some dinosaurs dug nests out of sandy soil and some just laid their eggs on the ground. Maybe the eggs were camouflaged to blend in with twigs, sand, mud, or fallen leaves. For more information on dinosaurs, [click here](#).

You can later "hatch" your egg and find a tiny dinosaur.

History of Mother's Day

Mother's Day is centuries old the earliest celebrations can be traced back to the spring celebrations of ancient Greece in honor of Rhea (Mother of the Gods). During the 1600's, the early Christians in England celebrated a day to honor Mary (mother of Christ). A religious order expanded its scope to include all mothers naming it the Mothering Sunday, honoring the mothers of England.

Anna Jarvis was the one who succeeded in introducing Mother's Day in the sense as we celebrate it today. Anna had spent many years looking after her ailing mother. When her mother died in Philadelphia on May 9, 1905, Anna missed her greatly. So did her sister Elsinore whom she looked after as well. Anna felt children often neglected to appreciate their mother enough while the mother was still alive. In 1907, Anna decided to dedicate her life to establish Mother's Day to "honor mothers, living and dead." Anna and her friends started a letter writing campaign urging ministers, businessmen and congress to declare Mother's Day a National Holiday. She hoped Mother's Day would increase respect for parents and strengthen family bonds.

The Presidential proclamation declared the 2nd Sunday of May to be observed as Mother's Day to honor the mothers starting on May 9, 1914.

Mother's Day continues to this day to be one of the most commercially successful North American occasions. Mother's Day is now the most popular day of the year to dine out at a restaurant in North America. The occasion is celebrated with gifts, cards, hugs, and other tokens of affection.

Many other countries of the world celebrate their own Mother's Day on different days and a1 different times throughout the year, there are some countries such as Denmark, Finland, Italy, Turkey, Australia, and Belgium which also celebrate Mother's Day on the second Sunday of May. In some countries, the appreciation lasts for two days.



Butterfly Card for Mother's Day

A colorful butterfly card made from construction paper. This card is great for birthdays, Mother's Day, or other occasions.

Things Needed

- Construction paper
- Hole punch
- Scissors
- Glue stick
- Pencil
- Markers or crayons
- Optional: Glitter glue or glitter



Method

1. Fold two pieces of construction paper in half, making two card shapes.
2. Put the two folded cards together (one inside the other).
3. Along the fold of one of them, draw half a butterfly.
4. Keeping the two cards together, cut along the line you just drew. You will now have two butterflies.
5. On only one of the butterflies, fold it in half again and draw a smaller butterfly within it.
6. Cut along the line you just drew.
7. Using the hole punch, make a series of holes along the edges of the two pieces you just cut.
8. Glue one of these pieces onto the larger, uncut butterfly.
9. Flip the large butterfly over, and glue on the other cut piece.
10. Cut a black or brown body for your butterfly. Glue it onto the inside of your butterfly.
11. You now have a nice butterfly card. Write a message on your card.
12. Optional: Decorate your butterfly with crayons, markers, glitter glue, or glitter.



Handprint Paper Flowers Craft



These lilies are made from a child's handprint (on paper) stapled to a straw. You can make an entire bouquet of flowers for a great gift or Spring decoration.

Supplies needed:

- Construction paper
- Pencil
- Scissors
- Green pipe cleaners (or straws)
- Tape or glue
- Stapler

Trace a child's hand on construction paper. Cut the tracing out.

Curl each of the fingers around a pencil.

Using the palm of the handprint, form a cone (with the fingers curling outwards).

Glue or tape the cone together.

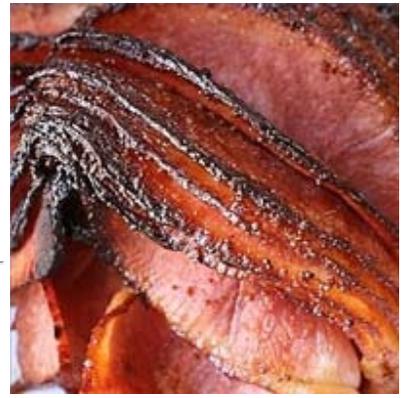
Staple the flower to a pipe cleaner or a drinking straw.

Draw some leaves on green construction paper, then cut them out

Staple or tape the leaves to the straw.

Ham Glazes

Today's hams are usually all ready cooked. They are a special looking treat when 'fancied up' with a glaze. A ham is easy to cook as it only needs to be heated through in the oven 1-3 hr.. depending on the size of the ham. A Whole ham makes an impressive looking buffet main meat and is simple to serve.



The following glazes can be brushed onto the ham during baking.

