

January – February 2017

THURLESTONE NEWSMAGAZINE

Winter Warmth

*Piles of snow beneath my boots
chilly winds blowing everywhere
snow keeps mounting on the posts
on the windows and on the roads
shovels outside,
soups inside
hot and rich,
chicken and corn
coming back from all the work
this is what I look for
the warm chestnuts,
the cracking fire
this is my winter warmth*

© Sam

Source: <http://www.familyfriendpoems.com/poem/winter-warmth>



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- January 2017 -						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 New Year's Day	2	3	4 Bylaw Mtg 11:00am	5	6	7
8	9	10 Board Mtg 7:00pm	11 Sir John A. Macdonald Day Bylaw Mtg 11:00am Finance Mtg 7:00pm	12	13	14
15	16	17	18 Bylaw Mtg 11:00am	19	20	21
22	23	24	25 Bylaw Mtg 11:00am	26	27	28 Chinese New Year
29	30	31 Board Mtg 7:00pm				

- February 2017 -						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14 Valentine's Day 	15	16	17	18
19	20 Family Day	21	22	23	24	25
26	27	28				



**TO OUR
NEW MEMBERS**

Karen Mitton and Rory MacNeill

Narishma Basdeo

Tiana Lowry

Michelle Halkat

Louise Copage

The Newsletter Committee is always looking for your contributions – please submit your ideas, stories, artwork, recipes etc.

E-mail us at: t-nm@live.ca



QUOTES

- *When it snows, you have two choices: shovel or make snow angels.*
- *It's NEVER too cold for ice cream.*

Read more: http://www.searchquotes.com/quotation/When_it_snows%2C_you_have_two_choices%3A_shovel_or_make_snow_angels./292570/#ixzz4UIKdMn6o



CHFT Diversity Scholarship

10 scholarships of \$5,000

To be eligible you need to

- live in a CHFT member housing co-op
- have used your knowledge and understanding of diversity to make a positive contribution to your school or local community
- have a demonstrated financial need
- plan to attend a recognized, publicly funded Canadian post-secondary education institution – community college, university or approved apprenticeship-training program on a full time basis in the 2017/2018 academic year.

Application deadline

Wednesday, February 8, 2017 at 4:00 p.m.

The 2017 CHFT Diversity Scholarship application is now available on-line at www.chft.coop. For more information please contact, Angela Calderone angela@coophousing.com or 416 465-8688 extension 206.



The CHFT Diversity Scholarship is a joint project of the Co-operative Housing Federation of Toronto and CHFT Charitable Fund.



Since 2004 the CHFT Diversity Scholarship program - 3 - distributed over 1 million in scholarship money.



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

FOR MEMBERS

1. WHAT CONSTITUTES AN EMERGENCY?

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

- (a) situations involving personal risk to a resident's safety, health or property. These situations may require Police, Fire, or Ambulance.
- (b) situations involving a breakdown of a system or equipment in the units or common areas. These situations may require Co-op Maintenance assistance.

2. WHO IS RESPONSIBLE FOR DEALING WITH EMERGENCIES?

Members are the first ones to deal with emergencies as they experience them. During Open Office Hours, Co-op staff are available to assist members in dealing with any maintenance emergencies. All other emergencies involving risks to personal health or safety should be directed to 911 for Police, Fire, or Ambulance assistance.

At all other times the On-Call Captain, or your building's Board Representative are available to assist with maintenance emergencies.

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

The action required will depend on the kind of emergency. For example:

- (a) An emergency where there is Personal risk to a resident –

Call 911 – for Police, Ambulance, or Fire

- (b) In cases of: Violence, Break-ins or vandalism, Accident or Medical Emergency - **Call 911**
- (c) In case of FIRE: Leave your unit, if you deem it safe to do so, making sure to leave your door unlocked for firefighters. Then use the stairwell to vacate the building if safe to do so. Once outside the building – **Call 911**

Do not go back to your unit until it is declared safe for re-entry by the fire department officials.

(d) **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 further damage to property. Examples include: serious plumbing leaks in your unit or common areas that cannot be contained, or loss of power in your unit or in the building, etc.

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

- (1) Call the Co-op Office for assistance:

416-261-1110

- (2) If staff is not in the Office or the Office is closed, please call the On-Call Pager Captain:

416-441-8360

If you do not receive a response within a short period of time, then please contact your building's Board Representative.

When you contact the On-Call Captain or Board Representative, please be ready to assist in dealing with the problem in whatever way may be necessary, i.e. you may be instructed to shut off your water shut off valves in your bathroom to prevent further flooding from a toilet, for example.

4. THINGS TO TRY BEFORE YOU CALL FOR EMERGENCY MAINTENANCE ASSISTANCE...

If you have lost power in part of your unit, check that the breaker switches are all in the "on" position, or that you have not blown a fuse by plugging in too many devices.

If there is a plumbing leak, shut off the valve nearest the leak, then call the staff or the On-Call member or contact your building board representative.

If your stove isn't working, check the fuses and oven timer. If you cannot get your stove to work, please contact the Office or the On Call Captain for assistance.

If it is after hours and you believe that the maintenance issue can safely wait until the Co-op Office re-opens, then please submit a work order (work orders are available either in your laundry rooms, building lobbies, or also printable from the Co-op's website under Member Section, <http://thurlestonecoop.com/doc/WorkOrder.pdf>

You may also submit an email with a brief description of the problem and the location to the Co-op Office: thurlestonecoop@rogers.com If the problem is within your unit, please identify yourself, your unit number, and please provide permission for entry during business hours when the Office re-opens so that a repair may be carried out.

Thank you and should you have any questions in these procedures, please don't hesitate to contact the Co-op Office at 416-261-1110 during business hours or by email: thurlestonecoop@rogers.com

IMPORTANT – If you haven't already submitted this form for your unit in the past, or if you wish to update your authorization list, please complete and submit to the Co-op Office without delay.



