



Thurlestone NewsMagazine

Summer 2011



Mission Statement

To promote Unity and Participation

To inform and Entertain



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Committee Members

Janice Hardacre
Jewel Stephen

Acknowledgements :

Thanks to all those who helped make this issue possible!



Notes from the Editor

July 2011

Where did the year go? This month, I celebrate my 1st anniversary of being at the Co-op, and am very grateful for the welcoming, approachable, friendly and helpful neighbours that I have met.

I see that the gardeners here love their work and it shows! Jewell designed the front cover of the Newsmagazine (as she does each month) and included a picture she took of the gardens from the front of the 22.

I have especially enjoyed working on the NewsMagazine and would like to say a special thanks to Jewell who, without all her help, hard work, patience and humour, I am sure that it would not be possible.


Some of us may remember the old comedy team of Stan Laurel and Oliver (Ollie) Hardy (although I am much too young to remember them!) But today, the word ollie has a whole new meaning. It's known as a basic trick in street skateboarding. Read all about it in my interview with two of the Co-op's skateboarders! They gave me some great insights about what it means to be a skateboarder.

So, it's the time of year to kick back a little; school is out! – and so is the NewsMagazine committee. As the song goes, *See you in September!*

Have an enjoyable and safe summer season

Janice

July 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1  Canada Day	2 Membership Mt.g 9:00 am
3	4	5	6	7	8	9
10	11	12 Board Mtg 7:00 pm	13 Finance Mtg. 7:00 pm	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

August 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1  Civic Holiday Ramadan 1 st day	2	3	4	5	6	
			 Office Closed				
7	8	9 Board Mtg 7:00 pm	10 Finance Mtg. 7:00 pm	11	12	13	
14	15	16	17	18	19	20	
21	22	23	24	25 NewsMagazine 7:30 pm	26	27	
28	29 NewsMagazine 7:30 pm	30 Board Mtg 7:00 pm	31				

OFFICE HOURS



Summer Hours

**June 2011:
July &**

Mon. to Fri. 1:00 to 4:00 p.m.

August 2011:

Mon., Wed., Fri. 1:00 to 4:00 p.m.

Tues., Thurs. 9:00 a.m. to 12:00 p.m

If you are a member of the co-op and require emergency assistance, please contact the On-Call Pager at (416) 441-8360 and leave a numeric message, or contact your building's Board Representative for assistance. Thank you.

Diana Hogan, Co-ordinator, Thurlestone Co-op Inc.

June 15, 2011



COMMUNITY ENVIRONMENT DAY

Saturday, July 9, 2011
10:00 a.m. to 2:00 p.m.

SATEC @ W.A. Porter C.I., 40 Fairfax Cres.
(west of Warden Ave.)

Reuse, Recycle and Safely Dispose

Do your part to create a cleaner, greener and more liveable Toronto.
Bring used or unwanted household items to the Community Environment Day event.

Products Available - Fees may apply

- Backyard Composter
- Green Bin
- Kitchen Container
- Indoor Water Efficiency Kit
- Rain Barrel

Pick up for FREE

- Green Bin and Kitchen Container
(with proof of new residency in the last 90 days or in exchange for a damaged bin)
- Leaf Compost
(limit of one cubic metre per household)

Drop off for recycling or proper disposal

- Computer Equipment & Peripherals
(e.g., desktops, laptops, hand-held portables, monitors, printing devices, etc.)
- Audio/Visual Equipment & Peripherals
(e.g., telephones, cell phones, pda's and pagers, cameras, small TVs, radios, receivers, speakers, tuners, equalizers, turntables, projectors, recorders, DVD players and VCRs, etc.)
- Household Hazardous Waste
(e.g., cleaning supplies and solvents, motor oil, paint, batteries, old/unused medication, mercury thermometers/thermostats, pesticides, fluorescent and compact fluorescent bulbs, propane tanks, etc.)

**Note: You can recycle plastic shopping bags, foam polystyrene, empty paint and empty aerosol cans in your blue bin.*

Items donated to local schools for reuse*

- Art supplies (e.g. pencils, markers, crayons, etc.)
- Buttons, keys, and collectors' coins and stamps
- Clipboards, corks and cork boards
- CDs and cases
- Children's books
- Costume jewelry including broken/old watches and clocks with hands
- Dress-up clothing (e.g. costumes, prom dresses, uniforms, etc.)
- Fabric pieces and yarn
- 35 mm cameras and equipment

Other Items donated for reuse*

(Please keep separate from others)

- Sporting goods (e.g. skates and jerseys, etc.)
- Books
- Medical equipment in good condition
(e.g. eyeglasses, walking aids, hearing aids, etc.)
- Small household items
(e.g. dishes, ornaments, etc.)
- Textiles in good condition
(e.g. clothing, linens, etc.)
- Non-perishable foods will be donated to a food bank

**All donated items must be in very good condition*



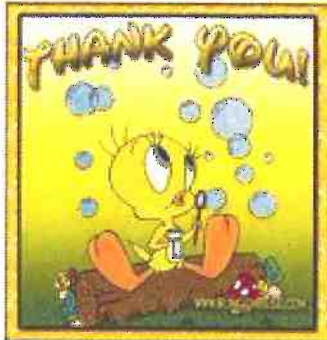
Visit the Toronto Water information tent to learn about money-saving programs!



