

THURLESTONE NEWSMAGAZINE

March-April 2016



*Life is not measured by the
number of breath we take,
but by the moments that
take our breath away.*

Maya Angelou

The snow and cold takes our breath away, but before long, the cold passes and the snow melts, bringing the renewal of Spring.

With the spring comes green shoots of hope for the bounty to come. The earth awakes, spreads her arms and says "All is good."

Lets get ready to enjoy all the great things that are coming our way. Be kind to each other and to this beautiful world we live in!

*From the NewsMagazine Committee,
we want to thank to all those who
contributed articles, images o usually
help us with the delivery!*

Submissions are always
welcome.

Please deliver all you
contributions to the office
newsletter mailbox or email
them before April 22:

t-nm@live.ca

Jewel & Patricia






Inside This Issue

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Mission Statement
To promote Unity and Participation
To Inform and Entertain

March 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Budget Mtg 7pm	2	3 <i>Office Closed</i>	4	5
6	7	8 Board Mtg 7:00 pm <i>International Women's Day</i>	9 - Bylaw Mtg 11 am Finance Mtg. 7:00 pm	10 Membership Mtg 7:00 pm	11	12
13  St. Patrick's Day	14 <i>March Break Holyday - 14 to 18 -</i>	15	16 - Bylaw Mtg 11 am	17	18	19
20 <i>Palm Sunday</i>  Spring begins	21	22	23 - Bylaw Mtg 11 am GMM <i>Tentative</i>	24	25 <i>Good Friday</i>  <i>Office Closed</i>	26
27 <i>Happy Easter</i>	28 <i>Easter Monday</i> 	29 Board Mtg. 7:00 pm	30 - Bylaw Mtg 11 am	31 Membership Mtg 7:00 pm		

April 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6 - Bylaw Mtg 11 am	7	8	9
10	11	12	13 - Bylaw Mtg 11 am Finance Mtg. 7:00 pm	14	15	16
17	18	19 Board Mtg. 7:00 pm	20 - Bylaw Mtg 11 am	21 Membership Mtg 7:00 pm	22 <i>Passover</i> <i>Earth Day</i> NewsMagazine 7:00 pm	23
24 <i>Spring Clean Up Day 1</i>	25	26	27 - Bylaw Mtg 11 am	28	29 NewsMagazine 7:00 pm	30 <i>Spring Clean Up Day</i>

HOLIDAYS AND OBSERVANCES

MARCH

March 1st.....St. David's Day

March 8International Women's Day

March 13.....Daylight Saving Time

March 14.....Commonwealth Day

March 17.....St. Patrick's Day

March 20.....Palm Sunday

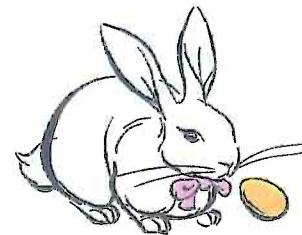
March 20.....Vernal Equinox

March 24.....Purim

March 25.....Good Friday

March 27.....Easter Sunday

March 28.....Easter Monday



APRIL

April 1st.....April Fools Day

April 6.....National Tartan Day

April 9.....Vimy Ridge Day

April 23Passover starts

April 25St. George's Day

April 30Passover ends



Diana Hogan

From: CHF Canada <support@chfcanda.coop>
Sent: February 23, 2016 1:47 PM
To: thurlestonecoop@rogers.com
Subject: Reminder! Contact your MP about co-op housing today!



REMINDER!

[Ask your MP to protect co-op housing](#)

The federal budget is being written **right now**. We need to make sure it includes subsidies for low-income households living in co-ops.

Please join the over 500 co-op members and supporters who have sent messages to their MPs. Just click on **[this link](#)** to send a quick email.

Your email will remind your MP that, without a budget commitment, tens of thousands of low-income **co-op households** are in danger of losing their homes.

Thanks

www.protectcoophousing.ca

[Unsubscribe](#) | [Privacy Policy](#) | [View in Browser](#)



Co-operative Housing
Federation of Canada

Authorized by the Co-operative Housing Federation of Canada

NewsMagazine Committee:

Needs more helping hands for the production of the Newsletter!! New people, new ideas, your computer skills would be of great benefit.

