

THURLESTONE NEWSMAGAZINE

APRIL 2012



Thank you to the members of the NewsMagazine Committee for all your contributions.

Submissions are welcome. Please deliver to the office newsletter mailbox or email before the 25th of each month:

t-nm@live.ca

The month April is known as April because it is spring time and the Latin origins of the word April mean opening. It has originally been derived from the Latin word aperire which means "to open". It refers to the opening of flowers in the month of April. And there is plenty evidence of that everywhere you look. It always seems a magical time of year to me, to see such colourful blossoms, shapes and scents.

I hope you enjoy this April issue; there is lots for everyone to enjoy!



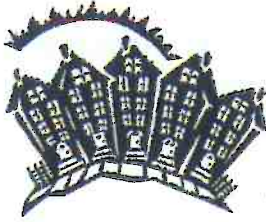
Inside This Issue

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Mission Statement
To promote Unity and Participation
To Inform and Entertain

April 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1 <i>Palm Sunday</i>	2	3 Board Mtg. 7:00 pm	4	5	 Good Friday	7 Membership Mtg. 9:00 am <i>First day of Passover</i>	
8  Easter Greetings	9 <i>Easter Monday</i> <i>Vimy Ridge Day</i>	<i>Office Closed</i>				13	14  Last day of Passover
15	16	17	18 Finance Mtg. 7:00 pm	19	20	21	
22 <i>Earth Day</i>	23	24	25 NewsMagazine 7:30 pm	26	27	28	
29	30						



THURLESTONE CO-OPERATIVE INC.

22 Fishleigh Drive, Unit 3, Scarborough, ON, M1N 1G9

416-261-1110 Office 416-261-4744 Fax

E-mail: thurlestonecoop@rogers.com

EMERGENCY PROCEDURES

INFORMATION FOR MEMBERS

1. WHAT CONSTITUTES AN EMERGENCY?

There are two kinds of emergency that members may have to deal with.

- (a) situation involving personal risk to a resident's safety, health or property.
- (b) situation involving a breakdown of the system or equipment in units or the common areas.

2. WHO IN THE CO-OP IS RESPONSIBLE FOR DEALING WITH EMERGENCIES?

During the hours that co-op staff are on duty they are responsible for responding to emergencies. At other times, Board or On-Call Members have been authorized to take the necessary action.

3. WHAT ACTION SHOULD A RESIDENT TAKE IN CASES OF AN EMERGENCY?

The action required will depend on the kind of emergency.

- (a) Personal risk to resident

In case of: Violence, Break-in or vandalism, Accident or Medical Emergency - **Call 911**

(b) In Case of **FIRE**: Leave your unit, leaving door unlocked for firefighters. Using the stairs, vacate the building immediately. Do not go back to your unit until it is declared safe to do so by fire officials.

(c) **Maintenance Emergencies**

A maintenance emergency is a building problem which requires immediate action to ensure the safety of residents or to avoid the loss of essential services or the risk of further damage to property.

If you become aware of a maintenance emergency take the following steps:

- (1) Call the Co-op office at **416-261-1110**.
- (2) If staff is not available contact your building's Board Representative or contact the On-Call Member at the On-Call Pager # **416-680-4978**
The On Call member should call you back within a few minutes.

PLEASE REMEMBER

On Call responsibilities are handled by the volunteer On-Call Member. Please call them only when absolutely necessary and in cases of real maintenance emergencies.

When you contact the On-Call member, please be prepared to assist in dealing with the problem in whatever way may be necessary, i.e. shutting of water supply lines to stop flooding, etc.

3. BEFORE YOU CALL.....

If you have lost power in part of your unit, check that the breaker switches are all in the "on" position.

If there is a plumbing leak, shut off the valve nearest the leak, then call the staff or the On-Call member or building Board Representative.

If your stove isn't working, please check the fuses and oven timer. If your fridge or stove still doesn't work, and it is a weekend or holiday, please arrange with On-Call or a Board Representative to use the Folcroft Meeting Room fridge and stove until repairs can be made on the next regular business day.



