



Ten Tips for Mental Health

1. Build a healthy self-esteem
2. Eat well and keep fit
3. Create positive family relationships
4. Make friends who count
5. Create a meaningful budget
6. Get involved/volunteer
7. Manage stress effectively
8. Learn to cope with changes that affect you
9. Identify and deal with your moods
10. Find a spirituality to call your own

Fast is not the only speed that we operate on

Too often in our lives we miss out on things because we are going to fast. Try to slow things down so that you are not missing out on life's little pleasures. Here are some helpful suggestions to make it happen, even if you feel like your schedule is already too busy. Hit the pause button by leaving holes in your schedule rather than filling every second. Walk or bike instead of driving. Or simply take a deep breath when you are feeling overwhelmed.

Spring is in the Air!

Spring is finally here! Just because the snow has left the ground does not mean that you have permission to go crazy. Remember that there are more pedestrians outside, this includes people on bikes, roller-blades, as well as walkers and joggers. Your vehicle has the power to do much more damage than any of these, so slow down and think before you act.

LIVE WIRE

Go Green in more ways than One!

After listening to the Earth day broadcasts we should all feel empowered to change the way that we treat our Earth. Here are some ideas to help conserve the Earth:

1. Drive less, try walking, biking, or the public transit system. You could also give carpooling a try.
2. Avoid Idling, turn off your engine when stopped for more than 10 seconds.
3. Compost.
4. Shut off all lights and electronics when they are not in use.
5. Pass it on. Tell someone else how they can help out the environment by sharing what you are doing.

Youth Art Show
Hosted by The City of
Peterborough Youth Council
 Opening reception Friday July 11,
 2008 at the Art Gallery of
 Peterborough, 250 Crescent Street at
 7 pm.
 For more information contact the
 Recreation Division at 742-7777 ext.
 1805, or www.ptboyouth.com
 (Applications for art work
 submission are available online).

Summer Trends

This summer it is easy to look good and protect yourself from those harmful UV rays. The trends to look for this summer are as follows. Big brimmed hats, paired with big sunglasses. Cotton dresses that slip over your head will also be a huge hit. Giant patterns are making a splash as well. On your feet

anything goes. Sandals and flip-flops will never be taken for granted. Heels come in handy to take your day look into a night look without changing your entire outfit. Don't forget about slapping on that sunscreen. No one will notice it, but it should be your greatest accessory.

Chicken and Roasted Red Pepper Skewers

1 lb. boneless skinless chicken breasts, cut into 1/2 inch pieces
 12 wooden skewers (8 inch), soaked in water for 30 minutes
 1 cup Mayonnaise
 1 medium roasted red pepper, finely chopped
 1 clove garlic, minced
 THREAD 2 to 3 chicken pieces evenly onto skewer; place in shallow dish. MIX mayonnaise, red pepper and garlic until well blended. Pour over skewers; marinate 30 minutes in the refrigerator. Remove skewers from marinade; discard marinade. Place skewers on rack of broiler pan. BROIL 4 to 6 inches from heat for 10 minutes or until chicken is cooked through, turning occasionally.

The Peterborough Youth Council Presents The Blue Sky Event

The Peterborough Youth council will be holding a FREE event at Del Crary Park on Tuesday May 6, 2008, from 4 - 6:30pm. The festivities will included a giant twister game as well as ribbon and belly dancing. There will also be three local youth bands performing. Come on out and celebrate with us!
 For more information contact the Recreation Division at 742-7777 ext. 1805, or www.ptboyouth.com

Brought to you by the City of Peterborough, Recreation Division in conjunction with the Peterborough Youth Council.
estewart@city.peterborough.on.ca

If you do not wish to receive this newsletter, please email estewart@city.peterborough.on.ca.

We welcome newsletter contributions from community groups.

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