THURLESTONE CO-OPERATIVE INC.

22 Fishleigh Drive, Unit 3, Scarborough, ON, M1N 1G9
(416) 261-1110 (Phone) (416)261-4744 (Fax)

January 9, 2017

UNIT ACCESS AUTHORIZATION FORM

Dear Member (s),

Please complete this form and return to the Co-op Office to give written consent to the person(s) named below to have key access to your unit in cases of lost keys or in an emergency. It is also recommended that you take steps to ensure that you have a spare unit key kept securely that you may access in the event of becoming locked out of your unit, as Co-op personnel or member volunteers may not be available to provide access to your unit when you need it most and this will help you to avoid having to pay for a locksmith to gain access to your unit.

If you wish to cancel or change consent at any time, you are required to submit your request to the Co-op Office in writing, as we cannot change the consent information that you provide below without further written notice.

If you are giving consent for an individual, you must provide the person's full name below. Please advise the individuals listed below that they must be prepared to provide photo identification as verification to the Co-op. Anyone from your household under the age of 16 cannot be granted access to your unit, unless you provide your written consent with their names below. Without this consent, access to your unit will not be given, unless the Co-op or other member volunteer is able to reach you or another member of your household and receives your verbal consent for each and every occurrence.

Access Authorization to Enter Member Unit

I/We, the members of Unit # _____ of _____ building give consent for the following person(s) who permanently reside in my/our unit or who are visitors to my/our unit to have access to my/our household in the event of an emergency, including in cases of lost or misplaced keys:

Name of Individual(s): _____ **Date:** _____

Person 1 - Full name: _____

Person 2 - Full name: _____

Person 3 - Full name: _____

Member Name: _____
(please print)

Member Signature: _____
(sign here)

Member Name: _____
(please print)

Member Signature: _____
(sign here)



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MEMO

To: All Members

From: Diana Hogan, Co-ordinator

Date: January 4, 2017

Re: Blue Bin Recycling Inspections by City

The City of Toronto has issued a letter to all properties in the City advising that they are going to be randomly inspecting our Blue Bins for garbage contamination throughout 2017. If they find any items during their inspections in our recycling bins that are not listed on the attached recycling guide, they will deem the whole blue bin contaminated and will pick this bin up as regular garbage and charge the Co-op for this extra garbage bin lift.

Let's all do our part to make sure that we avoid any extra garbage disposal costs by ensuring that we are recycling properly in accordance with the City of Toronto's Recycling Guide that is attached for your review.

Thank you for your attention and co-operation in this important Blue Bin Recycling Program matter. Should you have any questions about recycling, please contact the Co-op Office at 416-261-1110, or contact the City at 311.

Blue Bin Recycling

Recycling tips

- Rinse clean. Remove food, liquids, contents before recycling.
- Put items in **loose** and not bagged.
- Put shredded paper in a clear plastic bag.
- Separate plastic bags/over-wrap from newspapers, flyers, magazines, water/soft drink cases. Recycle separately.

Glass

- Bottles, jars (lids on)

Plastics

- Tubs, lids
- Clear food containers/clamshells
- Disposable plates, cups, berry containers (black items are garbage)
- Detergent, hand soap, shampoo bottles (lids, sprayers, pumps – on tight)
- Beverage bottles (lids on)
- Cat litter tubs with plastic handles
- Plastic paint pails (empty; remove metal handles, handles are garbage)
- Clear compact disk cases (empty; black cases are garbage)



Note: Black plastic items cannot be recycled (put in garbage)

Soft, stretchy plastics

- Milk bags (inner pouches, outer bag)
- Bread bags (non-foil)
- Sandwich bags (e.g. re-sealable bags)
- Bulk food/produce bags
- Frozen fruit/vegetable bags (no stand-up pouches)
- Grocery/retail shopping bags
- Dry cleaning bags
- Newspaper/flyer, magazine bags (separate item from bag; recycle separately)
- Garden soil/manure/compost/road salt bags
- Diaper/feminine hygiene outer bags
- Over-wrap from toilet paper, napkins, paper towels, water/soft drink cases



Note: Remove product before recycling

MORE ITEMS

Blue Bin Recycling

Metal

- **Aluminum/steel cans**
(place lid in can and pinch closed)
- **Aluminum trays, burner liners, pie plates, roasting pans**
- **Aerosol cans** (empty; lids on)
- **Paint cans**
(empty; remove lids and recycle separately)



Paper

- **Bags, advertising mail, fine paper, envelopes** (including window)
- **Newspapers, flyers, directories, magazines, catalogues**
(remove overwrap; recycle separately)
- **Gift wrap, cards** (no ribbons, bows, foil wrap)
- **Shredded paper**
(put in clear plastic bag, tie closed)
- **Soft/hard cover books**



Cardboard

- **Boxboard** (e.g. cereal, tissue, detergent, shoe; remove liners, flatten)
- **Corrugated cardboard** (clean, unwaxed, flattened; pizza boxes must be empty; remove over-wrap from water/soft drink cases, recycle separately)
- **Rolls** (toilet, paper towel, wrapping paper)
- **Milk/juice cartons and boxes** (straws are garbage)
- **Cans** (e.g. chips, nuts, frozen juice – place metal end in can and pinch closed; pull-off strips are garbage)



Note: Black foam items cannot be recycled (put in garbage)

Foam polystyrene

- **Foam food and protective packaging**
(e.g. drinking cups, egg cartons, meat trays, takeout food containers, electronic packaging)

FRONT END CUSTOMERS CHRISTMAS TREE COLLECTION

JANUARY 2017

- Christmas trees will be collected on Wednesday January 18, 2017 and Wednesday January 25, 2017.
- Please call 311 prior to January 13th, 2017 in order to have your property added to the Christmas tree collection list.
- Please remove all decorations/lights and do not place trees in containers or wrap them in plastic, otherwise they will be refused for collection.
- Please place all Christmas trees for collection at the regular collection point.
- To report a missed collection or other concerns regarding your collection services contact City of Toronto Customer Service at 311.