NO SMOKING

No Smoking allowed in the hallways, stairwells, vestibules, or exterior entranceways of the co-op buildings. Please close your unit door if you wish to smoke inside your unit, and please step away by not less than 9 metres from the building when smoking outside.

This is to ensure everyone's health and safety within your buildings. Thank you for your co-operation!

Thurlestone Co-op Inc. 27 March 2012



STOOP AND SCOOP

TO: ALL PET OWNERS

It has come to our attention that some pet owners have been leaving dog feces on co-op grounds without picking up immediately afterward and without disposing of it to the garbage dumpster.

Not scooping immediately after your pet defecates is a breach of the Co-op's Pet Policy, (item #2). Therefore, if you are a pet owner(s) who has been breaching this Pet Policy item, please help by cleaning up any previous messes your pet has left on the property and please make sure to immediately scoop up after every pet defecation occurrence of your pet in the future. Please also be sure to dispose of the plastic bag filled with excrement immediately into the garbage dumpster. These are not to be left lying on the co-op property.

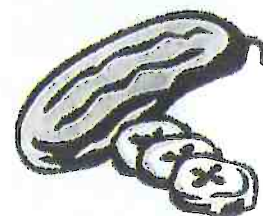
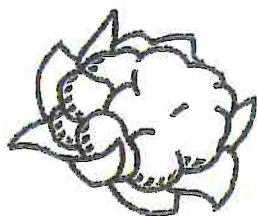
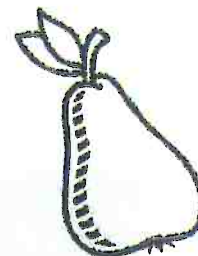
The grounds currently have some unsightly pet droppings not yet cleaned up. Any pet owner who has not yet cleaned up after their pet's droppings is requested to please take immediate steps to remove these feces from co-op property.

Thank you in advance for everyone's co-operation in these matters, as we work to keep the grounds looking clean and sightly for everyone to enjoy.

Diana Hogan, Co-ordinator
Thurlestone Co-operative Inc.
March 12, 2012

a FREE hands-on program where you will learn how to help yourself or your family eat more vegetables and fruit

Colour It Up



TTC
tokens provided
(if necessary)

Childcare
available

Meals
provided

Go for More Vegetables and Fruit

Who: Women 19 to 50 years old

When: Wednesdays 5:30-7:30pm from April 18 to May 23

Where: Among Friends location of LAMP
(2970 Lakeshore Boulevard West, at 8th Street)

To register, please contact Maki
at 416-252-9701 ext 271



LAMP Community Health Centre
185 Fifth Street, Etobicoke ON M8V 2Z5
Tel: 416.252.6471 Fax: 416.252.4474
www.lampchc.org

"Building a Healthier Community"

- 7 -



United Way
Greater Toronto



LAMP's Healthy Living Workshop Series

From 6:30 pm to 8:30 pm

At LAMP

185 Fifth Street

DEALING

WITH

DEPRESSION



- **What is Depression?**
- **How does it affect people?**
- **Treatment options**
- **Tips for coping with depression**
- **How to support someone with depression**

WEDNESDAY

APRIL 4th

2012

FREE

Call to Register—Limited Space

Brenda Johnson

416-252-6471 ext. 235 or email: brendaj@lampchc.org

Sponsored by

LAMP Community Health Centre

185 Fifth Street, Etobicoke ON M8V 2Z5

Tel: 416.252.6471 Fax: 416.252.4474

www.lampchc.org

"Building a Health Community"



