

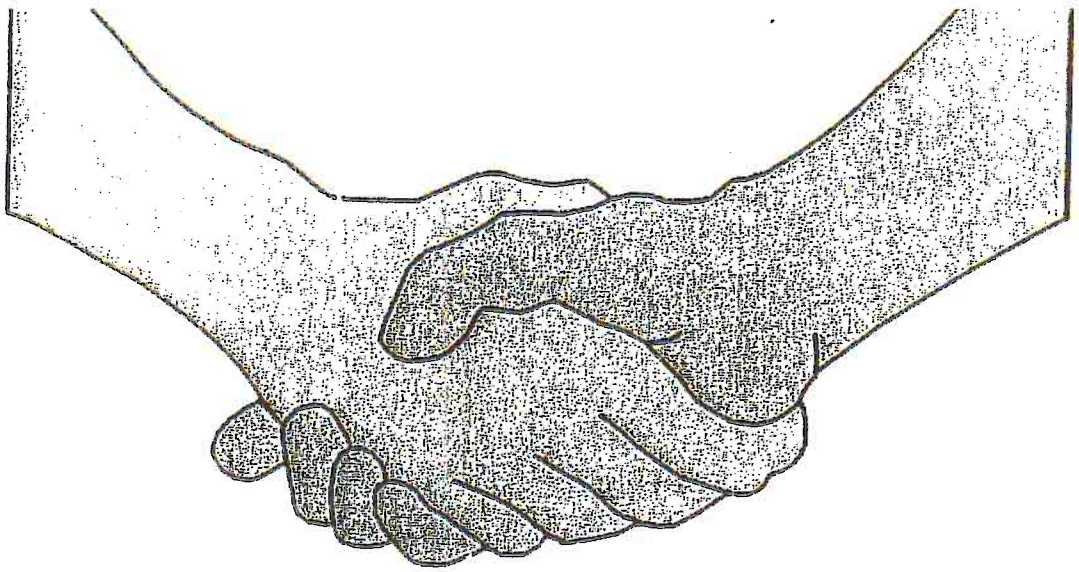
Thurlestone

NewsMagazine



May

2009



Mission Statement

To promote Unity and Participation

To inform and Entertain

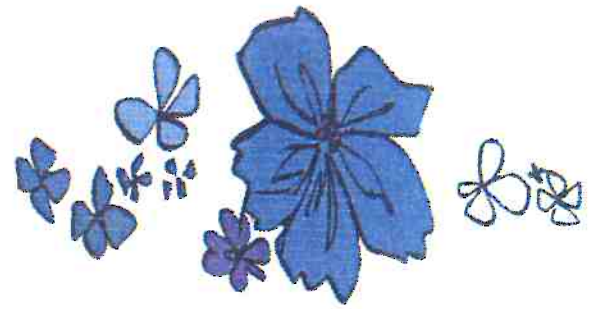
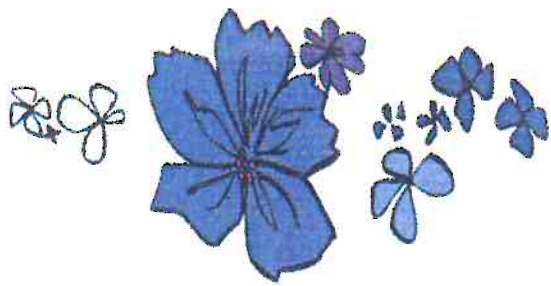
Inside this Issue

Mission Statement	
Notes from the Editor	1
Did You Know?	3
Board Minutes	5
At Home	8
Calendar	14
Ask the Nutritionist	15
For the Health of	16
The Quiz	20
Humour Me	22
Handy Hints	23
In Our Community	24
Kid's Korner	28
Feed Back	32
Sudoku	26

Committee Members

Gini Smith 2B
Cathy Menard 3B
Luci Walwich 2206
Heike Heinze Wilks 1803
Elaine Richard 2407

Acknowledgements: Thanks to all those who helped make this issue possible, especially Shari Kiewel for the **Images of a Mom**, Alba Salsona who takes the time to deliver all the NewsMagazines and Karen Harvey for "**Help Your Garden Grow**".



Notes from the Editor

Hey, Hey -

Everyone is out of hibernation—people, animals, birds.

Observations around Thurlestone:

At least two members are transforming the wilderness west of Building 18. Flowers are beginning to bloom in various gardens. Thanks to the cleaning crew that cleaned up the Fishleigh parking lot.

Well ye old editor—the archeological dig continues. Things are moving along. This will be the next to last Editor's Reflections. As I soak up some vitamin D, one has that feeling that spring has really come to visit us. Yesterday, as I came out of the Village Tea Room at Clifforesc, there were 10 young kids from a French school or daycare, just standing looking into the trees. I greeted them and their teacher told me they were looking and listening to the sounds of Spring. It was quite beautiful to see the delight on these children's faces as they began that experience.

We are very lucky here at Thurlestone to have that opportunity every time we step out the door or look out the windows.

Take care of yourselves and one another.

Ye old Editor,
Gini Smith

Question: Who lost their cat in a dresser??

Notes from the Editor

Everybody is happy that the winter is over. Thank you to all the members that do gardening. It's looking promising.

I am Heike, your new editor. Gini Smith will move out of the co-op at the end of this month. We will lose one of the most active co-op members for 29 years. We will lose our editor and our friend next door. I met Gini in January, when I first joined the NewsMagazine meetings. Right from the beginning I knew she is a wonderful, great person with a big heart.

Thank you Gini, for living, working and helping in our co-op. We will miss you so much.

Mothers' Day is coming up, the best opportunity to let your mother know how much you love her.

*Your new editor
Heike Heinze Wilks*



What Happened in May

- 1st May Day
- 1st The Empire State Building opens in NYC, 1931
- 1st Canada's First silver dollar is circulated, 1935
- 1st Mr. Potato Head first introduced, 1952
- 2nd "Good Housekeeping" Magazine first published, 1885
- 3rd Margaret Mitchell wins Pulitzer Prize for "Gone with the Wind", 1937
- 5th Cinco de Mayo
- 6th National Nurse Day
- 6th First postage stamps issued, 1840
- 9th The Lawn mower was patented, 1899
- 10th First Mother's Day is observed, 1908
- 11th Eat What You Want Day
- 11th Comedy troupe Monty Python formed, 1969
- 14th Vaseline is first sold, 1878
- 14th The first passenger flight on an airplane, 1908
- 15th Mickey Mouse made his 1st appearance, 1928
- 16th Liberace's Birthday
- 17th First Merry-Go-Round seen at a fair, Turkey, 1620
- 17th Rubber band patented, 1845
- 18th Montreal, Canada founded, 1642
- 20th D. Hyde patented the fountain pen, 1830
- 22nd Toothpaste in a tube invented, 1892
- 23rd World Turtle Day
- 24th Song "Mary Had a Little Lamb" written, 1830
- 27th The Golden Gate Bridge opened, 1937
- 28th First indoor swimming pool opens, 1742



"We only have One Mom, One Mommy,
One Mother in this World, One life.
Don't wait for the Tomorrow's
to tell Mom, you love her"
~Author Unknown~

"To the world you might just be one person,
but to one person you might just be the world."
~Author Unknown~

The Images of A Mom

4 YEARS OF AGE ♥ My Mommy can do anything!

8 YEARS OF AGE ♥ My Mom knows a lot! A whole lot!

12 YEARS OF AGE ♥ My Mother doesn't really know quite everything.

14 YEARS OF AGE ♥ Naturally, Mother doesn't know that, either!

16 YEARS OF AGE ♥ Mother? She's hopelessly old-fashioned.

18 YEARS OF AGE ♥ That old woman? She's way out of date!

25 YEARS OF AGE ♥ Well, she might know a little bit about it.

35 YEARS OF AGE ♥ Before we decide, let's get Mom's opinion.

45 YEARS OF AGE ♥ Wonder what Mom would have thought about it?

65 YEARS OF AGE ♥ Wish I could talk it over with Mom. .

**BOARD OF DIRECTORS MEETING
THURLESTONE CO-OPERATIVE INC.
22 Fishleigh Drive, Unit 3
Scarborough, Ontario, M1N 1G9**

February 24, 2009

Present: Gillian Smith, Lucille Walwich, Debbie Brown, Lois Logie, Julie Richard,
Melanie Lyle, Michael O'Donnell, Diana Hogan (Staff)

Regrets:

Absent:

Recording Secretary: Lois Logie

Chair: Gillian Smith

1. Call to Order

Gillian Smith called the Meeting to order at 7:12 p.m.

