



FRONT PAGE CONTEST

The Newsletter committee is holding a contest for all the children in the Co-op to participate in designing a new cover page for the "Ripples From The Creek" newsletter! The most creative design will grace the next newsletter cover with full recognition as well as win 2 cineplex movie passes!



- For all ages
- Design may be drawn or computer created
- All contestants must leave their name and unit number on their work
- Winner will be based on the most creative idea
- Contest ends June 1st
- Please drop off all entries at the office or Unit #5

Board Comments

This is a great time of year when we head into summer from spring. We see members putting soil on their lawn, planting and hanging flowers and taking extra care of their property. We're all excited about the great weather coming and putting all of our summer accessories outside. Let's remember that many of us take time and effort to make our homes, both inside and outside, enjoyable for summer. We all need to respect our neighbours space, property and right to enjoy their leisure time out and around their house. Thanks for beautifying the property. Many have been out and it is like an infectious enthusiasm that is happy, fun and should be shared by everyone.

Board of Directors

* * * *

Dear Members: It's the time of year when we undertake various projects. A few are listed below:

- It saddens some, including me, to see the circles at 209, 215 and 235 removed and it makes others happy. I guess we all have a different perspective on things — and that's not always bad. The circles were removed for a number of reasons - we were having an increasingly difficult time aving snow plow contractors quote on the snow plowing. Many found the areas around the circles too small to maneuver laree vehicles and others didn't want to work here around the circles. Members often complained that the area was too tight to back in and out of their driveways and, finally, we are anticipating front door garbage pick up later this year. By removing the circles and the City employing smaller garbage trucks, it will make garbage removal easier.
- All of the eaves are being cleaned and the debris taken away and put in the garbage bin at the bottom of 235.
- A number of patio doors were in particularly poor condition and they have recently been replaced.
- While we were not anticipating re-roofing right now, we don't seem to have an option. We have roofs that are leaking and severely deteriorating. Specifically, the report we received states that the four bedroom units are particularly bad. We will therefore be re-roofing the four bedroom units starting the second week of May.

Deborah

Cover	P. 1	P. 2	P. 3	P. 4	P. 5	P. 6	P. 7	P. 8	P. 9	P. 10	P. 11
P. 12	P. 13	P. 14	P. 15	P. 16	P. 17	P. 18	P. 19	P. 20	P. 21	P. 22	P. 23

COMMITTEE COMMENTS

Finance Committee

Give yourself a pat on the back. April's arrears were very low. This month, we have 18 units on subsidy.

Please remember to hand in your post-dated cheques for June 2008-May 2009.

The housing charges for non-subsidized units remain the same:

- 2 bedroom - \$767.00
- 3 bedroom-\$858.00
- 4 bedroom - \$949.00

It is your responsibility to make sure our housing charges are paid on time and in full.

Thank You, Finance

Inspection Committee

We are now a couple of weeks away from starting inspections in 245. To the members that keep their homes in good shape "Thank you" for making our job easier.

For members that welcome inspection committee members into your homes, "Thank you".

For members that feel that it's an inconvenience, please remember that the inspection members who come into your home are just honouring their participation agreement and have left their home and their families to go out to participate.

And a special "Thank you" to Charlie who helps a lot of us get ready for our inspections or bring our unit upto par for callbacks.

Social Committee

The Social Committee has been going around selling 50/50 tickets. We will going around, towards the end of every month as that seems to be easier for everyone. Please remember that the money raised from 50/50 or any other event goes towards the Christmas party for the children and grandchildren of the Co-op.

Neilson Creek News

Garage Sale

Some of the members in the Co-op are planning on a garage sale for Saturday May 31. If you are interested can you please contact the office and pay a toonie towards advertisement of the garage sale.

Web Page:

We are now up on the internet!

Our pages give a brief description and history of our Co-op, membership obligations, committee outlines, events and pictures.

The purposes of our site are to make the public more aware of what co-op housing is all about and give future applicants a little insight into what is expected of the members'.

Permanent guidelines for content and material are currently being considered.

Mozilla Firefox or Internet Explorer, you can visit us at the following site:

<http://www.freewebs.com/nchc1981/>

Comments are welcome at neilsoncreek@bellnet.ca

Seed For Swap

We would like to start a seed for swap sale or a plant for swap in the co-op. Spring is a good time to split your perennial plants and the fall is a good time to save your seeds. There will be a donate list and wish list outside the office where you can list the plants and seeds you have and the ones your looking for. If you just want to donate but don't want any plants in return that's great, the same as if you're just starting a garden and don't have anything to give then that's okay to. Both the landscape committee and members of the co-op can benefit from this and help make the co-op look even better.



ENTERTAINMENT AT THE CREEK

May movies...

