

# PHD.ABUZZ

Where something is always abuzz.

## A Boundless Adventure

Camping at Boundless Adventures is truly an experience of a lifetime. When I found out that I was part of the group going to the camp, I was excited to be a part of an amazing adventure.

The 600 acres base camp is located in Palmer Rapids, Ontario in Madawaska Valley. After a five-hour bus ride, I felt so much peace upon seeing the majestic nature, friendly staff who were also considerate, patient, supportive and well-trained. The staff at Boundless made sure that we were equipped with proper gear and knowledge before we did the outdoor activities.

Outdoor activities include canoeing, rafting, ropes courses, fishing, nature walk and interactive games. Activities that were held indoors include arts, baking, games and some themed group performances. Programs and other activities are designed to empower, promote teamwork, creativity, unity and interaction with others.

There were also assigned chores to instill responsibility and cooperation. I learned to appreciate the value of work and teamwork more. I felt that I was motivated to contribute my efforts to accomplish our common goal.

The campfire and games on the last day at the campsite was memorable. The mosquitoes, bugs and even the rain could not dampen the high spirits of the participants. Not only were certificates distributed but more importantly, honouring the participants was also done by the staff at Boundless. Everything was abundant- food, laughter, friendship, rest and most of all memories...

~~ Digna Flores

## Upcoming Events:

August 11: PHD ABIS Night Out @ Jack Astors. 4:30-7:15pm

August 19: Riverboat Cruise - Caledonia - 9:00am - 3:30pm

## Café Menu:

August 6: Favourite BLT with Fruit Salad

August 13: BBQ'd Sloppy Joes with Green Salad

August 20: Sausages with Greek Salad

August 27: Clubhouse Wrap with Apple Slices

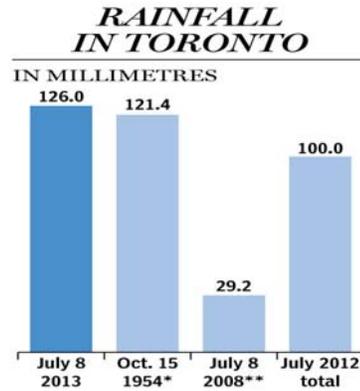


## The Surprise Storm of 2013

On Monday July 8<sup>th</sup>, 2013 a series of thunderstorms rolled into Toronto and the GTA and caused unbelievable chaos all around, causing localized flooding and a city wide blackout that left over 300,000 people without electricity and incapacitated public transit systems like the TTC and the Go. Summer thunderstorms are not a rarity and don't garner a lot of media attention or make worldwide headlines, like the storm on July 8<sup>th</sup> did.



This thunder storm made headlines because it broke the record for the amount of rainfall received in Toronto in the shortest time span. By midnight of July 8<sup>th</sup>, Toronto Pearson Airport had reportedly received 126 mm of rain.



The record holding single day rainfall prior to this one was set in 1954 and was caused by Hurricane Hazel which caused 121.4 mm of rain to fall in a 24 hour period. In an average month, in July, we

received only 74mm of rain. The rain we received on July 8<sup>th</sup> was about a time and a half more than we receive in an entire month and it occurred on a single day within a few hours!

Storm warnings were not issued in advance, one meteorologist with Environment Canada explained because storms of this caliber are extremely hard to predict until they develop (Global News) and so this storm caught everyone by surprise! Environment Canada later explained that the storm was intensified due to the hot, humid weather that had caused the atmosphere to become unstable. The combination of tropical air, weak steering winds causing very slow moving storms, and thunderstorms redeveloping over the same area created the perfect ingredients for flooding.

~~ Georgina Pimenta



**Dr. Newton Geizler:**  
"Two thousand five hundred tons of awesome!"

## Movie of the Month: Pacific Rim

Synopsis: When legions of monstrous creatures, known as KAIJU, started rising from the sea a war began that would take millions of lives and consume humanity's resources for years on end. To combat the giant, KAIJU, a special type of weapon was devised: massive robots called JAEGER, which are controlled simultaneously by two pilots whose minds are locked in a neural bridge! But even the JAEGERs are proving nearly defenseless in the face of the relentless KAIJU. On the verge of defeat, the forces defending mankind have no choice but to turn to two unlikely heroes. A washed up former pilot and an untested trainee who are teamed to drive a legendary but seemingly obsolete, JAEGER from the past. Together they stand as mankind's last hope against the mounting apocalypse.

This movie is full of action. However, sometimes during the clash of the titans I got a bit confused on which was the good JAEGER compared to the bad KAIJU!!!

~John Brereton

**Joke of the Month:** "How many tickles does it take to make an octopus laugh?" - **Ten-Tickles!!!**