Anyone interested please call the office and leave your name and number to forward on to the committee.

Or Email us at: t-nm@live.ca



DEADLINE for submission of answers to this issue's contest is:
April 22

There were no winners for the contest in our last issue.

March 14 -18 is March Break.
Here's hoping that you have much fun and stay safe.

Earth Day is on April 22, so let's all do our part to keep Mother Earth healthy and happy.

Remember that Spring Clean-up is coming at the end of April, beginning of May. Check the calendar and we'll see you there.





A GIFT FROM THE HEART

It is so nice to know that in these times of looking out for number one, there are still some who care enough to look out for others. I find myself married to one of the biggest hearts I have ever known. Jeff is always willing to go that extra mile to help someone in need.

In January, CITY TV ran a story about how Goodwill closed their doors without notice, leaving over 400 people without a job. They now found themselves unemployed, with no guarantee when they could expect their paycheques. Working for minimum wage meant that there was no extra money to cover the everyday expenses, let alone cover the times until they could receive what was owed to them.

While watching this story unfold on the news, Jeff knew that he really wanted to help. He was so angry at the treatment these hard working people received he just felt that he had to try and do something to help. His heart went out to these people, especially to one woman who lived with her children and grandchildren. She had no idea how she would pay her rent and feared that she and her family would end up on the street.

After thinking about how he could help, Jeff decided to set up a Go Fund Me campaign. Now this was at about 1:00 A.M, but he e-mailed CITY TV and CTV and explained what he was doing and asked if they could help him out by posting the link to his campaign on their websites. And they did. By 11:00 am the next morning the first

\$70.00 had been donated and that was the start of something wonderful. After about 3 hours the total had climbed to \$500.00 and over the next few days it blossomed to \$2000.00. Wow! It seems that there was still some good will left in the world.

Avery Haines from CITY TV contacted Jeff and asked why he was doing this and what he would do with any money donated. He told her that he wanted to help and that to be honest, he wasn't sure how to disperse any funds and asked if she had any suggestions.

Once all the donations were in, Jeff contacted CITY TV to find the name of the lady in the news story. They directed him to a group of former Goodwill employees, who arranged for her to contact Jeff. They agreed to meet that afternoon at "The Hub" (a women's help center)) at 2:00 P.M. Coincidentally , CITY TV called about ten minutes after the arrangements for the meeting were made and were delighted that Jeff had found a way to disperse the donations. They wanted to do a story about his meeting with the lady, so they agreed to meet a half hour before.

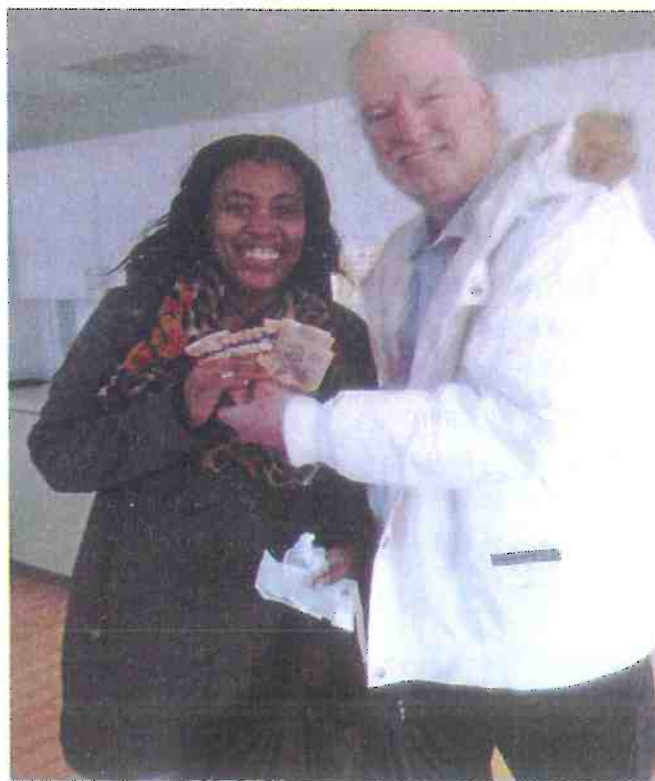
During the interview, he was asked why he was doing this, to which he replied "I just want people to know that there is still good will in the world" He went on to tell a little of his story about being down and out and homeless and he couldn't bear the thought of that happening to this woman and her family. He had to do something to keep that from happening.