Please do not bring: Construction waste, gasoline, garbage, wood, cassette and videotapes, commercial/industrial hazardous waste and scrap metal.



**Message from Kryz Wells
Landscaping Chair**



I apologize for the lateness of this notice but I wanted to express my appreciation with regards to the clean-up day.



First, a big thank you to the Social Committee for a delicious lunch.



Secondly, I would like to thank all the members and their children, who participated on clean up day, both outside and inside of the buildings, which include Folcroft and Fishleigh.



And thirdly, to recognize that with the clean up day, the members could begin organizing their gardens and cutting the grass.



Finally, a special thanks to Connor who was always available to make my workload lighter, and eager to learn how to use the tools in the garden.



Anti-Aging Foods Cheat Sheet

Consider these foods your anti-aging staples. As a rule, fruits and vegetables high in flavonoids and carotenoids, 2 powerful plant-based antioxidants, will remove the free radicals from your skin and body that cause you to age prematurely

A well-balanced diet can help you lose weight, live longer and feel fitter. But it can also help you look younger. Forget the fountain of youth. Load up a plate at the feel-better buffet and turn back the clock on a full (and happy) stomach.

Cod contains selenium, which safeguards your skin from sun damage and cancer.

Mango provides 96% of your daily vitamin C needs and helps prevent periodontal disease.

Low fat cottage cheese is full of protein, and therefore promotes hair health (since hair is mostly protein). Just be wary of hidden sodium levels.

Lean beef is full of iron. Iron deficiency can cause nail beds to be thin and concave.

Foods of the Mediterranean: fennel, an anti-inflammatory; octopus, a rich source of Omega-3 fatty acids, B12, iron and zinc; giants beans, giant lima beans rich in potassium

Oysters an excellent source of zinc, which aids in protein synthesis and collagen formation.

Red peppers and Brussels sprouts are rich in vitamin C, which help build collagen and fight off free radicals.

Blueberries 1 serving of this superfood provides more antioxidant activity than most fruits and veggies. Antioxidants fight the free radicals that cause wrinkles.

Sunflower seeds contain lignin phytoestrogens, which prevent collagen breakdown and boost the skin's lipid barrier.

Tuna contains Omega-3 fatty acids that fight UV-related cell damage and are a rich source of niacin, a deficiency of which causes skin rashes.

Avocados are one of the richest sources of monounsaturated fats and contain biotin for healthy skin.

Watermelon is a source of lycopene, which protects the skin from UV rays.

Kelp contains vitamins C and E, which protect fats in the skin's moisture barrier from free-radical damage.

Lentils are a good source of zinc.

Pumpkin seeds are pumped full of antioxidants and magnesium, which help lower blood pressure and reduce the risk of heart attack and stroke.

Eggs are high in iron and biotin.

Pomegranate seeds contain juice rich in ellagic acid and punic alagin - 2 agents that fight damage from free radicals and preserve the collagen in your skin.

Oatmeal is high in soluble fiber, which reduces LDL cholesterol (the "bad" cholesterol).

Black currants contain a compound called anthocyanosides, which can help improve vision.

Additionally, this super food contains 5 times the vitamin C that oranges do, making it a superb immunity booster.

Cranberry juice disrupts the formation of plaque and thereby prevents yellowing of teeth. The flavonoids in cranberry juice also counteract the damaging effects of bacteria that cause tooth decay. Be careful that you aren't drinking a sugar-laden cranberry juice cocktail.

Dark chocolate will help curb your sweet tooth and is rich in flavonoids.

Red wine made with the dark skin and seeds of the grapes that are rich in polyphenols, a type of antioxidant that includes resveratrol. If you aren't a drinker, opt for grape juice or a resveratrol supplement available at your drug store for about \$25.

5 Reasons to eat more Berries

Across the country, tasty, versatile and good-for-you berries are ripe for the picking. Here are 5 good reasons to stock up



1. Fight disease

Berries are some of nature's best sources of antioxidants, which guard against heart disease, cancer and age-related blindness. Of the berries commonly seen on produce shelves, blueberries contain the most. For even more antioxidant power, seek out elderberries, black currants and chokeberries.