GRAND HAM

You can score a "bone in" ham by cutting through the rind at one inch intervals, 1/2 inch deep, one way then again cutting across the ham in the opposite direction so that diamond shaped 'squares' are produced. For a fancy presentation, you can cover the ham with pineapple rings with a maraschino cherries in the center of each ring, secured with toothpicks and insert a whole clove into each 'diamond'. You may have to use the tip of a knife to make a small hole to insert each clove.

Baste ham while cooking with a mixture of
1/2 c. brown sugar
1 tsp. powdered mustard
pinch of allspice
pineapple juice to make the above a liquid
then decorate with:
1 large can pineapple rings
whole cloves

CURRY-ORANGE

2/3 C light corn syrup
1 T curry powder
1 T grated orange peel
In a small bowl, stir all ingredients until blended.
Makes 2/3 Cup

PINEAPPLE GLAZE

1/2 C packed light brown sugar
1 1/2 tsp prepared mustard
dash ground cloves
8 1/4 oz. can crushed pineapple
In a covered blender mix all ingredients at low speed until speed.
Makes 1 C

PEANUT GLAZE

1/2 C dark corn syrup or honey
1/2 C chopped salted or unsalted peanuts
In a small bowl, stir corn syrup and peanuts until blended.
Makes 3/4 C

MELBA GLAZE

2/3 C peach preserves
1/2 C red currant jelly
In a small saucepan over low heat, melt preserves and jelly until blended, stirring occasionally.
Makes 1 C

TOMATO ONION GLAZE

1 T butter
2 T minced onion
(1) 8 oz. can tomato sauce
2 T dark brown sugar
1 tsp Worcestershire sauce
In a small onion, cook onion in butter until tender, stirring occasionally. Stir in remaining ingredients and heat to boiling. Reduce heat to low; simmer 5 minutes or until slightly thickened, stirring occasionally.

Makes 1 C

Sherry-Orange Roast Lamb

Yield: 16 servings

Serving size: 3 ounces lamb, 1 orange quarter, and 1 1/2 tablespoons sauce

1 (5-pound) boned leg of lamb
5 garlic cloves, halved
1 cup orange juice
1/2 cup cream sherry or orange juice
1 teaspoon chopped fresh or 1/2 teaspoon dried rosemary
1/2 teaspoon salt
1/2 teaspoon black pepper
6 garlic cloves, minced
1 bay leaf
1/2 teaspoon salt
4 navel oranges, quartered
1 teaspoon cornstarch
1 teaspoon chopped fresh parsley

Unroll roast, and trim fat. Reroll roast; secure at 2-inch intervals with heavy string. Make 10 (1/2-inch-deep) slits in surface of roast; stuff garlic halves into slits. Combine juice and the next 6 ingredients (juice through bay leaf) in a large zip-top plastic bag. Add the lamb; seal and marinate in refrigerator 8 to 24 hours.

Preheat oven to 450°.

Remove lamb from bag, reserving marinade, and discard bay leaf. Place the roast on a broiler pan, and insert a meat thermometer into thickest portion of roast. Sprinkle the roast with 1/2 teaspoon salt. Bake the roast at 450° for 20 minutes, basting once with 1/4 cup reserved marinade. Reduce oven temperature to 400° (do not remove the lamb from oven); add quartered oranges, and bake 1 hour or until thermometer registers 145° (medium-rare) to 160° (medium). Let the roast stand for 10 minutes before slicing.

Combine the pan drippings, the remaining marinade, and cornstarch in a small saucepan; bring to a boil, and cook 1 minute. Stir in parsley. Serve sauce with lamb.

Braided Easter Bread

2 1/4 to 3 1/4 c. flour
1/4 c sugar
1 teaspoon salt
1 pkg rapid-rise dry yeast
2 eggs, beaten
2/3 c warm milk
2 Tbsp butter, melted
1 Tbsp anise seed
1/2 c candied fruit (optional)
1/4 c chopped nuts (optional)
5 raw colored eggs



Combine 1 cup of the flour, sugar, salt, and yeast. Add dry mixture to the milk and melted butter mixture, along with the eggs. Beat with a mixer for 2 minutes. Stir in enough of the remaining flour and the anise seed plus any of the candied fruit or nuts to make a soft dough. Knead for 8 to 10 minutes. Add flour as necessary so dough is not sticky. Let rise for about 1- 1 1/2 hour or until double in size.

Divide dough in half. Roll each piece into 24" rope. Overlap dough over itself (twist 2 pieces together) connecting the 4 end pieces to form a wreath. place on greased baking sheet. Place the five raw colored eggs into spaces between twists. Brush with melted butter. Let rise for 1 hour. Bake at 350 for 35-50 minutes.

This is nice for a Mother's Day Brunch...