At 2:00 the lady arrived and was surprised to see the news crew, but she took it all in stride. Jeff introduced himself and explained what he had done and why. He presented her with the money and said "This is for you and your family, I hope it will ease some of your anxiety" It was a very emotional moment for both of them. What started out as a thank you handshake turned into a very moving bear hug. After talking for a bit, Jeff invited her out for coffee so he could get to

know her a little better. He told me later that she was a very nice lady and that he was so glad he was able to help her.

While writing this story, I began to realize that there are people in this world willing to go that extra mile to help someone in need. From what I understand Jeff's story is just one of dozens about people reaching out to help. It restores my faith in humanity. How about you?

Patricia Gadicke



To see the interview on CITY TV go to www.Citynews.ca , click on videos and go to Jan. 29 2016



ACHIEVING SUCCESS

- An Observation on Life -

Success is something that people strive for all their lives. Some are fortunate enough to achieve it, while it seems to elude others. The people who have attained success have learned that if one has a clear vision of what it is, they are able to work towards it. Webster's dictionary defines "success" as a favourable achievement or good fortune. But if you ask a hundred different people what success is to them.....you will get a hundred different answers.

When you see the CEO of a big corporation, with his six-figure salary and all the accoutrements that go with it, you might be inclined to say "There goes a successful man." If that is what he set out to accomplish, then yes, he is successful;

A small child who counts to ten for the first time is successful in the eyes of his parents. Is he or she really successful? According to child psychologists, children have an innate desire to please, and it is this desire that gives them the drive to succeed. When the parent is pleased with an outcome, that makes the child a success.

These are just two of the many, many ways that success can be measured. I once heard someone say "One success is built upon another." That may very well be true, but I also think that failure can lead to success. It's what we do with the failure that determines if it becomes the success or not.

When I was in grade school, I entered a public speaking competition. My written speech was chosen as one of the finalists, but once it came time to present it orally, I froze and was unable to continue. Later that week, all the contestants that didn't make the final round had the opportunity to present their speech at morning assembly. I took the chance to prove that I could do it. And I did. It wasn't a stellar performance, but I did make it through. That second chance taught me that failures can be overcome with perseverance, and that perseverance can turn any failure into a success. I also had a glimpse of what my strengths were and what I still had to work on. I learned from my failure, and every time you learn....that is success.

Abstract ideas like success have countless theories, experts and formulas. And they all profess to know the way to reach success. There may be an element of truth in each one, but in the end it all comes down to knowing yourself. Ralph Waldo Emerson once wrote "Self-trust is the first secret of success." Trust yourself and your values and you can be successful in anything you do.

Just remember that whenever you feel like a failure, success is not too far away. It is attainable.

Take a measure of your values, add a dash of determination and a spoonful of introspection and you have my recipe for success

Patricia Gadicke

St. Patrick's Day History



St Patrick is known as the patron saint of Ireland. True, he was not a born Irish. But he has become an integral part of the Irish heritage, mostly through his service across Ireland of the 5th century.

Patrick was born in the later half of the 4th century AD. There are differing views about the exact year and place of his birth. According to one school of opinion, he was born about 390 A.D., while the other school says it is about 373 AD. Again, his birth place is said to be in either Scotland or Roman England. His real name was probably Maewyn Succat. Though Patricius was his Romanized name, he was later came to be familiar as Patrick.

Patrick was the son of Calpornius, a Roman-British army officer. He was growing up as naturally as other kids in Britain. However, one day a band of pirates landed in south Wales and kidnapped this boy along with many others. Then they sold him into slavery in Ireland. He was there for 6 years, mostly imprisoned. This was when changes came to him. He dreamed of having seen God. Legend says, he was then dictated by God to escape with a getaway ship.

