

# Step-Up News

September 12th, 2020



## ***Welcome to the Wonderful World of Apples !***

'Tis the season ! Red and yellow, luscious and scrumptious, red and juicy, crunchy sweet apples, apples, apples !

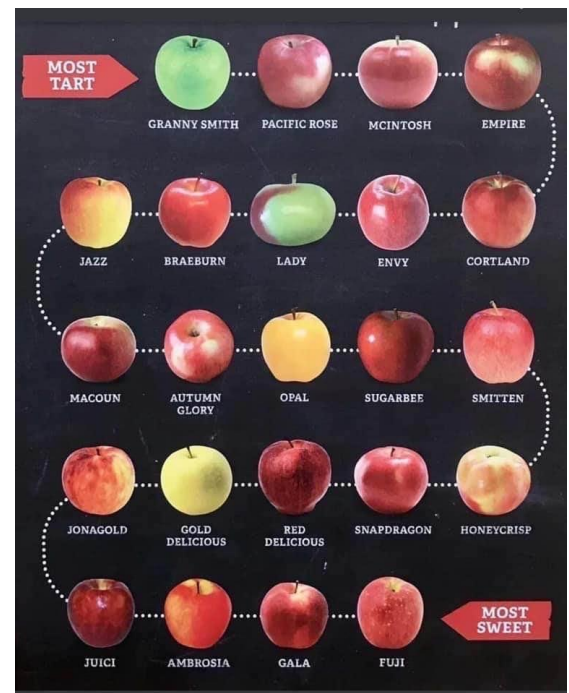
An apple can clean your teeth after a meal. The smell of apples can help you focus when you are learning.

An apple can be dried and preserved for eating later.

Baked in a pie or cake, cooked into sauce or eaten as is, apples supply us with lots of nutrition to keep us healthy.

This fact gives us the saying, "An Apple a day, keeps the doctor away !" Not sure if that's true but it's a tasty way to try !

Apples were not native to Canada but brought into this country with French colonists who settled in the Annapolis Valley in Nova Scotia around 1633. History



***"Never Ignore A Possible"***

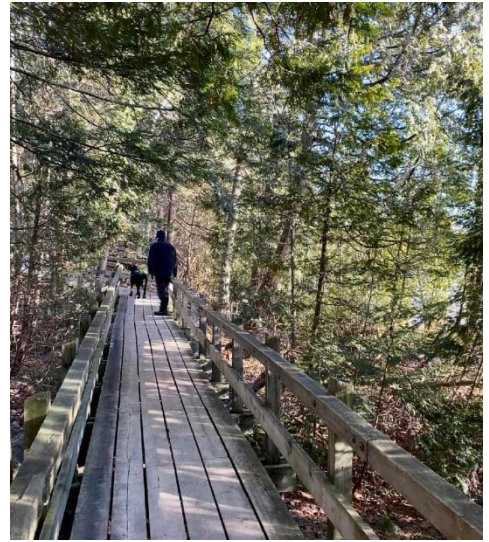
tells us that apples were growing in Central Asia thousands of years ago then migrated to many parts of the world.

Canada has its very own type of apple that began as small seedlings trying to grow in the thick bush near Dundas and Morrisburg, Ontario. There has always been a mystery as to where the seedlings came from but in the Spring of 1811, John MacIntosh with his wife Hannah Doran, discovered the little seedlings and transferred 12 to their open garden.

Only one survived the winter. When John and Hannah ate the apples that came from their brave little tree about 10 years later, they were determined to help this tart, strong, ruby red apple become an orchard that would produce more and more apples for their whole town. They faced lots of challenges to keep their orchard going but now we thank them for making the discovery of the Canadian Apple known as a 'Mac'.

Canada now sends new grafts from the MacIntosh trees to many parts of the world. We also produce more than 17 million bushels of apples from Nova Scotia, Quebec, Ontario and British Columbia every year to sell to markets in other countries. The world knows our apples as the King of Fruits. The most recent new Apple developed here in Canada is the Arctic Apple. Can you guess where it can grow ?