What to expect from your co-op

by
Reg Morency

The Co-operative Housing Federation of Canada offers a series of articles on various issues confronting co-ops and it's members. The following article taken from their website "http://www.chfcanada.coop/eng/pages2007/about_7.asp#disagreeing", will hopefully clarify what you should expect from the governance of your board of director, and your responsibility as a member.

When you moved into your co-op unit you signed an occupancy agreement or lease. That's a contract that says what you agree to in exchange for the right to live in your unit what the co-op agrees to do for you as a resident. For example, your occupancy agreement at this co-op will say that you have to pay your housing charges on time and follow the rules of the co-op. In return you can expect that the co-op will look after the property and supply basic services such as heat, hot water, electricity, and cable. If you think you are not getting the services you have been promised, you need to take the matter up with your co-op's staff or the board.

The law and your co-op

There are laws and agreements that affect your housing co-op. Co-ops are organized under the legislation for co-ops in your province or territory. That legislation is usually known as the co-op act, or a name close to that. Your co-op must follow this act. It must follow other laws too, like the human rights code that applies to you, and municipal by-laws and regulations.

There are also contracts that affect your co-op. Some co-ops have contracts with the government called operating agreements (for Ontario municipal co-ops the operating agreement has been replaced by the Housing Services Act). These agreements say how your co-op gets assistance from the government and what the rules of the program are. Your co-op must follow its operating agreement. Some co-ops have other agreements with the government that provide rent supplements or extra help for co-ops in financial trouble. Co-ops must follow these agreements too. If you think your co-op is not following the law or its own rules, then ask about it. If necessary you can use the process for handling a dispute with your co-op (see below).

Disagreeing with what your co-op decides

Co-ops decide things democratically – by the majority vote of the board or the members, depending on the issue. Some members may not agree with what has been decided. Part of living in a co-op is accepting the decision of the majority – even if you don't agree with it. That's how a democracy works.

So to make sure your ideas are heard you need to work within the democratic structure of your co-op. Before deciding whether you should raise an issue with the board or at a members meeting you'll need to be clear about which group has the legal right to make a decision on your issue. Find out how to get something on the agenda for a meeting of the board or of the members. Learn to present your ideas positively so the board or the members will understand them and react favourably. And as we said: accept the decision, even if it's not the one you hoped for. If you aren't happy with your board, remember – elections are never that far away.

Having a dispute with your co-op

Sometimes members have disputes with their co-ops because they think the co-op is doing something it doesn't have the right to do. First let's be clear about roles. Your co-op's board of directors is responsible for the governance of the co-op and is legally accountable for the co-ops affairs; the members are not. . The board is charged with the job of making decisions in accordance with the co-op's by-laws, rules and policies, and must act in the best interests of the co-op.

The board is accountable to the members, but that doesn't mean that the members have the same level of authority that the board has to direct the co-op's affairs. Most provincial co-op acts oblige the board to manage the business of the co-op. This means that the board has the authority to make all decisions except those explicitly reserved to the members in the act and the rules, and in turn the directors are liable for the consequences of those decisions. Members shouldn't try to do the board's work in general meetings. In fact, the members do not have the authority to make or overturn decisions that are the board's right to make.

Members are responsible for some key governance decisions such as making rules, appointing the auditor and, most importantly, choosing directors who will act ethically and in the best interests of the co-op. For more information about the board's governance and leadership roles, have a look at CHF Canada's publication *Getting Governance Right*. .

If a member has a dispute with the co-op then there are two ways to solve the dispute: democratically, using the co-op's rules and procedures, or legally, using laws that govern co-ops.

If you have a concern, tell your co-op's manager or your board. You should put your concerns in writing. Ask someone to help you if necessary. Your letter should describe your problem and ways you think your issues can be resolved. Keep a copy of your letter. You may wish to have an issue considered by the members of your co-op. You can do this by writing to the board and asking them to put an item on the agenda of the next members meeting. But remember, only bring issues to the members that are within their authority to decide. Sometimes, a board may choose to consult the members on an issue that falls within their authority. And it is the board's decision to follow or not follow the members' advice or feedback. Remember, your board is responsible to act in the best interests of your co-op. This means that sometimes the board may make decisions that some members may not agree with. It's the board's right to do that.

If you do not get a response from the co-op or if you believe that the board has not followed the co-op's rules then as a last resort you may decide to request a special