Finally, he did escape and went to Britain, and then to France. There he joined a monastery and studied under St. Germain, the bishop of Auxerre. He spent around 12 years in training. And when he became a bishop he dreamed that the Irish were calling him back to Ireland to tell them about God. The Confessio, Patrick's spiritual autobiography, is the most important document regarding this. It

tells of a dream after his return to Britain, in which one Victorinus delivered him a letter headed "The Voice of the Irish."

So he set out for Ireland with the Pope's blessings. There he converted the Gaelic Irish, who were then mostly Pagans, to Christianity. He was confident in the Lord, he journeyed far and wide, baptizing and confirming with untiring zeal. And, in a diplomatic fashion he brought gifts to a kinglet here and a lawgiver there, but accepted none from any.

Indeed, Patrick was quite successful at winning converts. Through active preaching, he made important converts even among the royal families. And this fact upset the Celtic Druids. Patrick was arrested several times, but escaped each time. For 20 years he had traveled throughout Ireland, establishing monasteries across the country. He also set up schools and churches which would aid him in his conversion. He developed a native clergy, fostered the growth of monasticism, established dioceses, and held church councils.

Patrick's doctrine is considered orthodox and has been interpreted as anti-Pelagian. Although he is not particularly noted as a man of learning, a few of his writings remain extant: his Confession, a reply to his detractors, and several letters. The Lorica ("Breastplate"), a famous hymn attributed to Patrick, may date to a later period. By the end of the 7th century Patrick had become a legendary figure, and the legends have continued to grow since then. There are many legends associated with St Patrick. It is said that he used the three-leafed shamrock to

Shamrock leaf explain the concept of the Trinity; which refers to the combination of Father, Son, and the Holy Spirit. Hence its strong association with his day and name Legend also has that, Saint Patrick had put the curse of God on venomous snakes in Ireland. And he drove all the snakes into the sea where they drowned.

True, these are mostly legends. But, after some 1500 years, these legends have been inseparably combined with the facts. And together they have helped us know much about the Saint and the spirit behind celebration of the day. Patrick's mission in Ireland lasted for over 20 years. He died on March 17, AD 461. That day has been commemorated as St. Patrick's Day ever since.

The day's spirit is to celebrate the universal baptism of Ireland. Though originally a Catholic holy day, St. Patrick's Day has evolved into more of a secular holiday. Or, rather, 'be an Irish Day'. And the Irish has borne it as part of their national tradition in everywhere they populated and prospered. The Catholic feast day for this most loved of Irish saints has become a holiday in celebration of the Irish and Irish culture. The leprechaun, a Celtic fairy, has become entrenched as a chief symbol for this holiday, as is the shamrock, an ancient symbol for the triple goddess Brigit. It is fitting that this holiday should fall at the time of the year when the return of spring begins to seem at hand.



*When Irish eyes are smiling,
Tis like a morn in spring.
With a lilt of Irish laughter
You can hear the angels sing
When Irish hearts are happy
All the world is bright and gay
When Irish eyes are smiling
Sure, they steal your heart away.*



Turmeric: The Golden Spice of Life for Better Health

Turmeric has been used for thousands of years in Indian cooking as the main ingredient in curry. Turmeric gives Indian dishes a deep golden color. It is also a key medicinal tool in ayurveda, the ancient medical tradition of India, to treat a multitude of conditions.

Turmeric is one of the safest, most ancient and easily accessible home remedies in the world. It has a broad number of uses, is easily stored, and is inexpensive. Adding turmeric to your spice rack effortlessly turns your kitchen into a natural resource for health and healing.

Recently, turmeric has gained the recognition of the scientific community for its potential for lowering cholesterol, reducing blood sugar in diabetics, relieving arthritis, supporting liver function, improving digestion, reducing menstrual cramps, reducing inflammation in the colon, wound healing, fighting cancer, and preventing Alzheimer's disease. Its broad medicinal uses are due to its anti-inflammatory, antiseptic, and antioxidant qualities.