Made of Honor Friday May 2,2008

Tom and Hannah are best friends, the kind of friends that are always there for each other. Hannah leaves Tom for a six week business trip when Tom realizes that he loves her and wants to grow old with her. When Hannah returns engaged to another man, she asks Tom to be her maid of honor but Tom wants to be her husband.

Iron Man Friday May 2, 2008

<http://ironmanmovie.marvel.com> ← Watch the trailer here.

Tony is kidnapped and forced to create an extremely devastating weapon. As a Billionaire and an inventor he uses his intelligence to build a high-tech suit of armor to escape his captors. He then discovers the extremely wicked plan that his captors have been devising that he goes on to protect the world as Iron Man.

Indiana Jones and the Kingdom of the Crystal Skull Thursday May 22, 08

www.indianajones.com ← Watch the trailer here.

Indiana Jones returns and the saga continues. This time, in the Kingdom of the Crystal Skull. Let's see what adventure and trouble Dr. Jones gets himself into this time.

Also Coming to Theatres in May:

Sex and the City: The Movie Friday May 30,08

Speed Racer Friday May 9,08

June movies...

Incredible Hulk Friday June 13,2008

<http://incrediblehulk.marvel.com> ← Watch the trailer here.

Scientist Bruce Banner anxiously searches for a cure for what poisons his cells and transforms him into a raging state known as. The Hulk. In this story he meets his enemy. The Abomination who is far stronger than the rage that becomes The Incredible Hulk.

Also Coming to Theatres in June:

The Love Guru Friday June 20, 08

Wall~E Friday June 27, 08

Wanted Friday June 27,08

ENTERTAINMENT AT THE CREEK

New & Upcoming Movies

TOP RENTALS, Recommended by Category:

April and May 2008

Suspense/Thriller /Drama

- Rendition
- Michael Clayton
- Into the Wild
- Things We lost in the fire
- Awake
- No Country for Old Men
- Love in the time of Cholera
- Atonement
- There will be blood
- Untraceable

Comedy/Chic Flick

- Dan in Real life
- August Rush
- I Could Never be your Woman
- Juno
- 27 Dresses
- P.S.I Love You
- The Hottie and the Nottie
- Mad Money

Action/Martial Arts

- Hitman
- Revolver
- Legend of the Black Scorpion
- Rambo
- National Treasure: Book of Secrets

Family Movies

- Mr. Magorium's Wonder
- Emporium
- Bee Movie

- Enchanted
- The Water Horse
- The Golden Compass

Fantasy/Sci-Fi

- Beowulf
- I am Legend
- In the Name of the King

Horror

- The Mist
- Sweeney Todd (Horror musical)
- P2
- Alien Vs. Predator Requiem
- Cloverfield
- One Missed Call
- George A. Romero's Diary of the Dead

CHAPTERS TOP BEST SELLER'S BOOKS

1. The Legacy - R.A Salvatore - The Legend of Drizzt book VII.
2. Certain Girls - Jennifer Weiner
3. The Last Lecture - Randy Pausch
4. Style Statement - Carrie McCarthy
5. Shopaholic & Sister - Sophie Kinsella
6. Late Nights on Air - Elizabeth Hay
7. Change of Heart - Jodi Picoult
8. Unfeeling - tan Holding
9. People of the book - Geraldine Brooks
10. Pillars of the Earth - Ken Follet

CONCERTS & THEATRE



Concerts and Live Shows

For below ticket information:

Visit www.ticketmaster.ca or call 416-870-8000

Swan Lake on Ice - Hummingbird Centre
 Anne Murray - Hummingbird Centre
 Gordon Lightfoot - Massey Hall
 One Republic - Kool Haus
 Michael Flatley's Lord of the Dance - Casino Rama
 Crowded House - Danforth Music Hall
 Flo Rida - Rogers Centre
 The Cure - Air Canada Centre
 Eric Clapton - Molsom Amphitheatre
 Gloria Estafan - Casino Rama

June

Tom Petty and the Heartbreakers — Air Canada Centre
 R.E.M - Molson Amphitheatre
 Dave Matthews Band - Molson Amphitheatre
 Stevie Nicks - Casino Rama

Theatre in Toronto

Evil Dead - The Musical

Showing at the Diesel Playhouse, tickets are on sale now until June 14th.

This musical is based on Evil Dead. the Movie, Sam Raimi's film from the 80's. This funny and

entertaining musical is about five college students that break into an abandoned cabin in the

woods and unleash evil spirits, turn into demons and sing showtunes! If you dare to sit in the first

few rows, you are even given a rain coat to protect your clothing from some of the props used on

stage.

