

THURLESTONE NEWSMAGAZINE

May-June 2016



Coloured by Cynthia

What a joy! Spring is here and Summer is at our door step! Nature is beaming with life.

Our grounds are looking more and more beautiful every day, thanks to the continuing hard work of the landscaping committee and thanks also to the members that participated on the clean up weekend.

With so many activities to enjoy under the shining sun, let us remember to play safe, use sun screen and sunglasses, and most of all let us be kind to each other.

Jewel.

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

Submissions are always welcome.

Please deliver all you contributions to the office newsletter mailbox or email them before June 24:

t-nm@live.ca

Jewel & Patricia



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Mission Statement
To promote Unity and Participation
To Inform and Entertain

May 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 - Bylaw Mtg 11 am	5	6	7
8  Happy Mother's Day	9	10	11 - Bylaw Mtg 11 am	12	13	14
15	16	17 Board Mtg 7:00 pm	18 - Bylaw Mtg 11 am Finance Mtg. 7:00 pm	19 Membership Mtg 7:30 pm	20	21
22	23  Victoria Day	24	25- Bylaw Mtg 11 am	26	27	28
29	30	31				

June 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 - Bylaw Mtg 11 am	2	3	4
5	6	7 Board Mtg. 7:00 pm <i>Ramadan Be gins</i>	8- Bylaw Mtg 11 am Finance Mtg. 7:00 pm	9 Membership Mtg 7:30 pm	10	11
12	13	14	15 - Bylaw Mtg 11 am	16	17 NewsMagazine 7:00 pm	18
19 Happy Father's Day!	20  First Day of Summer	21	22- Bylaw Mtg 11 am	23	24 NewsMagazine 7:00 pm	25
26	27	28 Board Mtg. 7:00 pm	29- Bylaw Mtg 11 am	30 Membership Mtg 7:00 pm		

HOLIDAYS AND OBSERVANCES

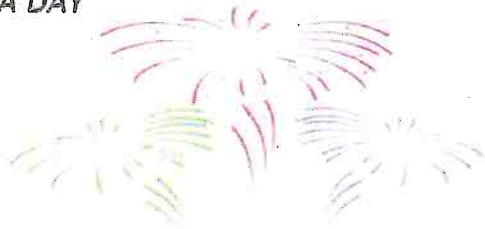
MAY

MAY 1ST ORTHODOX EASTER

MAY 1ST MAY DAY

MAY 8TH MOTHER'S DAY

MAY 23RD VICTORIA DAY



JUNE

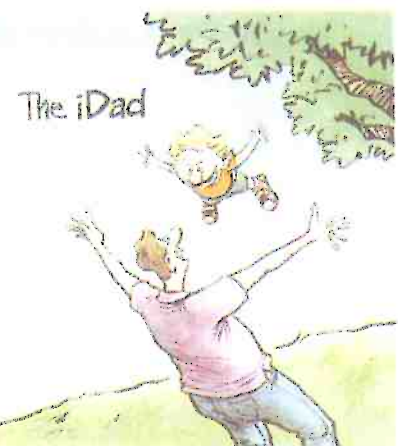
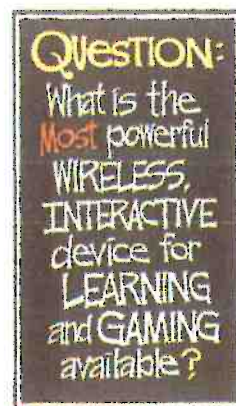
JUNE 7TH RAMADAN BEGINS

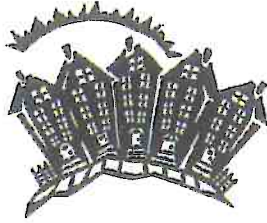
JUNE 12TH SHAVUOT

JUNE 19TH FATHER'S DAY

JUNE 20TH SUMMER SOLSTICE

JUNE 21ST NATIONAL ABORIGINAL DAY





THURLESTONE CO-OPERATIVE INC.