Ontario's Community Health Centres



United Way
Greater Toronto

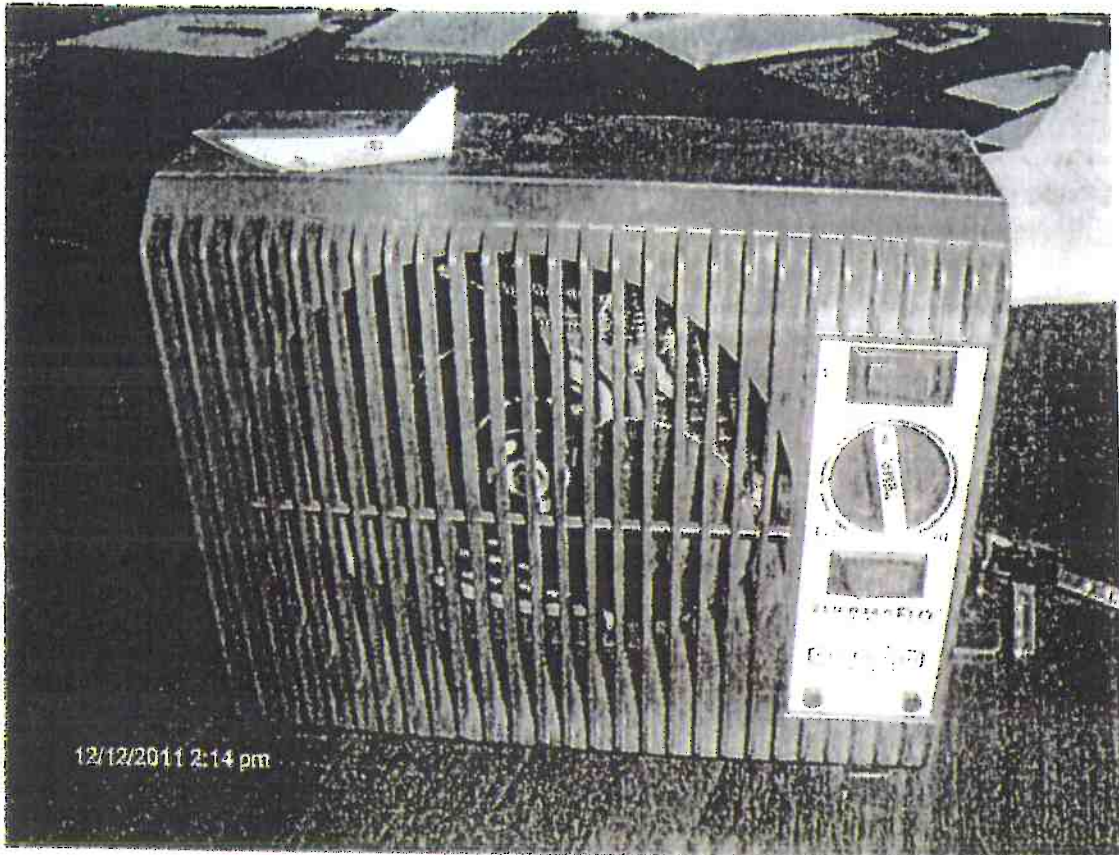


FOR SALE

\$25.00 each for slightly used Sea Breeze space heaters. Space heaters were purchased in October 2011 and used for approximately 1 month. Payment must be made by debit card, money order or certified cheque. Purchaser will be required to sign a Bill of a Sale.

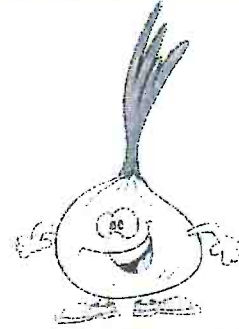
Contact Woburn Village Co-operative Homes Inc. for more information.

woburnvillage@gmail.com or 416-438-6160.



Go ahead! Add an onion!

Onions have been used as a good remedy for a myriad of health issues. Raw or cooked, onions have anti-inflammatory, anticholesterol, anti-cancer and antioxidant properties, which may help with many diseases such as diabetes, osteoporosis and high blood pressure.



They're also the best food for your smile! Because they contain an antibacterial compound that kills many types of oral bacteria, onions can help diminish the severity of gingivitis and periodontitis (gum disease). Eating them raw produces the maximum benefit.

Nutritionally, onions contain numerous vitamins and minerals – they're inexpensive and delicious. Worried about onions on your breath. Fresh parsley will do the trick.