Turmeric belongs to the ginger family. The roots of the plant are laid out in the sun to dry, then ground into a powder. The turmeric extract, curcumin, is mostly credited for turmeric's healing abilities, but there are several other compounds in the plant that contribute to its health-promoting qualities. It is estimated that the average person in India consumes about 2 grams of turmeric a day, which provides around 100mg of curcumin.

There are several ways to introduce turmeric into your daily routine. The easiest way is to cook with the powdered form of turmeric. This can be used as part of a curry powder mixture or it can be added directly into a meal. As food is cooking, add a half or whole teaspoon of turmeric powder, or use the following recipe for curry powder to achieve the full classic flavor of Indian food.

Curry Powder Mix

Dr. Kulreet Chaudhary's family recipe for a powerful disease-fighting curry powder mix is easy to make at home.

Ingredients:

- 5 tsp coriander seeds
- 1 tsp fenugreek seeds
- 1 large bay leaf
- ½ tsp cumin seeds
- ½ tsp mustard seeds
- 1 small (1.5 inch) cinnamon stick
- 5 cloves

Add 2 tsp of turmeric powder to the above mixture (later)

Directions:

Grind all of the above ingredients, except for the turmeric powder, in a coffee grinder. Afterward, add 2 tsp of the turmeric powder. Mix all ingredients together.

Turmeric is also available in pill form. It can be purchased as the isolated curcumin extract, but taking the whole herb provides the additional benefits of other natural healing compounds found in turmeric. Turmeric is a very safe supplement with no known serious adverse reactions. Typically 1-3 tablets a day is sufficient as a dietary supplement.

Topical uses of turmeric help with skin disorders and wound healing. To create a medicinal skin pack, mix turmeric powder, chickpea powder, and almond oil so that it becomes a thick paste. This mixture can be used as a facemask to treat skin conditions or just to promote beautiful skin. It can also be placed over wounds, scars, or burns to improve the healing process. To help with dental problems, mix turmeric with salt and mustard oil, and run over the teeth and gums before brushing.

Kale and Sweet Potato Soup

Naturally creamy sweet potatoes are the perfect base for this hearty fall soup. Nutritious kale adds a slight bitterness that perfectly balances the sweet potato.

Ingredients

- 1 tbsp (15 mL) olive oil
- 1 cup (250 mL) chopped sweet onion
- 1 cup (250 mL) chopped celery
- 1 cup (250 mL) chopped carrots
- 1/2 tsp (2 mL) each salt and freshly cracked pepper
- 4 cups (1 L) low-sodium vegetable or chicken broth
- 6 cups (1.5 L) peeled, cubed sweet potatoes
- 4 cups (1 L) chopped kale



Directions

In large saucepan, heat oil over medium high heat. Add onion, celery and carrot, salt and pepper. Cook until tender, about 5 minutes. Pour in broth and bring to boil. Add sweet potato and reduce heat to maintain a simmer. Cover and cook until sweet potatoes are tender and crisp, about 10 minutes. Stir in kale and cook 10 minutes more. Let cool slightly.

Use a ladle to transfer soup to a blender in batches, processing until smooth. Repeat with remaining soup. Transfer back to saucepan and thin with water if desired.

Serve warm sprinkled with wholegrain croutons.

Makes 6 servings.

Nutritional information

PER SERVING:

about 190 cal, 4 g pro, 3 g fat (0 g sat. fat), 38 g carb, 7 g fibre, 410 mg sodium. %RDI: 15% calcium, 10% iron, 590% vit A, 100% vit C.

A woman is like a tea bag -
you can't tell how strong she
is until you put her in hot
water.

Eleanor Roosevelt

In our society, the women who
break down barriers are those
who ignore limits.

Arnold Schwarzenegger



If you want something said, ask a
man; if you want something done,
ask a woman.

Margaret Thatcher

Think like a queen. A queen is not
afraid to fail. Failure is another
steppingstone to greatness.

