



# April

Volume 2, No. 2

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## OFFICE CLOSURES

The office will be closed:

Friday, March 30  
Good Friday

Monday, April 2  
Easter Monday

Friday, May 18  
Office Closed

Monday, May 21  
Victoria Day

**After Hours  
Maintenance Emergency  
542-0443 ext 9  
(For Emergencies Only)**

In case of an emergency such as fire, life threatening medical problem, or a crime in progress, always call 9-1-1

# NEW HOURS

Monday: 8am—4pm  
Tuesday: 8am—4pm  
Wednesday: 8am—6pm  
Thursday: 10am—4pm  
Friday: 8am—4pm

## Want to make paying your rent easier?

- Easy to set up
- No cost
- Saves you time and money



Simply bring a void cheque to our office, sign the PAP agreement form and we will take care of the rest!

## Go Green this Month in Honor of Earth Day!

- \* Start using chemical-free and biodegradable green cleaners. They're better for the environment and your health.
- \* Add (real) houseplants. Indoor greenery not only looks good but naturally cleans the air around you. Try two plants per 100 square feet.
- \* If you have an outside patio herb garden, use green, chemical-free pesticides to protect your plants.
- \* Instead of buying plastic water bottles from the store, purchase a large, reusable one and filter the water with a pitcher.
- \* Walk, bike, carpool or take public transit
- \* Be water wise—don't run the tap when brushing your teeth, only use the washing machine and dishwasher when doing a full load.





## Rice Krispie Peeps

### What you need:

- \* 6 cups Kellogg's® Rice Krispies® cereal
- \* 3 tablespoons butter
- \* 1 package (10 oz., about 40 large ) Marshmallows
- \* Peeps marshmallows
- \* Sprinkles

### Directions:

1. In large saucepan melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat.

1. Add Kellogg's Rice Krispies cereal and stir until well coated.

3. Evenly press mixture into 13 x 9 x 2-inch pan coated with cooking spray. Make space for Peeps and press into treats. Let cool. Cut into 2-inch squares.



### Important Dates

**Easter Monday**  
Monday, April 2

**PA Day**  
Friday, April 13

**Mother's Day**  
Sunday, May 13

**PA Day**  
Friday, May 18

**Victoria Day**  
Monday, May 21

### FOLLOW US ON SOCIAL MEDIA!



## Egg Shell Planters

### What you will need:

- Eggs
- Permanent Markers
- Seeds
- Soil
- Card stock



### Instructions

1. Start with clean eggshells. Rinse well with water or for extra caution, boil for a few minutes to make sure all traces of egg are cleaned out.
2. Once dry and cool, use permanent marker to decorate your egg shell.
3. Arrange your eggshells in the carton. Using a spoon, fill each "pot" with pre-moistened seed-starting soil.
3. Place a couple of seeds in each pot according to your seed-sowing instructions. Leave the carton in a sunny south-facing window.
4. Lightly mist the soil with a spray bottle every couple of days as needed. Since there are no drainage holes, take care not to overwater. A fine mist is all that's needed for young seedlings. When your seedlings have emerged, snip the weakest or smallest ones to allow the largest seedling room to grow.
5. After your seedling has developed its first set of true leaves, you can transplant it into a larger pot or directly in your garden. Gently crush the shell and remove a few shards around the bottom. You can plant the whole thing this way, and the eggshell will decompose in the soil, feeding extra nutrients to your seedling.
6. Tear apart the egg carton and toss it into your compost pile, or add it to your recycling bin.

## Free & Low Cost Activities

### United Way



**United Way's Success By 6 Week - May 7 to 13, 2018**

Success By 6 Week is a week full of free events in KFLA for children 0-6 years of age, their parents and caregivers. For more information visit: [unitedwaykfla.ca/programs/success-by-6/](http://unitedwaykfla.ca/programs/success-by-6/)

### Free Piping & Drumming Lessons - April 1, 8, 15, 22, 29, 2018

You can get free piping and drumming lessons with the Kingston Pipe Band. The lessons are for 8 year olds to adults and are completely FREE! Beginners to experienced players welcome. The lessons take place every Sunday for an hour beginning at 6:30pm and are held at the Boys & Girls Club on Bagot St. For any questions send [kingstonpipeband@gmail.com](mailto:kingstonpipeband@gmail.com) an e-mail. Note that there are no piping lessons on holidays.

### Science Rendezvous Kingston (FREE) - May 12, 2018, 10:00am at the Rogers K-ROCK Centre

You are invited to celebrate Kingston-area science & scientists by being in the audience when the Rogers K-Rock Centre becomes a giant pop up Science Discovery Centre! Meet and talk to scientists, engage in scientific experiments and learn about the excitement and possibilities of science, technology, engineering and mathematics.

This event is free and family-oriented. For more information visit:

<http://www.rogersk-rockcentre.com/event/science-rendezvous-kingston/>



May 28 to June 3 is the **National AccessAbility Week**. It is a week for Canadians to promote inclusion and accessibility in our communities and workplaces, to celebrate our progress and to be inspired to further break down accessibility barriers.

For more information visit: [www.canada.ca/accessible-canada](http://www.canada.ca/accessible-canada)