

Step-Up News

May 22nd, 2021



Wonderful Weeds and Wildflowers

The sun is shining so hot you can feel the heat reaching through your skin. The air is dry but a sweet scent wafts around you. There are rustling sounds beneath your feet as you slowly make your way along a well-worn path. You are in the meadow.

Popping between grasses and tall green leaves dancing in the sun are the weeds and wildflowers. Their colours fade in harmony with the grasses creating a cozy and safe hollow for you to view them. They are not bunched in clusters but share the space so the bees, butterflies and birds can rest and nourish themselves. It is a restful, quiet place.

During historic times of long ago, nature was more respected. Weeds and Wildflowers were more important and had purpose in everyday life. Teas were made from the leaves and roots; medicines and healing compresses made from the flowers, stems and roots. Every kitchen hung dried wildflowers from the rafters and pantries stored pottery jars of dried product.

REMINDERS

Wed, Sept 15th, 2021

1-3pm, Milton

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

Sat, June 12th, 2021

Next Newsletter

Client and Staff Reports
and photos appreciated
by June 9th.

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

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Like the Raven and Crow, the Tortoise and Ant, Weeds and Wildflowers have survived for hundreds of thousands of years. They have everything necessary to thrive through anything; drought, dramatic weather, volcano lava, rising seas and even the modern tarmac of parking lots. Their strength and resilience bring us joy and hope that we can make it through anything, too !

Who remembers making a daisy chain crown or holding buttercups beneath our friend's chin to see if they liked butter?

Today, scientists have proven the child's rhyme of the buttercup. Light reflected from the shiny petals of the buttercup held under a person's chin will show pale yellow on the skin if that person likes butter.

There is a chemical reaction between the reflected yellow light and the natural oils from the skin that actually indicate or show whether or not you like butter or other fatty foods. Isn't that neat ?

- Buttercups are symbols of joy, friendship and humility.
- Daisies are symbols of new beginnings, harmony and the innocence of Children as in their birth.

Put these two together and you have a lovely bouquet for the dinner table.

“Never Ignore A Possible”

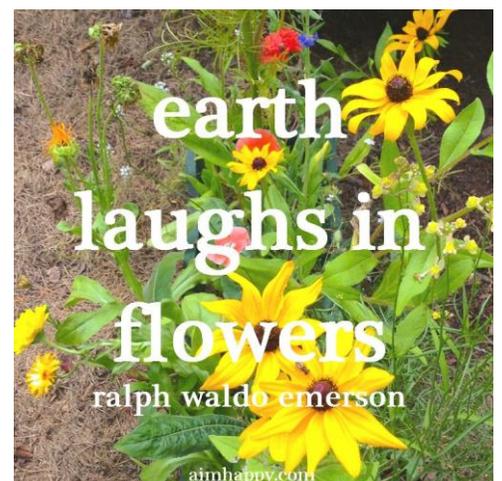
Happy Birthday Wishes

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

<https://youtu.be/SvgfF-s3Qh4>

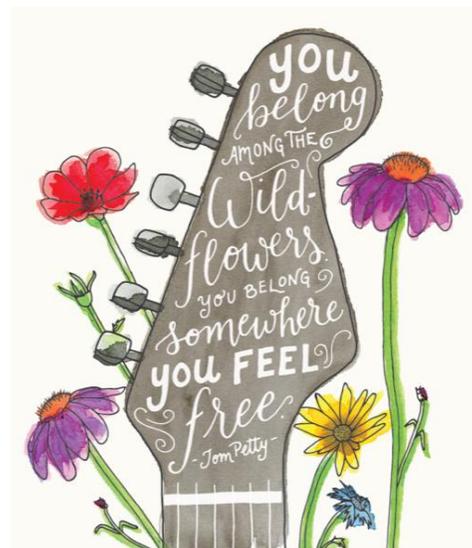
Deon – May 9th

Madora – May 16th



Weeds and Wildflowers announce our Spring for us and keep us company during the summer. They are simple, colourful and forever. Something we can depend on seeing all of the time. Keep them close.

During your walks always enjoy the surprise of coming around a corner of trees or bushes to discover a Trillium in Ontario or a Lady's Slipper in Prince Edward Island, if you happen to be visiting. These are protected though and cannot be picked. Taking photos of wildflowers is a great hobby.



All of us here at Prep to Step-Up wish you a summer filled with the beauty and simplicity of wildflowers. Let them give you joy !

From the Prep to Step-Up Team, Stay Safe and Keep Well !

~ Doreen ~

Prep at Home Workbook Program - Update

Based on the responses received from our poll in the last newsletter, we have decided to take a pause during the summer for the Prep at Home Workbook Program. Warm weather, backyard pools and the family cottage are waiting for you to enjoy.

This does not mean you take a break from exercising your brain. Your fabulous brain deserves to learn as much as you will let it ! We would encourage you to keep writing stories and painting or colouring your own pictures and to continue learning from your summer adventures. Keep a little routine every day. There may still be a few pages left in the 6 workbooks from this past year that you need to finish.

Some of the activities like the Rain Gauge and Garden in a Carton can be continued through the summer. We have added more activity pages in Workbook #6 to take you through the summer.

We want to hear about all your summer adventures in learning ! We will continue with the Step-Up News for June, July and August. Keep your reports and photos coming in !

We will continue the program in the Fall from September to November. Watch for further updates on Registration.