Oprah Winfrey

I guess at the end of the day, all women like to be
appreciated and treated with respect and kindness.

Sofia Vergara

After all those years as a woman hearing 'not
thin enough, not pretty enough, not smart
enough, not this enough, not that enough,'
almost overnight I woke up one morning and
thought, 'I'm enough.'

Anna Quindlen

There's no evidence whatsoever that
men are more rational than women.

Both sexes seem to be equally
irrational.

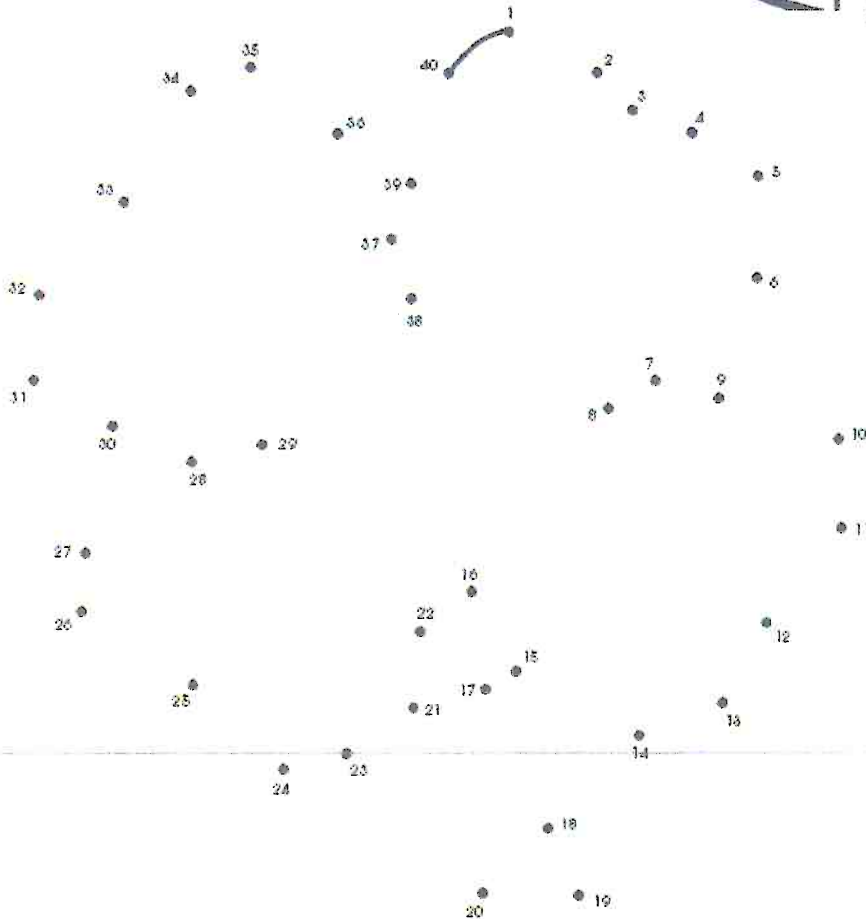
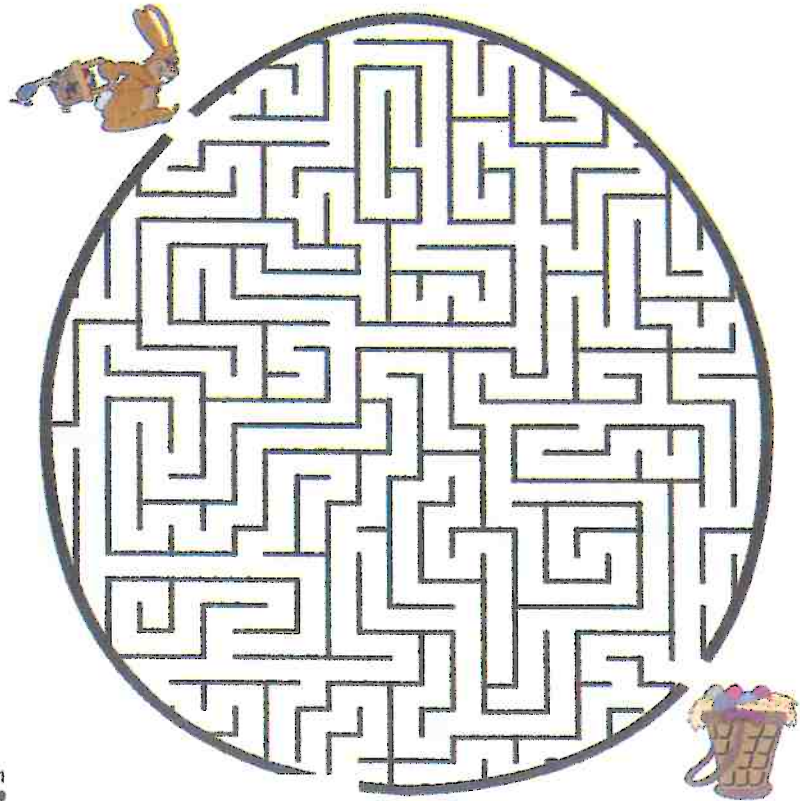
Albert Ellis



