

TAKING CARE OF OUR OWN

# your ticket to summer fun!

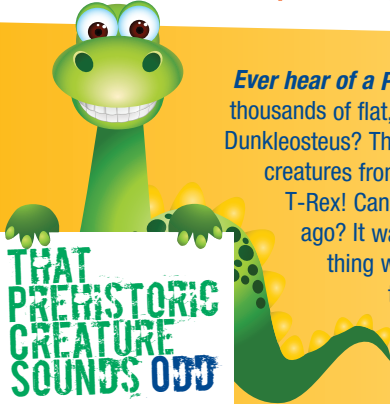
# newsletter

the **Police**  
Credit Union

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## LITTLE TYKE SAVER\$ CLUB

**Got summer plans?** Bicycles, skateboards, swimming pools and picnics should definitely be on the list this season! Visit [www.tpcu.on.ca/tykes.php](http://www.tpcu.on.ca/tykes.php) for lots of good info and be sure to enjoy some sunshine!



**Ever hear of a Ptychodus?** It was a prehistoric shark about 30 feet long with thousands of flat, crushing teeth! How about this other water creature, the Dunkleosteus? This fish swam so fast that when it opened its mouth it sucked in creatures from all around and had such a powerful jaw it has been compared to the T-Rex! Can you imagine if you were a Giant (Irish) Deer that lived over 7,000 years ago? It was over 7 feet tall and its antlers weighed more than 90 pounds! Good thing we don't have Meganeura around today – it's a dragonfly-like creature that is as big as an eagle, complete with a three-foot wingspan. It can be exciting to learn about ancient creatures and we've got a few more of them to share with you on our website.

## SAFETY makes a splash!

Swimming and boating can be one of the best parts of your summer. That's why it's so important to remember the safety rules! We've listed a whole bunch of good reminders on our website for you to share with your parents, but here are the top rules to remember:

- Always have an adult supervise water fun
- Check how deep the water is before going in
- Always jump and slide feet first
- Always wear a life jacket on a boat
- Wait 30 minutes after eating before swimming
- Swim at your own level, don't copy friends
- No running, pushing or rough behaviour on the deck or in the water



## Put A Lid On It!

Today's helmets are designed to look cool *and* do a good job. Protecting your head when cycling and doing other sports is ultra-important. Helmets decrease the risk of serious head injury by over 85 percent! That means that 4 out of 5 head injuries can be PREVENTED if every cyclist wears their helmet. More than 1,000 Canadian kids are injured each year while riding their bikes, and it is the leading cause of severe injury for cyclists. You only need to ride at about 7 kilometres an hour for an impact to hurt your skull. Check out our safety tips and helmet shopping advice online and save your melon!



## Pitch that tent!



Camping can be a great summer activity, but if you can't get away with your family, why not try a backyard campout? Putting up a tent and rolling out sleeping bags, along with barbecued hot dogs, can make it a real outdoor adventure! You can have your parents make s'mores and deliver them to you as a nighttime snack, and you can even tell spooky stories by flashlight. Got a telescope? A backyard campout is a great time to pull it out and see the night sky. Have fun!

## JOKE CORNER sunnyfunnies



**What goes "Ha ha BONK?"**  
A kid laughing his head off!

**Why was the toilet red?**  
Because it was flushed.

**How do you find an onion on the Internet?**  
Search for a site for sore eyes!

## Match the occupations with the license plates...

Plumber	MKULAFF
Veterinarian	OPN YD
Dentist	10S NE1
Comedian	NML DOC
Tennis Pro	FXYRCNK

Visit our website for answers, more jokes, and a cool organizing craft!

## The Friend Tracker

Use a coil journal book to create your very own friend tracker and stay in touch this summer. Each page can be assigned a letter of the alphabet and you can use foam letters and glitter to decorate the front. Get your friends to fill in their name and phone number or email address and you can plan some summertime play!



## BLUE BOMBERS

Ever go out with friends for an evening walk and they have no trouble, but you are attacked by mosquitoes? *It may be the colour of your clothes!* Many insects, including mosquitoes, see in the ultraviolet light spectrum. This means they are very attracted to the colour blue, which is why those bug zappers give off blue light. Your best chance to avoid being a target is to wear yellow and red.

Some people say you can stick a dryer sheet in your pocket to help ward them off too, but the only scientific way proven to work is using an insect repellent with DEET in it, so check with your parents if you will be out in mosquito-land a lot!