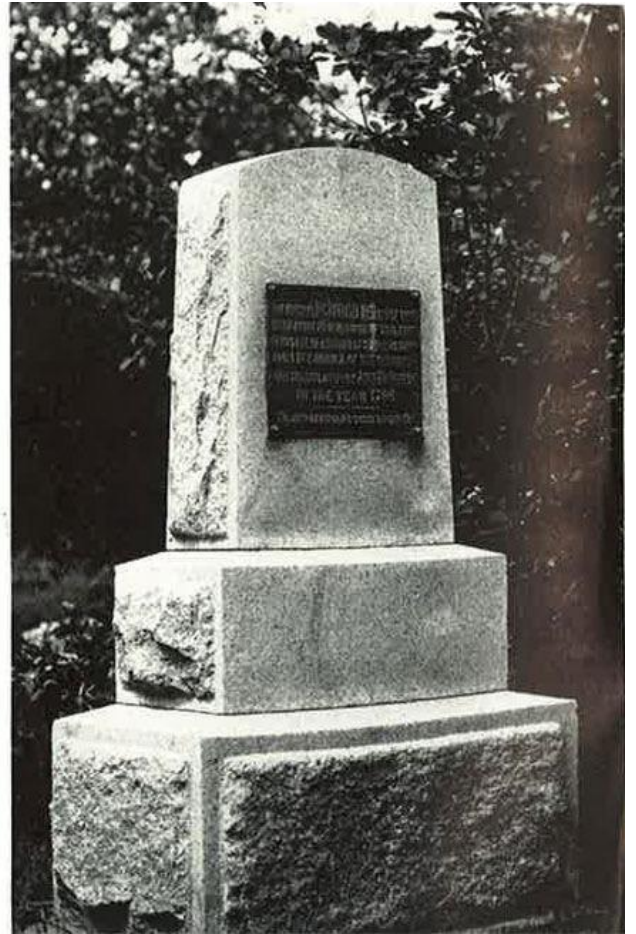
Canada is filled with so many strong creative people who care enough to keep on trying, just like John MacIntosh and his wife, Hannah ! As a Canadian, that includes you ! Just like the brightly coloured, great tasting Apple that came from the little seedling growing in the bush, you can grow to face the next new challenge of the day. Full of courage and mindfulness, a little idea can become a helpful hand for a friend. When you practice your breathing or take a walk, do some reading or bake some cookies you are in charge of helping yourself to create more; to learn more. John MacIntosh saw the little seedling and knew he had the strength to help it become an apple tree that would live and grow for a hundred years !



***“Never Ignore A Possible”***



Look at the photo. Does John and his apple tree look like they gave a lot to Canada? You know they did and they lived in Canada just like you!



A photo of John MacIntosh near Dundas, Ont. with the first MacIntosh apple tree that he grew in 1811. It takes around 12 years before fruit is ready for picking. This photo taken in 1906. Tree finally fell in 1912, lasting 100 years!

The plaque that stands on the farm near Morrisburg, Ont. honouring our very own Canadian variety of apple, now grown all over North America and Europe.

Wonderful apples ! Wonderful you !

Watch a video about wonderful things: <https://youtu.be/srGTs1vWSvY>

For the Prep to Step-Up Team, Doreen McCall

***“Never Ignore A Possible”***

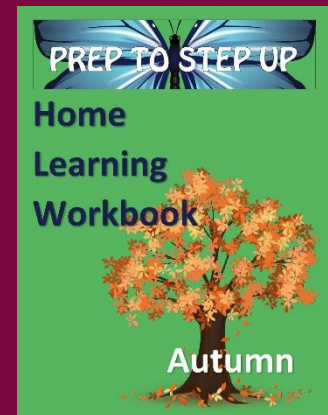
# Let's Get Together!