2. Approval of Agenda

MOTION TO APPROVE the agenda as presented.

MOVED by Lois Logie. SECONDED by Julie Richard. CARRIED.

3. 3.a Adoption of the Minutes from October 21, 2008

MOTION TO APPROVE the amended minutes. Gillian Smith abstained.

MOVED by Lois Logie. SECONDED by Julie Richard. CARRIED.

3.b Adoption of the Minutes from November 11, 2009 – deferred

3.c Adoption of the Minutes from December 2, 2008 – deferred

3.d Adoption of the Minutes from January 27, 2009

MOTION TO APPROVE the minutes. Debbie Brown abstained.

MOVED by Gillian Smith. SECONDED by Julie Richard. CARRIED

4. Business Arising from the Minutes of January 27, 2009

4.d Preventative measures regarding inspections and next steps to move forward. Issues of mould maintenance and clutter as fireload hazard. Environmental committee to work on first draft of policy.

5. Confidential Section-See Confidential Section

6. Co-ordinator's Report

6.1 Administrative Update

6.1 (a) Subsidy Issues & possible funding for co-ops with vacancies - Review of emails regarding subsidy issues. The co-op has asked to be kept updated regarding any changes. Diana to attend a workshop regarding possible new subsidies and report back with information.

6.1 (b) Update from Diana regarding Section 95 from CHF Canada and adverse affect on subsidy funding under the Section 95 program that Folcroft is under.

6.1 (c) FYI - Review of Toronto Star article on smoking article for possible future reference.

6.2 Maintenance Update

6.2 (a) Issue of mould and lack of water penetration at 1801 Fishleigh

The BCE Report and DOME inspection suggests that there is no evidence of water penetration at 1801. There was discussion amongst the board regarding the possible causes.

6.2 (b) Asbestos Management Training

Diana to investigate other options regarding further training for Henry and an asbestos management document. Current quote for training seems high from OHE.

6.2 (c) Hot Water Tank at 24 Fishleigh

The hot water tank is leaking and will require replacement. Decision made to discuss this in further detail at the next meeting on March 10, 2009.

6.2 (d) Review of Toronto Hydro-Electric Funding program for Fishleigh

This appears to be a good program and of potential benefit to the co-op with no cost to the co-op. The co-op is enrolled.

7. Committee Reports

7. (a) Finance Committee

The new Budget will be available for the next meeting on March 10, 2009.

7. (b) Health, Safety and Environmental Committee

Meeting proposed before next board meeting and move towards first draft of Environmental by-laws. See 4d.

8. New Business

\$100 donation to Riverdale fire fund.

MOTION TO APPROVE the donation.

MOVED by Gillian Smith. SECONDED by Julie Richard.

CARRIED.

9. Date of Next Meeting - Tuesday, March 10, 2009.

10. Adjournment-

Gillian Smith motioned to adjourn the meeting at 10:05 p.m.

Gillian Smith- President

Lucille Walwich-Director



Notes from the Co-ordinator's Desk



Basketball Playing at 2 Folcroft

Many of our co-op children and their friends are enjoying some great fun playing basketball with temporary basketball nets that are often put up in the back yard at 2 Folcroft. In order to keep this area safe and secure and to balance the needs of the children for play with the needs of all of the apartments and houses surrounding the back yard, please be advised that a curfew has been set whereby basketball playing will be allowed anytime during the daytime up until 9:00 p.m. seven days per week.

No Playing Basketball after 9:00 p.m. - 7 days /week.

Also, please note that any children of the co-op who wish to have friends visiting and playing in the backyard of 2 Folcroft, or playing basketball, or playing anywhere on co-op property must accompany their friends at all times. Invited

guests or friends are the responsibility of the member of the household where they are visiting. Any guests invited by the children are also the responsibility of the member household where the children reside. Any guests found playing around the property unaccompanied by a co-op child, resident, or member will be deemed trespassers' and in that event they will be asked to leave the property or to return to the person's unit with whom they are visiting.

These measures are being implemented in order to ensure that all of our children and their guests have a safe and fun outdoor season this year and that this need is balanced with the needs of members to be able to enjoy reasonable quietness after 9:00 p.m. in the evenings. Your co-operation is essential and greatly appreciated in this endeavor.



LAWNMOWER USAGE

It's springtime again and the grass is starting to grow.

We have great lawnmowers and garden equipment available for member use. If you would like to help in the grass cutting or weeding around the co-op and need access to the garden equipment, please contact Shari Kiewel, the Landscape Chairperson at 416-267-1052 for assistance, or you may contact the Co-op Office at 416-261-1110.

Building 24 needs help!

They have lost their regular lawn mowers and need some volunteers to cut their grass. If you are a member in any one of the five buildings and would like to lend a neighbourly hand, please come out and help by cutting Building 24's lawn. Thanks for being a great Thurlestone Co-oper!

Please remember that when cutting the grass or when operating the other garden equipment, you must take steps to protect yourself with safety wear, such as safety shoes and safety eyewear. In the interests of safety, co-op lawn and garden equipment should be operated by

members only. Members are to obtain authorization from either the Co-op Office or the Landscape Chairperson before using the equipment for the first time.

If the equipment needs refueling or requires oil, please let the Co-op Office know prior to it running out so that we can replenish it in time for its next use.

Also, if you find any of the equipment not operating properly, please let the Co-op Office know promptly so that it can be repaired and made ready for use again.

Careful – Flowers Growing



It is that time of year when the flowers are starting to come up and are beginning to bloom and to provide beautiful enjoyment for everyone at the Co-op.

We need everyone's help to protect the flowers so that they continue to bloom all summer! Please take steps

to ensure that the gardens are not walked or trampled upon. This can sometimes happen for example through innocent children playing in or around the garden areas. Therefore, please help by providing education to everyone in your household concerning the significance and hard work that is put into the gardens of the Co-op and perhaps invite the children to participate in keeping them beautiful, or even inviting them to have a garden plot of their own at the Co-op. You may contact the Landscape Chairperson at 416-267-1052 or the Co-op Office about obtaining a garden plot.



Payment Options

Pre-Authorized Payment:

At the back of this Newsletter you will find a page entitled "Pre-authorized Debit Agreement" and this is the most convenient and hassle free method for paying your

monthly housing charges. Simply fill out the form, attach a void cheque and return this to the Co-op Office by the 25th of a month if you wish to set up automatic payment of monthly housing charges from your account starting on the 1st of the month following. Your housing charges would continue to be debited from your account on the first of every month but may be cancelled by you with 10 days advance notice to the Co-op Office.

This method is easy and can save you time and trouble. It can help to prevent late payment fines in case you forget to submit your cheque to the Co-op Office by the 1st of the month.

Post-Dated Cheques:

Alternatively, you may submit a series of post-dated cheques from July 1st 2009 to May 1st, 2010 to the Co-op Office. Your June 1st, 2009 cheque must also include your Last Month's Housing Charge Deposit increase and so this one cheque will be higher than the rest of your cheques throughout the year. One post-dated cheque will be pulled each month as your

housing charges become due and will be deposited on the first of each month.

Cheque or Money Order:

The final payment option for housing charges is to submit individual cheques or money orders each month to the Co-op Office by the 25th of each month but post-dated for the first of the month following when your housing charges become due for your unit. Cheques or money orders are required to be submitted by the 25th of the month before the 1st of the month following so that the Finance Committee can prepare the 1st of the month deposits in advance. Please be assured, however, that cheques will not be deposited until the 1st of each month when they become due.

Cash:

Please note that cash payments are not to be accepted, at the recommendation of the Co-op's Auditors, as it increases our liability. We encourage members to choose one of the above payment methods instead. Cash must be avoided as much as possible!



CO-OP OFFICE HOURS

Office Open

Monday to Friday,
1:00 p.m. and 4:00 p.m.

The Office is closed every morning Monday to Friday. To reach the Co-ordinator during weekday mornings, please call 416-261-1110 and leave a message. Please note that morning and some evening appointments are available upon request.

Office Closed

The Co-op Office will be closed in May 2009 as follows:

Closed:	May 7 th , 2009
Re-Opens:	May 8 th , 2009

Closed:	Monday, May 25 th to Friday, May 29 th , 2009.
Re-Opens:	June 1 st , 2009

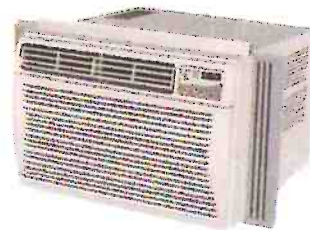
EMERGENCIES:

If you have a maintenance emergency and it is an evening, weekend, or holiday, or the Office is closed, and you have not received a prompt response to your message left at the Co-op Office, then please call the

On-Call Pager
416-441-8360

OR

Please contact a Board Representative in your building.