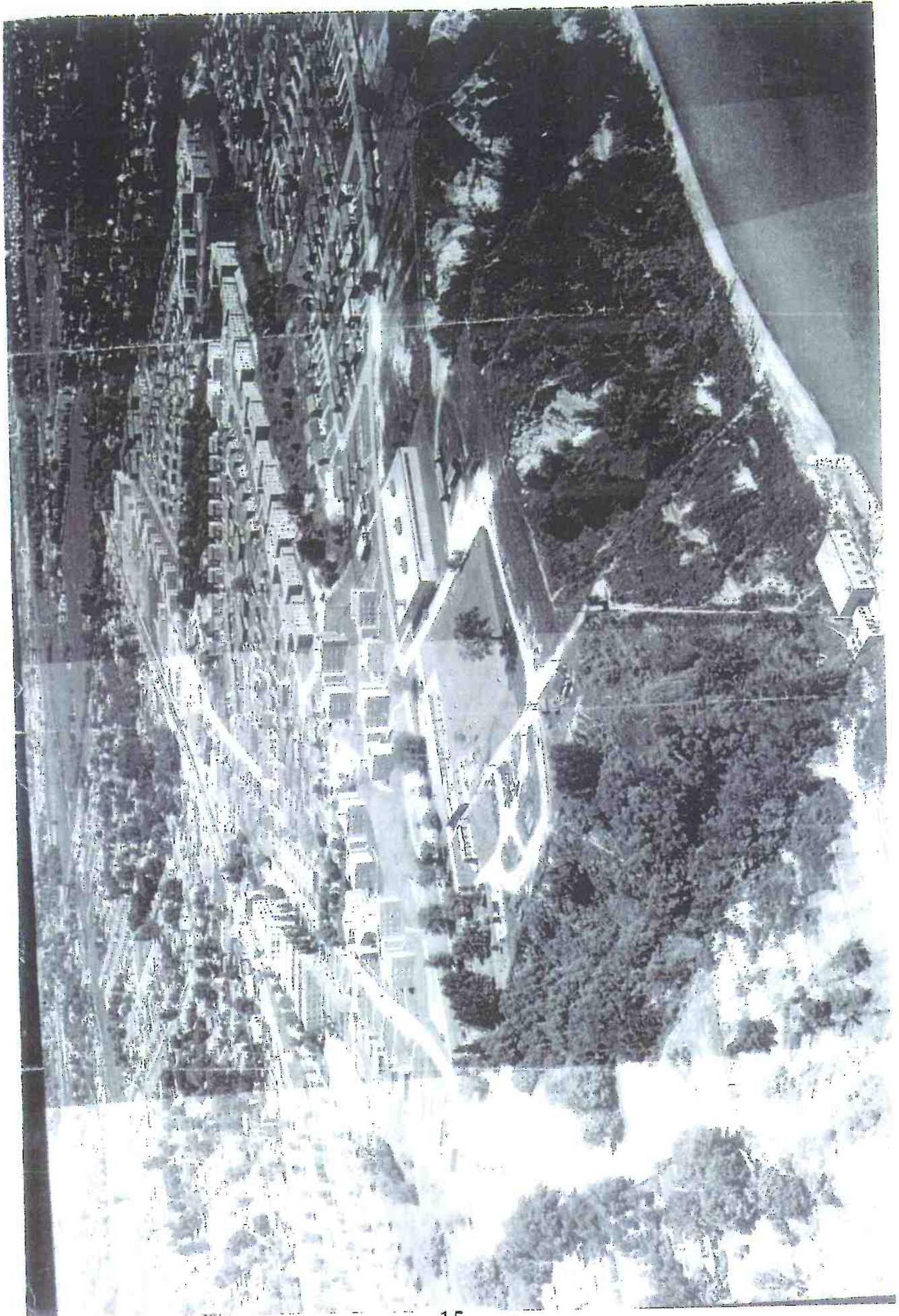
members' meeting. To request a special meeting, members must requisition a meeting of the members and this should not be used lightly. You must follow your co-op's rules and the co-op act. A requisition must receive the support of a set percentage of the co-op's members in order to be effective.

Before you decide to request a members' meeting, consider if your problem involves a decision that is within the board's authority to make. If your problem is about your co-op's rules and you want to change them then requesting a members meeting is one way you may be able to make a change. If you want the members to decide something at the meeting you may need to propose a resolution to the meeting. In some provinces, like BC, a resolution is required as part of the meeting requisition process. Under BC rules any requisition for a meeting that does not propose a specific resolution is invalid. Even if your provincial or territorial co-op act does not require a resolution, without one you may find that at the members meeting nothing is decided, even though you have won the support of the members.

You must accept the decision of the members even if you don't agree with it, because co-ops are democracies. If you think your co-op is not following the law you need to get legal advice.

Important note:

Don't request a members' meeting to overturn a legitimate decision of the board, You must make sure that the business of the meeting does not lie outside the power of the members to decide.



HISTORY OF THURLESTONE CO-OPERATIVE

Where does the name Thurlestone come from?

Thurlestone is the name of a village near a bay in Devon, England, south east of Plymouth. The village is surrounded by bluffs and overlooks the bay, in which there is a large island called the Thurle Stone. The village is supposedly very old; during Roman times it was populated by Celts and was one area of present day Britain that the Romans never controlled. It was thought that Thurlestone was a place where families came together to discuss matters of mutual concern, like how to fight off the Romans. Because of the connection with the bluffs and the co-operation among peoples, the name Thurlestone was chosen for Scarborough's first housing co-operative.

Thurlestone also had a connection with Bermuda. The house in which co-founder Chris Smith grew up was called Thurlestone, after the village in Devon. It is through this similarity that he found out about the original village and suggested the name.

It is also interesting the Peter Howland, one of Thurlestone's original residents and members, visited Bermuda on many occasions during the war when he was in the merchant marine. When he found out that Chris was from Bermuda, he gave Chris a print that he had purchased on one of his visits to Hamilton, the capital of Bermuda. Unfortunately, Peter died in 1978. Later that year, at the official opening of Thurlestone Co-op, the members planted a Crimson King maple tree in front of building #22 and Chris presented the print to the co-op in Peter's memory. The house in the picture, called Thurlestone, is located on the hill just behind the stern of the ship.

How did Thurlestone Co-op get started?

The buildings that comprise Thurlestone were constructed in the early fifties during the post-war building boom and were typical of buildings of the period. They were all built at the same time and were part of a large development that spread from Fishleigh Drive to Glen Everest Ave. Until 1975, these buildings were operated as typical rental accommodation. During the seventies, as in many buildings, the maintenance and service to tenants deteriorated, as did the relationship between the landlord and the tenants. This was partially due to the lack of rental accommodation and rent control legislation.

During the early seventies, construction of rental accommodation in Toronto virtually ceased and the housing situation was becoming critical, particularly for moderate-income families. A few people had been promoting the concept of non-profit housing co-ops for many years, and by 1973, legislation was passed by the federal government to provide beneficial financing for this housing form.