2. Boost vitamins

One cup of strawberries contains an entire day's worth of heart-healthy vitamin C. Studies also show that people who eat one serving of strawberries per day tend to have higher blood levels of the B vitamin folate, which helps keep arteries clear.

3. Reduce cancer risk

A U.S. study found that pterostilbene, abundant in blueberries, may help protect against colon cancer, the second most common cancer in women. Both blackberries and raspberries contain ellagic acid, a phytochemical that helps prevent cancer. Cooking doesn't seem to destroy it, so even jams, pies and crisps may confer this health benefit.

4. Provide fibre

A half-cup of blueberries contains almost two grams of fibre—about the same amount as a slice of whole-wheat bread. Also high in soluble fibres that help lower cholesterol are blackberries, raspberries and strawberries.

5. Add potassium

Black, red and white currants are all excellent sources of potassium, a mineral that helps lower blood pressure. Gooseberries are also a good source. Look for new varieties that are more palatable for eating raw.

* * * * *

What about Apples?

Can an apple a day really keep the doctor away? That belief has been common since medieval times, and it turns out for good reason: Researchers from Cornell University have found that an apple's peel and flesh contain powerful cancer-fighting and -preventing chemicals.

Strawberries good for red blood cells



Just in time for strawberry season, Spanish and Italian researchers have shown that eating strawberries daily increases red blood cells' response to disease-causing oxidative stress, according to a report in Science Daily News.

For the study, volunteers ate 500 grams (a generous pound) of strawberries over the course of a day, every day for two weeks. The researchers took blood samples from the participants after four, eight, 12 and 16 days, and also a month later. The findings, published in the journal *Food Chemistry*, showed that **regular strawberry consumption can improve the antioxidant capacity of blood plasma and boost the resistance of red blood cells to oxidation.**

Strawberries contain large amounts of phenolic compounds, such as flavonoids, which have antioxidant properties. These compounds can reduce oxidative stress and help fight against free radicals that can result in certain diseases, such as cancer, diabetes and cardiovascular disease. The researchers are now evaluating the effects of eating smaller quantities of strawberries (typical consumption tends to be a 150 g- or 200 g-bowl per day, less than half of the test amount).

They suggest that the important thing to take away from this study is that **strawberries should be one of the daily fruit and vegetable servings in people's healthy and balanced diet.** According to Canada's Food Guide, women should have seven to eight servings and men eight to ten servings of fruit and vegetables each day.

Of course adding more strawberries to the diet is a **pleasure this time of year.** One of my favourites is to start each day with a strawberry smoothie (this morning was strawberry, banana and mango, amazing!).

Strawberry-Cucumber Salad with Almonds and Mint in Strawberry Vinaigrette

Since the vinaigrette is made with strawberry preserves, you get an extra blast of strawberry sweetness in every bite. English cucumbers dish up a juicy crunch while toasted almonds provide just enough nuttiness to balance the flavours in the dish.

By Robin Miller



Ingredients

1/3 cup (75 mL) slivered almonds
2 tablespoons (30 mL) seedless strawberry preserves or strawberry jam
1 tablespoon (15 mL) olive oil
2 teaspoons (10 mL) balsamic vinegar
1 teaspoon (5 mL) Dijon mustard
3 cups (750 mL) diced English (seedless) cucumber (about 1 whole English cucumber, chopped)
1 cup (250 mL) sliced fresh strawberries (or frozen, thawed strawberries, halved)
2 tablespoons (30 mL) chopped fresh mint
Salt and freshly ground black pepper
Lettuce leaves for serving, such as Bibb, Romaine, or red leaf lettuce

Materials

This salad doesn't just make an awesome side dish; it's an excellent topping for chicken, turkey, pork, and fish. When using as a topping, cut the strawberries and cucumber into smaller (1/2-inch) pieces.

Directions

Place almonds in a small, dry skillet and set pan over medium heat. Cook 3 to 5 minutes, until almonds are golden brown, shaking the pan frequently to prevent burning. Set aside.

In a medium bowl, whisk together the preserves, olive oil, balsamic vinegar and Dijon mustard. Add the cucumber, strawberries, mint and toasted almonds and toss to combine. Season to taste with salt and black pepper.

Serve inside lettuce leaves or over chopped lettuce.

Makes 4 servings

Active time: 10-15 minutes

Start to finish time: 10-15 minutes

Nutritional information

Per serving for 4 servings: 145 calories, 8.5 g total fat (0.9 g saturated fat, 5.5 g monounsaturated fat, 1.6 g polyunsaturated fat), 16 g carbohydrate, 3 g protein, 3.5 g fibre, 63 mg calcium, 49 mg magnesium, 67 mg sodium, 359 mg potassium, 3.2 mg vitamin E

Blueberry Popovers with Berry Salad

Similar to Yorkshire puddings, popovers are a much-loved treat, and the sweet version here is perfect for breakfast or brunch. The batter is baked, and the blueberry popovers are served with sweet, fresh berries to add extra vitamin C.