Air Conditioner Platforms:

Please be advised that the Co-op is now providing new air conditioner platforms to those Fishleigh households requiring a replacement platform. If your existing platform has become water damaged or rotten, you may trade in your old platform to receive a new

one by contacting the Co-op Office during business hours from 1:00 to 4:00 p.m., Monday to Friday to make arrangements for your air conditioner platform exchange. If you cannot exchange your platform during business hours, please contact the Co-op Office and we will make alternative arrangements.

Please either phone #416-261-1110 or email: thurlestonecoop@rogers.com

Please note that some of the older air conditioners must be installed using a drip hose to divert water away from the building. You will know if you have one of these models if you're A/C has a drip hole component. If you have an older A/C with a drip hole but do not have a hose attachment to divert water, please contact the A/C manufacturer to obtain one. This is essential in order to avoid water damaging your A/C platform or causing water collection and/or mud splashing onto your neighbour's windows below. Newer A/C models often no longer have drip holes and so water

collected in the unit is not required to be diverted but sits in an evaporation tray on the unit.

Please also plug the sides of your new or old platforms with Styrofoam in order to prevent birds or squirrels from nesting underneath the platforms and to prevent them from trying to access your unit through the window areas. Please take steps to ensure that your A/C unit is properly installed and secured. All A/C units installed are the property and legal responsibility of the member household where they are installed. You must ensure its safe installation and that it is safe to persons passing below.

ATTENTION PLEASE: PLEASE TAKE NOTICE THAT ABSOLUTELY NO NAILS OR SCREWS ARE TO BE FASTENED INTO THE NEW VINYL WINDOWS AT ANY TIME. AIR CONDITIONERS MUST BE SECURED WITHOUT DAMAGING OR PERFORATING THE VINYL WINDOW FRAMES, AS IT WILL VOID THE NEW WINDOW WARRANTY.

Thank you for your co-operation and attention in these matters.

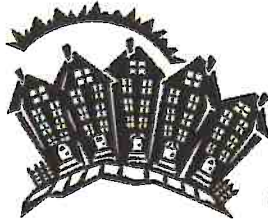


Building 16 Members for best Spring Clean-Up Effort this Year!

And to all the rest of the co-op members who worked so hard on the Spring Clean-Up last weekend, your efforts did not go unnoticed and were really appreciated too!

Have a wonderful
May 2009!

Diana Hogan
Co-ordinator



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

NOTICE OF HOUSING CHARGE INCREASES

TO: ALL MEMBERS

At a General Members Meeting held on March 26th, 2009, a resolution was passed by the members approving both the Operating and Capital Budgets as presented for the upcoming 2009-2010 fiscal year (June 1st, 2009 to May 31st, 2010). The approved operating budgets include a 2.6% housing charge increase at 16, 18, 22 and 24 Fishleigh Drives, and a 1.5% housing charge increase at 2 Folcroft Avenue.

NEW HOUSING CHARGE RATES:

Therefore, please take notice that effective JUNE 1, 2009 your housing charges will be:

FISHLEIGH BUILDINGS

1 BEDROOM	\$726.00/month	(an increase of \$18/month)
2 BEDROOM	\$818.00/month	(an increase of \$21/month)

FOLCROFT BUILDING

1 BEDROOM	\$985.00/month	(an increase of \$15/month)
2 BEDROOM	\$1059.00/month	(an increase of \$16/month)
3 BEDROOM	\$1146.00/month	(an increase of \$17/month)

PARKING CHARGE RATES:

PARKING CHARGES WILL REMAIN AT \$25.00/SPOT/MONTH.

LAUNDRY RATES:

LAUNDRY CHARGES WILL REMAIN AT THEIR CURRENT RATE OF \$0.50 PER WASH OR DRY CYCLE.

SUBSIDIES:

All Households that have applied for housing charge assistance ("subsidy") will be required to pay the full market housing charges for their units as specified in the New Housing Charge Rates paragraph above, unless or until they receive further written notice from the Co-op Office of a reduced housing charge rate to commence for their unit starting June 1st, 2009. Households deemed eligible for subsidy and subject to subsidy availability will be notified in writing by the Co-op by not later than May 31st, 2009, prior to the new fiscal year beginning on June 1st, 2009.

Unless you receive a written notice from the Co-op Office of a reduced housing charge rate for your unit to commence on June 1st, 2009, then may this serve as your notice that you did not meet the housing charge assistance eligibility criteria, and/or that you failed to submit a completed subsidy application with all required supporting documentation, or that there was insufficient subsidy funding. In that event, please pay the New Housing Charge Rates for your unit as specified on Page 1 of this Notice commencing June 1st, 2009.

LAST MONTH'S HOUSING CHARGE ("LMHC") DEPOSIT INCREASES:

Due to the approved New Housing Charge Rates to take effect on June 1st, 2009, your Last Month's Housing Charge ("LMHC") deposit will also need to be increased so that it equals your New Housing Charge Rate for your unit plus parking (if any).

For example, a one-bedroom unit at Fishleigh is increasing from \$708 to \$726, an increase of \$18. Therefore, a one-bedroom Fishleigh household would add \$18 to their June 1st, 2009 housing charge payment in order to increase their LMHC deposit to the new required level of \$726.00, assuming they already had \$708 in their LMHC deposit account. On June 1st, 2009 they would pay \$726 plus \$18.00 LMHC increase = \$744.00 plus parking (if any).

A letter detailing your Last Month's Housing Charge account balance and any adjustment required, as well as any arrears on your account, will be forwarded to you prior to June 1st, 2009. Please remember to include any LMHC adjustments and/or arrears with your June 1st, 2009 housing charge payment.

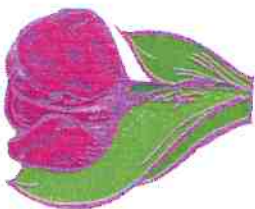
Should you have any questions regarding the above, please do not hesitate to contact the office at (416) 261-1110 or by email: thurlestonecoop@rogers.com.

Yours truly,



Diana Hogan
Co-ordinator
March 30, 2009

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



May 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Membership 9:00am
3	4	5	6	7	8	9
10	11	12	13 Finance 7:00	14	15	16
17	18 Mothers' Day 	19 Board 7:00 pm	20	21 NewsMagazine 7:30 In the Office	22	23
24	25 Victoria Day 	26	27 Office Closed	28 NewsMagazine 7:30 In the Office	29	30
31						

All about Food Mold

What is Mold?

Mold is a term for woolly or cottony growths produced by fungi, that are relatively primitive vegetable organisms.



Growth of Mold on Food

Mold grows from tiny spores that are everywhere in nature, they are a common in dust. The spores float around in the air. When some of them fall onto a piece of moist food, they grow into mold. The mold feeds itself by producing chemicals that make the food break down and start to rot. As the food rots, the mold grows. Best growth rates occur under warm, humid conditions.

Good Interaction with Humans

Common blue and green molds, which cause spoilage of fruits, vegetables and jams, are mostly species of *Penicillium* and *Aspergillus*. Some species of these genera are important in the industrial production of antibiotics, commercially used acids, enzymes, etc. The antibiotic penicillin, produced by many *Penicillium* species, is used against disease-causing bacteria. Blue and camembert-style cheeses owe their flavor to species of *Penicillium*. Molds related to black bread mold and *Aspergillus* species are used in the production of some Asian foods (e.g. soy sauce).

Bad Interaction with Humans

The most common form of hypersensitivity to food mold is caused by inhaled mold spores that can lead to allergic asthma or allergic rhinitis. Some severe allergic reactions to food molds can produce infections, such as lung or bronchial infections.

Some of the molds can produce poisons called mycotoxins, which become part of the food and are not destroyed by cooking. Mycotoxins are found mainly in grain and nut crops, but are also on celery, grape juice, apples and other produce. They can cause cancer and other types of diseases like kidney damage, immune and nervous system damage or in extreme cases potentially death. The worldwide contamination of foods and feeds with mycotoxins is a major problem. That's why the FDA and the agriculture industry control mold and mycotoxin levels in foods.

Handling Moldy Food

When you handle foods with mold, don't sniff the mold. This can cause respiratory trouble.

For most foods it is NOT safe to cut of the moldy part and use the rest. If food develops a visual mold, throw away the entire contents of food. When a food shows mold growth, "root" threads may have invaded it deeply. In dangerous molds, mycotoxins are often contained in and around these threads.