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

(416) 261-1110 (Phone) (416) 261-4744 (Fax)

www.thurlestonecoop.com Email: thurlestonecoop@rogers.com

MINUTES OF BOARD MEETING

JANUARY 12 2016

Present: Krys Wells, Deb Brown, Reg Morency, Shula Katz, Laura Parsons, Pat Gadick, Denise Macdonald arrived at 7:43.

Regrets: Sophie Edwards, Bridget Maloney

Recording Secretary: Pat Gadick Chairperson: President Deb Brown

1. 7:07 – Call to Order
2. Approval of Agenda – 1st by Deb, 2nd by Reg. All in favour
3. Adoption of Minutes – December 1st 2016. 1st by Shula, 2nd by Krys. All in favour.
Abstain: Laura
4. Business arising from Minutes: No new business
5. **CONFIDENTIAL SECTION:** See Confidential Section

6.1 ADMINISTRATIVE UPDATE:

- a) FYI
- b) FYI
- c) FYI
- d) FYI

6.2 MAINTENANCE UPDATE:

a) Motion to approve CMS Consulting fee of \$2500.00. 1st by Deb, 2nd by Laura. All in favour.

b) Motion to approve quote from The ReGroup Inc. for \$22,000.00 plus HST for 2 Folcroft patio doors at #5A and #4A replacements including lintel replacement and shoring. 1st by Krys, 2nd by Deb. . Abstain: Denise. All in favour.

c) Motion to accept bid by Brady and Seidner for \$4765.00 plus HST to install Backflow Preventer at 2 Folcroft. 1st by Denise, 2nd by Reg. All in favour. Motion carried.

d) 2402 re-flooring project – awaiting more bids

e) Motion to approve Robertson Fire Equipment quote of annual fire alarm repairs. Fishleigh: \$4,070.00 and Folcroft: \$2,821.00 plus HST. 1st by Deb, 2nd by Krys. All in favour. Motion carried

f) Motion to approve quote by FTD Construction of \$11,500.00 plus HST for 16 Fishleigh Laundry Room Sump Pump Project. 1st by Denise, 2nd by Shula. All in favour. Motion carried.

g) Viewing windows in stairwell doors (2 doors) at 24 Fishleigh were deemed appropriate for safety reasons.

H Waiting for quotes for water supply lines at Unit 2402 from Four Oaks – deferred

7. NEW BUSINESS: No new business

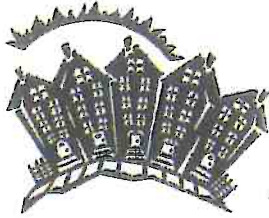
8. Next meeting on February 2, 2016 at 7:00

9. Motion to Adjourn. 1st by Deb, 2nd by Krys

10. Meeting adjourned at 9:12 p.m.

Deb Brown, Chairperson

Pat Gadick, Secretary



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MINUTES OF BOARD MEETING

February 2, 2016

Present: Denise Macdonald, Diane Hogan, Deb Brown, Krysl Wells, Sophie Edwards, Bridget Maloney, Pat Gadick, Shula Yemane, Laura Parsons excused at 10:00pm