Orange Oven French Toast

Makes 16 slices

1/2 cup margarine or butter, melted
1/4 cup honey
2 tsp. cinnamon
6 eggs
1 cup milk
1 cup orange juice
1/4 cup sugar
2 tsp. grated orange peel
1/2 tsp. salt
1/2 tsp. cinnamon
16 slices of whole wheat or white
bread



Heat oven 400F. In small bowl, combine margarine, honey and 2 tsp. cinnamon: mix well. Pour mixture evenly into 2 ungreased 15x10x1-inch baking sheets.

In medium bowl, slightly beat eggs. Add milk, orange juice, sugar, orange peel, salt and 1/2 tsp. cinnamon: mix well. Dip bread in egg mixture. Place on margarine mixture in pans. Pour any remaining egg mixture over bread.
see below

Bake for 20 minutes or until golden brown, turning halfway through baking Arrange on platter. Serve with:

Orange Honey Butter

1/2 cup margarine or butter softened
1/4 cup honey
1 tsp. grated orange peel

Beat at high speed until light and creamy. serve in orange shell.

**I usually make this the night before. At this point, bread can be covered and refrigerated overnight. Uncover and bake as directed above.

Helpful Hints

- When you break a light bulb in its socket, it can be very difficult to unscrew it for replacement. Try jamming a bar of soap, a large cork or a piece of raw potato in to the base of the bulb and then twisting it. The broken bulb should come out with no problem.
- For hands covered with grease or paint, sawdust can work magic. While your hands are still wet, rub them with sawdust and watch them come clean before your eyes. It's safer and more economical than using a solvent or commercial cleaner.
- When making meatballs, mix your favorite ingredients together in a bowl. Flatten the hamburger mixture in a rectangle shape on a cutting board. Using a sharp knife, cut length-wise then horizontally making each square relative in size. (about 1-1/2 to 2 inches square) . Before rolling each square into a ball, wet hands to keep meat mixture from sticking to your hands. It makes all meat balls the same size and keeps your hands from that messy feeling.
- I keep a roll of masking tape in my kitchen drawer and use it to seal food and other packages of all kinds. I also use it to label foods, spices, etc. with the date of purchase. I can't imagine working in my kitchen without a roll handy at all times!
- Test the power of baking powder by putting a small amount in some hot water. If it bubbles, it's fresh.
- To unstick a stuck zipper, try one of these ideas: Draw on the teeth of the zipper with a pencil or dab a bit of lip balm on the teeth. Work the zipper up and down until it moves smoothly.
- Trying to get a single coffee filter out of the stack can be a little frustrating unless you turn the stack inside out.
- Make a handy curling iron rod cover from a regular kitchen pot holder. Fold in half and sew around the outside leaving one small side open. Now if you're rushing out of the house or traveling and don't want to leave your recently unplugged curling iron, just slip it in this handy case.
- Hang a vinyl shoe bag on the back of your child's door to hold Barbies, Beanie Babies, toy cars or any small toy that has a habit of piling up in their room.
- Clearing the dishes from your dinner table? Do it restaurant-style...Load everything into a big dishpan so that everything is cleared in one shot.
- Hang a squeegee in your shower and teach your children and husband to wipe down the walls after they shower to prevent soap scum build-up.
- Keep a running list on your fridge of small jobs that need to be done around the house. When a family member has a spare moment, have them check the list to see what job can be done. With it in plain view, tasks are more likely to be done sooner without the chance of being "forgotten".
- Don't waste time looking for tweezers, nail clippers, or small scissors. Instead, attach a magnetic strip to the inside of your medicine cabinet door.
- Keep bathroom drawers neat by putting plastic silverware trays in them. They're great for holding lots of small things.
- Save your refrigerator from becoming the school art gallery. Hang a large piece of corkboard on your child's bedroom wall to post their beautiful artwork.
- Instead of buying those expensive bleach cleaners, combine 1 part bleach to 10 parts water in a spray bottle. Just make sure you label the bottle to avoid any accidents.
- Want to prevent that grimy residue on the top of your refrigerator? After cleaning, lay old cloth placemats on it.
- A quick way to clean your bathroom...run your shower at the hottest setting and close the door till everything gets steamy. Then grab a cloth and start wiping.
- If you don't use an appliance or gadget at least once a week that has made a home on your countertop, find a spot for it in one of your cabinets. This helps to reduce clutter on your countertops.

Preparing the Garden for Spring

Winter's grasp on the earth has many gardeners itching to get back outside and plant vegetables and flowers come spring. There are many tasks that can be accomplished while in late winter, and several types of flowers and vegetables can be planted during this time as well. Preparing the soil in a garden can help increase the growth of a crop or flower bed, and it can be done during the winter as well.

