

# The Sunnydale Scope

By the Sunnydale Community Centre

## #1: NEW BEGINNINGS

Hello Readers, and welcome to the third issue of the Sunnydale Scope Newsletter! As the sunny, hot weather changes to cloudy and chilly, many other changes are underway. The students in our community head back to school for the 2021/2022 school year, yummy pumpkin and cinnamon treats are in abundance, and our community centre is bustling with different programs! In this issue, an **informational program chart** can be found on page five, as well as other *new*, fun content. Enjoy book reviews and recipes chosen by your neighbours, a contest with fun prizes, and a community-based kindness project. As always, we are grateful for the time you have taken out of your busy day to read this newsletter. We wish you a safe and enjoyable September, and hope to see you around!



“  
**Kindness is the social glue that connects individuals within a community - kindness is contagious.**  
”  
- RAKtivist



## #3: HARVESTING FUN

The Flower Rangers have been working hard in the garden all summer to produce healthy and tasty vegetables. They have been weeding, watering the plants and providing the best care. A special thank you goes to several parents who took over gardening duties one sunny day while the rangers took a well-deserved break and played field games. Work hard and play hard, after all! The Flower Rangers were rewarded with a great harvest of mushrooms, tomatoes, zucchini, and peppers! We are proud of their commitment to healthy eating + living.

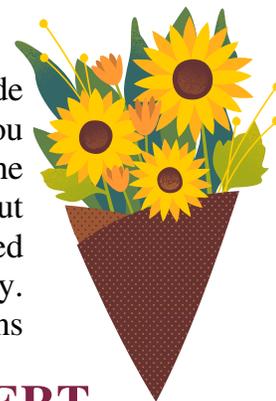
## #2: PET SAFETY

It seems like there have been many more furry additions to families this summer, and we love to see it! Not only do pets positively impact physical and mental health, they make the community vibrant and fun. However, please be aware municipal pet-safety policies are in place to protect your pooch and others. Dogs should be kept on leashes when not in the enclosed space of their homes, cats should be limited when it comes to roaming free, and animals must not be kept in vehicles unaccompanied. Visit [waterloo.ca](https://www.waterloo.ca) for more details.



## #4: COMMUNITY COMPLIMENTS

Attention Readers, we would LOVE to hear from you! Has anyone in the community made you smile recently? Did a Random Act of Kindness inspire you? Is there a sweet story you would like to share out of appreciation? We want to write about it. In the next issue of the Sunnysdale Scope (and in every one after that), a new section will be focused on positive input from the community. We hope these mini-stories and shout outs help you feel more engaged and included in the community. You can also choose to compliment others anonymously. Thank you in advance for your kindness and for spreading positivity. Please email submissions to Vrinda (vrindag@houseoffriendship.org) by September 18th.



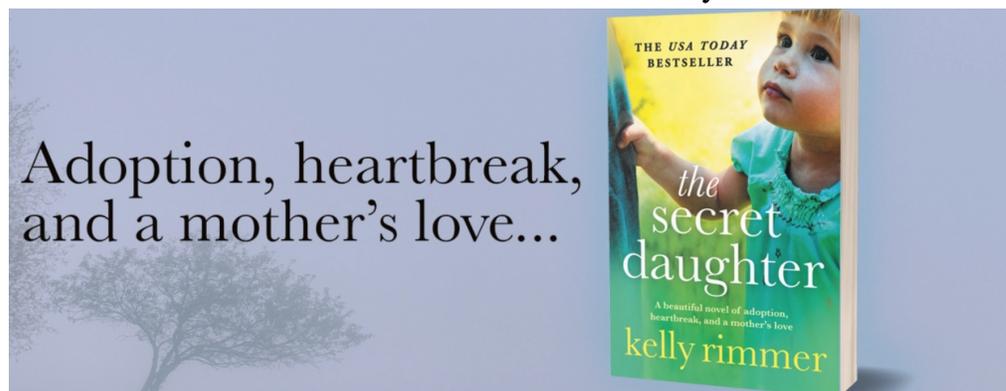
Pictures from the day of the Park Celebration.

## #6: KARI-LEE'S BOOK REVIEW: THE SECRET DAUGHTER by Kelly Rimmer

*Trigger Warning: Forced Adoption Practices.*

“As I saw my new-born baby’s face for the first time I tried desperately to capture her face in my mind to stamp it onto my eyelids. As she was taken from me I knew I might never see my daughter again”.

