Pennies from the Heart

R.F.E.C.Y.'s fourth annual Pennies from the Heart Campaign came to an official close at the end of February. Thank you to child care centres and families that contributed and supported us in our fundraising efforts. We had 30 centres across Durham Region participate in the campaign by collecting penny and monetary donations. This year we raised over $2,700.00!

Our official Penny Rolling Day took place on March 18, 2013. Volunteers, including high school students who came to accumulate community volunteer hours, helped us roll over 155,000 coins!

This year we offered two prizes to participating child care centres. The prize for the highest donation went to Babies 'N' Blocks in Oshawa who raised $488.55! On May 7, 2013, Chris Andrew, from the R.F.E.C.Y. Board of Directors, presented a Pizza Pizza gift card for $100 to the staff and children of Babies 'N' Blocks. The children were very excited about their upcoming pizza party!

All centres that registered with our Pennies Campaign were entered in a draw for a $50 gift card. Our winner this year was Little Blessings Nursery School in Whitby. On April 28, 2013, Jo-Ann McLellan, Community Supports Manager, presented the prize to the staff and children. Little Blessings N.S. is planning an ice cream party with their prize. Check out the June editions of SNAP Oshawa and Whitby respectively for photos of the prize presentation events.

The Pennies from the Heart Campaign has been a means to promote the services R.F.E.C.Y. offers while collecting donations. The donations received are used to develop and sustain unique programs such as the R.F.E.C.Y. Multi-Sensory Room, as well as to provide support to individual families whose needs exceed the current service system.

A journey of a thousand miles begins with a single step.
— Chinese Proverb
Looking for Summer camp information? Check out the following!

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<tr>
<th>Oshawa</th>
<th>Whitby</th>
<th>Pickering Recreation Complex</th>
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<tbody>
<tr>
<td>Durham College Summer Sports Camp</td>
<td>Abilities Centre</td>
<td><a href="http://www.pickering.ca">www.pickering.ca</a></td>
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<tr>
<td>905-721-3040</td>
<td>905-665-8500</td>
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<tr>
<td>Camp Samac</td>
<td>Town of Whitby Camps</td>
<td>Town of Ajax</td>
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<td>905-571-1346, Ext. 23</td>
<td>905-665-2010</td>
<td>905-427-8811</td>
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<tr>
<td>Robert McLaughlin Art Gallery</td>
<td>Inspirational Steps</td>
<td>Ajax Community Centre</td>
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<tr>
<td><a href="http://www.rmg.on.ca">www.rmg.on.ca</a></td>
<td><a href="http://www.inspirationalsteps.com">www.inspirationalsteps.com</a></td>
<td>905-428-7711</td>
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<td>905-576-3000</td>
<td>905-556-0226</td>
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<tr>
<td>City of Oshawa</td>
<td>Nova’s Ark</td>
<td>McLean Community Centre</td>
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<td><a href="http://www.oshawa.ca">www.oshawa.ca</a></td>
<td><a href="http://www.novasark.ca">www.novasark.ca</a></td>
<td>905-428-7711</td>
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<td>905-436-3311</td>
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<td>Community Living Oshawa/Clarington Summer Camp</td>
<td>Trafalgar Castle Day Camp</td>
<td>Pickering Athletic Centre</td>
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<td>Learning Disability Association of Durham Region</td>
<td>905-668-3358, Ext. 601</td>
<td>905-839-5260</td>
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<td><a href="http://www.ldadr.on.ca">www.ldadr.on.ca</a></td>
<td>Girls Just Wanna Have Fun</td>
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<tr>
<td>905-426-1442</td>
<td>St. Andrews Presbyterian Church</td>
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<td>Grandview Children’s Centre</td>
<td><a href="http://www.durhamgirls%E8%90%A5ampwebs.com">www.durhamgirls营ampwebs.com</a></td>
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<tr>
<td><a href="http://www.grtc.ca">www.grtc.ca</a></td>
<td>905-655-0363 or 905-626-5486</td>
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<tr>
<td>905-728-1673</td>
<td>Dr. Angela Fountain</td>
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<tr>
<td>Boys and Girls Club of Durham</td>
<td>Summer Youth Day Program</td>
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<td><a href="http://www.bgcdurham.com">www.bgcdurham.com</a></td>
<td><a href="http://www.drfountain.ca">www.drfountain.ca</a></td>
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<td>Eastview Unit</td>
<td>905-655-5813</td>
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<td>905-728-5121</td>
<td>Ajax/Pickering</td>
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<tr>
<td>Northview Unit</td>
<td>Girls Incorporated of Durham</td>
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<tr>
<td>905-436-3311, Ext. 2871</td>
<td><a href="http://www.girlsinc-durham.org">www.girlsinc-durham.org</a></td>
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<td>Durham Family YMCA – Oshawa</td>
<td>eXL Learning Centre</td>
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<td><a href="http://www.ymcatoronto.org">www.ymcatoronto.org</a></td>
<td><a href="http://www.exlcentre.com">www.exlcentre.com</a></td>
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<td>905-438-0822</td>
<td>905-686-4800</td>
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<td>905-579-2720</td>
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Durham North