OUR FURRY FRIENDS

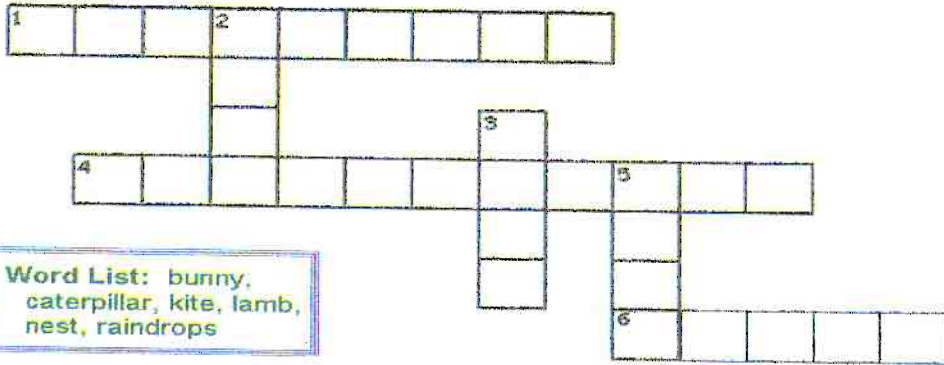


**Guide the
Easter
Bunny
through
the egg
maze
to find
his basket
of eggs**



**Connect
the dots
to reveal
the final
picture.**

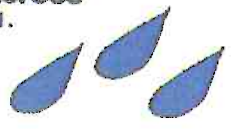
Spring Crossword



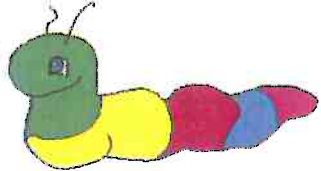
Word List: bunny, caterpillar, kite, lamb, nest, raindrops

Across

1.



4.

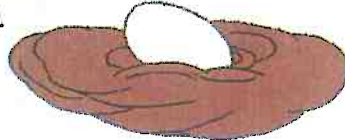


6.