Preparing the Soil for Spring

Tasks that should already have been completed in the autumn include the removal of weeds and or dead crops. A layer of compost should have also been added. If these things were not done in the autumn, the gardener has some catching up to do to ensure a bountiful harvest.

Once the ground has begun to thaw, it is a good time to start digging up the soil and preparing it for planting. Wait for a dry spell to come along, since saturated soil does not work well. Add organic matter to help along the seeds that will be planted. Every two parts soil, add organic matter. Dig around 8 to 12 inches deep into the soil. This task is ideally done in late February to early March.

If the ground has not thawed, or is having trouble thawing, adding black plastic over the soil often helps.

Planting Vegetable Seeds for Spring

Many vegetable seeds can be planted in the late winter. Sowing them after the soil has been properly tilled and organic matter has been added is ideal. Crops such as peas, asparagus, leeks, lettuce, spinach and onions can be sowed during this time. Wait until April to plant root crops such as potatoes.

Mark Cullen's Top 10 Tips for Improving Your Garden in 2008

By: Mark Cullen, ontariogardening.com

Increasingly Canadian gardeners from coast to coast want a beautiful and productive garden while also demonstrating environmental responsibility. Mark Cullen, Canada's best known green thumb, provides his top ten gardening tips that will help you achieve the garden of your dreams while being sensitive to the surrounding environment.

1. Prepare your soil properly. Ninety percent of your gardening success hinges on proper soil preparation. Know the soil in your garden and learn what it needs to be healthy. Start the gardening season off right with soil the consistency of chocolate cake. Use the appropriate potting soil for your potted plants such as Home Gardener Organic Starter Mix*, garden soil and manure compost like Home Gardener Soil or Sheep Manure Compost for your garden beds.
2. Use multiple quantities of the same plant. Repetition will anchor your garden and make it appear lush, coordinated and full.
3. Enjoy organic fruits and vegetables. A wide variety of environmentally friendly pest control options are on the market for the most common vegetable garden pests. Try diatomaceous earth such as Green Earth DIO for potato bug control and Green Earth Bordo Mixture for early blight on tomatoes.
4. Enhance the environment and your garden. Make a point of cutting your lawn with Mark's Choice Push Reel Mower only when it reaches 2 ½ inches minimum. Water it only once a week using a Mark's Choice Lawn Sprinkler, which uses 30 per cent less water than regular sprinklers. Fertilize with a slow release nitrogen based product such as CIL Golf Green three times per year. Water potted plants using water collected in a rain barrel such as, the Mark's Choice Rain Barrel.
5. Be generous with your compost. Add two centimeters of compost to your garden each year. Start your own composter with the help of the Natura Plastic Kitchen Composter and the Mark's Choice Garden Composter.
6. Travel to the great gardens of the world. When traveling to other cities or countries take notes/pictures and open your eyes to the possibilities of introducing different plants and garden design options in your own yard.
7. Attract wildlife to your yard. Using native plants and feeders, you can attract hummingbirds, song birds and butterflies to your garden, enhancing its natural beauty. Increasing the activity in your garden by using Mark's Choice Bird Feast Songbird Feed or Hummingbird Feeder. Talk to your local Home Hardware store about the native plant species that is the right fit for your area.
8. Mulch with soft wood bark mulch. Mulch, the low maintenance gardener's secret weapon, helps your garden retain moisture, prevents soil erosion and reduces weed growth. Try Natura's Beyond Mulch and you'll never look back.
9. Plan your garden colours in advance. 'Colour block' to give your garden authority. This year's colour trends suggest bold colours to electrify your garden.
10. Reduce any difficulty. Lessen your work load by sharpening the blades of hoes, axes and shovels with a Mark's Choice Metal File before use.

PLANTS - Sun and Shade Requirements

Before planting in your garden, find out what areas are full sun, partial sun, shade and partial shade. You can do this by watching throughout the day and taking note of which areas of the garden are sunny or shady and for how long. When purchasing new plants, consult the care tags for light requirements.