Dirty Dancing

Presented at the Royal Alexandra Theatre, on now until August 31st, 2008

In the summer of 1963, a family goes to "Kellerman's", a summer vacation resort to spend some

quality time with one another. Dirty Dancing is a story of first love, music and dancing. If you

have seen the movie, you will enjoy the show.

COMING SOON.....

Monty Python's Spamalot

Presenting at the Canon Theatre from September 9th through to October 5th, 2008

Spamalot is a musical comedy that tells a story of King Arthur and his knights of the Round

Table as they set out on their quest for the Holy Grail.

The Sound of Music

Presenting at the The Princess of Wales Theatre in October 2008

If you have heard the sound of music, then you know what this one is about. A must see.

For more information on any of the above mentioned listings: visit www.mirvish.com

HEALTH CHECK

What's in Your House?



According to the Environmental Protection Agency, the average home has up to 25 pounds of toxic cleaning supplies. These toxins can affect respiratory and reproductive systems, hormone levels, cause neurobehavioural disorders, and cancer.

Each year 1 million

children are accidentally poisoned in their own homes. The most common poisonous substances are household cleaners and many of these products are considered safe according to the Healthy Home Tour.

Liquid dish soap is the leading cause of poisonings in the home for children under the age of six; most brands contain formaldehyde and ammonia. Canadians are exposed to toxic chemicals everyday through

commonly used products in the home, such as perfume, shampoos, air fresheners, cleaning products, furniture and appliances, Teflon frying pans and food and beverage containers.

Chemical	Purpose / Use	Health Concern
Acetone	Found in spot treatment cleaners, mark and scuff removers, etc	May cause liver and kidney damage; harm to developing fetus
Bleach/sodium hypochlorite	Various uses including disinfectant	Irritates skin and respiratory tract; suspected neurotoxin and liver toxin
DEA (Diethanolamine)	Foaming and emulsifying ingredient in cleaners	Suspected of causing cancer; toxic to respiratory and nervous systems
Formaldehyde	Common in furniture polish	A recognized carcinogen; suspected immunotoxin; neurotoxin; reproductive and respiratory toxin; skin irritant
FrAGRANCE	Scent in cleaners and air fresheners	Negatively affects the central nervous system; triggers asthma; potentially causes cancer
Naphthalene	Deodorizer	Recognized carcinogen; suspected developmental, neurological and respiratory toxin
Phosphoric acid	Liquid dishwasher detergents, and bathroom cleaners	Suspected respiratory and neurotoxin
Sodium lauryl sulphate	Lathering agents in cleaners	Known skin irritant; suspected liver toxin
Triclosan	Anti-bacterial agent	Suspected of weakening the immune system; disrupting hormones and causing cancer
Xylene	Spot removers and floor polishers	Suspected developmental, neurological, reproductive and respiratory toxin

- Be sure to read the labels on the bottles. If you can't pronounce it, it's a good indication you should

avoid it

- Remove all the chemical-cleaning products from your home. It's important to use a community hazardous waste program to dispose of corrosives (drain cleaners), flammables (turpentine),

explosives

- (aerosol cans) and poisonous items (cleaning fluids and pesticides)
- Use the Environmental Defence's checklist, 'Make Your Home Healthy' for a room-by-room

analysis

- at www.environmentaldefense.org
- Change to non-toxic cleaning products. For a list of products bearing the Ecologo, go to www.environmentalchoice.com

DO-IT-YOURSELF , HEALTH-FRIENDLY CLEANING PRODUCTS

Baking Soda: a deodorizer; mix with salt to clean surfaces; dissolve 4 Tbsp in a quart of warm -water as an all purpose cleaner

Vinegar: kills moulds, viruses and bacteria; mix in an equal part of warm water to clean windows; a few drops in hot, salt

water cleans floors; cover faucets in vinegar soaked paper towels for 1 hour to remove lime deposits; mix with baking soda to scrub toilet bowls or make a bathtub and tiles sparkle

Salt = High Blood Pressure = High Risk of Stroke & Heart Disease



Why is Sodium a risk to your health?

High blood pressure is the most important factor involved in the development of any cardiovascular heart disease, and accounts for 60% of all strokes and 50% of all heart diseases. As blood pressure increase so does the risk of heart disease. A large number of studies have been performed, all of which confirm the theory that sodium intake plays a major factor in the increasing of blood pressure. The evidence that links sodium to blood pressure is as strong as linking cigarettes to cancer and heart disease. By reducing the sodium intake to ideal levels, it is estimated that there will be a 24% reduction of deaths do to strokes and an 18% reduction in deaths do to coronary heart disease. Which will prevent approximately 2.6 million stroke and heart attack deaths each year.

An average Canadian
consumes in excess of
3100 mg of sodium a day!