Regrets: Reg Morency

Recording Secretary: Sophie Edwards

Chairperson: President Deb Brown

1. 7:05 pm - Call to Order
2. Approval of Agenda as amended - 1st by Denise, 2nd by Sophie, all in favour.
3. Adoption of Minutes
 - January 12, 2016 - 1st Shula, 2nd by Krysl, all in favour
 - January 19, 2016 - as amended: Shula regrets due to conflict
1st by Krysl, 2nd by Pat, all in favour
4. Business Arising of Minutes
 - January 12, 2016 no new business
 - January 19, 2016 no new business
5. CONFIDENTIAL SECTION – See Confidential Section
- 6.1 Administration Update
 - a) Diana to send letters to members of Folcroft currently on subsidy reminding them of subsidy end date: May 31, 2017.
- 6.2 Maintenance Update
 - a) Motion to ratify Floormaster quote for new underlayment at building 18. 1st by Denise, 2nd by Laura, all in favour.
 - b) Motion to approve quote from Frechette Lawncare \$1,786.86 for summer 2016 service. 1st by Sophie, 2nd by Denise, all in favour.
 - c) Motion to approve quote from CMS to manage patio door repairs at Folcroft. 1st by Sophie, 2nd by Shula, Denise abstained, carried.
 - d) Motion to approve ReGroup quote to re-floor 2402. 1st by Sophie, 2nd by Bridget, all in favour.

- e) Motion to approve ceramic floor replacement in 2402 by Regroup. 1st by Deb, 2nd by Denise, all in favour.
- f) Motion to approve quote from Robertson's Fire Equipment to replace panel at 24 Fishleigh. 1st by Drys, 2nd by Denise, all in favour.

7. Committee Reports

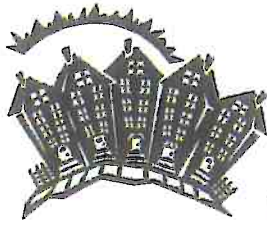
No committee reports at this time.

8. New Business

- 1. See confidential section.
 - 2. Parking administrator to review status of car in spot #31.
9. Next meeting Tuesday, February 23, 2016 at 7pm
10. Motion to adjourn the meeting at 10:16pm, 1st Deb, 2nd by Pat, All in Favour.

Deb Brown, Chairperson

Sophie Edwards, Secretary



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MINUTES OF BOARD MEETING

FEBRUARY 23 2016

Present: Denise Macdonald, Shula Katz, Krys Wells, Diana Hogan, Bridget Maloney, Pat Gadicke

Regrets: Reg Morency, Laura Parsons, Deb Brown, Sophie Edwards

Recording Secretary: Pat Gadicke Chairperson: Vice-president Denise Macdonald

1. Call to Order – 7:22
2. Approval of Agenda: 1st by Denise, 2nd by Bridget. All in favour.
3. Adoption of the Minutes: February 2 2016- 1st by Denise, 2nd by Pat. All n favour.
4. Business arising from the Minutes: February 2 2016 - No new business
5. Confidential section: See Confidential Section
6. Co-ordinators's Report
 1. Administrator's Update:
 - a) FYI
 - b) FYI
 - c) FYI
 - d) FYI
 2. Maintenance Update:

a) Motion to approve repair of basement stairwell door at 18 Fishleigh by Custom Door and Lock. Work already completed at a cost of \$1,125.25. 1st by Denise, 2nd by Bridget, All in favour, Motion carried.

b) Motion to ratify Board Poll dated Feb. 11 2016 re: 2402 re-flooring project throughout unit including kitchen. The Byng Group was the second lowest bidder for \$13,992.33 plus HST. The ReGroup was the lowest bidder, but was unable to work within our time constraints. 1st by Denise, 2nd by Krys. All in favour. Motion carried.

c) Motion for approval of Hardwood floor refinishing of Unit 5E by Century Flooring X-press for \$1,402.18. Work already completed. 1st by Denise, 2nd by Shula. All in favour

d) FYI

e) FYI

f) FYI

7. Committee Reports: No reports at this time

8. New Business: a) Motion made to have someone from CHFT stand in as Chair of GMM in March 2016. 1st by Shula, 2nd by Krys. All in favour. Motion carried.

b) Pat made a brief synopsis of the parking co-ordinator's proposal and suggested that Jeff Gadick, the parking co-ordinator should appear before the board and speak on behalf of his proposal.

c) Motion made to keep Doug Attree as one to keep trimming hill. 1st by Krys, 2nd by Denise. All in favour. Motion carried.

d) Motion made to add RESPECT onto the Agenda for the GMM. 1st BY Shula, 2nd by Krys. All in favour. Motion carried.