PERENNIALS - Sun vs Shade



SUN
8 to 12 hours/day

Arenaria montana
Armeria maritima
Coreopsis verticillata
Dianthus allwoodii
Dianthus deltoides
Lavandula angustifolia
Salvia superba
Saponaria ocymoides
Verbena canadensis



PART SUN
4 to 8 hours / day

Alyssum saxatile
Arabis snow cap
Arabis spring charm
Artemisia schmidtiana
Bellis perennis
Campanula glomerata
Heuchera splendens
Iberis sempervirens



SHADE
2 to 4 hour* of sun / day

Hosta
Lamium maculatum
Myosotis sylvestris

ANNUALS - Sun vs Shade



SUN
8 to 12 hours/day

Dianthus
Garden Mum
Geranium
Helichrysum
Lantana
Marigold
Vinca
Zinnia
Zonal Geranium



PART SUN
4 to 8 hours / day

Ageratum
Alyssum
Aster
Bacopa
Begonia
Celosia
Dahlia
Dusty-Miller
Gazania
Hypoestes
Ivy Geranium
Lobelia
Marguerite Daisy
NG Impatiens
Pansy
Petunia
Phlox
Platycoden
Salvia
Scaevola
Snapdragon
Verbena
Viola



SHADE
2 to 4 hours of sun / day

Coleus
Double Impatiens
Fuchsia
Impatiens
Non Stop Begonia
Boston Fern

ACCENT PLANTS - Sun vs Shade



SUN
8 to 12 hours/day

Dracaena Spike
Sprengeri
Vinca Vine
Swedish Ivy
English Ivy
German Ivy
White English Ivy
Yellow English Ivy
Grape Ivy
Spider Plant
Plectranthus



PART SUN
4 to 8 hours / day



SHADE
2 to 4 hour* of sun / day

Dead nettle

Annual Gardening Tips

January

- Inspect houseplants for spider mites and aphids.
- Use urea (46-0-0) to melt ice near outdoor plants
- Plan garden layout
- Order flower and vegetable seeds.
- Enroll in home garden studies (at community colleges, University of Guelph and Royal Botanical gardens.)
- Try forcing a flowering bulb (amaryllis, etc.).

February

- Propagate indoor plants (geraniums, etc.) by stem cuttings.
- Week 1: Inspect gladiolus corms, dahlia tubers, begonia tubers, and other fleshy rooted plants for rot and desiccation.
- Week 2: Plant tuberous begonias.
- Week 3: Start seed for impatiens, vinca, pansies, and geraniums.
- Week 4: Start bulbs of caladium.
- Anytime: When forced bulbs have bloomed and tops have dried, store, then plant in garden in fall. If snow melts, check perennial beds for heaved roots from frost. Gently step down any exposed roots and recover with mulch.
- Prune dormant trees and summer flowering shrubs.
- Begin pruning of dormant fruit trees, grapes, and berry bushes.
- Place mail orders for shrubs and hedges.
- Order seed flats and containers.
- Check newspapers for dates of annual garden shows.

March

- Plant flower and vegetable seeds indoors.
- Prune fruit trees and grapevines.
- Start tuberous begonias in pots.
- Press garden perennials back into place, if they've heaved.
- Spray fruit trees with dormant oil.
- Treat houseplants with water-soluble fertilizer (e.g., 20-20-20). Follow label rates.
- Prune summer-flowering shrubs.

April

- Rake and fertilize lawn.
- Remove mulch from roses, a little at a time. After mulch is removed, prune them.
- Plant shrubs, trees and hedges.
- Apply pre-emergence weed killer to control crabgrass.
- Transplant biennials (violas, pansies, foxglove, etc.)
- Repair lawn damage with topsoil and seed.
- Plant early vegetables (peas, radishes, onions).
- Spray for birch leaf miner.
- Check newspapers for dates of annual garden shows.

May

- Construct lattice for vines.
- Prepare flower beds: deeply spade the soil; loosen heavy clay and clay loam soils by adding peat moss; add composted manure which will increase fertility.
- Transfer bedding annuals to outdoor cold frame.
- Plant vegetable garden, strawberries and raspberries, after all danger of frost has passed.
- Plant perennials now.
- Tidy up spring bulbs: remove faded flower heads of tulips and daffodils.
- Plant summer flower bulbs; e.g., freesia, gladiolus, dahlias, lilies, anemones, etc. Fertilizer with superphosphate or bone meal to enhance flowering.
- Check trees for tent caterpillars and other insects.
- Plant frost-sensitive flowers (petunias, etc.) when all danger of frost has passed.
- Prune shrubs and trees after flowering.
- Fertilize lawns.
- Harvest asparagus.

June

- Prune evergreens and hedges.
- Use grass clippings and compost on garden to conserve moisture and control weeds.
- Irrigate lawns and gardens as required.
- Thin annuals and vegetables.
- Treat annual flowers with fertilizers (e.g., water soluble 20-20-20). Follow label rates.
- Stake tall growing perennials.
- Pinch back garden chrysanthemums.
- Remove faded rose blooms.

- Weed vegetable garden and flowerbeds.

July

- Cut grass no shorter than 5 centimeters (2 inches) or even longer.
- Fertilize annuals and vegetables (e.g., water soluble 10-20-20).
- Shallow hoe gardens regularly.
- Pinch back annuals, if getting straggly.
- Water gardens thoroughly during dry spells.
- After strawberry harvest, mow tops down to 5 centimeters (2 inches) and narrow row to 24 centimeters (10 inches).