Source: Ultima Dental Wellness website

<p>"Top Bin Sins" Items that don't go in the Blue Bin</p>	
<ul style="list-style-type: none"> • Plastic pails, plastic paint pails (with or without metal handles) • Plastic (clear/non-clear): fruit and vegetable containers, drinking cups, takeout food containers and lids, moulded bakery item trays • Plastic (bags/wrap): plastic over-wrap (on pop cartons, water bottles, toilet paper), bags holding flyers, dry cleaning, milk (outer and inner), produce, bread, sandwich and plastic food wrap • Binders (e.g. three ring) • Plastic: make-up jars, caulking tubes, food storage containers, motor oil jugs, plant trays, flower pots, cutlery, packing peanuts • Glass: drinking glasses, dishes, cups, crystal, window glass, light bulbs, mirrors, pottery, pots, pans • Aluminum: foil food wrap, potato chip bags, metallic gift wrap 	<ul style="list-style-type: none"> • Plastic blister packs • Medical waste • Toys • Clothes, shoes, carpets, curtains, bedding • Small appliances, electronics • Cassettes, CDs & DVDs • Dryer sheets, baby wipes, make-up pads, cotton tipped swabs, dental floss • Hair, pet fur, feathers, wax, wood pieces, cigarette butts, wine corks, vacuum bags/ contents and BBQ ashes • Hazardous waste: propane/helium tanks & cylinders, batteries, compact fluorescent light bulbs (Must not be put in recycling or garbage; take to Drop-off Depot.) • Metal: scrap metal, coat hangers, pots, pans, small appliances • Other paper products: waxed cardboard, waxed paper. Note: Soiled tissues and napkins go in the Green Bin. • Wood: pieces, flooring, crates for fruit

5 Unexpected Uses for Peanut Butter

Peanut butter is delicious in cookies and on sandwiches, but the tasty mixture of roasted nuts can also do things like removing grime to preserving garden tools !



Remove Sticky Labels

Everyone has bought a glass or dish with a stubborn sticky price tag on it. You can soap and scrub it for ages and still leave gummy residue behind. Instead of scrubbing until you scratch the surface of the glass, put a glob of peanut butter on the label. Let it sit for a few minutes, to let the oils sink in, and wipe it-and the label-away.

Get Gum Out of Hair

Accidentally getting gum stuck in your hair is almost a childhood rite of passage. Instead of cutting off a chunk of your kid's mane, grab the jar of peanut butter. Spread a spoonful of PB on the hair stuck to the gum and rub for a while. Eventually the gum should slide out of the hair with ease.

Lubricate Your Mower

The oily nature of peanut butter makes it great for moisturizing and lubricating. If your old lawn mower blades are getting a little rusty and creaky, smear them with peanut butter. They'll be turning like new in no time.

Keep Rust off Garden Tools

Cover garden tools in PB in the winter to keep them from rusting during the off-season.

Cleaning Leather Furniture

Leather sofas can get dull and dirty with daily use. Instead of buying expensive leather cleaner, just rub a little peanut butter into the leather with a soft cloth and buff away the residue. Voilà, a clean couch!

Almond Crusted Chicken With Sweet Potatoes and Asparagus

This quick, easy meal is just the thing to top off a relaxing day. It's a perfect balance of protein and colorful veggies that's light, healthy and delicious. Plus, there's virtually no clean-up. It's a win-win!



Ingredients

Serves 2

1/2 cup whole almonds, finely chopped

1/2 cup Dijon mustard

2 boneless skinless chicken breast halves, preferably pasture raised

1/2 lb fresh asparagus with the ends trimmed

1 large sweet potato

Salt and pepper to taste

Directions

Preheat oven to 450° F, and line a cookie sheet with parchment paper. In a small food processor, add the whole almonds and chop fine. Lay a piece of parchment on a flat surface. Sprinkle chopped almonds on top of parchment. Lay chicken on parchment paper. Coat each piece of chicken with the mustard and dredge in the almonds. Place coated chicken breasts on parchment paper-lined cookie sheet. Lay asparagus next to the chicken breasts. Slice the sweet potato into thin circles and lay next to asparagus. Lightly spray chicken, potatoes and asparagus with olive oil and sprinkle with salt and pepper. Place cookie sheet in the oven. Bake for 10-13 minutes until chicken feels firm to the touch and is cooked through.