An exception is mold on hard cheese, like Parmesan and hard Mozzarella or hard Cheddar. In general, mold cannot penetrate deep into the product so you can trim it off. Cut away 1 inch on each side of the cheese, re-cover the remainder in fresh wrap and use it as soon as possible. Make sure to keep the knife out of the mold itself so it will not contaminate other parts of the cheese.. Wrap the moldy part of the cheese carefully to avoid spreading the spores in your kitchen and discard it. If mold is found on fresh cheese, soft cheese and processed cheese the entire package should be thrown away.

Little mold spots can be cut off fruits and vegetables with low moisture content such as cabbage, bell peppers, carrots, etc. Cut off at least 1 inch around and below the mold spot. Throw away fruits and vegetables with high moisture content that can be contaminated below the surface.

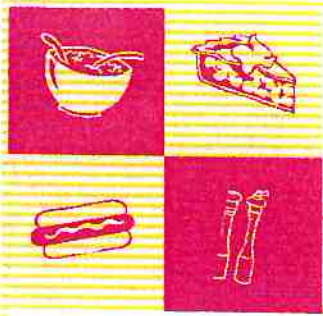
Discard all other food with mold. Put it into a small paper bag or wrap it in plastic and dispose in a covered trash. Clean the refrigerator or storage at the spot where the food was stored. Check nearby food the moldy one might have touched.

Prevention

It is best for those who have food mold allergies to stay away from several foods. These foods include all different types of cheeses, mushrooms, smoked meats and fish, meat products such as hot dogs and sausage, canned fruits and vegetable, and canned juices.

Clean the refrigerator every few months with 1 tablespoon of baking soda dissolved in a quart of water. Rinse with clear water and dry. Fruit bowls or refrigerator crispers and meat drawers should be washed regularly, and kept as dry as possible. Keep dishcloths and towels clean and fresh. Keep the humidity level in your home as low as practical – below 40 percent, if possible. Empty opened cans of perishable foods into clean storage containers and refrigerate them directly. Don't leave any perishables out of your refrigerator more than two hours. When serving food, keep it covered. Use plastic wrap to cover foods you want to stay moist, like fresh or cut fruits and vegetables and green and mixed salads. Use leftovers within three to four days.

By Heike



For the Health Of it

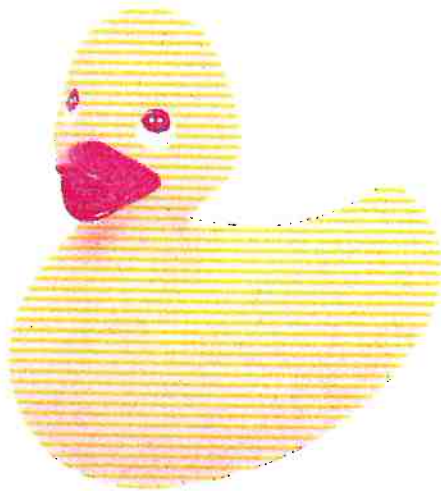
Pampering Mom on Mother's Day

Pamper Mom on Mother's Day by filling a basket with:

- A lovely cup and saucer, a variety of teas, scones and jams
- A loofah, scented soaps, lotions or oils and a fluffy towel
- Candles, aromatherapy oils, and a relaxation or soothing music CD
- Funny videos and popcorn
- Nail polish remover, file, orange stick, and hand lotion, with a flirty new nail-polish
- Seed packets, small garden tools, small pots and gardener's hand cream
- Shampoo, conditioner, comb and brush
- A variety of bath salts, lotions, and a poof sponge
- Foot soak, pumice stone, clippers, foot scrub, and peppermint foot lotion, and a pair of socks
- Be creative—there are many more ideas out there. Just think about what your mom enjoys.

Tips for Balancing Your Life

- Let some things go undone.
- Spend your lunch hour on you.
- Have a night out with friends.
- Set your alarm at least 15 minutes earlier and savour that cup of coffee and peace and quiet.
- Pop in an audio book when there's no time to read.
- Commute with a friend and you'll have "Catch Up" time with her on a regular basis.
- Set goals.
- Learn to think positively.
- Be creative.



Help Your Garden Grow

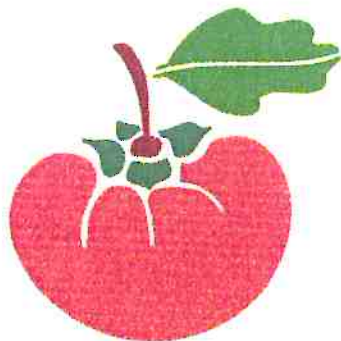
Try these no-cost ways to improve your garden

Healthier salads—

Add a pinch of salt to a gallon of water and use on your cherry tomatoes. This will boost their cancer and heart-disease fighting compounds. The salt stresses the plants which makes them produce more anti-oxidants that will protect the plant and ultimately you will benefit when you eat them.

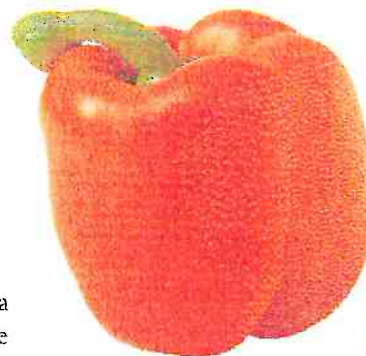
Recycle Newspapers—

Mix shredded newspapers into the soil (two parts newspaper to 8 parts of soil). The newspaper soaks up moisture which reduces the risk of tomato rot, root rot and wilting. The drier soil helps disease-fighting microbes to grow.



Pep up Peppers—

Prepare a mist by stirring 1tbs. of Epsom salts into a gallon of water. Spritz the leaves of your peppers once every 14 days. The Epsom salts add magnesium which will improve the quality of bell pepper plants and give you a better harvest.



Gardening for Health

For your BONES

Weight bearing motions of gardening help to build healthy bones. So start digging, planting, and pulling those weeds.

For your BRAIN

Keeping healthy and active helps you prevent disease. Gardeners are three times less likely to develop Alzheimer's disease.

For Your HEART

Gardening and yard work can significantly improve your blood pressure. Four hours of yard work can reduce your blood pressure for up to 8 hours.

Fragrance-Free and Unscented Hygiene Products

Hand, Face & Body Lotions & Creams

Aveda	FF	Hair Salons, Spas
Cetaphil Skin Cleanser	FF	Shoppers
Cetaphil Moisturizing Cream	FF	Shoppers
Complex 15	FF	Shoppers
Neutrogena Facial Cream	FF	Shoppers
Neutrogena Hand Cream	FF	Shoppers
Neutrogena Body Emulsion	FF	Shoppers
Neutrogena Body Moisturizer	FF	Shoppers
Neutrogena Liquid Facial Cnsg Form.		Shoppers
Alpha Hydrox	FF	Shoppers
Aveeno Daily Moisturizing Lotion	FF	Shoppers
Aveeno Soothing Bath Treatment	FF	Shoppers
Cetaphil	FF	Shoppers
Curel Moisturing Body Lotion	FF	Shoppers
Curel Therapeutic Moist. Lotion	FF	Shoppers
Dermal Therapy	FF	Shoppers
Eucerin	FF	Shoppers
Glaxal Base	FF	Shoppers
Glysomed	UN	Shoppers
Jamieson Natural Sources (Vit. E)	FF	Shoppers
Jergens	FF	Shoppers
Keri Lotion	UN	Shoppers
Lubriderm (original and seriously sens).		Shoppers
Noxema (sensitive skin)	FF	Shoppers
Oil of Olay (sensitive skin)	FF	Shoppers
Oil of Olay (Total Effects)	FF	Shoppers
St. Ives (sensitive skin)	FF	Shoppers
Vaseline Intensive Care	UN	Shoppers
Phisoderm	UN	Shoppers
Almay Milk plus Facial Cream	FF	Shoppers
Marcelle Skin Care Line	UN	Shoppers
Neostatra One Step Foaming Gel	UN	Shoppers
Neostatra Daytime Smoothing Crm	FF	Shoppers
Roc Skin Care Line	UN	Shoppers
Clinique face cream	UN	Shoppers
Avon Pure Care Creams	UN	Shoppers
Cliniderm – Irritant Free Cream	UN	Ultra Mart
Nature's Gate Colloidal Oatmeal Ltn. F		Ultra Mart
La Roche Possay- Toleriane – all facial care		
	FF	Shoppers 2
HydraPhase	FF	Shoppers 2
Reversa Face Care – all facial care	FF	Shoppers 2