Reducing Salt Intake

Cut down on prepared and processed foods - prepare more home-cooked meals, such as homemade soups, casseroles and sauces, rather than commercially prepared or canned foods

Eat more fresh vegetables and fruit - try using fruit sauces for meat, chicken or fish by creating mixtures of orange, pineapple, mango and other tropical fruit

Reduce the amount of salt you add-while cooking or baking - ketchup, mayonnaise, sauces, spreads and dressings all contain loads of sodium, instead make salad dressings from healthy unsaturated oils (olive, canola, soybean), vinegar and crushed garlic. Use sweet and sour choices on your vegetables. Maple syrup, honey, cinnamon, nutmeg on baked squash or sweet potato. Even a splash of lemon, orange or balsamic vinegar is good.

Experiment with other seasonings, such as garlic, lemon juice and or fresh or dried

herbs

Avoid using commercially softened water for drinking and cooking

Read Nutrition labels - on packaged and processed foods, look for lower-salt varieties, no more than 480 mg per serving or 960 mg per serving for entrees. **Look for the Health Check symbol on foods**

Adequate daily intake of sodium

4-8 yrs: 1200 mg
9-50 yrs: 1500mg;
55-70 yrs: 1300 mg;
Over 70: 1200 mg;

Mother's Day



Here is a little tribute to all the mothers and grandmothers of the Co-op. Happy Mother's Day !!

The Mum Test

I was out walking with my 4-year-old daughter. She picked up something off of the ground and started to put it in her mouth. I took the item away from her and I asked her not to do that. 'Why?' my daughter asked.

'Because it's been on the ground. It's dirty, and it probably has germs,' I replied.

At this point, my daughter looked at me with total admiration and asked, 'Mummy, how do you know all this stuff? You are so smart.'

I was thinking quickly. 'All Mums know this stuff. It's on the Mum Test. You have to know it, or they don't let you be a Mum.'

We walked along in silence for 2 or 3 minutes, but she was evidently pondering this new information. 'Oh...I get it!' she beamed, 'So if you don't pass the test, you have to be the dad.'

"Exactly,' I replied back with a big smile on my face.

If there were no schools to take the children away from home part of the time, the insane asylum would be filled with mothers."

- Edgar Watson Howe

"God could not be everywhere, and therefore he made mothers."

- Jewish proverb

"A mother's arms are made of tenderness and children sleep soundly in them."

- Victor Hugo

A suburban mother's role is to deliver children obstetrically once, and by car forever after.

- Peter De Vries

Mother love is the fuel that enables a normal human being to do the impossible.

- Marion C. Garretty, quoted in *A Little Spoonful of Chicken Soup for the Mother's Soul*

A man's work is from sun to sun, but a mother's work is never done.

- Author Unknown



Everything Mom

How did you find the energy. Mom
To do all the things you did,

To be teacher, nurse and counselor
To me, when I was a kid.
How did you do it all. Mom,
Be a chauffeur, cook and friend,
Yet find time to be a playmate,
I just can't comprehend.
I see now it was love. Mom
That made you come whenever I'd call,
Your inexhaustible love, Mom
And I thank you for it all.

By Joanna Fuchs



* * * * *

A MOTHER'S WAGES

If I would charge one cent each time

I washed my children's clothes.
Or tied a shoe or gave a bath

Or wiped a runny nose,
Or made a bed or acted as
Their judge or referee.

It would be possible that I
Could live in luxury.

If I were paid a nickel for

Each diaper that I've pinned,
For every Band-Aid I've applied

When arms or legs were skinned,
For every toy that I've picked up -

And put back in it's niche.
There wouldn't be a single doubt--

Why, I could be quite rich.

If just one dime would be my fee

For giving them a pill,
For making meals and wiping up

The milk they always spill,
For darning scores of tiny socks,

For fixing things that break.
It wouldn't be too long before

A fortune I would make.

Although it's true I don't receive
A solitary cent.

I'm repaid in many ways
For all the time I've spent.

Their smiles, their love is my reward
For this unending care.

**And I am richer, yes, by far
Than any millionaire!**

— Author Unknown —

Happy Father's Day



Anyone can be a father, but it takes someone special to be a DADDY!
"Happy Father's day" to all the daddys of Neilson Creek!!



Wives, Girlfriends, Fiancées...

Why not let your husband, boyfriend, fiance know what a wonderful job they are doing and how great of a father they are.

Here are some coupons that you can give to the greatest man in your child's life!



Attention Children: The Bathroom Door is Closed (for a Reason!)

Please do not stand here and talk, whine, or ask questions. Wait until I get out.

Yes, it is locked. I want it that way. It is not broken, I am not trapped. I know I have left it unlocked and even open at times, since you were born, because I was afraid some horrible tragedy might occur while I was in here, but it's been 10 years and I want some PRIVACY..