9. Next Board Meeting: Tuesday March 8th 2016 at 7:00pm.

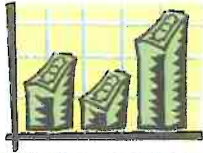
10. Adjournment: 9:42 pm

Denise Macdonald, V.P. Chair

Pat Gadick, Secretary



Notes from the Co-ordinator's Desk



HOUSING CHARGES JUNE 1ST, 2016

At a meeting of the General Members held March 23rd, 2016, the Operating and Capital Budgets for fiscal year beginning June 1st, 2016 to May 31st, 2017 were approved.

Therefore, please take notice that on June 1st, 2016 your new housing charges will be as follows:

Fishleigh:

1 bedroom \$834.00
2 bedroom \$941.00

Folcroft:

1 bedroom \$1081.00
2 bedroom \$1161.00
3 bedroom \$1258.00

Households who have submitted an annual application for housing charge assistance (subsidy) for June 1st, 2016 must pay the market housing charges for their unit as listed above, unless or until they receive notice from the Co-op that they have been deemed eligible for housing charge

assistance and have been granted subsidy for June 1st, 2016.



Payment Options

Best Option:

Pre-Authorized Payments:

At the back of this Newsletter you will find a page entitled *Pre-authorized Debit (PAD) Agreement*. This is the most convenient and worry-free method for paying your monthly housing charges. To take advantage of this easy payment method, please complete the PAD Agreement and attach a void cheque and return it to the Co-op Office by the 25th of any month prior to the 1st of the month in which you wish to begin paying by pre-authorized payments. Once received, your housing charges will be automatically debited from your account on the first of each month. You may stop or cancel your pre-

authorized payments with 10 days advance notice to

the Co-op Office before any payment due date.

Post-Dated Cheques:

Another payment option is to submit a series of 11 post-dated cheques from July 1st 2016 to May 1st, 2017 to the Co-op Office. On the 1st of each month, one of your post-dated cheques is then processed for that month's housing charges. Please note that your cheque payment for June 1st, 2016 will be different as it must also include the increase to be added to your Last Month's Housing Charge Deposit, i.e. if you are in a one bedroom, your housing charges are increasing by \$28/month. Therefore, you must also add \$28.00 on June 1st, 2016 to your Last Month's Housing Charge Deposit so that it is equal to your new current total monthly housing charges.

Cheque or Money Order:

The last payment option, which is also a very effective payment option for housing charges, is to submit individual cheques or money orders each month to the Co-op Office delivered by

the 25th of the month before they become due on the 1st of each month following, in accordance with the Co-op's Financial Policy. Cheques may be post-dated for the 1st of the month when they will become due.



New Fishleigh Parking Co-ordinator

Please be advised that we have a new Fishleigh Parking Co-ordinator, Mike Burke. You are encouraged to contact Mike for any of your parking requests, changes or concerns. Or, if you have temporary or overnight visitors and require a temporary parking spot, you may contact Mike Burke who may assign a temporary spot, if available.

You may contact Mike Burke by email at:

thurlestoneparking@gmail.com

or by phone at:

416-768-7527

PROTECT CO-OP HOUSING You Hold the Key Campaign

On Friday, May 22nd, 2016, Canada's Minister of Finance The Honourable Bill Morneau announced that \$30 million has been reallocated in the budget to ensure that federally-administered social housing providers with ending operating agreements may be able to continue to provide income-tested assistance to low-income households over the next two years. Although this announcement is welcomed news, co-ops like ours have yet to receive any written promises or written agreements to extend our subsidy programs for our 2 Folcroft Avenue member households when our operating agreement expires on August 1st, 2017. Over the next few months, we will be launching a co-op initiative to ask our local Member of Parliament – Bill Blair to provide our co-op with a written promise or agreement that the federal government will extend our subsidy programs after the date of our expiring operating agreement. In the meantime, you are encouraged to contact our local MP directly. MP Bill