Thurlestone was conceived by three people working for the City of Toronto on the creation of the St. Lawrence neighborhood. They were Chris Smith, an experienced co-op sector worker who was co-coordinating the planning and initial development of St. Lawrence, and Joan Campbell, Administrative Assistant for the St. Lawrence Project office, and Earl Millen, who was working on a study of social services needed for St. Lawrence. With a few co-ops already started in Toronto and one in East York, the aim of the Thurlestone initiators was to attempt to start a co-operative in Scarborough.

Chris Smith and his associates, as well as Dave Robertson, Ron Greenlaw, and Paul Stapley, a former resident of a co-op in Vancouver, and Joanne Omori incorporated Thurlestone on December 1st, 1975. The first officers were Chris Smith as the President, Earl Miller as the Secretary, and Dave Robertson as Treasurer.

Various properties were investigated, especially along Kingston Road in Ward 33 of Scarborough. Phil Smith, a staff person responsible for acquiring properties for City Non-Profit Homes Corporation, brought the Fishleigh property to the attention of the group. The incorporators, with assistance from John Harstone and Bob Van Alstyne, negotiated an agreement to purchase, they arranged for federal financing, and they purchased the property on May 31st, 1976. Bob Van Alstyne was subsequently hired as manager to look after the operation of the buildings and to carry out rehabilitation of the project.

Although the project had technically become a co-op, it remained a rental building for some time. The tenants were advised that their buildings had been purchased by a new owner but had very little idea as to what a co-op was. Teaching the tenants to take over the democratic control of the project was carried out over the next year and a half. The tenants were given the choice of applying for membership in the co-op and remaining as tenants, or of moving out of the project. Many waited to see what the co-op was all about before making a decision. There was little progress in 1976, other than the preliminary work on rehabilitation and some educational work with tenants, carried out by Jean Stevenson.

Things really started happening by early 1977. Joan Campbell had made great strides in setting up a membership committee. Under the chairmanship of Toni Mulgrew, this committee was now assisting in the education of the residents and filling vacant units.

Andrew Taylor was hired to complete renovations, and work on the buildings started in earnest. During the summer, Shirley Lahoda was hired as coordinator to look after the operation of the co-op.

On February 24th, 1977, Jim Mulgrew and Kriena Deurloo became the first resident directors of the co-op, replacing Dave Robertson and Joanne Omori. Three months later, on May 30th, Larry Squire replaced Mike Stapley and Jim assumed the responsibilities of Treasurer. In August, residents gained control of the board when Louise Jackson replaced Ron Greenlaw. The board now only had three non-resident directors: Earl Miller, Joan Campbell, and Chris Smith.

At the second annual meeting on January 17th, 1978, Fran Jacobs, Metter Svensma and Pat Farell were elected and a complete resident board was in operation with the following officers: Jim Mulgrew, President; Louise Jackson, Secretary; and Fran Jacobs, Treasurer. Thus Thurlestone became a totally independent, resident-controlled co-op. Work on buildings was completed in the spring of 1978. Shortly thereafter, Shirley Lahoda resigned as coordinator and was succeeded by Penelope Winter. On September 23rd, 1978, Thurlestone had its official opening.

Several members of Thurlestone became active in the co-op sector and in their community. Kriena Deurloo was elected as Executive of the Cliffside Resident Association. The Mulgreens and Louise Jackson became involved in the development of Dentonia Park Co-operative. Larry Squire became active in the Co-operative Housing Federation of Toronto, eventually becoming vice president.

(Author Unknown)

Part 2 - The Eighties and Nineties – To Be Continued.....

Fighting Cold and Flu Season

It can be tricky to stay healthy during cold and flu season, but a few good cold and flu prevention habits can get you through without succumbing to illness. Increase your children's cold and flu defense by teaching them these cold prevention tips and reduce the chance of the common cold in your children.

Wash your hands.

The surest way to catch a cold is to catch the germs that cause the cold. Frequent hand washings eliminate germs and keep you and your family healthy. Be thorough—a quick rinse doesn't cut it.

Get eight hours of z's.

Making sure you get eight hours of sleep every night is one of the best defenses against falling ill. A good night's rest allows your body to keep up its defenses. But if eight hours is out of the question, just aim for eight... and get as many as you can.

Schedule time for exercise.

With all the running around you do, you may overlook your regular exercise habits. Make sure that while you're scheduling all those activities, you keep the exercise routine on your calendar. Maintaining regular workouts will help you keep up your stamina.

Don't forget to relax.

You're not getting the downtime you need rushing from shopping to parties to school events. Remember not to overcommit. If you can, hire someone to help clean the house for the company you expect. At the very least, enlist the entire family to help with household chores.

Drink your water.

Be especially vigilant about drinking at least six to eight glasses of water a day during the cold and flu season. And if you're flying, drink even more water and avoid consuming alcohol on the plane—high altitudes are especially dehydrating. Water keeps your digestion working well, flushes the system, and fights fatigue.

Schedule a flu shot.

Follow the recommendations of Health Canada regarding flu shots. Visit the Health Canada website to learn more. Also, talk to your doctor if you're concerned that you or your loved ones are at a higher risk for contracting the flu.

Take your vitamins.

Don't forget to take your daily vitamins. Consider taking extra vitamin C, vitamin A, and zinc, all of which have been shown to help fight colds. Consult your family doctor or physician for the correct dosage.

REMEDIES THAT WORK

Orange Juice

Crave orange juice when you're sick? It's full of vitamin C, which may help shorten a cold's duration of and work as a natural decongestant. Aim for 500 mg of vitamin C four times a day. A cup of OJ has 124 mg. Other good sources of vitamin C include strawberries, tomatoes, and broccoli.