Do not ask me how long I will be. I will come out when I am done..

Do not bring the phone to the bathroom door..

Do not go running back to the phone yelling, "She's in the BATHROOM!".

Do not begin to fight as soon as I go in..

Do not stick your little fingers under the door and wiggle them. This was funny when you were two, but not now..

Do not slide pennies, Legos, or notes under the door. Even when you were two this got a little tiresome..

If you have followed me down the hall talking, and are still talking as you face this closed door, please turn around, walk away, and wait for me in another room. I will be glad to listen to you when I am done..

And yes, I still love you..

(Signed) Mom

Instructions on Life...

- Wear a hat when feeding seagulls.
- Don't flush the John when your dad's in the shower.
- When your dad is mad and asks you, 'Do I look stupid?' don't answer him.
- Never tell your mom her diefs not working.
- When you get a bad grade in school, show it to your mom when she's on the phone.
- Never spit when on a roller coaster.
- Never tell your little brother that you're not going to do what your mom told you to do.
- Stay away from prunes.
- Never dare your little brother to paint the family car.
- When you want something expensive, ask your grandparents.

**For
Your
Info...**

WOMEN'S HEALTH AND NUTRITION

Discussion with registered dietician Alka Chopra of Scarborough West Community Health, Scarborough Women's Centre: 2100 Ellesmere Rd., Suite 245, 6:30-8:30 pm. "Free" Pre-registration required. Call 416-439-7111.

CHILD AND DAD program, The Rouge-River Ontario Early Years Centre, 2041 McCowan Rd., Thursdays, 6 - 7:30 pm. Call 416-291-7745 or visit www.mfrc.org for more information.

FREE CAREER AND employment services for women, including assessments for skilled trades and apprenticeship. Individual and group settings available. Two Scarborough locations. Call 416-283-5229.

SUNDAY BRUNCHES HELD the first and third Sunday of each month, Royal Canadian Legion, Branch 258, 45 Lawson Rd., 10 a.m. to noon, menu includes scrambled eggs, bacon, sausage, hash browns, pancakes, toast, fruit, juice, coffee, tea. Everyone welcome.

BIRCHMOUNT BLUFFS NEIGHBOURHOOD Centre opens new location for youth with disabilities. Youth Centre, 2849 Kingston Rd. Drop-in activities, social networking. Free. Attendant services offered for specific events. Call 416-264-1007.

FREE PARENTING PROGRAMS, WCA Family Support Centre, 3090 Kingston Road. Learn about parenting styles, child development, practical discipline, communication strategies, ways to build your child's self-esteem and much more. To register, call 416-266-1232.

CHECK OUT the Neilson Creek Website at: www.freewebs.com/nchc1981/

BLOOD DONOR CLINICS – every month Canadian Blood Services holds a blood donor clinic at the Scarborough Civic Centre. Call 416-396-5660 for more information.

Toronto Garbage Rules

As you are all aware, here at Neilson Creek, there have been many issues in regards to our Garbage Areas and the way that they are kept.

It is important as residents here on Manse Road that we all do our part in keeping our neighborhoods clean and tidy and that includes the way that we throw away our garbage and recycling.

Below are some tips about garbage and recycling disposal. Some of which you may or may not have been aware of, but all in which we hope are considered every garbage day from now on.

- When dumping garbage in the garbage hut, don't be afraid to go inside the hut. DO NOT just open the door and throw your bags inside. If everyone does this, it makes it difficult to enter the hut to throw your recycling away.
- Utilize ALL recycling bins in the huts! DO NOT overflow the bins closest to the door. If the bins closest to the door are full, again don't be afraid to go inside and throw your recycling in the empty bins on the back wall.
- All cardboard should be flattened and cut down into smaller pieces 2ft by 2ft is the required size.
- Call our community office at 416-338-2010 to arrange for a special collection.
- Don't put syringes or Household Hazardous Waste out for garbage or recycling collection.
- Don't put loose or broken glass in your garbage or blue box. Please ensure it is wrapped and placed in a container clearly marked "GLASS".
- Don't put garbage out in several shopping bags or kitchen catchers. Please use Garbage Bags.
- Don't mix yard waste, recyclables or appliances in with your garbage.
- Please rinse all recyclable containers to reduce residue

For more information on garbage or recycling, please visit:

<http://www.toronto.ca/garbage/index.htm>

HOUSEHOLD RECYCLABLES



"Rinse all containers to remove residue"

Cardboard cans (frozen juice, chip, nut, powdered drink
And powdered cleanser containers. Put loose metal end
inside cardboard can and pinch closed. Discard pull-off
Strip and/or peel-off seal)
Plastic food jars, tubs and lids (margarine, yogurt, etc.)
Plastic bottles and jugs - lids securely fastened
Plastic bottles and jugs - lids securely fastened
Milk/juice cartons
Empty paint cans & lids - lid must be separate from can
Empty aerosol cans - remove and discard lids
Metal cans - put lid inside and pinch closed
Glass bottles and jars
Aluminum rigid trays & pie plates
Drink boxes - remove the straw

