

Step-Up News

April 17th, 2021



RESTORE OUR EARTH – Let Us Do it Together !

Earth Day, April 22nd, 2021



‘The Whole World is made of miracles !
It is just we are so used to seeing them,
We call them ordinary things.’

Hans Christian Andersen

Over the past year we have all come together at home with our ‘families’ or online to make the best we can from a new experience. Our World has been turned upside down and we are left behind wondering, “Why did this happen ?” and “What’s coming next ?”

“Never Ignore A Possible”

REMINDERS

Wed, May 19th, 2021

1-3pm, Milton

Next Pick-Up date for the
Spring Prep at Home
Workbook Program

Sat, May 15th, 2021

Next Newsletter

Client and Staff Reports
and photos appreciated
by May 13th.

We want to hear what you
are doing and how you
are feeling. Everyone is
welcome to participate.

We have faced changes and challenges that are new to us. We have done this by being brave, adaptive and patient. Bravo !

We have relearned the small and simple things around us that can give us constant support. We have felt new feelings about what family means to us, never to take them for granted ever again. We have learned to take in a deep breath, look around in the quiet and exhale slowly.

When you watch Jane Goodall's video below on the World Pandemic, you will learn that it is highly possible that many viruses over the past 20 years are a result of how we have treated our planet; of how we have taken it for granted.

A home is a place of safety but it needs care to keep it that way. As a 'family' we must all do our best together to keep it clean, free of garbage, keeping it quiet and filled with smiles.

If we don't, our home can become an unsafe place of germs and stress, possibly making us sick. We add important things to our homes to help us feel good and safe; books, gardens, trees for the birds, music, art, healthy foods and big chairs or sofas to cuddle up in.

When you take care of your home, you are taking care of the Earth. You are being responsible.

Our Planet Earth is one big home where all the people on it live together. Just like the ones each of us live in, we must work together as one big family to make sure we do our best to take care of our planet home. We must plant more trees and gardens, think of new ways to reuse everything, become more environmentally responsible. We must take more time to repair things that are broken instead of throwing them away, listen to what the Earth needs, take care, walk softly but with purpose.

Happy Birthday Wishes

Sing along to send Best Wishes from the Prep to Step-Up Circle for a very Happy Birthday to:

https://youtu.be/5aoVfW_gFTA

Kyle – April 12th

Shaun – April 15th

Deon – May 9th

“Never Ignore A Possible”

Even though we have gotten forgetful about the care our Planet Earth needs to stay healthy so that we don't get sick, it has not forgotten how to share the best of itself with us to help keep us happy and feeling like part of the family. It has shared with us a continual support with a new Spring of new buds on the trees and birds returning to sing for us; Orcas on the British Columbia coast having more calves or babies for us to love and wonder at. The air and water are still here in all their freshness and beauty to keep us safe. From our home to your home, Thank you Planet Earth !

What do you think ? Can you and your family do more to give back to our miracle of a planet to keep it healthy and happy ? Yes; there are many challenges and sometimes it takes more time and more work to do the right thing but the necessary thing. It is a very large 'family' of billions of people after all !

On World Earth Day, April 22nd, I challenge you and your family to have a brainstorming session to come up with just one thing you can all agree to do to restore the smile on our Planet Earth. The smile right now is lop-sided ! 😞 We can all do this !

Love to hear your ideas! Let's come up with a long list ! There is a lot of ideas in the videos below. You can share your ideas on that list for the next newsletter !

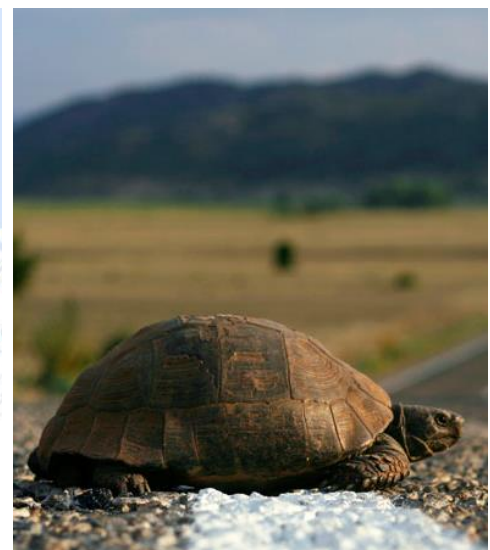
Thinking of everyone with love and trust that we can all 'Be the Best We Can Be !' Have a wonderful, sunny Earth Day!

For the Prep to Step-Up Team; ~~ Doreen

Ontario's Turtles

- Spiny Softshell Turtle**
Flat, soft, olive/brown shell with long neck
12-43 cm long **THREATENED**
- Wood Turtle**
Brown shell with distinct ringed, wood-like texture
14-20 cm long **THREATENED**
- Blanding's Turtle**
Greyish Brown with yellow flecks, bright yellow chin and throat
12-18 cm long **THREATENED**
- Spotted Turtle**
Black Shell with yellow spots
9-12 cm long **ENDANGERED**
- Snapping Turtle**
Light brown to black shell with 'dinosaur-like' spikes
20-36 cm long **SPECIAL CONCERN**
- Northern Map Turtle**
Brown shell with light yellow 'map' markings with a jagged shell rim
9-27 cm long **SPECIAL CONCERN**
- Painted Turtle**
Red markings on edge of shell with yellow stripes on neck and legs, 12-18 cm long **SPECIAL CONCERN**
- Eastern Musk (Stinkpot) Turtle**
Olive high domed shell with 2 stripes on head, 5-12 cm long **THREATENED**

BE A TURTLE CROSSING GUARD
You can help protect Ontario's turtle population.