Blair's contact information is as follows:

Paper & Voice

Ottawa	Constituency
Bill Blair House of Commons Ottawa, ON K1A 0A6	2263 Kingston Road (Main Office) Scarborough ON M1N 1T8 Phone: 1 416 261-8613
(No postage required!)	
Phone: 1 613 995-0284 Fax: 1 613 996-6309	

E-mail

You can reach the office of Bill Blair at Bill.Blair@parl.gc.ca

Everyone is encouraged to help save our 2 Folcroft subsidy programs to protect affordable housing for our members

Have a Wonderful Spring!

Diana Hogan, Co-ordinator

Phone #416-261-1110

thurlestonecoop@rogers.com
or www.thurlestonecoop.com

Thurlestone Co-operative Incorporated
3 - 22 Fishleigh Drive
Scarborough, ON M1N 1G9

MAR 21 2016

March 16, 2016

Dear Friends of Rooftops Canada:

On behalf of Rooftops Canada and our overseas partners, I am writing to express our deepest thanks to Thurlestone Co-operative Incorporated for its recent donation. Generous gifts from co-operatives like yours not only provide the financial and significance support needed to continue our work but make life changing impact on communities we work with.

With its continued support over the years, your co-operative has made evident its deep commitment to our work of providing decent housing to no and low in-come families, clean water, and hope for the future for many families in Tanzania, Kenya, Zimbabwe, and South Africa.



Your support has repeatedly played a key role in our success. In the last five years, as of September 2015, housing partners in Kenya, Tanzania and Zimbabwe secured plots for 5,344 families, built 2,460 affordable houses for low-income urban households with 12,300 individuals, the majority of them women and children. Another 264 member/client households rehabilitated existing homes.

There is no way to fully express our gratitude for your co-operative's loyalty. We at Rooftops Canada are continually inspired by the dedication and generosity of co-operatives and individual donors who answer the call to give again. We look forward to a continuing partnership with you.

Thank you once again for your past generosity and commitment to building homes and communities for families living in terrible conditions.

Yours sincerely,



Barry Pinsky
Executive Director, Rooftops Canada



New members!

Jeffrey Yanoff

Unit 24 02

Kaitlynn Askin-Felts & Kenneth Felts Unit 5E

The NewsMagazine Committee is always looking for your contributions ~ please send in your ideas, artwork, stories, recipes, etc .. Or come visit us.

Email us at: t-nm@live.ca

Congratulations

The winner of our Coloring contest is Cynthia !

DEADLINE for submission of answers to this issue's contest is June 24.

Bits and Bites

Next Monday: Rare Transit of Mercury

On May 9/ 10, 2016, Mercury, our Solar System's smallest planet, will pass between the Earth and the Sun, appearing as a small dot moving across the surface of the Sun. Can I see the Transit?

Specialized viewing equipment will be needed to view this rare celestial event.

<http://www.timeanddate.com/>

Need a Delivery?

This information was extremely helpful for me in a time of need, maybe it can be of help for you too.

Mandarin

<http://www.mandarinrestaurant.com/>
<http://www.mandarinrestaurant.com/takeout-delivery/>

2206 Eglinton Ave E
Scarborough, ON
M1L 2N3
Phone: 416-288-1177

Swiss Chalet

<https://www.swisschalet.com/>
<https://www.swisschalet.com/menu/beverages/delivery-takeout>

Call to Order
1 416 439 0439 (GTA)
1 866 439 0439 (TOLL FREE)

PizzaPizza

<http://www.pizzapizza.ca/>
<http://www.pizzapizza.ca/view-our-menu/>
Your Local Pizzeria: 416 967-1111