- Precious Minds – Sunderland
  www.preciousminds.com
  905-982-0882

- Lake Scugog Camp
  www.lakescugogcamp.org

- Wilderness Swim Camp
  http://www.crossleyaquatics.com/wildernessswimcamp.htm
  905-985-6527

Durham East

- Municipality of Clarington
  www.clarington.net
  905-623-3299
Exploring Durham Region this Summer...

Pickering Village Jam Fest  
June 6—9, 2013  
Friday — 8 p.m., Saturday/Sunday 1:30 p.m.  
Old Kingston Rd., Pickering Village, Ajax  
Cost: Free  
For more information please visit http://pickeringvillagejam.com

Peony Festival  
June 8—9, 2013  
10 a.m.—4 p.m.  
155 Arena St., Oshawa  
Cost: Free  
For more information please contact Rose Mary Mason at 905-438-3146 or rmason@oshawa.ca

Kids Night Out  
June 29, 2013  
6 p.m.—8 p.m.  
385 Bloor St. W. Unit 4B, Oshawa  
Cost: $20 + tax  
For more information please contact Tanya at Tanya@ceramicscanada.com

Theatre in the Park  
July 31, 2013  
7 p.m.  
Esplanade Park, Pickering  
Cost: Pay what you can  
For more information please visit http://www.pickering.ca/en/living/resources/SS13_Events.pdf

Celebration Square  
August 6, 13, 20, 27, 2013  
7 p.m.—8:30 p.m.  
405 Dundas St. W., Whitby  
Cost: Free  
For more information please visit http://www.whitby.ca/events

Pioneer Day  
August 11, 2013  
11 a.m.—4 p.m.  
Scugog Shores Museum, Port Perry  
Cost: Prices Vary  
For more information please visit http://www.scugogshoresmuseum.com/events.php

Annual Heritage Days  
August 24—25, 2013  
10 a.m.—5 p.m.  
7239 Concession Rd 6, Uxbridge  
Cost: Adults $10, kids are free  
For more information please visit http://www.uxbridgehistoricalcentre.com/events.html

Still looking for more events? Try http://calendar.durhamregion.com, your local City/Town’s website, or newspapers for all the events that have been planned this Summer!
Protect your family this summer with these helpful Summer safety tips!

Minimize Sun Exposure
- Schedule outdoor physical activities when UV rays are at their weakest – before 11:00 a.m. and after 4:00 p.m., especially between the months of April and October.
- Always keep children under the age of one out of the sun.
- Remember that skin doesn’t have to be hot to burn, so don’t be fooled by cloudy or overcast weather.
- Also remember that water, snow, sand, and concrete can reflect and increase the sun’s burning rays.

Seek and Create Shade
- Seek natural shade from trees and buildings.
- Use shade umbrellas, or create other forms of shade if natural shade is not possible.
- Keep playpens, strollers, and carriages in shaded areas.

Cover Up
- Cover children’s heads, necks, and ears with a broad brimmed hat when outdoors.
- Protect arms and legs with tightly woven, loose fitting, cotton clothing.
- Children should wear a T-shirt over their bathing suit, and long shorts instead of short shorts.
- Wear UVA/UVB protective sunglasses.