Recipe courtesy of Laurie Erickson, DoctorOz.com



What's in *Your* FRIDGE?

Deep-clean your fridge. Keep the inside of your fridge from looking like a science experiment with these easy tips for getting at gunk.

Preparation

1. Removes shelves, racks and drawers.
2. Let glass components warm to room temperature before using hot water to avoid cracking.
3. Wash with mild dish soap.
4. For parts that can't be removed, cover food spills with a warm, wet cloth for a few minutes to soften them; then use a nonabrasive scrubber.

Clean

5. Wash inside your fridge with a mixture of 1 part baking soda and 7 parts water. The scent from commercial cleaners might transfer to food.
6. Work from top to bottom to prevent drips onto already-clean surfaces. Use an old toothbrush or toothpicks to reach cracks and crevices. Wipe dry with a clean towel.

Reload

7. Avoid reloading the fridge with sloppy food containers. Use baking soda and water to wipe jars, bottles, and cans with drips or crusty lids.
8. Dry containers thoroughly with clean cloths before putting them back.



One of these days ..



**Beaches Lions Club
Easter Parade,
Easter Sunday, April 8, 2-4 pm,
Queen St. E.**

When you thought I wasn't looking

Author: Unknown

When you thought I wasn't looking,
I saw you hang my first painting on the
refrigerator,
and I wanted to paint another one.

When you thought I wasn't looking,
I saw you feed a stray cat,
and I thought it was good to be kind
to animals.

When you thought I wasn't looking,
I saw you make my favorite cake for me,
and I knew that little things are
special things.

When you thought I wasn't looking,
I heard you say a prayer,
and I believed that there was a God to
talk to.

When you thought I wasn't looking,
I felt you kiss me goodnight,
and I felt loved.

When you thought I wasn't looking,
I saw tears come from your eyes,
and I learned that sometimes things hurt,
but it's alright to cry.

When you thought I wasn't looking,
I saw that you cared,
and I wanted to be everything that I
could be.

When you thought I wasn't looking,
I looked....
and I wanted to say thanks for all the
things I saw

~ when you thought I wasn't looking.



GABRIEL FAURE'S
REQUIEM

 Toronto Beach Chorus
CASA VOICED
MERVIN LICE, CONDUCTOR



**GOOD FRIDAY
APRIL 6, 2012
7:30 PM**

975 KINGSTON ROAD
TICKETS: \$20/\$10 YOUTH (7-18)
1104-650-1108 x204

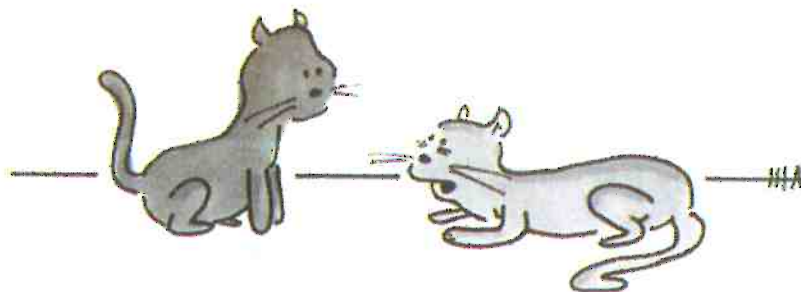
MUSIC FOR LIGHT, HOPE AND
PEACE, INCLUDING THE
BEAUTIFUL FAURE REQUIEM,
CELEBRATES THE GLORIOUS
REBIRTH AND
TRANSFORMATION OF SPRING.

www.TorontoBeachChorus.com

CHANGEMONEY SPONSORED BY:   

The Co-op Canines

Here are some images of the great pets we have in the neighbourhood – welcome to all those who are new! And please send your image in or let the newsletter committee know and we'll take pictures and include them in our next issue.



“You’ll have to excuse me, I’m only working on about 20 hours of sleep.”