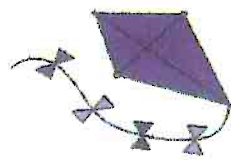


Down

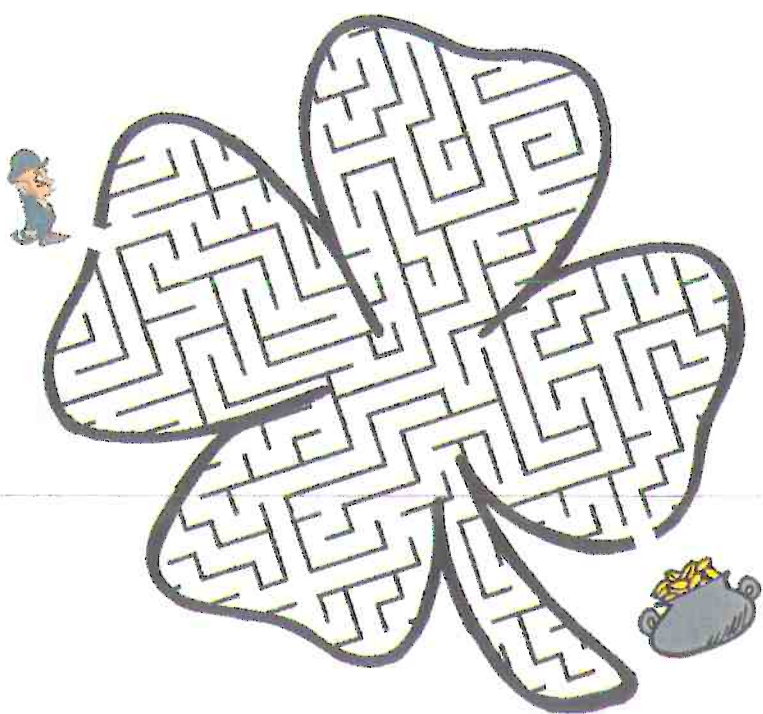
2.



3.



5.



Find the basketball words from the bottom in the *Basketball Word Search* grid. The words can be forwards or backwards, vertical, horizontal, or diagonal. Circle each letter separately, but keep in mind that letters in each basketball word may be used in more than one word. When the basketball word search puzzle is complete, read the remaining letters left to right, top to bottom, to learn an interesting basketball fact.

Basketball Word Search Puzzle

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

ALLEY-OOP
 BACKBOARD
 BASKET
 BLOCK
 BOX OUT
 CENTER
 CHARGE
 COURT
 DOUBLE TEAM
 DRIBBLE

DUNK
 FAST BREAK
 FIELD GOAL
 FLAGRANT FOUL
 FORWARD
 FREE THROW
 GUARD
 JUMP BALL
 JUMP SHOT
 KEY

LAY-UP
 NBA
 PASS
 PERSONAL FOUL
 PIVOT
 SHOOT
 SHOT CLOCK
 TEAM
 TIP-OFF
 TURNOVER

Jan/Feb Sudoku:

2		8				3		5
			3		8			
3				5				6
	8			9			7	
		9	1		4	2		
	1			8			5	
4				2				7
			7		1			
1		3				6		2



Solution to Previous Sudoku:

2	4	3	5	8	6	9	7	1
8	9	1	2	7	4	3	6	5
7	5	6	9	1	3	2	8	4
9	3	2	4	6	8	1	5	7
5	7	8	3	2	1	6	4	9
1	6	4	7	9	5	8	2	3
4	8	9	1	5	2	7	3	6
6	1	5	8	3	7	4	9	2
3	2	7	6	4	9	5	1	8



HEY KIDS.... IT'S TIME TO GO WILD!!! THIS OLD KING OF THE BEASTS NEEDS A MAKEOVER, SO GO WILD AND ENTER THE COLORING CONTEST, AND MAYBE YOU CAN WIN A PRIZE. ONE WINNER WILL BE DRAWN RANDOMLY.FROM ALL ENTRIES, AND ONE OUTSTANDING PIECE WILL BE CHOSEN. GET YOURS IN NOW. IT'S YOUR TIME TO ROAR.

Write your name: _____ Age: _____ Unit: _____

Drop this page in the box on the office door .

Submission Deadline: April 22, 2016



SPRING CLEAN UP

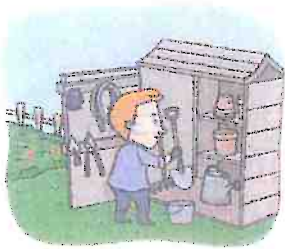
Saturday any time of the day – April 30, 2016

** Sunday – May 01, 2016 at 10 A.M. **

THIS INCLUDES INTERIOR OF BUILDING

BACKSTAIRS, RAILINGS, WINDOWS

AND PARKING LOT AROUND THE PLAY GROUND



LUNCH SERVED SUNDAY MAY 01, 2016 AT 12P.M.

AT 2 FOLCROFT MEETING ROOM – 1STFLOOR

RAIN

OR

SHINE