August

- Prune climbing roses.
- Divide spring blooming plants and summer bloomers that have finished flowering.
- Trees that have finished growing for the summer can be pruned if needed.
- A lot can be done to improve lawns at this time of year, not only for appearance's sake but also for insect and disease control. Remove thatch.
- Many of the late-season vegetables planted outdoors can also be started indoors, either this month or next.
- Order flowering bulbs.
- Cut out old raspberry canes and narrow row to 40 centimeters (16 inches).
- Spray shrubs for powdery mildew control or better still replace with mildew-resistant varieties..
- Harvest vegetables, blanch and freeze.

September

- Prepare and seed new lawns.
- Divide perennials.
- Plant evergreens.
- Last fertilizing of lawns for the year.
- Air dry onion for storage.
- Renovate perennial borders.
- Harvest grapes after first frost.
- Soak soil around evergreens and transplants.

October

- Continue planting spring bulbs.
- Dig, dry and store summer bulbs (dahlias, gladiolus, tuberous begonias, etc.).
- Plant amaryllis (inside) for Christmas blooms.
- Transplant shrubs and trees.
- Distribute nearly completed compost to empty spaces and between rows.
- Rake leaves, and add to reduced compost pile.
- Prepare and seed new lawns.
- Winterize lawn mower.
- Prepare and dig new garden beds and additions.
- Dig over vegetable garden plus compost.

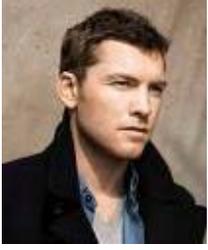
November

- Try potting up some spring bulbs for chilling outside and forcing inside; later, some indoor bulbs such as hyacinth for winter blooms.
- Start winterizing procedures for plants, hoses, and garden equipment. Clean and oil garden tools (spades, hoes, rakes, trowels, etc.), drain hoses, sharpen mower blades and store equipment in a dry, safe place.
- Protect young trees and shrubs from rodents. Check supports for newly planted trees.
- Keep evergreens, shrubs and young trees adequately watered. Soak soil around evergreens if ground is dry.
- Stock up on wood for the fireplace.

December

- Protect rose bushes with soil (hill up) or Styrofoam cones just before the ground freezes.
- Mulch tender perennials when ground starts to freeze.
- Loosely wrap burlap around pyramidal evergreens, rhododendrons and other shrubs and trees that need protection.
- Set up outdoor lighting units before heavy snowfalls.
- Check that house humidifier is maintaining humidity at over 40% to benefit houseplants.
- Reduce watering of indoor plants.
- Order seed catalogues.
- Consider gardening gifts for friends.

~ENTERTAINMENT AT THE CREEK~



ACTOR FACTS ON SAM WORTHINGTON

Given Name: Samuel Shane Worthington

Date of Birth: August 2, 1976

Born: Godalming, Surrey, England, UK

- It wasn't until 2004 that Sam got his big break
- In 2004, Sam won the Australian Film Institute Award for best male actor
- Sam's career took off internationally when he was cast in "Avatar" and "Terminator Salvation"
- Sam would "like to go on 'Dancing With The Stars'"
- Was a finalist to play James Bond in Casino Royale (2006) before Daniel Craig was cast
- Was a bricklayer before becoming an actor
- In 1998, Sam graduated from the National Institute of Dramatic Arts (NIDA)
- Sam has blurred vision but he does not wear glasses
- Aside from acting, he likes to surf
- In 2009 he got his first Teen Choice Award nomination for Choice Movie Fresh
- Face Male in Terminator Salvation
- Won the 'GQ Man of the Year' award in Australia in 2009, over 'Eric Bana' and Russell Crowe

Personal Quotes

- "I didn't set out to be famous; if I'd wanted that, I would have gone on Big Brother."
- "I also care that the public are getting their money's worth when they go to a movie, and that they're not coming out not wanting to ever see a movie with me in it again. I don't care what people think of me as a person, but I do care what people think of my work, and whether I'm investing enough into it"

Check out Some of Sam Worthington's films:

Rogue, Terminator Salvation and the Film of the Year ~ ***AVATAR!***

In the near future, Sam can be found in '***The Debt***', '***Last Night***' & '***Dracula Year Zero***' As Vlad Dracula.

Watch for him coming soon as Perseus on the BIG Screen in ***Clash of the Titans 3D***



TEN THINGS NOT TO SAY WHEN BUYING A CAR

So you've decided to buy a new or pre-owned car. You know the make, model and year. You even know what features you want. Now it's time to head to your local dealer and sign on the bottom line, right? Not by a long shot. It's now time to negotiate price. If you want to get the most bang for your buck, here are 9 phrases you should never utter in earshot of a car dealer - and why.