Foot Care

Naturally Fresh Deodorant Crystal Foot Spray	FF	Health Food Store
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Skin therapy & Acne treatment

Clear X Oog 1 (night, oil –free)	FF	Shoppers
Oxy	UN	Shoppers
Oxy Daily Cleaning Pads for SS	FF	Shoppers
SpectroDerm Gel	FF	Shoppers

Body Wash

Aveeno Body Wash	FF	Shoppers
Dove all day Body Wash	UN	Shoppers
Jergens	UN	Shoppers
Oil of Olay Complete	UN	Shoppers
La Roche Posay – Lipikar Syndet	FF	Shoppers 2

Anti-bacterial soap/cleanser

Neutrogena	FF	Shoppers
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Shaving Cream

Aveeno Therapeutic Shaving Gel	UN	Shoppers
Edge Active Care Shave Gel	UN	Shoppers
Glaxal Base Moisturizing Cream of SS		Shoppers
Kiss My Face Moisture Shave	FF	Health Food Store
Right Guard	UN	Health Food Store
Wileda Shaving Cream	NS	www.healthyhome.com

After Shave

Dermal Therapy	FF	Shoppers
Hair Shampoo	FF	Health Food Store
Nature Clean Herbal Shampoo	FF	Health Food Store
Nature Clean Organic Conditioner	FF	Health Food Store
Organics	NS	Health Food Store
Liquid Glycerin	NS	Bulk Barn
Aveda	NS	Hair Salons, Spas
H2 Shampoo	FF	www.healthyhome.com
Druide Shampoo	FF	www.healthyhome.com
Dessert Essence Thera. Shampoo	NS	www.healthyhome.com
Cliniderm Irritant Free Shampoo	NS	UltraMart, Dominion
La Roche Lipikar Syndet	FF	Shoppers 2

Hair Conditioner

Organics	NS	Health Food Store
Aveda	NS	Hair Salons, Spas
Desert Essence	NS	www.healthhome.com
Tranquility conditioner	NS	www.healthhome.com
		Ultra Mart
Cliniderm Irritant Free Conditioner	NS	Ultra Mart, Dominion

HairStyling Gel/Mousse

Aveda	NS	Hair Salons, Spas
Kiss Kids	NS	Health Food Store

Hair Spray

Adorn Hair Spray (extra hold)	FF	Shoppers
Alberto VO5 Ultra (hairspray gel)	UN	Shoppers
Alberto European Hairspray	UN	Shoppers
Alberto European Extra Hold Gel	UN	Shoppers
Alberto European Mousse	UN	Shoppers
Aveda all Sensitive Hair Gel	FF	Hair Salons, Spas
Finesse Hairspray (firm hold)	UN	Shoppers
Pantene Pro-V Hairspray	UN	Shoppers
Salon Selectives Hairspray	UN	Shoppers
Tame Hairspray (extra hold)	UN	Shoppers
Vidal Sassoon Hairspray (non-aerosol)		Shoppers
Dep 10 Sport Extreme Hold	FF	Shoppers
Dippity-do Sport Gel	UN	Shoppers
Clairol Final Net	UN	Shoppers
Marcelle non-aerosol Hair spray	FF	Shoppers
Druide Hair Gel	NS	www.healthyhome.com
Druide Hair Spray	NS	www.healthyhome.com
Jason All Natural Mousse	NS	www.healthyhome.com

Laundry Detergent

Unscented Tide	UN	Loblaws
Nature Clean	FF	Bulk Barn
Simply Clean	FF	Bulk Barn

Unscented President's Choice	UN	Loblaws, No Frills
Cheer Free	UN	Loblaws, No Frills
Seventh Generation	UN	Health Food Stores
H2 Liquid Laundry Detergent	UN	www.healthyhome.com
Soap Flakes	UN	www.healthyhome.com

Laundry Bleach

Nature Clean Natural Liq. Bleach	UN	Bulk Barn
Seventh Generation Non-Chlorine Bleach	UN	Health Food Stores
Washing Soda	UN	www.healthyhome.com

Fabric Softeners

Bounce Free	UN	Loblaws
Nature Clean	UN	Bulk Barn
Simply Clean	UN	Bulk Barn
Life Dryer Sheets	UN	Shoppers
No Frills Sheets	FF	Loblaws, No Frills
Ultra Downy Care	FF	Loblaws, No Frills
Static Eliminator	UN	Health Food Store

Deodorants

Naturally Fresh Deodorant Crystal	FF	Shoppers
Tom's of Main (natural)	UN	Shoppers, Health Food
Nature's Gate Crystal	FF	UltraMart
Dessert Essence	NS	UltraMart
Northern Harmony Natural Deodorant	UN	www.healthyhome.com

Anti-Perspirants

Arm & Hammer	UN	Shoppers
Arrid XX (roll on, solid stick)	UN	Shoppers
Ban	FF	Shoppers
Degree (with aloe)	FF	Shoppers
Dove (invisible silk protection)	UN	Shoppers
Dry Idea (roll on)	UN	Shoppers
Lady Speed Stick (gel, aloe, invisible)		Shoppers
Life Action	UN	Shoppers
Menmon Speed Stick Ultimate	UN	Shoppers
Mitchum Clear stick	UN	Shoppers
Right Guard sport (stick, spray)	UN	Shoppers
Secret (solid, dry)	UN	Shoppers
Soft & Dry Soother	UN	Shoppers
Tom's of Main	UN	Shoppers, Health Food
Marcelle	FF	Shoppers 2

Sunscreen

L'Oreal Ombrelle Suncare Research	UN	Shoppers
Coppertone Oil Free	FF	Shoppers
Neutrogena Sunblock	FF	Shoppers
Marcelle Protective Block	FF	Shoppers
Green Tea sun Block	NS	www.healthyhome.com
Vichy Capital Soleil SPF 15, 35, 45, 60.	FF	Shoppers 2
La Roche Posay - SPF 45	FF	Shoppers 2

Tanning Mist

Marcelle Self Tanning Spray	FF	Shoppers
Sun Shade Ultra 12	NN	www.healthyhome.com

Lip Balm

La Roche Posay Lipolevres	FF	Shoppers 2
Marcelle Lip Balm	FF	Shoppers 2

Bug Repellant

Citronella Insect Repellant	NS	www.healthyhome.com
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Soap

Aveeno	FF	Shoppers
Dove Beauty Bar	UN	Shoppers
Goat's Milk Soap	FF	Shoppers
Jergen's Skincare Naturals	UN	Shoppers
Oil of Olay	UN	Shoppers
Phisoderm	UN	Shoppers
Spectrogram 2	FF	Shoppers
Spectro Jel 609	UN	Shoppers
Lever 2000 Sensitive Skin Care	UN	Shoppers
Marcelle Soap	FF	Shoppers
Neutrogena Transparent Facial	FF	Shoppers
Down East liquid hand soap	UN	www.healthyhome.com
Nature Clean Bar Soap	FF	www.healthyhome.com
Kiss My Face Liquid Soap	FF	Health Food Store, Ultra Mt
Kiss My Face Pure Olive Oil Soap	FF	Health Food Store, Ultra Mt
Nature Clean Pure Soap	FF	Health Food Store

Air Deodorizer

H2 Rocks	FF	www.healthyhome.com
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Dry Cleaning

Search this website to find a "green cleaner"
<http://www.c2p2online.com/>

Fine Fabric Wash

Nature Clean Fine Fabric Wash	NS	www.healthyhome.com
Simply Clean Gentle Wash	NS	Bulk Barn, Health Food St.

Laundry Detergent

Unscented Tide	UN	Loblaws
Nature Clean	FF	Bulk Barn
Simply Clean	FF	Bulk Barn
Unscented President's Choice	UN	Loblaws, No Frills
Cheer Free	UN	Loblaws, No Frills
Seventh Generation	UN	Health Food Stores
H2 Liquid Laundry Detergent	UN	www.healthyhome.com
Soap Flakes	UN	www.healthyhome.com

Laundry Bleach

Nature Clean Natural Liquid Bl.	UN	Bulk Barn
Seventh Gen. Non-Chlorine Bl.	UN	Health Food Stores
Washing Soda	UN	www.healthyhome.com

Fabric Softeners

Bounce Free	UN	Loblaws
Nature Clean Natural Bleach	UN	Bulk Barn
Simply Clean	UN	Bulk Barn
Life Dryer Sheets	UN	Shoppers
No Frills Sheets	FF	Loblaws, No Frills
Ultra Downy Care	FF	Loblaws, No Frills
Static Eliminator	UN	Health Food Stores

Fine Fabric Wash

Nature Clean Fine Fabric Wash	NS	www.healthyhome.com
Simply Clean Gentle Wash	NS	Bulk Barn, Health Food

Air Deodorizer

H2 Rocks	FF	www.healthyhome.com
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Dry Cleaning

Search this website to find a "green Cleaner"
<http://www.c2p2online.com/>

April Quiz

Due to the season, all the answers have the word egg in them. Submit your answers to the Newsletter box at the Office or to one of NewsMagazine members to win a silver key chain. The most correct answers wins, but in the case of a tie, the winners' names will be put in a hat and one will be drawn. Winner will be announced in the next issue of the NewsMagazine. Entries must be submitted by April 19th. Good luck!