This is the sitting-on-the-edge-of-my-seat introduction to the book “The Secret Daughter”. Rimmer captures what would have been a reality for so many young women between the years of 1945-1971 who were placed in maternity homes to wait out their pregnancy and then to have their new born baby taken from them and adopted out to married couples. “The Secret Daughter” is a heartwarming story of a woman who is starting her own family and discovering the truth of her own birth and what should have been her life... This is a must read book for anyone!



## #5: ALBERT McCORMICK SPORTS PARK CELEBRATION

On Monday September 6th, folks were invited to the community centre to re-celebrate the opening of the community's newest amenity. The new park (named the Albert McCormick Plaza Action Park) features a splash pad, skate area, Bankshot™ Basketball Court, (pictured below), an all-ages climbing structure, and new seating areas. The celebration was held with covid-19 safety procedures in place, and it was a beautiful, successful day full of fun, games, raffles, Bread & Bretzel cookies, art activities from the library, and freezies (of course)! A special thank you to the LSCA for organizing this event and Angela Vieth, Bonnie Gauvin, and Kristi Dudgeon for fighting to bring this park to the community. In addition, this event would not be made possible without the commitment of it's volunteers!



## #7: WRITING CONTEST

To celebrate the *Back-to-School* season and September 8th's *International Literacy Day*, please feel free to participate in the Newsletter's 1st Seasonal Contest! The **writing prompt** is:



### What Does Returning to the "New-Normal" and Life After-Lockdown Look Like for You?

Let your creativity shine! Your emotions can be positive or negative, and you may write a personal short story, a poem, a short essay - we welcome all forms of writing! This contest is based on *merit*, not credentials! Please refer to the word-count for your age group below as a *goal* when writing.

Grade Three to Grade Six: **500 Words**

Grade Seven to Grade Nine: **800 Words**

Grade Ten to Grade Twelve **and** Adults 18+: **1200 Words**

Ages Sixty and Above: **1200 Words**

There will be a **1st, 2nd, and 3rd place PRIZE** for each age group!

*Prizes include Bread & Bretzel Gift Cards, Dollarama Gift Cards, Adult Travel Mugs, and more!*



We want this to be a fun experience and kindly discourage plagiarism (do not copy other's work and claim it as your own). To protect identities used in stories, please use fake names and ask permission before you share personal stories. Profanity and inappropriate language is not permitted. **Contest ends on FRIDAY OCTOBER 15TH 2021.** Please email Vrinda for more details and to submit your writing piece: [vrindag@houseoffriendship.org](mailto:vrindag@houseoffriendship.org).

## #8: FEDERAL ELECTION

This is a friendly reminder for Canadian citizens who are 18+, the opportunity to VOTE for your next Prime Minister is fast-approaching. Election Day is on Monday, September 20th 2021. On this day, voters are to go to their assigned polling station according to their riding. Options to vote in an Elections Canada office or before election day at an advance polling station are available, please visit [elections.ca](http://elections.ca) for more information. You can use this website to learn more about candidates and political parties as well. You may also call the toll-free information line at **1-800-463-6868**. Every vote counts!



## #9: PROGRAM UPDATE

It's that time of year again folks! Programs are now available for registration, and we look forward to seeing you in & around Sunnydale Community Centre. For your convenience, a program schedule is provided outlining every centre program available for the Fall-December term. To register, please visit, call, or email Annie: [annieg@houseoffriendship.org](mailto:annieg@houseoffriendship.org).

## #10: ATTENTION COOKS + BAKERS OF SUNNYDALE

We want to create a Community Recipe Page on the Lakeshore South website and we are inviting everyone to send in their recipes. Each week, we will introduce a new theme for recipes as a challenge on Facebook, Instagram and Twitter. At the end of the year, we will look at making an affordable cookbook with the recipes, to raise funds for the community or a cause that is close to our community's heart. If you want to participate, follow our social media and send in your recipes to scawaterloo@gmail.com. Bon Appetit!



## #11: APPLE CIDER RECIPE

September is the month of APPLES! Apples usually go on sale this time of year as trees are harvesting hundreds of delicious, sweet and crispy treats. Use the apples you have sitting around to make this healthy and warming classic drink by kidster.com!