Enjoy this 4 Easter Word Scramble puzzles.

EASTER

G S E G
A I L P R
N U B Y N
Y S N U D A
Answer:

JOKES

What do you call it when a bunny changes the kind of clothes it wears?
A new hare style.
What is it called when a row of bunnies breaks apart?
A hareline fracture.

EGGS

B D R I
K R C C A
E H L S L
E E L M O T
Answer

JOKES

What's the Easter bunny's favorite kind of music?
Hippity Hoppity.
What do you call a rabbit that tells jokes?
A funny bunny.

BUNNY

B R A I T B
R E H A
G S B U
T R P U M H E
Answer:

JOKES

What does a bunny say on January 1st?
Hoppy New Year.
What do you call a row of 10 bunnies walking backwards?
A receding hare line.

CHOCOLATE

S H I C P
R K D A
T W E S T E
U T N O G A
Answer:

JOKES

What do you call a nasty gash on a bunny?
A hare cut.
How many bunnies does it take to screw in a lightbulb?
Bunnies can't screw in lightbulbs.

Word List: eggs, april, bird, omelet, chips, dark, rabbit, hare, crack, sweet, sunday, shell, scrambled, bunny, bugs, thumper, easter, spring, nougat, candies

Easter Word Search

Instructions :

Find out the words given in this list from the puzzle.

F	T	V	K	N	X	A	Z	O	B	N	F	V	Q	R	F	V	D
B	U	T	T	E	R	F	L	Y	C	T	I	Y	C	H	I	D	T
V	S	P	T	G	D	A	B	P	U	W	F	D	R	O	A	C	L
T	R	O	B	L	F	S	H	A	L	G	P	N	O	Q	E	N	Z
S	Y	E	I	B	E	Z	L	L	Z	C	Q	C	S	L	Y	B	X
H	F	T	K	U	F	Q	P	M	L	M	P	Q	S	W	V	Q	S
B	O	J	E	N	T	O	X	G	E	P	S	P	J	M	C	T	P
O	Q	R	U	N	D	O	W	X	P	S	B	A	S	K	E	T	B
N	R	Z	I	Y	O	H	E	C	W	W	T	E	I	C	B	Q	V
N	O	L	K	H	M	N	D	I	T	I	V	Y	W	S	H	Y	D
E	B	U	N	P	Y	B	W	R	I	R	C	N	F	H	X	O	R
T	C	M	J	M	U	N	J	R	N	A	P	K	A	S	C	Q	W
M	T	M	J	U	O	J	Y	Q	E	B	J	D	T	Y	P	A	I
B	Q	D	W	W	E	L	P	S	W	B	A	D	S	Q	F	B	E
Q	I	I	J	R	G	I	U	U	N	I	P	U	X	D	L	Q	K
G	D	W	B	L	G	L	O	H	O	T	F	I	C	V	A	D	H
U	X	U	T	P	J	Y	W	F	W	F	G	O	Z	B	M	C	N
L	C	G	X	G	D	D	Y	C	B	B	I	X	K	L	B	Y	V

Word List

BONNET
 RABBIT
 EGG
 BASKET
 BUNNY
 LILY
 LAMB
 CROSS
 PALM
 BUTTERFLY

Tip: When you detect any word, circle it with a pen to distinguish from the disordered arrangement.

CRYPTOGRAM

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
10	24	1	11	21	18	2	26	13	25	20	6	12	22	14	9	8	17	16	15	23	7	4	3	19	5

 4 17 13 15 21 13 15 14 22 19 14 23 17 26 21 10 17 15

 15 26 10 15 21 7 21 17 19 11 10 19 13 16 15 26 21 24 21 16 15

 11 10 19 13 22 15 26 21 19 21 10 17

Directions:

This puzzle is called a Cryptogram. I've always loved doing them! At the top there is a KEY that lists all the letters from A thru Z with a box below. Each of the letters has a corresponding number.