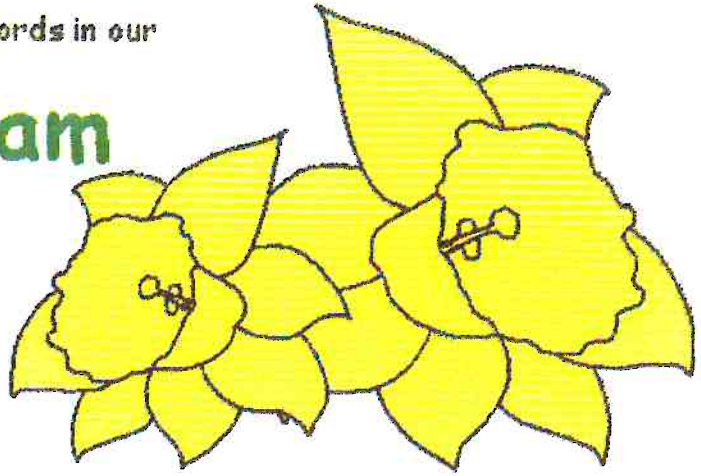
1. If you are caught doing/saying something for which you have no excuse/alibi is to have egg on your face
2. Something that results/turns out not as you planned or caused you embarrassment is to lay an egg
3. A nice person is a good egg
4. To totally rely on one person or situation is to put all one's eggs in one basket
5. To have zero in your score or absolutely nothing means you have a goose egg
6. Your savings are your nest egg
7. Dealing with someone or a situation in a sensitive manner is to have to walk on eggshells
8. In the old days, someone intellectual was called an egghead
9. To be stubborn is to be a hard boiled egg
10. If you are disliked because of something bad you have done you are a rotten egg
11. If you are a scatterbrain or can't think straight or organized you have scrambled eggs for brains

Name Unit.....

Unscramble the letters to find the words in our

Spring Anagram

Hidden Word (circled letters):



a d d f f **i** l o

e h i n n **s** s u

e f l o r w

g h o r t w

i l p t u

a d e g **n** r

a b e l l **m** r u

a d i n o p **r** r

a c e j k **t**

d d e l **p** u

Submit your answers to the Newsletter box at the office or to one of the NewsMagazine members to win a lucky 649 ticket. The most correct answers wins, but in the case of a tie, the winners' names will be put in a hat and one will be drawn. Winner will be announced in the next issue of the NewsMagazine. Entries must be submitted by May 21. Good luck.

Name _____

Unit _____

Humour Me

What some famous mother's might have said:

- Mary, Mary, Quite Contrary's Mother: "I don't mind you having a garden, Mary, but does it have to be growing under your bed?"
- Mona Lisa's Mother: "After all that money your father and I spent on braces, Mona, that's the biggest smile you can give us?"
- Humpty Dumpty's Mother: "Humpty, if I've told you once, I've told you a hundred times not to sit on that wall. But would you listen to me? Noooo!"
- Little Miss Muffet's Mother: "Well, all I've got to say is if you don't get off your tuffet and start cleaning your room, there'll be a lot more spiders around here!"
- Mary's Mother: "I'm not upset that your lamb followed you to school, Mary, but I would like to know how he got a better grade than you."
- Goldilocks' Mother: "I've got a bill here for a busted chair from the Bear family. You know anything about this, Goldie?"
- Columbus' Mother: "I don't care what you've discovered, Christopher. You still could have written!"
- Albert Einstein's Mother: "But, Albert, it's your senior picture. Can't you do something about your hair? Styling gel, mousse, something...?"
- Thomas Edison's Mother: "Of course I'm proud that you invented the electric light bulb, Thomas. Now turn off that light and get to bed!"
- Babe Ruth's Mother: "Babe, how many times have I told you to quit playing ball in the house! That's the third broken window this week!"
- Michelangelo's Mother: "Mike, can't you paint on walls like other children? Do you have any idea how hard it is to get that stuff off the ceiling?"
- Napoleon's Mother: "All right, Napoleon. If you aren't hiding your report card inside your jacket, then take your hand out of there and prove it!"
- Abraham Lincoln's Mother: "Again with the stovepipe hat, Abe? Can't you just wear a baseball cap like the other kids?"
- George Washington's Mother: "The next time I catch you throwing money across the Potomac, you can kiss your allowance good-bye!"
- Custer's Mother: "Now, George, remember what I told you - don't go biting off more than you can chew!"
- Batman's Mother: "It's a nice car, Bruce, but do you realize how much the insurance is going to be?"
- Superman's Mother: "Clark, your father and I have discussed it, and we've decided you can have your own telephone line."

Handy Hints

Energy efficient laundry saves \$\$\$\$\$, your clothes and the environment—

Program your wash- organize your wash to make the most of the programming facility on the machine. You will save time, money and energy. When sorting keep in mind the kind of fabric and how soiled your items are.

- **Temperature**

The hotter the water, the greater the cleaning power. Check the temperature against the needs of your clothing. Cotton and linen will stand hot temperatures while silk and wool will shrink in hot water. Use hot water only on heavily soiled items. Pre-soaking these items in a bucket or tub of hot water before washing will eliminate the need for a hot water wash.

- **Wash Time**

Delicate items made of silk and wool need only be washed for short periods of time in which case you may want to hand wash these items. Your gardening clothes or heavily soiled items may need a longer wash time.

- **Loading the Machine**

To be energy efficient, wash with the fullest load suitable for the fabric type. DO NOT OVERLOAD, however, as the items will not move freely, thereby making soil removal inefficient. Repeated overloading of the machine will also shorten the life the machine. Washing only a few items at a time is a waste of water, detergent and electricity and, of course, \$\$\$\$\$.

- **Clean the Lint Trap**

Cleaning the lint trap on the dryer after each load, allows the dryer to work more efficiently and dry your clothes better. The machine does not have to work as hard and therefore, the life of the machine is prolonged.

- **Detergents**

Using concentrates reduces the amount of chemicals released into the environment. The correct amount will cut down on waste. There are a number of environmentally detergents available now that have been proved safe for our waterways. Also, reduce the use of chlorine bleach and fabric softeners as they break down your fabrics and are unfriendly to the environment.

FRANK WILKS PERFORMING

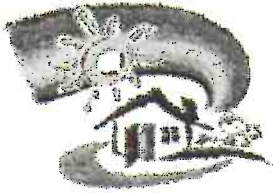
Frank Wilks Solo
at O'MALLY'S
Beech x Queen St E
Every Wed from 9 to 12pm

Frank Wilks Band
at QUIGLEY'S
Beech x Queen St E
Sat May 30 from 10pm to 2am

Frank Wilks Band
at SMILIN' JACKS
Lawrence x Markham
Sat May 2 from 9:30pm to 2am

Frank Wilks Night
with Special Guests
at the BLACK SWAN TAVERN
Broadview x Danforth
Thurs May 7 from 9pm to 1am

www.myspace.com/frankwilksband
www.myspace.com/iamnotnellyoung
www.myspace.com/frankwilksfolk
frankwilks@hotmail.com



Summer Student

Homestarts Incorporated is a non-profit, community based organization. Founded in 1978, we offer management, maintenance, consulting and development services to housing co-operatives and non-profit housing groups. Currently, we provide services to more than 40 co-op and non-profit clients located in cities throughout southern and south western Ontario.

We are currently looking to fill the position of **Administrative Assistant** to be based at our head office in Mississauga, as well as assisting at various co-operative housing properties staffed by Homestarts. The position is for 10 weeks at 35 hours per week and has an hourly wage of \$11.75 + 4% vacation pay. Due to specifics of the position, which is co-ordinated through the Canada Summer Jobs initiative of Human Resources and Skills Development Canada, applicants must fit all the following criteria:

- *between 15 and 30 (inclusive)*
- *full-time attendance in both the 2008-9 and 2009-10 academic year*
- *Canadian citizen, permanent resident, or person on whom refugee protection has been conferred*

A brief job description follows:

1. Accountability

The *Administrative Assistant* will be accountable to the Manager, Human Resources & Administration.