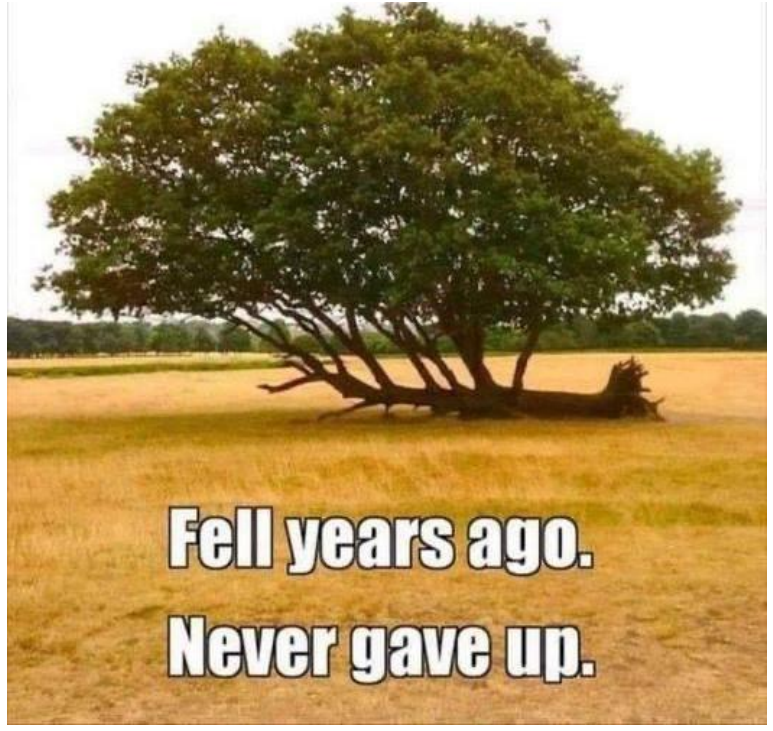


"Never Ignore A Possible"

From the Prep Circle



Rebecca discovers the colourful little miracle flowers of Spring on her many nature walks. She found a Purple Crocus, a white snowdrop, and can you name the yellow flower?



Jonathan likes to go on long walks with his dad. One of his favourite destinations is the pond a few blocks away from his house. There he sees ducks, geese, cranes, rabbits, squirrels and even a muskrat.

He is also learning the names of types of trees. He knows pine, spruce, cedar, sumach and willow. He also likes to name the streets on his walks.

"Never Ignore A Possible"



Shaun enjoying a favourite first Spring swing



Melissa's Easter Amaryllis



Jessica completes a page from the spring Workbook

Earth Day Crafts

1. Cut off the upper third of the pop bottle.
2. Place a hole in the centre of the bottle cap.
3. Knot a short piece of string a thumb's length down from the top and feed it through the hole with the knotted end showing inside the bottle cap. The thumb's length will be buried at the bottom up into the soil as a water supply.
4. Place a thick elastic band around the top of the cut edge of the bottle to hold in place when inverted.
5. Fill the bottom of the bottle with water as shown.
6. Invert the top of the bottle inside the body of the bottle.
7. Fill the inverted bottle with soil.
8. Plant seeds near top of the soil.
9. Lightly water and place in the sun like on a sunny indoor windowsill.
10. Watch for the little sprouts grow green and strong, just like YOU !

A few more crafts to try:

<https://youtu.be/IIIC7Tj8v1M>

<https://youtu.be/aKl8tJ0UEE4>



Earth Day Videos

Jane Goodall – Mother Earth – <https://youtu.be/48mxaQtbUdU>

Jane Goodall – Pandemic – <https://youtu.be/cqaoMqrRsaY>

Louis Armstrong – What a Wonderful World – <https://youtu.be/HPcgM1MnDnI>

Our Planet Videos

Our Planet – One Planet – <https://youtu.be/GfO-3Oir-qM>

Earth Day in Canada – <https://youtu.be/mpSl6nw5rIA>

Rooting for Trees – <https://youtu.be/ZReb5ouTNoI.be/48mxaQtbUdU>

Earth Day Songs

Love song to the Earth – <https://youtu.be/zBEGxqJKup8>

Reduce, Reuse, Recycle – <https://youtu.be/qtyBzFV9yTs>

Earth Day Poem – https://youtu.be/A4pLhvg_Zkk



YES,
Things may
get worse before
they get better.

BUT,
having survived
today, we are
one day closer
to the end of
of this
storm.

“Never Ignore A Possible”

Earth Day

O	R	E	H	T	E	G	O	T	E	B	S	T	P
C	T	R	T	P	A	O	F	N	E	U	E	B	S
E	T	E	E	A	S	R	I	E	T	T	E	E	R
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- STREAMS
- PLANT
- OCEANS
- TREES
- RESTORE
- WHALES
- SUNSHINE
- FORESTS
- BUTTERFLIES
- LAKES
- INSECTS
- UNITY
- REPAIR
- POLAR BEARS
- DONATE
- BIRDS
- FLOWERS
- TOGETHER
- STOP
- WATER
- BEEES
- REUSE
- SAVE
- PLANET