“Never Ignore A Possible”

From the Prep Circle



Rebecca Admires the Daffodils and Wild Trilliums



Science Experiment - Cloud in a Jar with Jessica



Rebecca Harvesting Fiddleheads - Yum !



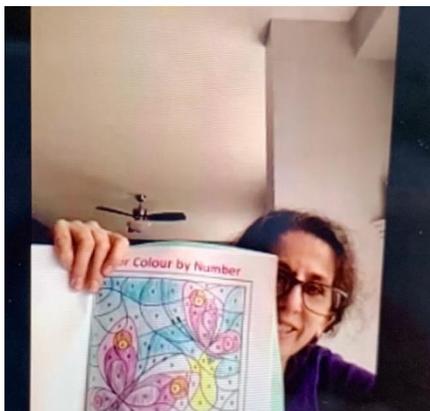
Seeds have Sprouted ! They are Growing ! Yay !



Gregory has found a passion for riding. He now rides at Foxfield Stables.



Shaun Plants His Seeds



Melissa and Her Butterfly Colour-by- Number



Anne Cooking up a Storm with 1 of Her Favourite Sous-chefs



Melissa Helping Madora Celebrate her Birthday, May 16th

"Never Ignore A Possible"



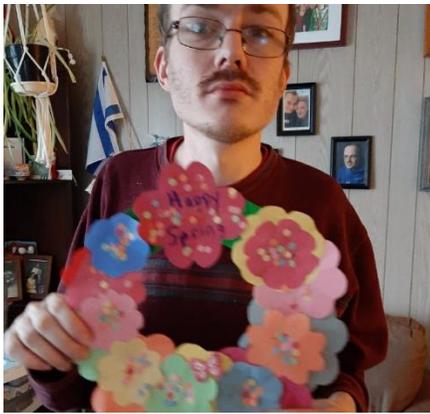
The beginning.....Madison's Seeds Sprouts !



Jessica with her Spring Wreath



Madison and her Robin drawing



Shaun and His Spring Wreath



Those Green Beans Sure Can Survive ! Madison, You Rock !



Jessica planted her Bean Vine. How High will it Grow ?

Types of Wildflowers and Weeds



Buttercup



Dandelion



Common Daisy



Hairy Bittercross



Common Self-Heal



Goldenrod



Red Clover



Creeping Speedwell



Wild Sweet Woodruff



Canadian Horseweed

"Never Ignore A Possible"

All around you...



Guide to Spring Wildflower Hikes

	<p>Bloodroot Blooms mid-April. Large white flower wrapped in a large leaf. Stem actually "bleeds" orangeish-red. Was used as an antiseptic</p>		<p>Skunk Cabbage Fun "stinky" plant that actually melts the snow around it so it can sprout first. Then has broad green leaves.</p>
	<p>Spring Beauty Five-petaled pink/purple flowers with grass-like stems. Blooms April-May.</p>		<p>Trout Lily Large purple-green spotted leaves. Blooms yellow or white in late April.</p>
	<p>Trillium Large white 3-petaled flowers and large leaves. Blooms Late April - May.</p>		<p>Anemone Three varieties: rue, false rue and wood anemone. White blooms with small lobed leaves.</p>
	<p>Cut-leaved Toothwort Long toothed leaves with bunches of dangling white flowers. Blooms April-May.</p>		<p>May Apple Large umbrella like plants. Female plant bloom under the leaves in the crook. Then produces "apple" like fruits.</p>
	<p>Dutchman's Breeches Funny little pant shaped blooms hang in a group along the stem. Blooms May.</p>		<p>Star Flowered Solomon's Seal Alternating leaves with a bunch of star shaped flowers at the tip. Blooms in May.</p>

Herbs You Can Grow in Water All Year

@ReduceWasteNow

		
Mint	Oregano	Sage
		
Basil	Thyme	Rosemary

HI! I'M YOUR LOCAL OPOSSUM!

I'M NATURE'S PEST CONTROL & CLEAN-UP CREW

- I'm naturally immune to rabies
- Just one of me eats up to 5,000 ticks per year
- I can't catch or carry Lyme Disease
- I also eat insects, spiders, small rodents, and dead stuff!

IF YOU SEE ME, KINDLY IGNORE ME. I MEAN YOU NO HARM



Pressed Flower Craft



1. Place your flower between 2 pieces of waxed paper.
2. Place the waxed paper inside a large, heavy book.
3. Place heavy books on top.
4. Wait 7 days and check to see if they have dried yet. If not, continue.

"Never Ignore A Possible"

Wildflowers and Weeds on Youtube

The Meaning of Plants – <https://youtu.be/YGwUiB8eNBY>

Build Me Up Buttercup – <https://youtu.be/hSofzQURQDk>

How to grow Beekeeper's Flower Mix – <https://youtu.be/EXGxUCxrL04>

Facts about Wildflowers – https://youtu.be/339R0lp9d_s

Winners Never Quit, and Quitters Never Win! - <https://youtu.be/yobobniv0sU>

Weeds and Wildflowers

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

CALENDULA
QUEEN ANNE LACE
CORNFLOWER
DAISY
WILD GERANIUM
MALLOW
HEATHER
PICNIC
POPPY
BOUQUET
MEADOW
EROSION
SURVIVE
COLOUR
BICYCLE
STRONG
BUTTERCUP
TRILLIUM
ROSE
FLAX
LARKSPUR
COSMOS
LUPINE
ASTER

Play this puzzle online at : <https://thewordsearch.com/puzzle/2417799/>

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