2. Supervision and Reporting

The *Administrative Assistant* will be supervised by and report directly to the Manager, Human Resources & Administration.

3. Duties and Responsibilities

The duties of the *Administrative Assistant* shall include:

- 3.1 administrative support work at Homestarts' head office in Mississauga;
- 3.2 temporary staff relief and administrative support work at client housing co-operatives located throughout the GTA, Halton, Peel and Hamilton/Niagara areas as required.

The responsibilities of the *Administrative Assistant* shall include: Wordprocessing, Spreadsheet preparation, sending and receiving faxes, photocopying, cerloxing proposals, telephone, reception, filing, internet research, ordering office supplies, record keeping, preparing bank deposits, preparing cheque requisitions and writing cheques, and other duties as assigned.

Should the above position be of interest, please email nmaloney@homestarts.org

Apartments and condominiums – increasing their waste diversion

TORONTO has approximately 4,500 multi-residential buildings with more than 500,000 residences. They account for one-half of the city's households but they only recycle about 13 per cent of their waste. In order to reach our 70 per cent diversion goal, people living in apartments and condos need to be part of the Green Bin Program and by 2011, they will be.

The City's Green Bin rollout will bring 300 buildings into the program each month over the next 18 months. Through building owners, the City is providing each unit a Green Bin information package and an indoor kitchen compost container, the same type that single households received.

To help residents increase Blue Bin recycling, the City is also providing new in-unit recycling containers for building owners to give to residents. Owners are being given a choice between two different recycling containers: a soft-sided bag or a hard-sided bin. These new recycling containers will be delivered to buildings over the next 12 months.

City staff have been working with building owners and management to help them set up a collection system that will work in their building for both the Green Bin and Blue Bin Programs. Some newer buildings have chutes with tri-sorters, but most buildings require residents to take their recycling and composting to a central waste/recycling area. The City provides a selection of different information pieces in many languages to help building owners communicate with residents about these programs.

 toronto.ca/garbage



By 2011, apartments and condominiums will all be recycling their organics.

SUDOKU

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

Answers on p.13.



Co-operative Housing Federation of Toronto Inc.

Even More Co-ops **Think Young!**

CHFT celebrates its 35 anniversary this year.

We have asked our members to join us in the anniversary celebration and elect young members to their boards of directors. We are viewing “young” as anyone under 35 years old.

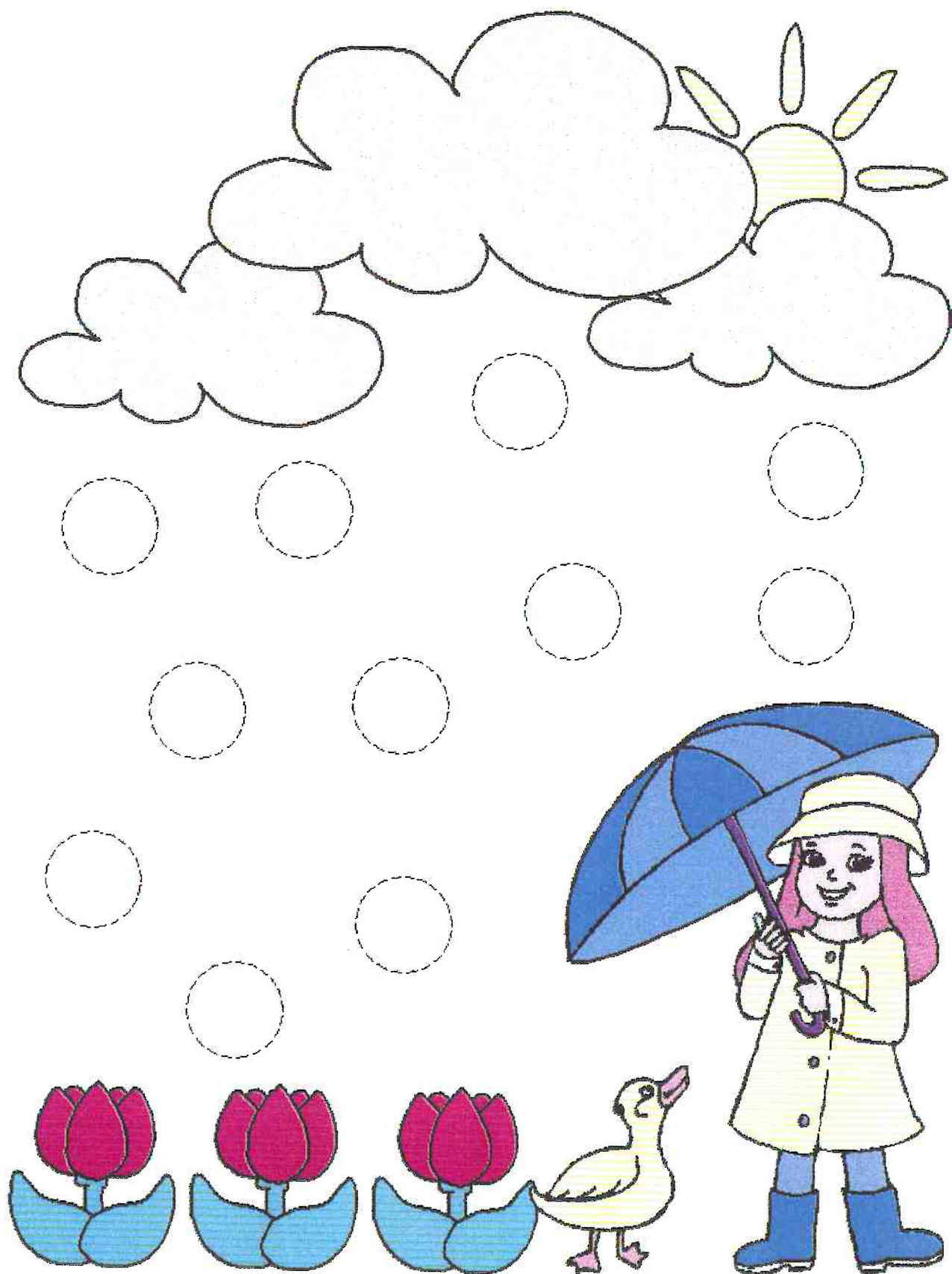
Here’s a list of member co-ops who have done it so far.

Arcadia	Ernescliffe
Atahualpa	Fieldstone
Ann Marie Hill	Harry Sherman Crowe
Atkinson	Heath Street
Black Creek	Maurice Coulter
Bellamy	Neill-Wycik
Bleecker	Oak Street
Broadview	Perth
Charles Hastings	Tamil
Campus	→ Thurlestone
Cawthra	Ujamaa
Eamon Park	Windmill Line
Forty-Third	Windward
Forward 9	Woodsworth