1. "I'm trying to keep my monthly payments down." Before you walk into the dealer, know the maximum you are willing to spend over the life of your loan. By stretching the term by a year or two, a dealership can easily bring a \$400 monthly payment down to a \$300 payment, but you could end up paying thousands more in interest.
2. "Honey, what do you think?" Dealers love indecisive couples. By subtly playing a husband and wife against each other, buyers are routinely talked into things they might not have otherwise considered. If unforeseen issues pop up that merit further discussion, don't be afraid to ask the dealer to give you some time alone for discussion before making a decision - better yet, sleep on it - then come back as a unified force.
3. "I have a car to trade in; how does that affect the deal?" Don't discuss a trade-in until you've settled on a price for the car you're buying. Making one deal contingent upon the other just allows the dealer more flexibility in his negotiations. You'll almost always get a better price if you sell your old vehicle yourself. A dealer trade-in is a convenience, but he's not doing you any favors.
4. "Let's talk financing!" Again, settle on the price of the vehicle you're interested in before you bring up financing - don't let the rate of a loan influence the price of the car. If the dealer is offering special low financing rates as an incentive from the manufacturer, see if you can turn that into cash back on the car instead. Then go shop around for the lowest rate from a third party.
5. "Here's how much I have to spend." You have no idea how much the salesperson is willing to deal. But if you blurt out your target price, you can be sure that he's not going to offer you anything lower than that. Discuss the car and the options you're interested in and let the dealer make the first offer. Extended warranties are like insurance, so treat them like insurance.
6. "What kind of extended warranties do you have?" Extended warranties are like insurance, so treat them like insurance. Shop around to third parties and closely compare the terms with what you might get from the dealer. Ridout of Consumer Action says that dealer extended warranties never make financial sense. "You're betting against the long-term reliability of your vehicle," he says. "You'd be better off taking the money you'd spend and putting it in a dedicated savings account for car repairs." If that doesn't offer you enough peace of mind, check with your insurance provider. Usually, policies from insurance companies cost around \$100 or so per year.
7. "I need this car now." Your biggest leverage in any negotiation is the opportunity to walk away from the deal. If you show a sense of urgency, the dealer may become less flexible. The dealer is always trying to move as many cars off his lot by the end of the month as possible, so try to keep the urgency on him.
8. "I think my credit's good." Don't think - know your credit score before you walk into the dealership.
9. "It looks like it's been kept pretty well." If you're shopping for a used car, there is no way to know if the vehicle is mechanically sound just by looking at it. Before you sign anything, pay a licensed and impartial mechanic to do an inspection. If the seller balks or if a dealership insists that an inspection by its in-house mechanic is good enough, tell him that it's not good enough for you, then walk away.
10. "I guess all these fees are pretty standard, huh?" Actually, some of them are, some of them aren't. You should expect to pay sales tax, title, registration and delivery fees, but pay close attention to the other extras that are sometimes tacked on. When you see something such as "dealer prep," that's a fee charged by the dealership for peeling off the plastic covers for the seats and cleaning up the car. Ask the dealer to remove the fee. If he doesn't, tell him you're going to shop around until you find someone who will. Also, you may have heard that the "rust proofing" coating they'll try to sell you is a sham - it is. Almost every new car these days already comes with a corrosion warranty good for six to 10 years; that's because if you clean your car on a regular basis, you shouldn't have to worry about this.

Top 10 cars for single girls

Start your engines all you single girls! Cars are a great tool to attract the opposite sex. Chick cars that will capture any man's heart. All redline on the "Love Rev Meter."

Ram 1500

Guys dig chicks in big trucks. There's nothing sexier than a girl driving a pickup. After he spots the Ram's muscular body and bold front grille, his jaw will drop at the sight of a woman at the wheel. The Ram comes in all shapes, sizes and configurations. Eight out of 10 on the rev meter. 



Lamborghini Gallardo LP560-4 Spyder

Guys will stop you in their tracks when they get a glimpse of a girl driving this Italian exotic. They won't be able to take their eyes off you or your sexy wheels. Plus, they won't miss the sound of its deep intoxicating growl coming from the engine. This ride doesn't come cheap, but it will get any guy's motor running. Ten out of 10 on the rev meter.

Ferrari California

Here's another eye-catching Italian exotic that'll get his blood flowing fast. The hard-top roof drops in only 14 seconds with one button - so you won't break any nails fiddling with clasps or latches. It can accelerate from 0 to 100 km/h in less than four seconds. Plus, it has a fold-down rear seat so your man can squeeze a set of golf clubs through the trunk. Nine out of 10 on the rev meter.