Ingredients

- 1 cup (250 mL) all-purpose flour
- Pinch salt
- 1 teaspoon (5 mL) sugar
- 2 eggs
- 1 cup (250 mL) 1% milk
- 1/2 cup (125 mL) blueberries
- 1 tablespoon (15 mL) icing sugar to dust

Berry Salad

- 1 cup (250 mL) raspberries
- 1 cup (250 mL) blueberries
- 1 cup (250 mL) strawberries, hulled and thickly sliced
- 2 teaspoons (10 mL) sugar

Materials

- Blueberries, like cranberries, contain antibacterial compounds called anthocyanins. These are effective against the E. coli bacteria that cause gastrointestinal disorders and urinary tract infections.
- Ounce for ounce, strawberries contain more vitamin C than oranges.

Directions

1. Preheat the oven to 425°F (220°C). Using nonstick cooking spray, grease 8 cups of a 12-cup muffin pan (each cup should measure about 6 cm across the top and be about 3 cm deep).
2. Sift the flour and salt into a mixing bowl, add the sugar, and make a well in the centre. Break the eggs into the well, add the milk and beat together with a fork.
3. Using a wire whisk, gradually work the flour into the liquid to make a smooth batter.
4. Divide the batter evenly among the prepared muffin cups—they should be about two-thirds full. With a spoon, drop a few blueberries into the batter in each cup, dividing them equally. Half-fill the 4 empty cups with water.
5. Bake in the centre of the oven for 25–30 minutes or until the popovers are golden-brown, risen and crisp around the edges.
6. Meanwhile, to make the berry salad, purée two-thirds of the raspberries by pressing them through a nylon sieve into a bowl. Add the remaining raspberries to the bowl, together with the blueberries and strawberries. Sift the icing sugar over the fruit and fold gently to mix everything together.
7. Remove the popovers with a round-bladed knife, and dust with the icing sugar. Serve the blueberry popovers hot, with the berry salad.

preparation time 20 mins, cooking time 30 mins, serves 8 (makes 8)

Nutritional information

Each serving (1 popover) provides calories 131, calories from fat 18, fat 2 g, saturated fat 1 g, cholesterol 56 mg, carbohydrate 23 g, fibre 3 g, sugars 8 g, protein 5 g.

Choices per serving: Carbohydrate 1, Fat 1/2

The Courage Companion

Nina Lesowitz and Mary Beth Sammons

(Adapted from review by Susannah Kent, *Vitality Magazine*, June 2011)

Most people don't believe they are, or have the potential to be, courageous. However, according to the authors of *The Courage Companion*, each and every one of us has the ability to tap into our own personal reservoir of courage, fortitude, and strength. As they explain in their truly inspiring book, "Living bravely today is all about reaching deeply within for a quiet power that guides us through our inner fears and anxieties, and steadies and supports us against outside forces." For them, courage doesn't mean not being afraid, but rather not letting your fear defeat you.

The Courage Companion describes what courage is, gives tips on how to find it, and provides inspiring stories from those who have it. Each chapter has an individual theme – "Courage to Fight", "Courage to Begin Again",

"Courage to Face Adversity", and so on. Within a "how-to" framework, the authors introduce each chapter by offering their own views and experiences on facing certain fears and challenges. Most of us are familiar with the amazing courage of people like Rosa Parks, Nelson Mandela, Mother Teresa and Martin Luther King, but the tales shared in this book are about regular people. We see how individuals face situations that require them to dig deep to find the strength and courage to face their dilemmas, fight back and not give up.

Without exception, every personal experience, motivational quote, and expert piece of advice in this book provides the reader with practical and inspirational tools to face and transform our fears so that we can relax and reach deep within to find hope and opportunity in life's challenges.

FREQUENT SHOPPERS MAY LIVE LONGER

A just-released study, soon to appear in a print issue of the *Journal of Epidemiology and Community Health*, has found that frequent shopping trips by elderly people may be linked to longer life. A survey of 1,850 men and women aged 65 years and over found shopping frequencies of: every day (17%); between 2-4 times a week (22%); and from infrequently to never (48%).

Researchers, accounting for factors of ethnicity, age, financial status and lifestyle, found that 28% of men and 23% of women enjoyed longer lives. It was not clear whether shopping was the direct cause of the lowered risk of death, or whether shopping itself is an indicator of pre-existing good health. The research team suggested that it is possible that shopping prolongs life by ensuring an adequate supply of food, providing exercise that does not require the motivation of attending a gym and by promoting social contact.