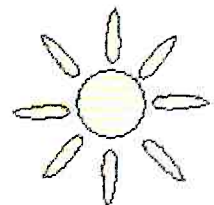
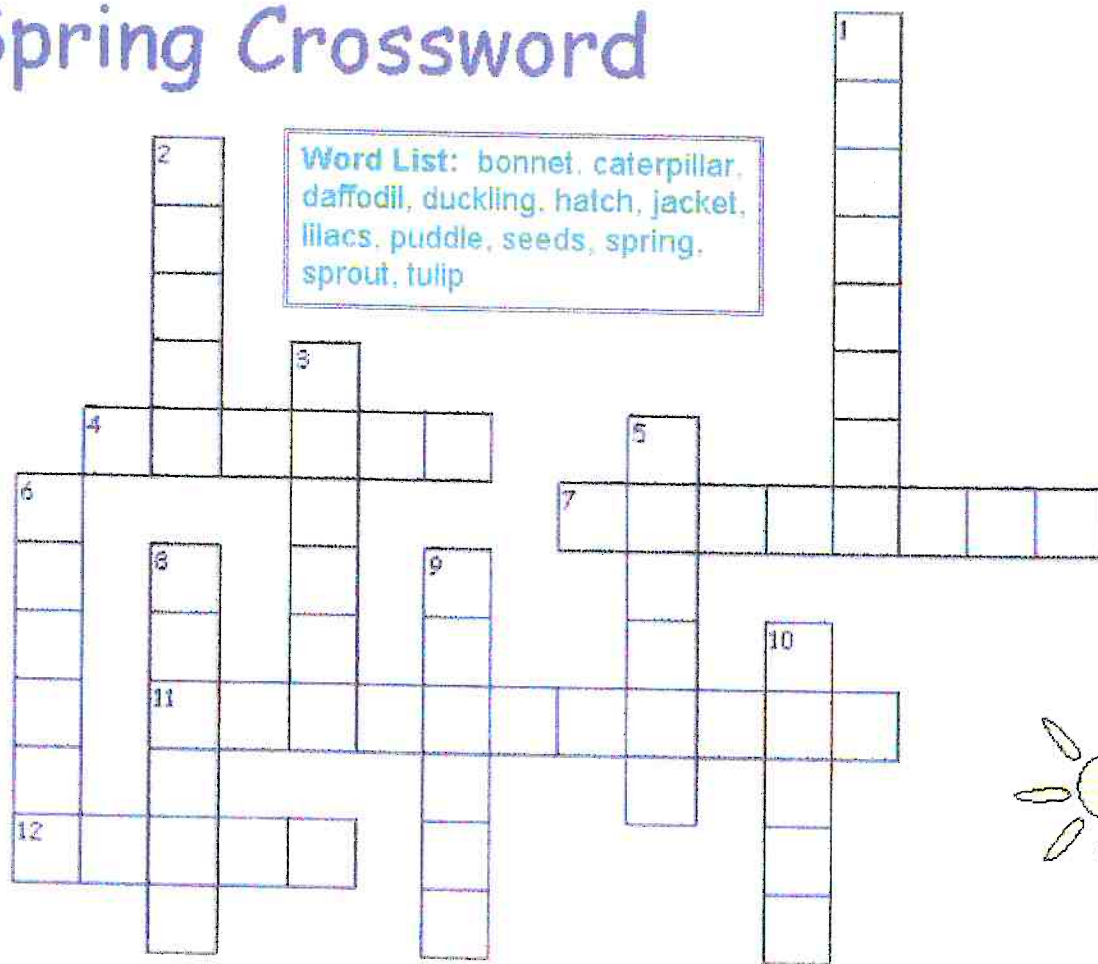
These co-ops will receive a special mention at our Annual General Meeting on Wednesday, May 13, 2009 and further recognition at the Co-operative Housing Award Night in the fall.

We need a new generation of co-op leadership. Let us know how your co-op is developing that leadership by sending an email to info@coophousing.com.

658 Danforth Avenue, Suite 306, Toronto, Ontario M4J 5B9
Telephone: (416) 465-8688 Fax: (416) 465-8337 E-mail: info@coophousing.com
Web site: www.coophousing.com



Spring Crossword

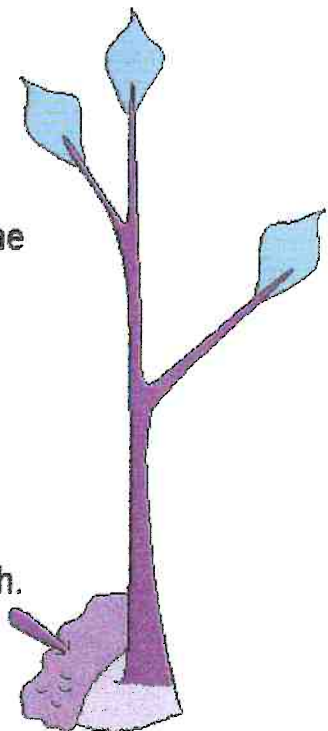


Across

4. To begin to grow and give off shoots or buds.
7. Baby duck.
11. Larval form of a butterfly.
12. Sow these in the ground in spring to get a harvest in the autumn.

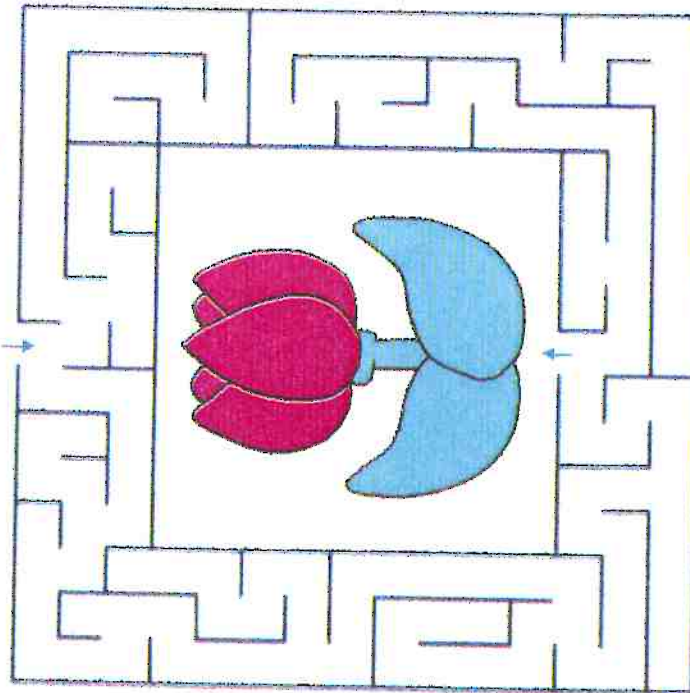
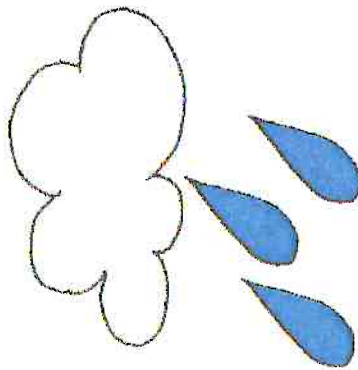
Down

1. Yellow flower that makes a nice spring bouquet.
2. Dutch springtime flower.
3. Wear this on your head to fancy picnics or parades.
5. A small pool of water.
6. Fragrant bunches of purple flowers that grow on a bush.
8. Wear this to keep warm
9. The season between winter and summer.
10. Break out of an egg.



Springtime Maze

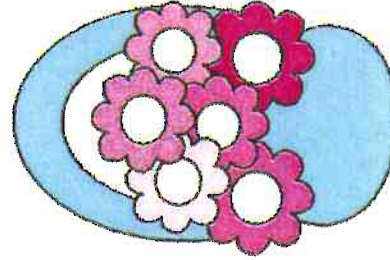
Help the raindrops find
the flower.



May Day Word Search

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

basket
blossoms
dance
festival
flowers



mayday
parade
ribbons
singers
tradition

SPRING 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
21	12	15	13	22	7	23	2	14	9	10	11	18	25	26	6	1	24	16	17	4	3	20	19	5	8

16 6 24 14 25 23 17 14 18 22 14 16 17 2 22 11 21 25 13

21 20 21 10 22 25 14 25 23 17 2 22 18 21 24 15 2 20 14 25 13 16

21 24 22 17 2 22 18 26 24 25 14 25 23 5 21 20 25

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.

Hey Kids!

If you decode the message—call me.
Don't forget to tell me the message,
leave your name, unit number and age.

Luci 416-265-1649



Feedback

Surprise, Surprise, we did not have a winner for the adult quiz. Answers to this months quiz must be submitted by May 21 to qualify for the Lucky 649 Ticket. We did have a winner for the children's quiz--Mary Cullen of 2C, 9 years old, won the prize for decoding the secret message in the Children's section.

Earth Hour was not as big a success as hoped. Every building had at least one apartment fully lit up. Folcroft members must not have gotten the message about Earth Hour. Half of Folcroft had their lights on. Here is a puzzler for you. I always thought I was good at math but I haven't figured this one out yet. Three people in a two bedroom apartment that contains 5 rooms--(2 bedrooms, 1 bathroom, 1 kitchen, and a combined living-room, dining room). How do you explain that all five rooms in the apartment are lit up?? Isn't it physically impossible for there to be a person in each room??? If anyone can explain this to me, I would appreciate it.

I was out with my camera for the Spring Work Day. Unfortunately the pictures will not be out until the June edition.

Spring is a wonderful time of rebirth. Everything is so new and fresh again. You can see the signs of our avid gardeners handiwork. Lawns have been raked and cleared of winter's debris. Green shoots are sprouting up everywhere, and those darn dandelions are already blooming!

It is with a sad heart that we say farewell to Gini Smith. Gini has been a member for 27 years. She has been a good friend to all her neighbours and a dear friend of mine for the past 25 years. This is her last edition of the NewsMagazine as she will be leaving the Co-op at the end of May. The Spanish have a wonderful farewell, "Vios con Dios". Here's to a wonderful future in your new home.
Happy Mother's Day!

Luci