Audi RS

No man will miss its unmistakable in-your-face design or resist the sound of the deep growl when you fire up the engine. In Canada, only about 200 are up for grabs - about 75 of them are the top 5.2 V 10 trim. Nine out of 10 on the rev meter.



Porsche 911 Targa

Make guys do double-takes when they see a hot chick in the driver's seat. Guys will gawk in all directions. The Targa oozes testosterone, but don't get intimidated. It's easy to drive and powerful. It'll go from 0-100 in 4.9 seconds. Nine out of 10 on the rev meter.



FUEL SAVING TIPS

1. Avoid High Speeds - As your speed increases, your aerodynamic drag increases in an exponential fashion. Driving 62 mph (100 km/h) vs 75 mph (120 km/h) will reduce fuel consumption by about 15%.

2. Do Not Accelerate or Brake Hard - By anticipating the traffic and applying slow steady acceleration and braking, fuel economy may increase by as much as 20%.

3. Keep Tires Properly Inflated - Keep tire air pressure at the level recommended by your vehicle manufacturer. A single tire under inflated by 2 PSI, increases fuel consumption by 1%.

4. Use A/C Sparingly - When the air conditioner is on it puts extra load on the engine forcing more fuel to be used (by about 20%). The defrost position on most vehicles also uses the air conditioner.

5. Keep Windows Closed - Windows open, especially at highway speeds, increase drag and result in decreased fuel economy of up to 10%.

6. Service Vehicle Regularly - Proper maintenance avoids poor fuel economy related to dirty air filters, old spark plugs or low fluid levels.

7. Use Cruise Control - Maintaining a constant speed over long distances often saves gas.

8. Avoid Heavy Loads - Remove the sand bags from your trunk in the spring and pack lightly for long trips.

9. Avoid Long Idles - If you anticipate being stopped for more than 1 minute, shut off the car. Restarting the car uses less fuel than letting it idle for this time.

10. Purchase a Fuel Efficient Vehicle - When buying a new vehicle examine the vehicle's rated fuel efficiency. Usually choosing a small vehicle with a manual transmission will provide you with great fuel economy.



TOYOTA CANADA TO INSTALL BRAKE OVERRIDE

Toyota Canada says that it is offering to install safety software on more of its vehicles, though the troubled auto maker is not recalling any new models. The voluntary installation of a so-called "brake over-ride system" will now be offered to owners of 2005-2010 Tacomas, and the 2009-2010 Vanza models. The brakes override system will automatically reduce the engine's power when the brake and accelerator pedals are applied simultaneously under certain driving conditions.

ROAD TO LICENCE WITH E-DRIVING

Young drivers of Canada has recently launched YD e-Experience, a new, interactive online training session that allows novice drivers to learn at their own pace from their home computer. The 10-hour online training, which is only available from YD, is easy to use, engaging and effective. The interactive videos, 3-D animations, photos, graphics and easy-to-follow voice-over narrative, making learning to drive an enjoyable experience. Students can choose the amount of time they want to spend at each sitting. Young drivers e-Experience is part of the YD Novice Driving course, which is a beginner driver education course. Test drive for free at yd.com/edemo.

EASTER

DRISB

TWAH

OBLMO

EGILMNT

Answer:

JOKES

What is a trampoline's favorite season?
Spring-time!

What is the most timid flower?
The pansy.

ANSWERS: birds, thaw, bloom, melting, growth

BIRDS

WOL

WSNA

ALEGE

WKHA

Answer

JOKES

Why did monkeys fall from the sky?
It was Ape-ril showers!

Why did the boy throw butter out the window?
To see the butter fly!

ANSWERS: owl, swan, eagle, hawk, swallow

TREES

MEL

ACEHP

KOA

CEHBE

Answer:

JOKES

What do you call a nice smelling sales person who wears blue and lives in France?
La vender.

Can February March?
No, but April May!

ANSWERS: elm, peach, oak, beech, maple

FLOWERS

EROS

AYSPN

ISDAY

EIOLTV

Answer:

JOKES

What flowers grow on faces?
Tulips (Two-lips)!

What do you call a flower loving country run by automobiles?
Car nation.

ANSWERS: rose, pansy, daisy, violet, lavender

SUDOKU HIGH FIVES

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

HOW TO PLAY: Sudoku High Fives is a puzzle consisting of five regular Sudoku grids, sharing one set of 3-by-3 boxes. Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9. The numbers in any set of 3-by-3 boxes, which are shared by two of the Sudokus, are filled in identically, for both of the individual Sudokus.

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

Solutions can be found at:
<http://www.sudoku.4thewww.com>