Household paper (junk mail, flyers, etc.)
Paper gift wrap & cards
Paper egg cartons, rolls and bags
Boxboard boxes - cereal, detergent, tissue, etc-
remove liners and plastic windows
Newspapers A Telephone directories
Magazines, catalogues & books
Corrugated cardboard — clean, unwaxed, flatten
(tied in bundles no larger than 30 "x 30 "x 12)



"DO NOT recycle anything soiled!"

Plastic - toys, make-up jars, caulking tubes, clear egg cartons, fruit and veggie containers, food storage
containers, drinking cups and take-out food containers, molded bakery item trays, pails w/ metal handles, motor oil jugs,
bags, plant trays and flower pots, foam cups, dishes and egg cartons (polystyrene or Styrofoam)
Glass - drinking glasses, dishes, cups, crystal, window glass, light bulbs, mirrors, pottery, pots and pans, make-up jars
Metal - coat hangers, pots and batteries
Aluminum - foil wrap and bags (i.e. potato chip bags)
Fibers - tissues, waxed paper, foil gift wrap, waxed cardboard

Special Pickup - metal "white goods" Collection of "white goods" (refrigerators, washing machines, stoves, dishwashers,
etc.) must be scheduled by calling Customer Service at 416-338-2010. This material is collected by designated City
vehicles.

Waste Reduction Tips: ~Don't throw anything away that can be reused or repaired. Your trash could be someone else's
treasure. Fabric scraps, books, sporting goods, toys and clothing are always needed by non-profit groups.

~Don't buy items with excess packaging. Write to the manufacturers and let them know that you find their packaging
wasteful. Include the packaging from the product.

-Whenever possible, **buy refillable or reusable containers.** Avoid containers that can only be thrown away.

-Bring your own bags when you shop and try to buy in bulk as often as possible.

Reduce, Reuse, Recycle, Re-think

TOP 20.....WEBSITES FOR KIDS (according to Today's Parent Magazine)



Information Sites

yahooligans.com - the ultimate kid-friendly search engine, a safe place for children to look for information and has a great list of age-appropriate reference links.

ajkids.com - the best search engine for answering simple kid questions like, "How does an iceberg form?" or "What causes hiccups?"

kidsclick.org - created by a group of US librarians, age-appropriate Web content on everything from science to health to popular entertainment.

howstuffworks.com - tells kids(and adults!)how different things work — from the everyday(how automobile engines run) to the unusual (how Jell-O sets).

factmonster.com - reference source of kid-friendly facts and articles, interactive tools that encourage kids to improve their math, spelling and vocabulary.

Entertaining Sites

cbc.ca/kids

pbskids.org

kids.reads.com - find information about their favourite books and authors

funology.com - The million and one games, magic tricks, recipes, experiments and craft projects will put a stop to the "Mom, I'm bored" syndrome.

Educational Sites

schooldiscovery.com - from the creators of the Discovery channel

virtualmuseum.ca - multimedia presentations, image galleries and interactive games.

schoolnet.ca - Government of Canada site , 7,000 links for kids and parents on a variety of news-related topics across Canada. It's great for school projects

coolmath4kids.com - Games, brain twisters.etc. great site for kids who are struggling with multiplication and need to practise their skills.

sciencemadesimple.com - helps kids learn science the easy, hands-on way with clear, detailed answers to their questions and lots of fun projects and experiments.

funbrain.com - interactive tools and games like Grammar Gorillas and MathCar Racing entice kids to learn.

Inspiring Sites

cwf-fcf.org - for young naturalists to actively participate in wildlife conservation, including building a backyard habitat for birds and butterflies

un.org/pubs/cyberschoolbus - Translated into six languages, the rich content and resources on this United Nations-sponsored site let children participate in a global community over the Web.

girlsite.org - topics cover everything from cool careers and volunteering to creative writing diaries

nasa.gov/home/index.html - A perfect place for budding astronomers to learn about the galaxy. Kids can receive up-to-the-minute bulletins about space programs or use the multimedia section to view current images in space.

SUMMER CAMPS and SPORTS

Just For Kicks Camps Information Hot Line: 416-285-KICK or 416-285-5425

Activity Camp - Only \$80 per week.

You must pre-register. For ages 6 to 14 years

"Fun activities" "Big screen movie theatre" "Foosball" "air hockey" "crafts" "Nintendo Wii" "XBox" "PlayStation". Bring your lunch, drinks and snacks for each day. Free pizza lunch on the Friday. *Not a soccer camp.* No special dress requirements. Camp is held at the JFK Club House in unit 34 from 9am to 4pm with free early (8:30am) and late (5:30pm) drop off.