ARTS & ENTERTAINMENT

Poems Drawings Photographs Book and Movie Reviews What's Happening

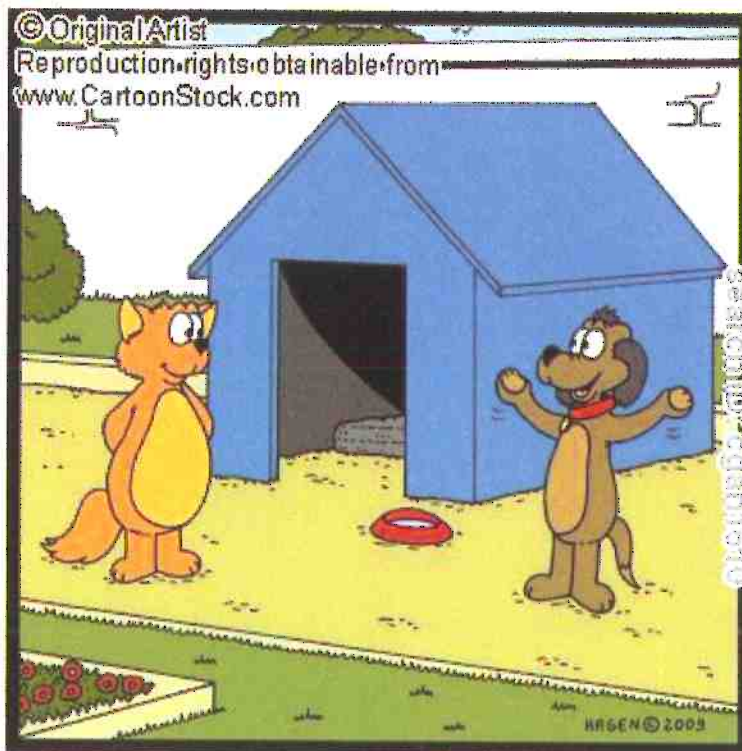
Friday, July 1 Red, White and Vinyl Festival Woodbine Park. Noon. FREE

Help celebrate Canada's 144th birthday featuring performances by Dan Hill, Brass Transit, Alannah Myles, Andy Kim and Lighthouse.



Festival includes Family Fun Zone, Disco Dance Party and beer tent.

Fireworks display at dusk.



Really, I'm not scared of fireworks, but I use them as an excuse to run away for a few hours...

Fireworks Safety Tips

Canada Safety Council believes that the safest way to enjoy fireworks is to attend an exhibition fireworks show handled by professionals. If you choose to hold a family fireworks show with "common fireworks" sold to consumers, remember that injuries almost always result from improper handling and a disregard to safety.

The City of Toronto's Fire Services reminds Torontonians about the importance of safety precautions when using fireworks and sparklers.

Plan, prepare, protect and prevent

- Fireworks are only permitted to be used, without a permit, on designated holidays. Purchase fireworks from a retailer displaying a valid City-issued fireworks vendor's permit. Stay away from illegal explosives or firecrackers and do not improvise and make your own fireworks.
- Read the instructions and warnings on each firework item. Store unused fireworks in a closed box away from the firework being lit. Keep out of reach of children. Do not smoke around the fireworks.
- Set up outdoors in a clear, open space. Light fireworks on a hard, flat and level surface to insure stability. Check the wind and have the wind blowing away from the spectators. Spectators should be at least the safety distance written on the fireworks label away from the display.
- Have a bucket of sand, supply of water and a working fire extinguisher on hand. Soak fireworks after firing them.
- Only adults (18 years or over) should handle the fireworks. Wear protective eye glasses and gloves. Light the fireworks at arm's length, stand back and keep your face turned away. Never lean over the fireworks and keep hair and clothes away from fire sources. If you are impaired (alcohol or drugs) do not handle the fireworks.
- Light only one firework item at a time. Never throw or point fireworks at others. Never discharge from metal or glass container, or indoors. If a firework fails to ignite, do not attempt to re-light it.
- Sparklers should be immersed in a bucket of sand or allowed to cool down after burning out. The ends of sparklers continue to stay hot for some time.

Canada Safety Council knows that fireworks are popular, impressive and fun. Know the safety rules and respect the firework's firepower. Happy Canada Day.

Wednesday, July 13 – 2:00 p.m.

Design an Underwater Sea Creature

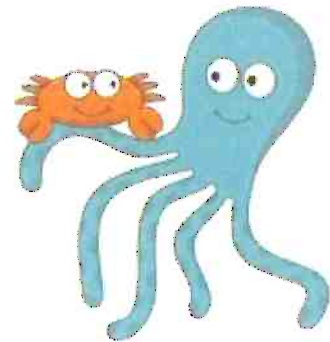
Learn about some amazing sea creatures that live underwater and design your very own sea monster.