Domino's Pizza

<https://order.dominos.ca/en/>

STORE #10366
1195 Brimley Road
Scarborough, ON M1P3G5
Phone: 416-431-5544

STORE #10328
2269 Kingston Road
Scarborough, ON M1N1T8
Phone: 416-265-5444

KFC

<http://www.kfc.ca/menu/index.aspx>

2500 DANFORTH AVE
TORONTO, ON
M4C 1L2
Phone: 416-691-5257

2383 KINGSTON RD
SCARBOROUGH, ON
M1N 4E7
Phone: 416-267-0439

Happy Mother's Day

POEMS

*Mothers are the place where love
Emerges from the earth,
And happiness rings out like bells
In honor of our birth.*

*Mothers are the sun that lights
For life our inner sky,
So we may know that we are loved
And need not question why.*

*Mothers are the moon that shines
Upon our black despair,
So even when we weep, we know
That someone's always there.*

*Whatever fear, or stress, or pain
Might them to anger move,
We know that underneath the storm
We have, always, their love*



*Hundreds of dewdrops to greet the dawn,
Hundreds of bees in the purple clover,
Hundreds of butterflies on the lawn,
But only one mother the wide world over.
~George Cooper~*



Happy Father's Day

Special Dad

*My dad is very special,
He's not just a dad but a friend;
For he knows where there is a Difference,
When one should start and the other end.*

*He's my dad when I need real guidance,
But if I need a pal for a while,
He's right there in each situation,
Not with just concern, but a smile.*

*Kids need someone like that,
To help them draw that line,
Between what is right and wrong.
Sometimes the difference is hard to define.*

*So I'd like to thank Dad for being there,
For helping me all the way
And to all the Dads who stand by their kids,
God bless you this Father's Day.*

© Trinity Pratt

Published on May 2008



Dad, you're someone to look up to no matter how tall I've grown. ~Author Unknown

A father carries pictures where his money used to be. ~Author Unknown

*The Greatest Gift
I Ever Had
Came From GOD
And I Call Him
DAD*

(A humorous observation)

Have you ever noticed how difficult it is to get a live person on the phone? Gone are the days of surly operators who believe that their only purpose in life is to make you believe that you are the most incompetent being on the planet. Technology has replaced these keepers of the incompetent with something far more sinister. Yes....I'm talking about Automated Phone Systems.

Something that was originally meant to be more efficient and cost effective has become a nightmarish maze of options and (gasp) muzak. And don't even get me started on the once human voice who tells you that "Your call is important to us." If you can believe that, then you can believe that the phone company is going to mail you a cheque for the hour you spent sitting on hold.

If you are fortunate enough to actually get a living, breathing person on the phone, rejoice.....but not for long. You have reached the wrong department. They offer to transfer your call, but somewhere through this highly technical process, you are disconnected. Oh goody.....now you get to start all over.

So now you dial again and wait for the pseudo-human voice to recite your options. While you wait, you have a brainstorm. Why not just hit "0" for operator? Not a bad idea.....or is it? Give it a try. So you do. "I'm sorry, but that option is not available at this time." "Please press "1" for the main menu." Oh you poor, naïve thing. The line hums and whines and then nothing. You wait and wait and suddenly.....click.

By this time you have probably thinned out your hair considerably. The evidence is at your feet. But it did save you a trip to the hair salon. Maybe the system is cost efficient after all. HA!

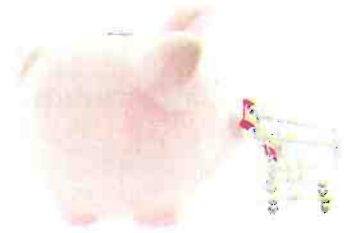
After thinking about the prospect of picking up that phone again, you decide against it. Instead, you hop in your car and drive to the company office, in hopes of interfacing with a real person. So much for cost efficiency. The office is way cross town and it is rush hour.