Soccer - Outdoor Season

Hundreds of volunteers working together to provide a fun & safe experience.

Tel: 416-285-KICK or 416-285-5425

- emphasis on fun while learning and playing soccer
- fair play enforced
- limited availability
- first come, first served

Fees: Tots \$125, Teens \$125, Kids \$139 for the summer outdoor season (runs May to September).

Volunteers:

If your child is in high school, he or she can volunteer at the camp. As a volunteer, you will receive a volunteer t-shirt and credit towards the high school "Community Involvement Hours Program".



Toronto Island Recreation Camp Opportunities

What an awesome place to go to camp! An opportunity to explore all of the unique Toronto Island adventures and facilities. Each day begins and ends with a ferry ride across the Toronto Harbour.

Call 416-392-8192 for more details.



Theatre Arts Day Camps (Ages 6-14)

July & August for: \$ 185/week

Now in Scarborough!

Information: 1-866-864-4282



West Hill Baseball League

Tel: 416-283-2685

The West Hill Baseball League is community oriented to provide fun and learning for kids to develop through sports and team work. We also stress fair play and sportsmanship.

2008 Registration Fees vary according to birth year

PLAY BALL!



Boys and Girls Club of East Scarborough (100 Galloway Road)

June 3, 2008 Summer Camp Registration

The Boys & Girls Club of East Scarborough seeks to provide neighbourhood solutions to community and social needs

through its flagship social, recreational facility and its local neighbourhood satellite locations.

Tel: 416-281-0262

E-Mail: info@esbgc.org

Navy League Cadets of Canada



The objectives of the Navy League of Canada (Ontario Division) are to provide quality programs for the youth of Ontario. The Navy League Cadet (9-13 years of age) and the Sea Cadet programs (12-18 years of age) provide fun opportunities for our young people to develop leadership, citizenship, and physical fitness skills.

What does it cost to join? There are **no registration fees**, dues or cost for the uniforms or for the basic Cadet Program. Cadets are not part of the Canadian Forces, nor is there any expectation for them to join the military.

Cadets choose to belong to one of the three elemental programs:

Royal Canadian Sea Cadets (commonly known as Sea Cadets) (416)267-1316

Royal Canadian Army Cadets (commonly known as Army Cadets) (416)633-6200 (416)766-2286

Royal Canadian Air Cadets (commonly known as Air Cadets) (416)291 -8397 (416)266-4891



**Girl Guides
of Canada
Guides
du Canada**

Fun, Friendship and New Adventures...

-Guiding is the largest movement of girls and women in the world. It is a chance to try new things and be adventurous with girls your own age, while giving back to your community and learning about the world around you.

-Membership Hotline - 1-800-565-8111 or call 416-487-5281

THINGS TO DO WITH THE KIDS THIS SUMMER...

Mom I'm bored! Dad what are we doing today? Here are some tried and true ways to keep them entertained.

**Ontario Science Centre
Centreville Amusement Park
Riverdale Farm
African Lion's Safari**

**Royal Ontario Museum
Hockey Hall of Fame
Canada's Wonderland**

**The CN Tower
The Toronto Zoo
Ontario Place**

> Spring Crafts



Wind Chimes

Clear plastic lids
Fishing line
Jingle bells
Scissors
Hole punch
Stick or dowel
X-Acto knife

Cut the rims off the plastic lids, then help your children cut out seven (or as many as you like) leaf shapes from the clear plastic. If you want, you can create "veins" on the leaves by lightly scoring each one with an X-Acto blade. Punch a hole in the top and bottom of each leaf. Tie a 7- to 10-inch length of fishing line to the top of each leaf, then hang the leaves, evenly spaced, from the stick or dowel. Using short lengths of fishing line, hang a jingle bell from the bottom of each leaf. To make a hanger, tie the ends of a 6- to 8-inch piece of fishing line to each end of the stick.