Chili Peppers

Hot chili peppers contain capsaicin, the compound that gives them their kick and acts as a decongestant to help relieve a stuffy nose. Can't stand the heat? Mild bell peppers can help, too. They don't have capsaicin, but they're full of vitamin C.

Chicken Soup

Grandma was right -- a bowl of chicken soup does make you feel better when you're sick. This time-tested remedy contains cysteine, an amino acid that's chemically similar to a bronchitis drug to help reduce inflammation. The salty broth also helps thin mucus, and the protein in the chicken helps you produce disease-fighting antibodies

Oatmeal

Whole grains, like oatmeal, contain selenium, zinc, and beta glucan to help support your immune system and fend off cold and flu infections. Add a generous dollop of yogurt -- its probiotics may help keep a virus from settling into your respiratory system.

Garlic and Ginger

Both garlic and ginger can offer potent cold and flu relief. Garlic helps bolster your immune system to squelch an infection, while ginger helps tame nausea. Add a little ginger and garlic to your chicken soup to boost its cold- and flu-fighting power.

Steam

There's a reason why you feel better after taking a hot shower -- or sit over a bowl of steaming water with a towel draped over your head. The steam shrinks the mucus membranes in your nose and throat, and encourages mucus to drain, which helps ease a stuffy nose and congestion in your chest.

Ibuprofen or Acetaminophen

Fighting a fever with that flu? Take ibuprofen or acetaminophen to help bring it down safely. If your fever stays above 103 degrees Fahrenheit for more than two hours (especially in children), contact your doctor.

Exercise and stress: Get moving to manage stress

Exercise in almost any form can act as a stress reliever. Being active can boost your feel-good endorphins and distract you from daily worries.

By Mayo Clinic Staff

You know that exercise does your body good, but you're too busy and stressed to fit it into your routine. Hold on a second — there's good news when it comes to exercise and stress.

Virtually any form of exercise, from aerobics to yoga, can act as a stress reliever. If you're not an athlete or even if you're out of shape, you can still make a little exercise go a long way toward stress management. Discover the connection between exercise and stress relief — and why exercise should be part of your stress management plan.

Exercise and stress relief

Exercise increases your overall health and your sense of well-being, which puts more pep in your step every day. But exercise also has some direct stress-busting benefits.

- **It pumps up your endorphins.** Physical activity helps bump up the production of your brain's feel-good neurotransmitters, called endorphins. Although this function is often referred to as a runner's high, a rousing game of tennis or a nature hike also can contribute to this same feeling.
- **It's meditation in motion.** After a fast-paced game of racquetball or several laps in the pool, you'll often find that you've forgotten the day's irritations and concentrated only on your body's movements.

As you begin to regularly shed your daily tensions through movement and physical activity, you may find that this focus on a single task, and the resulting energy and optimism, can help you remain calm and clear in everything you do.

- **It improves your mood.** Regular exercise can increase self-confidence, it can relax you, and it can lower the symptoms associated with mild depression and anxiety. Exercise can also improve your sleep, which is often disrupted by stress, depression and anxiety. All of these exercise benefits can ease your stress levels and give you a sense of command over your body and your life.

<http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/exercise-and-stress/art-20044469>

The truth about gaining muscle and losing weight

Submitted by [rippedathlete](#),

First of all, there are a lot of articles all over the internet and various magazines telling you that you can gain muscle and lose weight at the same time if you just buy this supplement, do this routine, or what have you. These are lies, and I'm going to tell you why, and tell you the right way to accomplish these goals.

Ignore bodybuilders and models

For someone trying to live a normal lifestyle, there is no point following bodybuilders, watching what they do, and trying to copy their diet or exercise techniques. What they do is completely different from what an ordinary person trying to get fit needs to do. A professional bodybuilder does nothing but lift, eat, and prepare for competitions. This is not a normal person's lifestyle, and will not work if you are trying to get fit while having a job, a family to take care of, or a normal life.

Also, what you see on TV or in magazines or on the Internet is almost certainly an illusion. Without putting down the hard work these people do put into their bodies, usually the models have been airbrushed and photoshopped almost beyond recognition. In real life they aren't actually that big, or that cut, or that thin. Stop comparing yourself to the legs on that model, or the abs on that actor, because it's probably spraypainted, and if it is real, it's because that person spend six months dedicated to achieving that body.

Gaining muscle vs. losing weight

The difference between "bulking", and "leaning out", or gaining muscle and losing weight, is that when you're bulking, you need a calorie surplus, and when you're leaning out you need a calorie deficit. How can you do this at the same time? It's impossible. If your goals are to gain muscle and lose fat, you need to use a way of alternating between bulking up and leaning out that works for you. Some people alternate every three months, some alternate weekly, different people have different results.

For the best results, most people find three months of bulking followed by three months of losing weight to be effective. One reason for this is that when you have more muscle mass you burn more calories, so after a good period of muscle building, the cutting stage will be more effective and you will get more lean.

Now it is possible to build muscle without gaining weight, and to do that you need to be in the gym 4-5 days per week, for 45 minutes to an hour, putting some good stress on your muscles for bulking.

If you're trying to lean out or cut, it's all about burning. Your workouts need to be focused on burning as many calories as possible. Five or six days a week you need to do some kind of cardio, whether that be team sports, sprinting, running, biking, or elliptical machines.

Nutrition

Nutrition is extremely important to reaching your fitness goals. 80% of your results will come from nutrition and diet, the other 20% will come from your physical activity.

One area people trying to lose weight often trip up is calories in beverages. Our bodies aren't used to processing liquid calories, so we don't feel full after consuming them, but they will hurt you just as much if you're trying to lose weight. Stick to water, green tea, and cut out soda, juice, and other high-calorie beverages.