For ages 4 – 10 years.

Taylor Memorial Library

Warden & Kingston Road, 1440 Kingston Road

Call or visit the branch to register. 416-396-8939





In addition to the Woodbine Park Main Stage, the New Generation and Youth stages celebrate young, upcoming musicians who are having an impact on the jazz and contemporary music scene.

July 29th to August 1st, 2011

**The Rotary Club of Scarborough
10th Annual Scarborough Rotary Ribfest**

Thomson Memorial Park (Lawrence Avenue & Brimley Road)
Free parking – free admission – free entertainment

August 4 – 18 – 7:15 p.m.

Summer Salsa for Senoritas

Dance to classic rhythms of the conga drum and the upbeat tempos of salsa. A great way to have some summer fun.

This workshop dabbles with *Salsa Suelta* (dancing salsa without a partner), musicality, styling and footwork. Suitable for adults and children age 12 and up.

Taylor Memorial Library
Warden & Kingston Road, 1440 Kingston Road
416-396-8939

Call or visit the branch to register.





SKATEBOARDERS OF THE CO-OP

Interview with Mitchell and Connor

Mitchell and Connor started skateboarding last summer and often go to skate parks to practice and learn from others.

Mitchell can do many tricks, like an ollie, a 180 ollie, and a fakie ollie. An ollie is where the rider and board leap into the air, onto, over or off of obstacles such as grass or stairs, without the use of the rider's hands. Particularly on flat ground, it is not obvious how the liftoff is achieved, making the trick visually striking. As so many other tricks depend on it - for example the kickflip and heelflip - the ollie is often the first trick to be learned by a new skateboarder. The ollie typically takes considerable practice to learn.

Mitchell can also do a kick flip, a heel flip, a pop shovit, a half cab ~ and he can grind. Mitchell shares his knowledge and teaches others at the Co-op who enjoy skateboarding.

Connor loves to skate, period! He can do a thunder drop, manny drop and some ollies – all while listening to his favourite band, which is called Down with Webster. This music really inspires him to skate his best. He describes what makes a good skateboard: the size of the wheels (the smaller the better), the quality of the bearings and the number of layers of wood. He says, “You want a light board but a sturdy board. And, you want a light, good quality truck.” It’s important to have a strong grip on the skateboard so you don’t slide off when you land, but not too strong because you



need to slide your foot when you are about to do a trick. To keep your skateboard in good working order, do not ride in the water or leave it in the rain.

Skateboarding is a very social sport. You can meet new friends and have fun when you play the game “Skate”. To start off, the skateboarders play Rushambo, where the winner decides on which trick they are going to set. Then, all skaters copy the trick, but if you can’t do the trick, you get the letter “S”. If you get all the letters that spell the word “Skate”, you are eliminated from the game.

It is important to start with an ollie, which is the basic trick. An ollie is where you jump with the board going down the stairs or on flat ground. So, you need to master the basic moves before you try more difficult tricks, like a kick flip and hard flip ~ so once you learn to ollie, start off with curb and then try a two-set and then keep going up until you feel comfortable to try a bigger set.

Some of the best skate magazines that they read are TransWorld Skate and SkateMag 2011. On Wednesday nights, they often watch professional skateboarders going on tours and performing at professional skate parks.

A big thank you goes out to Dylan, who has been a great inspiration to Mitchell and Connor. He taught them both not to be afraid of big sets and to learn to skate better and go with the flow.

Mitchell's Favourite Professional Skateboarder

Ryan Sheckler



Connor's Favourite Professional Skateboarder

Chris Cole



Both Mitchell and Connor also enjoy videotaping skateboarding and have received praise from the professionals about their work.



Solution to the:

Fathers Day Anagram

aqbeerub : barbeque

bellsaab : baseball

ringac : caring

higsinf : fishing

ogfl : golf

sejko : Jokes

stopsr : sports

Hidden Word: fathers

Solution to last month

Sudoku:

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

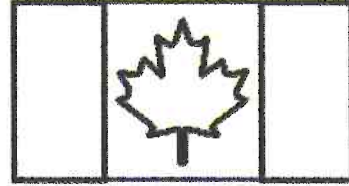


Summer Sudoku:

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

Unscramble the letters to find the words in our

Canada Anagram



Hidden Word
(solve the circled letters): _____

v r e e a b

t o w a a

g i r h f s i

t e i o n m u

s o e o m

m c r p

n c a e o

o n o l e i

n o w s

b z m a n i o

o k c h y e

l p e a m

Submit your answers to the NewsMagazine box at the Office or E-mail them to t-nm@live.ca to win a prize/lucky 649 Ticket. For each correct answer you get a point. The highest score wins but in case of a tie, the winners' names will be put in a hat and one will be drawn. Winner will be announced in the next issue of the Newsletter. Entries must be submitted by July, 21th.