## Prep to Step-Up Home Workbook Program

### September - December 2020

#### Workbook

- Two (2), 50+ pages printed in full colour
- Subjects; Literacy, Math, Science, Geography, Art
- Designed uniquely by PTSU Educators
- for Clients living with neurodiversities



#### Support 1 “Let’s Check-In !”

- Two (2), 20-minute online visits per month
- One (1) Educator to One (1) Client
- To encourage socialization and conversation
- for Self-Help and Mindfulness



#### Support 2 Workbook Guidance Online

- One (1), 30-minute online group support
- One (1) Educator to Three (3) Clients
- Once a month

#### Book Bag Contents

- Workbook
- Calendar
- Pencil, Sharpener, 1pkg. Coloured Pencils, Gluestick
- Resource Bags for Literacy, Math, Art
- Four (4) Reading Books



**Cost: \$300.00**, Receipts Issued and e-Transfers Accepted ([doreenmccall@gmail.com](mailto:doreenmccall@gmail.com))

We Look Forward to Learning with You ! Schedules and Pick-Up Location (Milton) to be emailed to each Client once they register.

**To Register for your Home Workbook,  
Simply contact Doreen McCall on  
[doreenmccall@gmail.com](mailto:doreenmccall@gmail.com)**

*“Never Ignore A Possible”*





Greetings everyone!

I believe that when it comes to growing in your life, discovering your talents is one of the huge steps in it. Everyone starts by trying activities to find what you're naturally skilled at whenever they're at school or other areas.

For example, I always remembered that my start for the love of painting artwork began back in Visual Arts class at West Credit Secondary School in my high school days as if it was like a seed of hobby in my mind being planted.

Since then (from 2007 towards today) whenever I paint at home, my self-confidence, self-esteem, and my willingness to express myself also keeps growing even bigger in my mind like a garden. I also learned to meditate myself even more in my artwork development by listening to random youtube videos and Netflix shows to help ease negative feelings about the COVID pandemic.

These old photos of myself are with the people who I thank for helping me plant those garden hobby seeds in my heart a long time ago such as my mom and dad for enrolling me in Visual Arts class at West Credit. Along with my high school Visual Arts teacher named Natalie Mathews who helped me discover the love within the elements of realism painting.

Thanks and hope you enjoy,  
Ian

[www.iankmacintyre.com](http://www.iankmacintyre.com)

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# Baking with Apples

## Chewy Apple Oatmeal Cookies



### Directions:

1. Preheat the oven to 350 F

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2. In large mixing bowl cream together butter and sugars until light and fluff

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3. Beat in egg and vanilla

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4. Combine flour, cinnamon, baking soda and salt

5. Gradually add to creamed mixture. Mix well.

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6. Stir in oats and apples

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7. Drop by spoonfuls onto Cookie Sheet 2" apart

8. Bake 10-12 minutes until golden brown

9. Cool on wire rack

**This recipe should make 2 dozen cookies.  
Enjoy one, and share some with your family and friends.**

### Ingredients:

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1/2 cup softened butter  
1/2 cup brown sugar  
1/4 cup sugar

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1 egg  
1/2 tsp. vanilla

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3/4 cup flour  
1 tsp. cinnamon  
1/2 tsp. baking soda  
1/8 tsp. salt

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1.5 cups old-fashioned oats

1/2 cup apples chopped and floured (In Ziploc bag)

# Apple Poems

## Apples Apples

Apples, apples, one, two, three.

Apples for you.

Apples for me.

Apples big.

Apples small.

Apple trees tiny.

Apple trees tall.

Apples sour.

Apples sweet.

Apples, apples, are nice to eat !

## The Apples

Up in the apple tree

High off the ground

I see an Apple

So big and round.

I climb up the tree

And hold on tight

I pick that apple

And take a big bite.

m-m-m-m Good ! !

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### Apple Videos:

We are the Best - [https://youtu.be/BCgmsr1NI\\_A](https://youtu.be/BCgmsr1NI_A)

Harvest Time for Ambrosia Apples - <https://youtu.be/tBxwH6gjyg0>

I love Apples - <https://youtu.be/AyiCf68OwwA>

How Soap Kills Coronavirus Video

<https://youtu.be/-LKVUarhtvE>

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# Word Search

## Apples, Apples, Apples

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

SWEET  
TART  
YELLOW  
LADDER  
RED  
CRUNCH  
PICK  
APPLE  
SEPTEMBER  
BITE  
PIE  
TREE  
BASKET  
FALL

Play this puzzle online at : <https://thewordsearch.com/puzzle/1428244/>

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