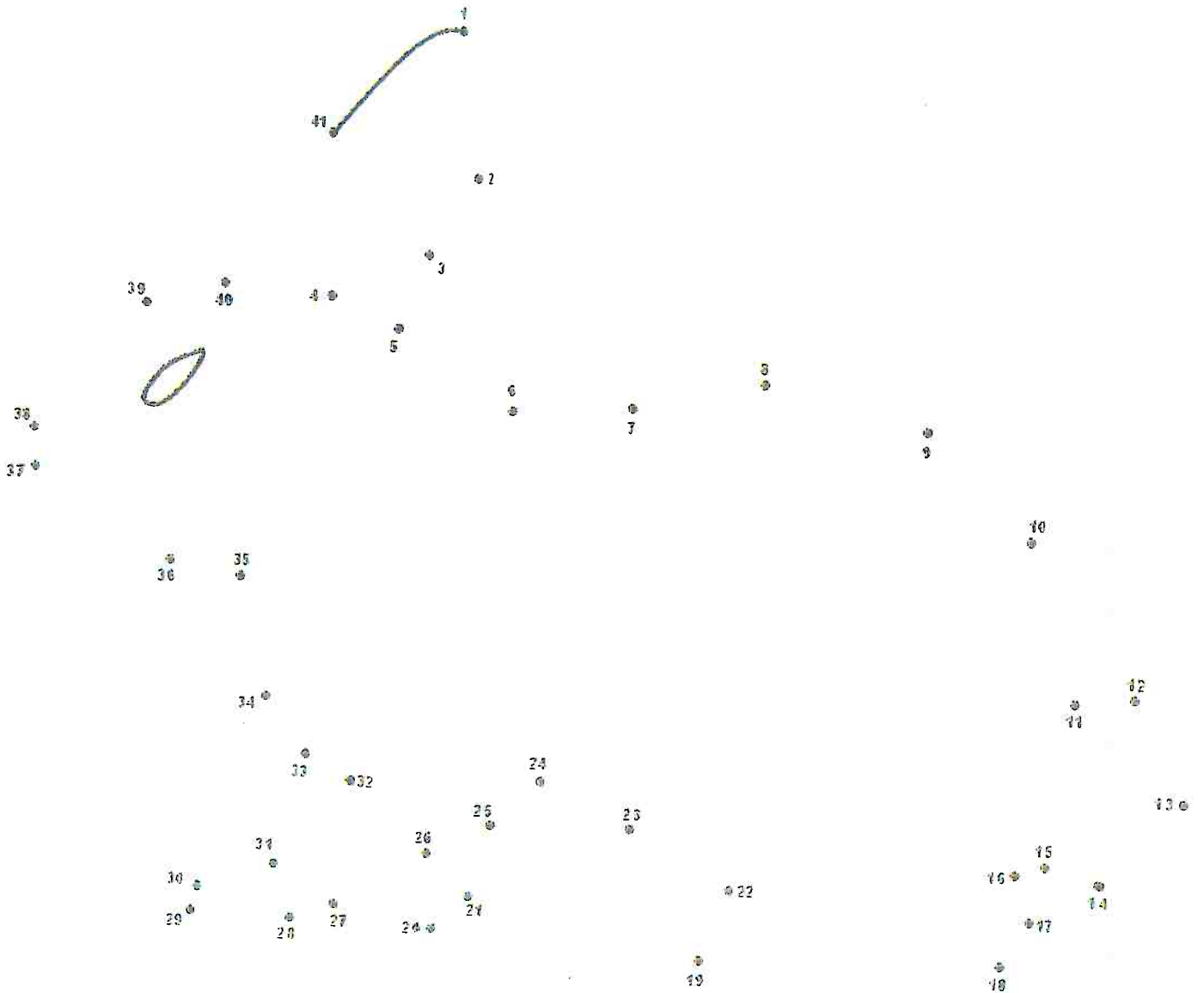
The bottom part contains a secret phrase. Each of the blanks has a number underneath it. Fill in the letters that correspond to the numbers below the blanks to solve the phrase.