For building muscle, you need to consume more calories than you burn. It's important not to consume empty calories from sugars and sauces, and protein is necessary for building muscle, but without a calorie surplus you will not grow.

Two different goals

The truth is, you cannot gain muscle and lose weight at the same time, with a single diet and exercise program. It is possible to bulk up without gaining fat, and it's possible to lean down without losing muscle mass. To do both, you need a disciplined approach of alternating between a muscle building program and a fat cutting program.

Submitted by rippedathlete,



ARTWORK

BY

PAT GADICKE



THAI PUMPKIN SOUP

Ingredients

1½ kg pumpkin

or squash, peeled and roughly chopped

4 tsp sunflower oil

1 onion, sliced

400ml can coconut milk

850ml vegetable stock

1 tbsp grated ginger

1 lemongrass, bashed a little

3-4 tbsp Thai red curry paste

lime juice and sugar, for seasoning

1 red chilli, sliced, to serve (optional)



Method

Heat oven to 200C/180C fan/gas 6. Toss the pumpkin or squash in a roasting tin with half the oil and seasoning, then roast for 30 mins until golden and tender.

Meanwhile, put the remaining oil in a pan with the onion, ginger and lemongrass. Gently cook for 8-10 mins until softened. Stir in the curry paste for 1 min, followed by the roasted pumpkin, all but 3 tbsp of the coconut milk and the stock. Bring to a simmer, cook for 5 mins, then fish out the lemongrass. Cool for a few mins, then whizz until smooth with a hand blender, or in a large blender in batches. Return to the pan to heat through, seasoning with salt, pepper, lime juice and sugar, if it needs it. Serve drizzled with the remaining coconut milk and scattered with chilli, if you like.

Recipe from Good Food magazine, October 2010

**BEEF AND CHEDDAR
CASSEROLE**



Ingredients

- 1 tablespoon extra-virgin olive oil, plus more for the baking dish
- Kosher salt
- 3 cups wide egg noodles (about 5 ounces)
- 1 1/2 cups sour cream
- 1/2 cup freshly grated Parmesan
- 12 ounces ground beef
- 1 red bell pepper, seeded and chopped
- 1 bunch scallions (white and green parts), finely chopped
- 1 tablespoon tomato paste
- 1 teaspoon Italian seasoning
- One 14 1/2-ounce can petite diced tomatoes
- 2 cups grated Cheddar

Directions

- Preheat the oven to 425 degrees F. Oil a 2-quart baking dish.
- Bring a large pot of salted water to a boil. Add the noodles and cook to al dente according to the package directions. Drain and put in the prepared baking dish. Toss with the sour cream, Parmesan and 1/4 teaspoon salt.
- Meanwhile, heat the olive oil in a large skillet over medium-high heat. Add the ground beef and cook, stirring, until no longer pink, about 4 minutes. Add the bell peppers and scallions and cook until crisp-tender, about 3 minutes. Make a space in the pan, add the tomato paste and toast for a minute. Sprinkle with the Italian seasoning and 1/4 teaspoon salt. Add the diced tomatoes, stir and bring to a simmer. Cook until slightly thickened, about 2 minutes.
- Pour the beef mixture over the noodles and sprinkle with the grated Cheddar. Bake on the middle rack until the cheese is melted and the edges are bubbling, 15 to 20 minutes. Let stand for 10 minutes before serving.

VALENTINE'S DAY POETRY

It's More Than Saying I Love You

*We give on this day candy and flowers,
But we never stop to say thank you for the many hours.
You have stood by my side and gave a smile,
As if to tell our hearts it's been worth every mile.
No need to buy a teddy bear or even a card,
It's pretty simple and not at all hard.
Just put your arms around me and hold me tight,
And say without words that in your heart all is right.
You may say I Love You throughout the year,
But on this day you need to make sure.
The words so sweet and straight from your heart,
That your life would be lonely without my part.
So put forth the effort and take the time,
Look me in the eye and say I'm glad you're mine.*

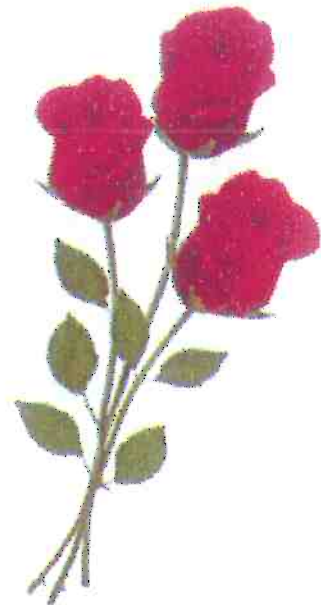
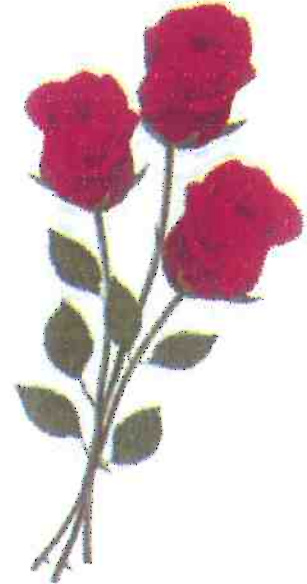
AngelWatchin

My Valentine

*Valentines is near
Just wishing you were here
You will always be near
My heart will never be the same
Beneath my skin, my soul lies waiting for you
Everyday I think of you I feel blue
Never give up hope
Remembering the first kiss
All I ask is to be with you
And for you to be my Valentine
For I will always cherish your heart in mine*

Contributed by: Jose Villalpando

<http://www.stvalentinesday.org/>





Valentine's Day Sudoku

Every row, column and mini-grid must contain the letters H E A R T S. Don't guess - use logic

		E	R		
R					E
	E			A	
	R			S	
H					S
		A	T		

www.ActivityVillage.co.uk - Keeping Kids Busy



Winter Word Scramble

Unscramble the winter themed words and join them to the pictures on the right. We've done the first one for you!