### Makes 3 Cups of Hot and Fresh Apple Cider

Prep Time: 15 Minutes

Cooking Time: 2.5 Hours

**Ingredients:** 6 apples, 8 cups water, 1 cinnamon stick, 1tbsp vanilla extract, 1/3 cup sugar.

**Required tools:** large cooking pot, strainer, vegetable peeler, knife, big bowl.

1. Peel, Core, and Cut the apples into eighths.
2. Add the apples to a large pot of water, cinnamon stick, vanilla extract, and sugar.
3. Over high heat, bring the pot to a boil for 30 minutes uncovered.
4. Then, cover and let the pot simmer on low heat for about two hours, stirring occasionally to break the softened apple pieces.
5. Remove the pot from the heat and let it cool. It will look like a thin applesauce. Strain the liquid from the pulp with the help of a spoon, and use the leftover pulp as applesauce. Enjoy!

## #12: WE CAN ALL REDUCE FOOD WASTE

September 29th is recognized by the United Nations as the **International Day of Awareness of Food Loss and Waste**. Since we are big believers in connecting the community through food, we asked some staff members at Sunnydale CC for their tips on preventing food waste in their homes:

"I always use bananas after they're too brown to eat by peeling and freezing them to use for smoothies, baking, etc. The big tip here is to peel before freezing - it's important!" - Annie

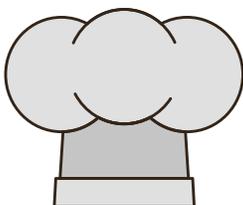
"Washing and cutting most of my produce as soon as I bring it home! Having ready-to-go fruit and veggies in the fridge makes it easier. It also helps some vegetables and herbs stay fresher for longer, by making sure they are properly stored in containers and/or water." - Maggie

"In the fridge I always make sure to arrange items in order of freshness, with the freshest items in the back forcing me to choose the items that will expire or go bad first before selecting anything else." - Jonathan

"I always make an East-Asian inspired rice dish with any veggies about to go bad. Anything goes in because the sauce + spices hide the taste!" - Vrinda

# #13: FALL COMMUNITY CENTRE PROGRAM SCHEDULE

Please note centre programs are run in accordance with Public Health regarding Covid-19. Masks are required indoors, and **child-care** is currently **not** available. We apologize for any inconveniences this creates.



<b>Mondays, 1:00pm to 3:30pm</b>	<b>SEWING</b> Sewing machines at the centre are available to work on personal garments or to learn basic sewing and mending skills. This program is run by volunteers.
<b>Mondays, 4:00pm to 5:00pm</b>	<b>BRIDGE 2 MUSIC</b> This program is run through the K-W Symphony. For children (ages 6-13) interested in learning the violin, 1-1 sessions with an instructor are available. Previous experience is not required. Spaces are limited, please contact Annie.
<b>Mondays, 5:00pm to 7:00pm</b>	<b>ENGLISH ARABIC CLASS</b> This class offers adults the opportunity to learn Arabic. If you have always wanted to pick up another language, this is the time!
<b>Tuesdays, 10:00am-12:00pm</b>	<b>PEER HEALTH PROGRAM</b> Led by a Peer-Health Worker, this is a safe space to healthy living initiatives for ourselves and our families, positive parenting, and general health topics.
<b>Tuesdays, 1:00pm to 3:00pm</b>	<b>ENGLISH CONVERSATION CIRCLE</b> For those looking to build and enhance their English-speaking skills, you are welcome to join in on weekly conversations and talk about a variety of topics. The best way to learn is to practice!
<b>Tuesdays, 3:30pm to 6:30pm</b>	<b>AFTER SCHOOL PROGRAM</b> Available to children in grades 3-6, this program offers an indoor/outdoor experience. Children are engaged in weekly themed games, arts & crafts, and discussions. Registration is required, please contact Annie.
<b>Wednesdays, 10:30am to 12:30pm</b>	<b>COOKING PEER PROGRAM</b> This program is for anyone who likes to cook! Led by a Peer Health Worker and different neighbours, members come together to learn new recipes and connect through food.
<b>Thursdays, 10:00am to 11:30am</b>	<b>FOOD DISTRIBUTION PROGRAM</b> Please feel free to drop-in and receive a bag of free groceries for your household! Items include fresh produce, grains, dairy, and meat/alternatives. Halal and Vegetarian options are available as well.
<b>Thursdays, 4:00pm to 6:00pm</b>	<b>TUTORING</b> Led by volunteers, this resource is available for students in grades 1 to 8, however if you are looking for tutoring and not in the threshold, please contact Annie! 1-1 sessions are 30 minutes long, with both in-person and virtual availability. Registration is required.
<b>Fridays, 10:00am to 11:30am</b>	<b>MEN'S GROUP</b> This is a safe space for adult men to come together and reflect while focusing on healthy living and social connections.