You finally arrive and miracle of all miracles.....There is a real live person in the office. Someone who can tell you just how incompetent you really are. And with a loud sigh you realize that all is right with the world again



6 Healthy Foods that Are Easy on Your Wallet

These days it seems as if we're all trying to stretch our dollars, either by necessity or because we're becoming savvier about saving more and spending less. If you've been looking for ways to stretch your grocery budget without resorting to filling up on cheap, empty calories, read on.



It's a myth that the healthiest foods are the most expensive. With a list and a plan, it is possible, and surprisingly simple, to eat healthily without blowing your budget or sacrificing those hard-earned fitness* results. If you want to keep your wallet fat and your waistline trim, try to put more of these food items in your shopping cart the next time you're at the grocery store.

1.- Sweet potatoes. Also marketed as yams (which are actually a variety of the sweet potato), this versatile food is as nutritious as it is economical. Sweet potatoes are used in everything from baby food to main dishes to desserts.

Why they're good for you: At about 140 calories each, sweet potatoes are filling, easy to cook, and loaded with vitamins A and C, iron, and thiamine. They, also contain beta-carotene, which may help reduce the risk of certain cancers. Sweet potatoes are also low in sodium and a good source of fiber.

Best way to enjoy: Scrub and pierce the potatoes; you can bake them, microwave them, or cook them in boiling water. Use sweet potatoes in recipes in place of white potatoes. For a special treat (and an instant kid pleaser), you can add a small amount of butter and brown sugar to your potatoes.

2.- Beans. Long regarded as one of the ultimate frugal foods, beans are as versatile as they are nutritious, with a variety of flavors, colors, and varieties to choose from. Stock up on the dried (and the cheapest) kind as well as the canned variety (still a bargain at less than \$1 a can). You'll have tons of cheap, healthy meal possibilities.



Why they're good for you: Beans are one of the best sources of dietary fiber, which can help lower cholesterol, blood pressure, and blood sugar. Beans are also high in protein and low in calories, making them an ideal food choice for dieters.

Best way to enjoy: Beans can be incorporated into almost any recipe or eaten alone. Try replacing beef with black beans in chili, soup, or your favorite Mexican food recipes. Eat beans hot or cold, alone, in salads, or with rice, for a high-protein, high-fiber meal.

3.- Brown rice. One bag of brown rice can provide as many as 20 servings. Brown rice can be combined with an assortment of other ingredients. Or simply enjoy it with your favorite seasonings. Brown rice has more flavor and nutrients than instant white rice.

Why it's good for you: Brown rice is a great source of fiber, vitamin B, iron, manganese, and selenium, nutrients that are essential for boosting immune systems, lowering cholesterol, and reducing the risks of heart disease and diabetes. Studies have shown that women who consume more whole grains like brown rice tend to weigh less than women who consume fewer whole grains.

Best way to enjoy: Cook rice in water on the stove, in the microwave, or in a rice cooker, and enjoy it as a side dish or add it to soups, salads, and your favorite main dish recipes.

4.- **Eggs.** At about 75 calories each and less than \$2 for a dozen, eggs contain 13 essential nutrients, making them a healthy bargain. And there's no need to avoid eating eggs for fear of consuming too much cholesterol. Research has shown that egg consumption contributes less than 1 percent to the risk of heart disease when other factors are considered.



Why they're good for you: Eggs have a high proportion of nutrients to calories, which means that they help you stay full and energized while helping you maintain a healthy weight. Eggs are also an excellent source of folate; protein; lutein, which promotes eye health; and choline, which helps brain function.

Best way to enjoy: Eat eggs for breakfast, lunch, or dinner in bakes, in frittatas, as omelettes, or hard cooked.

5.- **Pasta.** Tasty, filling, and always an economical way to feed a crowd, what's not to love about pasta?

Why it's good for you: Pasta is low in sodium and fat and high in complex carbohydrates, which helps you maintain a consistent energy level. Pasta is also fortified with folic acid, an essential nutrient, especially for women.

