

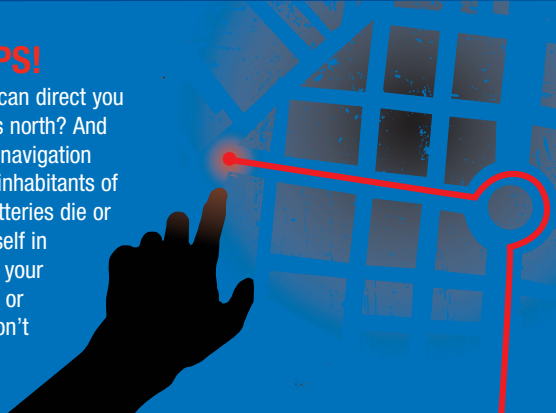
**SLOW DOWN.** take a look around and grab some downtime this summer! Be sure to enjoy all we have to offer in this issue and online at [www.tpcu.on.ca/teen\\_newsletter.php](http://www.tpcu.on.ca/teen_newsletter.php).

**HOW CURIOUS!** Have you ever taken something apart, just to see how it was put together? Every building, scientific discovery and system began with someone being curious. When you understand the process of how bridges are built, or why tunnels don't collapse, of how pollution affects eco-systems, or even why we sweat... this is the understanding that will assist you in connecting the dots and making decisions. It may even lead to the invention of a new product or method to satisfy a growing demand. The best leaders are the ones who have the confidence to ask curious questions and the courage to try something new!

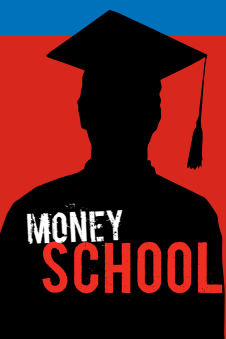


**WHO NEEDS A COMPASS, I HAVE GPS!**

**Global Positioning Satellites (GPS)** and in-car devices can direct you within nano-metres to your destination. But which way is north? And what street are you on? The growing propensity for GPS navigation is creating a gap in age-old navigation skills. Millions of inhabitants of our planet are growing directionally challenged! If the batteries die or the satellite signal is patchy, you could quickly find yourself in foreign territory. Before any trip at least look at a map of your destination. Become familiar with the main street names or highways you will need. Rely on GPS all you want, but don't be left route-less if electronics fail!



**BEING PROFESSIONAL ABOUT JOB HUNTING** Competition for jobs is pretty fierce – even for part-time fast-food positions! First step to stand out? Your resume. Make it look good. If it is low on work experience include some important qualities, such as reliability or organizational skills. If you have to upload it to a job site, check the resulting fonts in the text version. Include a cover letter that lets the employer know what you can do for THEM. Will you be on time/a good team member? Do you work hard/have additional skills? Always call a few days later and ask if they had a chance to review your application and follow up as necessary. If you get an interview, GREAT! Visit our website for all the tips on how to get that job.

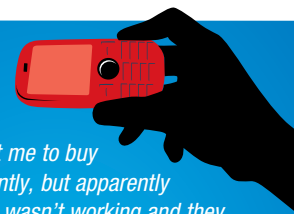


**HELP WANTED**

**Do you have strategies for helping yourself out of those low times?** Like writing in a diary, or painting a picture, or talking to a friend? Everyone has occasions when they feel sad or lonely. For some, it is short-lived and happiness and optimism return in a few days. For others, problems can feel overwhelming and it can seem like it's too hard to climb up again and feel good. There is a way out from feelings like these. Often, it just needs you to be brave one time and ask for help. This can be from a friend, trusted adult, help-line or even a doctor. You can feel better, you will know you belong and you will feel loved. We have a lot more detailed information on our website that could help, so be sure to check it out.

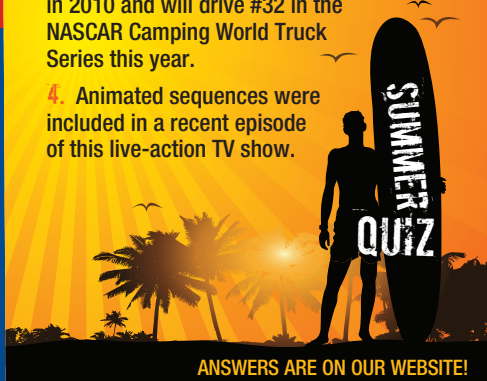


**AN OLD TALE**



*“ My grandson sent me to buy a blackberry recently, but apparently you can't eat it. It wasn't working and they said it was frozen, but it didn't even feel cold. They said I should boot it up, but then they grabbed it from me before I could kick it! Then they said it was out of juice, but it probably just needed defrosting. Someone else at the counter was having problems with their apple. I keep hearing that young people don't eat well, but there seems to be a lot of fruit available. I found out my blackberry is wi-fi enabled. When I was younger, we used to listen to the hi-fi; boy that was the bee's knees, but I don't know what he meant. He said he was going to show me the curser, but it turned out to be a flashing thing on the screen, not anyone in the store with foul language. Then he said it would play MPs, but I'm not really into politics, so I didn't buy the phone after all. ”*

1. Harlow, Sparrow, Houston, Midnight or Winter – which one is not used for the children of Nicole Richie and Joel Madden?
2. **True or false** – a U.S. patent was issued in 2001 for an intestinal discharge control product, a charcoal filter deodorizing pad that attaches to the back of your undies!
3. This Canadian made his Nationwide Series debut at Talladega Superspeedway in 2010 and will drive #32 in the NASCAR Camping World Truck Series this year.
4. Animated sequences were included in a recent episode of this live-action TV show.



ANSWERS ARE ON OUR WEBSITE!

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