Good luck.

Find the summer words from the bottom in this *Word Search* grid. The words can be forwards or backwards, vertical, horizontal, or diagonal. Circle each letter separately, but keep in mind that letters in each summer word may be used in more than one word. When the printable summer word search puzzle is completed, read the remaining letters left to right, top to bottom, to learn an interesting Summer fact.

Summer Word Search Puzzle

S U M S A N D A L S J M H E R
 S T A R U T S W H E N U I T S
 T H E S G N U M M E M R L S O
 H A T S U L B I K I N G S Y T
 O I C E S A R U D O U O N D T
 L H E T T W E N R R E L A X T
 I Y S S W I M M I N G F S E C
 D O B T N D O F E O J U N L E
 A A A N R S D E F I I N I L S
 Y H R E S O R W I T O H T A H
 T H B E A C H E A A U T U B M
 N E E Q S C U S I C N O X E N
 E A C N R E T H N A T N U S E
 T W U E N R T Y S V E C O A N
 D S E O F S E P T E M B E B R

AUGUST
 BARBECUE
 BASEBALL
 BEACH
 BIKING
 GOLF
 HATS
 HOLIDAY
 HOT
 HUMID

JULY
 RELAX
 SANDALS
 SHORTS
 SOCCER
 SUNBURN
 SUNSCREEN
 SUNTAN
 SWIMMING
 VACATION



CRYPTOGRAM

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
6	21	13	5	18	25	11	1	4	22	24	14	16	23	15	9	2	20	7	19	17	10	3	12	8	26

 25 20 4 18 23 5 7 6 20 18 19 1 18 13 1 15 13 15 14 6 19 18

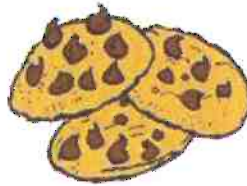
 13 1 4 9 7 4 23 19 1 18 13 15 15 24 4 18 15 25

 14 4 25 18

Directions:

This puzzle is called a Cryptogram. I've always loved doing them! At the top there is a KEY that lists all the letters from A thru Z with a box below. Each of the letters has a corresponding number.

The bottom part contains a secret phrase. Each of the blanks has a number underneath it. Fill in the letters that correspond to the numbers below the blanks to solve the phrase.



Hey Kids!
 If you decode the message.

Submission Deadline July 2., 2011

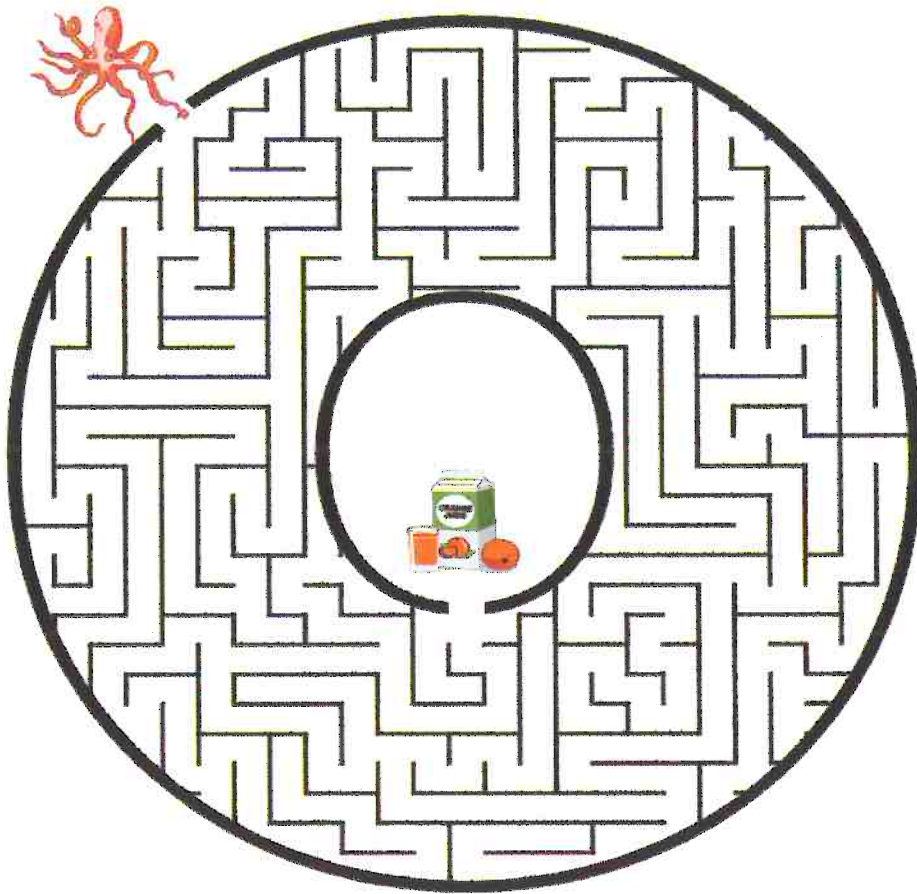
Write your name: _____ Age: _____

And Unit number: _____

Cut and drop this portion in the box on the office door or e-mail this info to t-nm@live.ca
 The first one to give us the right answer will win a prize. **Good luck !**