Use Sunscreen
- Have children use a broad spectrum sunscreen (protects against both UVA and UVB rays) with an SPF of 30 or more.
- Apply sunscreen generously before all outdoor physical activities such as swimming, skateboarding, biking, or even walking.
- Remember to apply at least 20 minutes before sun exposure. Reapply often, as perspiration will reduce the effectiveness.

Bee Sting Prevention and Treatment
- To keep bees away, wear light-coloured clothing and avoid scented soaps and perfumes. Don’t leave food, drinks, or garbage outdoors uncovered.
- Treat a bee sting by scraping the stinger away in a side-to-side motion with a credit card or fingernail, and then washing the area with soap and water.
- Pulling the stinger or using tweezers may push more venom into the skin.
- For any bug bite or sting, ice or a cold compress and over-the-counter pain-relieving creams can help.

Prevent Dehydration
- Whether your child is playing soccer with teammates or running around in the park with some buddies, it’s important to keep in mind that frequent water breaks are very important to prevent dehydration.
- Your child should drink water before exercise and during breaks, which should be about every 15 to 20 minutes.
- On particularly hot and humid days, it’s also a good idea for parents to spray down kids with some water from a spray bottle.

Adapted from and for more tips please visit: http://healthycanadians.gc.ca
R.F.E.C.Y. Multi-Sensory Room

The Multi-Sensory Room (MSR) provides a place for a child/youth to explore and enjoy an array of sights, sounds and textures in a safe, calm, and comfortable atmosphere.

Training for Parents and Caregivers

We offer use of the Multi-Sensory Room to families that are involved with R.F.E.C.Y. at no cost; however we do require parent and caregivers attend a 2 hour training session prior to using the Room.

The training session will review the philosophy of the MSR and how to use the equipment. Training sessions have been scheduled for:

Monday, June 24 ~1:00 p.m.-3:00 p.m.  Thursday, August 8~1:00 p.m.-3:00 p.m.
Monday, June 24~6:30 p.m.-8:00 p.m.  Thursday, August 8~6:30 p.m.-8:30 p.m.
Thursday, July 11~10:00 a.m.-12:00 p.m.
Thursday, July 11~6:30 p.m.-8:30 p.m.

Parents/caregivers can R.S.V.P. for a training session by calling (905)427-8862 Ext. 543 or 1-800-968-0066 Ext. 543. Please leave a message with your name, child/youth’s name, phone number, and the date of the training session you wish to attend.

The MSR is open for bookings on:

Tuesdays - 10:00 a.m.-5:00 p.m.
Wednesdays - 1:00 p.m.-8:00 p.m.

*Please note: all requests for MSR session bookings will receive verbal confirmation either directly or via voicemail.

New This Summer! School Skills Camp

The R.F.E.C.Y. Child Care Centre will be running a “School Skills Camp” this summer for children who attended JK, SK or Grade 1 during the 2012/2013 school year. The camp will provide structured opportunities to practice school skills during the summer.

Using the “School’s Cool” Model, R.F.E.C.Y. staff will provide a variety of activities to promote participation in group time, following classroom routines and developing social skills as well as other skills needed in a classroom setting.

Camp will be offered in a 2 week block:

Block 1 will be held July 15th-19th & July 22nd-26th 1:00p.m.-4:00p.m.

Block 2 will be held August 19th-23rd & 26th-30th 1:00p.m.-4:00p.m.

Fees for the program will be for the 2 week block $186.00 ($93.00 per week).

Registration is limited to 10 children per block; if you are interested in the program or for more information on the program and registration process, please contact your Resource Consultant or the R.F.E.C.Y. Child Care Centre at 905-686-8249.
Summer Snacks from “the SNEAKY chef” series of books

Packed Pizza Bagels—makes 8 mini bagel halves

Ingredients needed:
- 1/2 cup of store bought tomato sauce
- 1/4 cup white bean puree
- 3 tablespoons orange puree
- 4 mini bagels, sliced in half
- 1 cup grated mozzarella cheese

1. Combine tomato sauce, orange puree, and white bean puree in a bowl and mix well.
2. Spread 1 tablespoon of sauce onto each bagel half.
3. Sprinkle 1 tablespoon of mozzarella cheese on each bagel half.
4. Toast on high for 5-6 minutes, until cheese is melted and bubbly.