treniw

winter

ocat

volgse

swon

lafnoweks

timnets

tobos

smonwan

niwd

cie katzgine

kingis

tha



Valentine's Day Sudoku

Solution

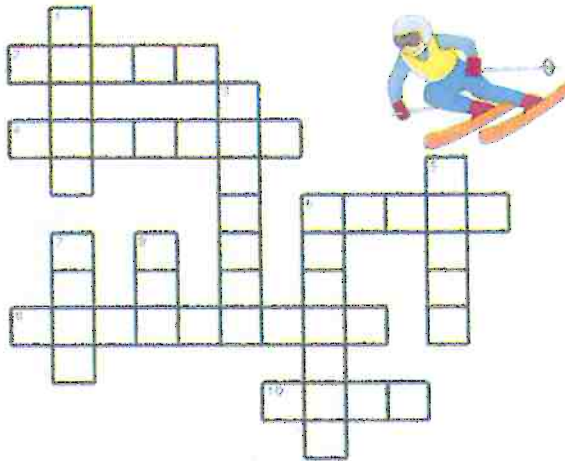
S	H	E	R	T	A
R	A	T	S	H	E
T	E	S	H	A	R
A	R	H	E	S	T
H	T	R	A	E	S
E	S	A	T	R	H

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Winter Crossword



Across

2. You might serve this drink with cream and marshmallows?
4. You wear these on your hands to keep warm?
6. A length of cloth to wrap around your neck to keep warm?
9. Going to sleep for the winter?
10. White flakes that fall from the sky?

Down

1. Bird with a red breast?
3. You might make one and use a carrot for a nose?
5. Jack
6. Sport you do on ice with thin blades on your feet?
7. Planks of wood you wear on your feet so you can glide on snow?
8. Frozen water?



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Activity Village



Winter Crossword



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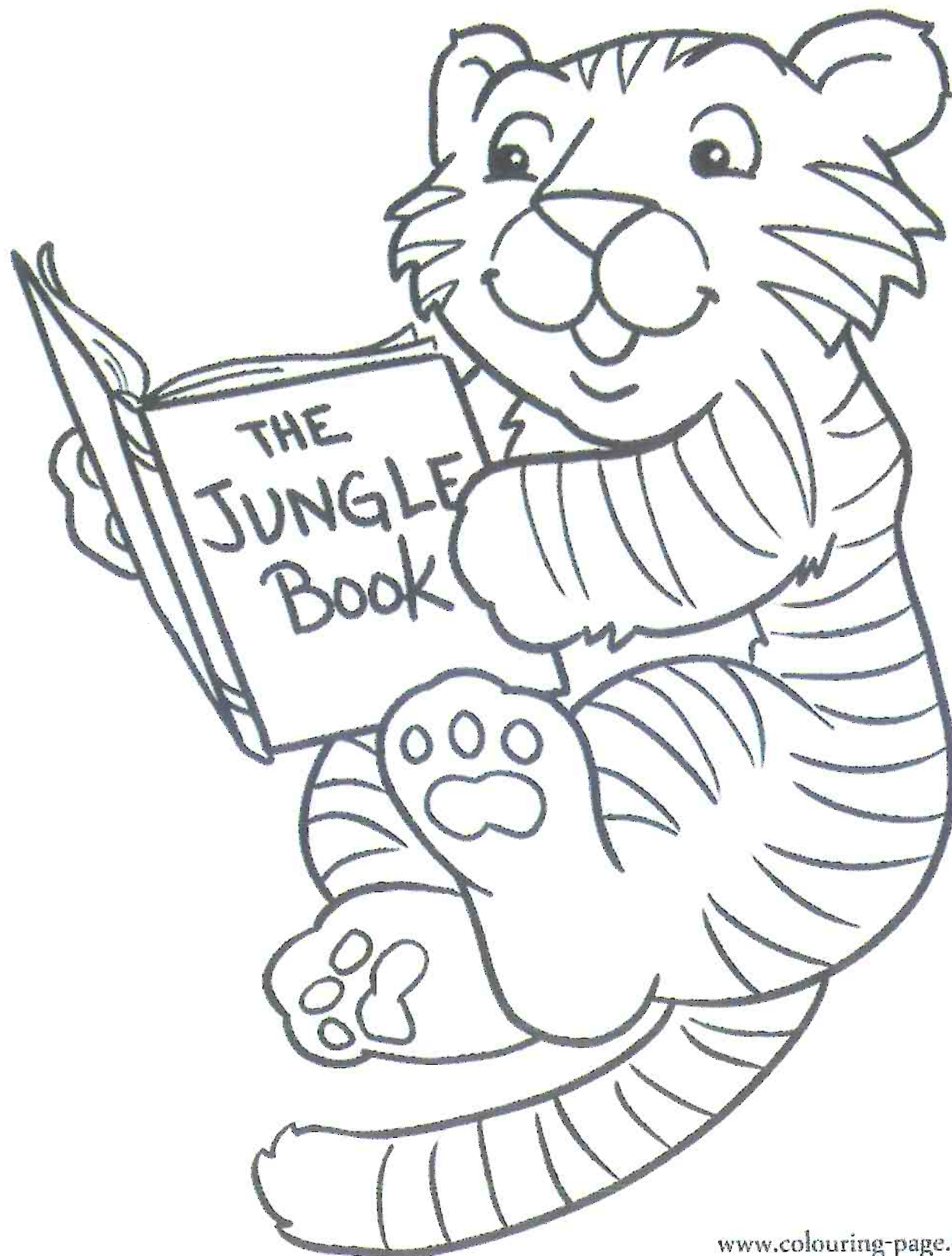
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Activity Village



www.colouring-page.org