kidzone, first-school

Help the thirsty octopus to reach the orange juice

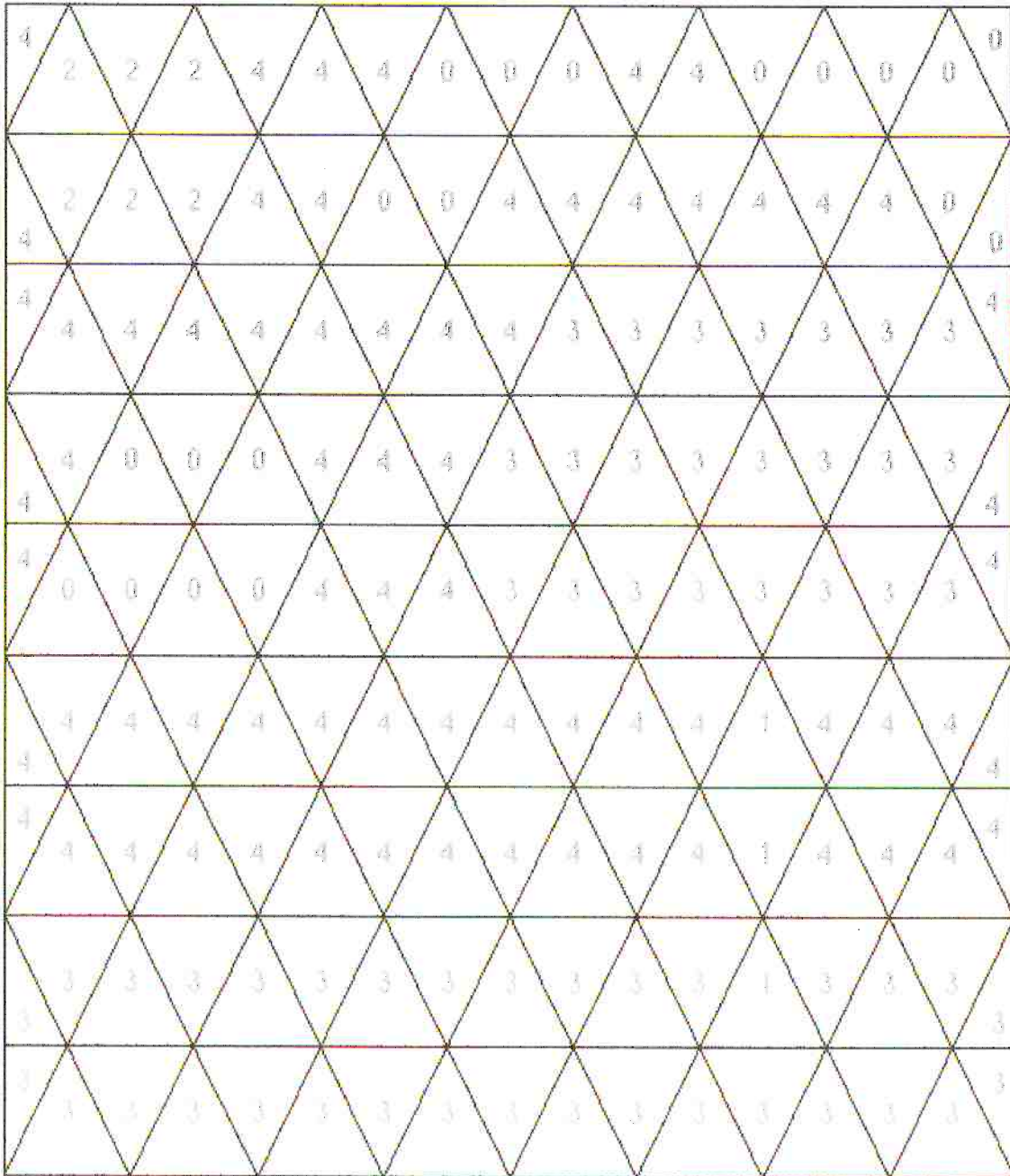


Turtle --- Dot to Dot: From 1 to 35



Sun And Tree

Color By Number and see the beautiful picture that will emerge



0=White



1=Brown



2=Yellow



3=Green



4=Blue