Bird House

Empty, Clean 1/2 Gallon Milk Carton
Black, Brown or Grey Paint
Lots of Twigs
Low Temp. Glue Gun or Tacky
Ruler
String or Fishing Line
Glue
Scissors
Pencil



*Measure and mark 3" from the bottom all around an empty milk carton. Cut into 2 pieces, saving both the top and the bottom. Cut a 2" circle in the middle front of the top piece. Cut the bottom piece down to 1" high. Put some glue on all four sides of the bottom piece on the outside. Push the bottom piece into the bottom of the top piece, making a new base for the milk carton. Glue pour spout closed. Paint the outside of the milk carton in a dark colour. This will help the spaces you will have between the sticks blend in. Set aside to dry. Gather **lots** of thin, straight sticks. Thicker sticks will go faster but you may need a hand saw or pruning shears to cut sticks to size. Poke a hole through the middle of the top ridge. Push string or line through the hole to hang the bird house. Break or cut sticks to cover the bottom and all sides working around the hole cut in the center front. Glue them into place. Glue a small stick under the hole for a perch. Cut or brake sticks for the roof. Glue into place. Glue stick to cover the top ridge.*

Puddle Boat

Fome-Cor or Styrofoam Craft knife
Acrylic paints and brushes Nails
Rubber band



Use a utility knife (parents only) to cut a 10 by 5 inch rectangle out of 1/2-inch Fome-Cor. Contour one of the shorter ends so that it resembles the bow of a boat. Starting 1 1/2 inches in from the opposite end, cut a 4 by 3 inch opening for the paddle wheel. Use the removed material to make a cabin. Then cut out a half circle 3 inches long at the flat end and glue it to the top of the bow. Fashion the paddle wheel out of 1/2-inch Fome-Cor. Cut out two 3 by 2 inch rectangles and make a

notch (1 by 1/4 inch) in the center of each of them. Fit the two pieces together to form a cross. Decorate the boat and the wheel with acrylic paints and seal them (top, bottom and sides) with a coat of acrylic gloss. Tap a small nail partway into the Fome-Cor on both sides of the wheel opening. Tie an overhand knot at both ends of a rubber band to form two small loops. Then slip a loop around each nail and fit the middle of the band around the center of the paddle wheel.

Tips:

To launch the boat, rotate the wheel until the rubber band is tightly twisted, set the boat in a deep puddle and release

ANNUAL FUND RAISING

PLANT SALE

SCARBOROUGH GARDEN & HORTICULTURAL SOCIETY

SATURDAY, MAY 17th

9:30 a.m. - 2 p.m.

Rain or Shine

3620 Kingston Road

North side, East of Markham Road

- ◆ Excellent Bargains on Members' Perennials
- ◆ Large Variety of Annuals
- ◆ Members' Garden Related Crafts
 - ◆ Lucky Bottle Draw
 - ◆ BBQ Lunch

Sale is cash only

change is appreciated

Parking Available: S.E. Corner of
Scarborough Village Community Centre

Information: Ed 416-431-5119
Sarah 416-438-5728



Making a Family Time Capsule

A time capsule provides a "snapshot" of a specific day in history. If you are making a family time capsule than you will want to include memorabilia of family events, etc. It is strongly recommended not to include food, drinks or liquids. Cards and photos are an excellent choice, but consider layering them with acid-free paper as well. If you're going to include photographs, separate them by waxed paper. Black-and-white photos will hold their detail better than color photos. If you're going to include newspaper clippings, photocopy them onto archival, acid-free paper. They'll last much longer. Use a container that's dust free and airtight. Label everything clearly, including the time capsule itself.

Do Not Bury Your Time Capsule!!!! No Time Capsule should ever be buried!

Burying your capsule could cause moisture damage over time. We suggest that you leave your Time Capsule on a bookshelf or on display as a conversation piece. Wherever you choose to store it, make certain that it is in a cool, dry place. Keep the capsule away from direct sunlight. The more care you take in packing, sealing and storing your Time Capsule, the happier you will be when it comes time to explore its special contents. Once you have your time capsule filled, use glue or tape to 'seal' the top closed.

What should go inside?

The list is endless!! You could include such things as: report cards, letters, postcards, stamps, printed email, notes on current events, picture of your computer setup, pressed flowers, locks of hair, maps, ticket stubs, tour attraction brochures, menus, wine labels, business cards, song lyrics, poems, favourite recipes, children's drawings, newspaper clippings, vacation photos, pictures of your home, school photos, personal items, wallet, keychain, lucky coin, items that document an era — such as a computer mouse, train schedule, advertisements for clothes or cars, the cover of a contemporary magazine, paper money or coins.

How long you choose to keep the capsule closed is entirely up to you. It will be well worth the wait though!

SUDUKO PUZZLES

For online (PDF) puzzle, please click [here](#)

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

Medium

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

Hard

Easy to place, Easy to
find, Easy to buy!

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CLASSIFIEDS

FOR SALE:

Little Tikes Big Slide for ages 2-8yrs \$25, Booster seats \$5, Winnie The Pooh toddler bed used for 5 months \$35, metal roof rack \$10, Entertainment Centre \$25 call 416-286-2172

BUSINESS:

Want Your Driveway To Look New? Driveway Sealing, \$25 - one unit, \$45 - double
Call: Paul - 215 Manse Rd #44
416-282-0809

ITEMS WANTED:

No Items This Month

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