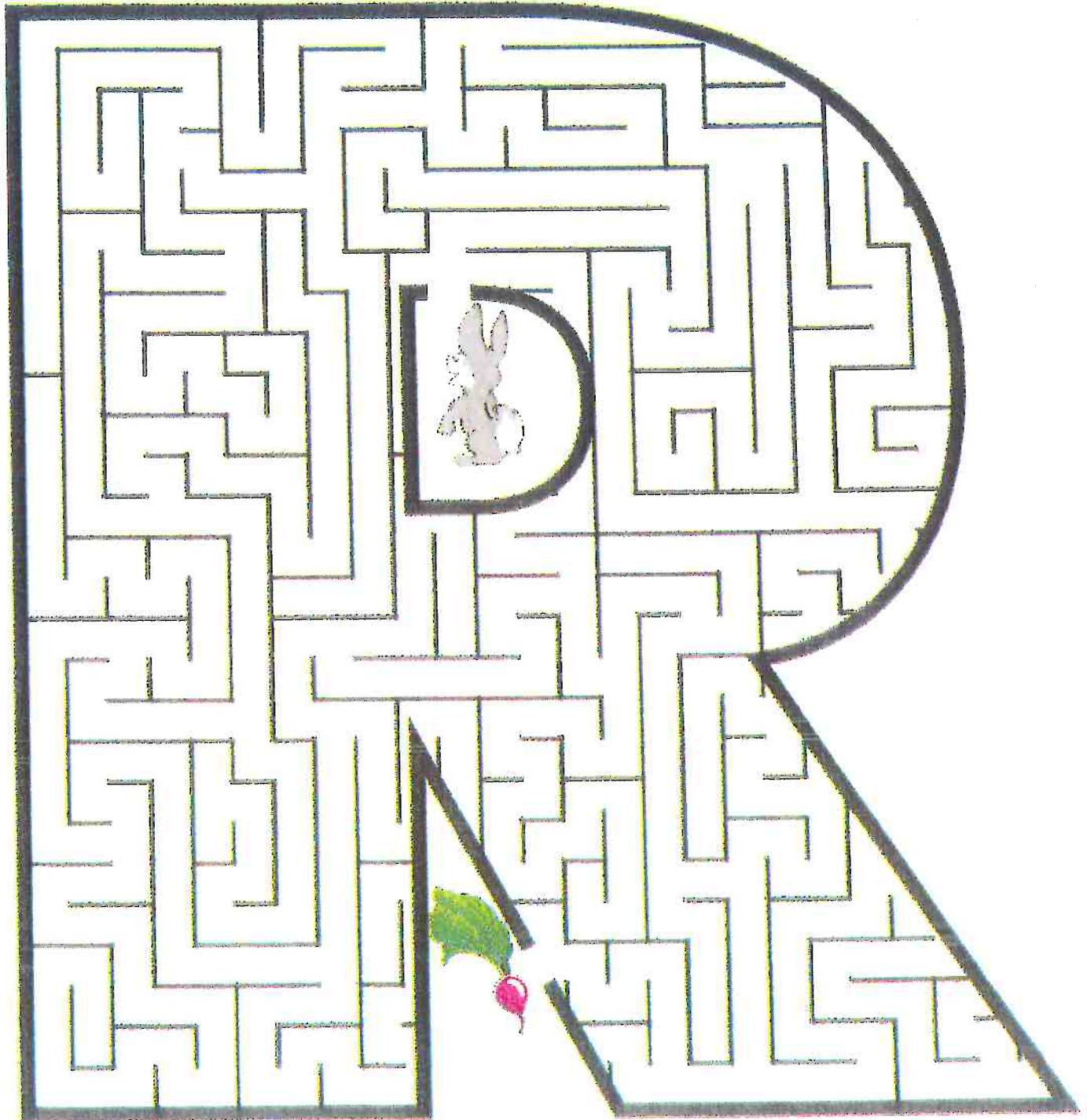
Easter Bunny

Dot-to-Dot Puzzle

Start at 1 and count by one up to 41. Connect the dots as you go to reveal this Easter picture.



Help the **Ravenous Rabbit** through this maze to find the **Red Radish** on this free printable maze of the letter R.



Welcome
Spring