Unbelievable Chocolate Chip Cookies—makes 50 bite sized cookies

Ingredients needed:
- 1 cup flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 cup rolled oats, finely ground
- 8 tablespoons unsalted butter
- 1/4 cup brown sugar
- 1 large egg
- 1 teaspoon vanilla extract
- 1/2 cup semi-sweet chocolate chips

1. Preheat oven to 375 degrees.
2. Whisk together flour, baking soda, salt, oats, and almonds. Set aside.
3. Beat butter and both sugars together with an electric mixer until creamy.
4. Beat in egg, vanilla, and puree until blended.
5. Add in dry mixture on low speed.
7. Drop half teaspoon sized dough balls, spread 2 inches apart onto a non-stick or parchment paper lined baking sheet.
8. Bake for 12-14 minutes, or until golden brown.

White Bean Puree Recipe

Ingredients needed:
- 1 can of white (Navy) beans
- Water

1. Rinse and drain white beans.
2. Place beans into food processor until smooth (should be similar to the consistency of Peanut Butter).

Orange Puree Recipe

Ingredients needed:
- 1 medium yam/sweet potato
- 3 medium carrots
- Water

1. Peel and chop the yam and carrots.
2. Boil the yam and carrots in a medium sized pot for 20 minutes, or until tender.
3. Drain the vegetables and place in food processor with 2 tablespoons of water.
4. Puree the vegetables until they are a smooth consistency.
The RBC Durham Commercial team is hosting their 4th annual charity golf tournament to be held at Cherry Downs Golf and Country Club on Thursday, June 20th. Entry fee into the tournament will be $275 per golfer. They will also be seeking various sponsorships (see www.rfecydurham.com for details). 100% of the net proceeds will be shared equally between Resources for Exceptional Children and Youth Durham Region (R.F.E.C.Y.) and the Young Women’s Christian Association (YWCA) Durham.

LOCATION:
Cherry Downs Golf and Country Club, 2110 Concession #7 Pickering, Ontario
www.cherrydowns.clublink.ca

FORMAT:
Scramble – You don’t have to be a pro because the group takes the best stroke in your foursome!

DATE:
Thursday June 20, 2013
Registration and Lunch start at 12:00 p.m., Shotgun Start at 1:30 p.m.
Cocktails 6:30 p.m., Dinner, Prizes, and Silent Auction at 7:00 p.m.

ENTRY FEE (CART, GOLF, LUNCH, DINNER): $275 PER GOLFER ($1,100 PER FOURSOME)

PLAYER REGISTRATION FORM

Please complete this registration form and return by June 14, 2013 to RBC Charity Golf Classic, 40 King St. W., Suite 800, Oshawa, ON L1H 1A4, by fax at 905-436-7347, or by email to cathy.chiodo@rbc.com.

Please make your cheque or money order payable to “RBC Charity Golf Classic”. Alternatively, provide your account number & transit and sign to authorize us to withdraw from your RBC account. Payment may also be made by Debit, Visa, MasterCard or American Express at the golf club registration table the morning of the tournament. Please indicate your preferred method of payment below.

_________________________    __________________________
Account #             Transit #                Signature

NUMBER OF GOLFERS: ____

NAME: ____________________________

ADDRESS: __________________________

PHONE: ___________   FAX: ___________   EMAIL: __________________________

If applicable, list your teammates below:
2_______________________________ 3_____________________________ 4______________________________

To get more information or for sponsorship opportunities please contact cathy.chiodo@rbc.com.
Beautiful Butterfly Craft

What you need:

- Toilet paper roll
- Coloured construction paper
- Markers
- Plastic eyes
- Glue

Instructions:

1. Cut a piece of construction paper to fit the toilet paper roll.
2. Attach the paper to the toilet paper roll with glue and set aside to dry.
3. Cut a piece of construction paper to the shape of the butterfly wings you would like.
4. Decorate the butterfly wings with the markers however you would like.
5. Cut two strips of the construction paper to be the antennae.
6. Attach the wings, eyes, and antennae with glue to the proper sections on the toilet paper roll (as seen in the photo).
7. Let dry and enjoy.

*If you prefer, you can also draw on the eyes instead of using the plastic eyes*

Courtesy of: http://bobunny.blogspot.ca/2010/04/spring-kids-craft.html