Best way to enjoy: Pasta is easy to combine with other foods, including vegetables, meats, and your favorite sauces. For a healthier dish, toss cooked pasta with olive oil or a marinara sauce instead of a high-calorie Alfredo sauce.

6.- **Frozen vegetables.** While fresh, raw vegetables (and fruits, for that matter) that are in season should always be a first choice, having a supply of frozen vegetables in the freezer is an inexpensive, nutritious, and versatile backup plan.

Why they're good for you: Frozen vegetables retain almost all of their nutritional value, since they're picked and frozen while at their peak flavor. When the perishables in your refrigerator have, well, perished, it's easy to reach for a bag of frozen vegetables and add them to any meal.



Best way to enjoy: Frozen vegetables have a high nutritional value. And they can be kept in the freezer and pulled out any time to toss in soups, stews, lasagna, or stir-fries, or they can be used as a side dish.

BONUS: Try these recipe for healthy, low-cost eating.

Three Bean Pasta

1 lb. farfalle (or other pasta), uncooked
1 15-oz. can kidney beans, rinsed and drained
1 cup frozen green beans, thawed
1 small red onion, chopped
1 red bell pepper, chopped
1 15-oz. can chickpeas, rinsed and drained
3 Tbsp. Dijon mustard
2 Tbsp. olive oil
3 Tbsp. red wine vinegar
3 Tbsp. chopped parsley

Directions:

Prepare pasta according to package directions. Rinse under cold water and drain.

In a large bowl, combine pasta, beans, onion, and bell pepper.

Mix remaining ingredients in a small bowl.

Pour over the pasta, toss and serve.

Serves 6.

*P90X® or ChaLEAN Extreme® from beachbody.com

STRAWBERRY ARUGULA SALAD

Ingredients

4 strawberries, hulled and cut in half

5 cup baby arugula

¼ cup walnuts, chopped

3 Tbsp goat cheese

3 Tbsp olive oil

1 Tbsp balsamic vinegar



Directions

1. In a large bowl, mix strawberries, arugula and walnuts. Pour in olive oil and balsamic vinegar and toss. Plate the salad, and top with goat cheese.

WARM SPINACH SALAD

Ingredients

1 red onion, peeled and thinly sliced

4 slices bacon, chopped

3 Tbsp red wine vinegar

4 large handfuls of baby spinach



Directions

1. Brown the bacon in a sauté pan until crisp. Add the onion and sauté until golden. Pour in the vinegar and scrape up any brown bits with a wooden spoon.

2. Put spinach in a salad bowl and pour vinegar mixture over it. Toss well and serve immediately.

Read more at: <http://www.foodnetwork.ca/recipe/warm-spinach-salad/8612/#f1yxYWGtwYE0luLz.99>

May/June Sudoku:

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

Meaning of Solstice

'Solstice' (Latin: 'solstitium') means 'sun-stopping'. The point on the horizon where the sun appears to rise and set, stops and reverses direction after this day.

On the solstice, the sun does not rise precisely in the east, but rises to the north of east and sets to the north of west, meaning it's visible in the sky for a longer period of time.

June Solstice in Toronto, Ontario, Canada is on Monday, June 20, 2016 at 6:34 PM EDT



Humor Me!

One summer evening, during a violent thunderstorm, a mother was tucking her son into bed. She was about to turn off the light when he asked with a tremor in his voice, "Mommy, will you sleep with me tonight?"

The mother smiled and gave him a reassuring hug. "I can't dear," she said. "I have to sleep in Daddy's room."

A long silence was broken at last by his shaky little voice: "The big sissy."

Solution to Previous Sudoku:

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

Find the words about farm animals, listed below, in the word search grid. Circle each letter one by one. Each letter of the word search grid may be used in more than one word. When the word search puzzle is complete, read the remaining letters left to right, top to bottom, to learn an interesting fact about one of the farm animals.

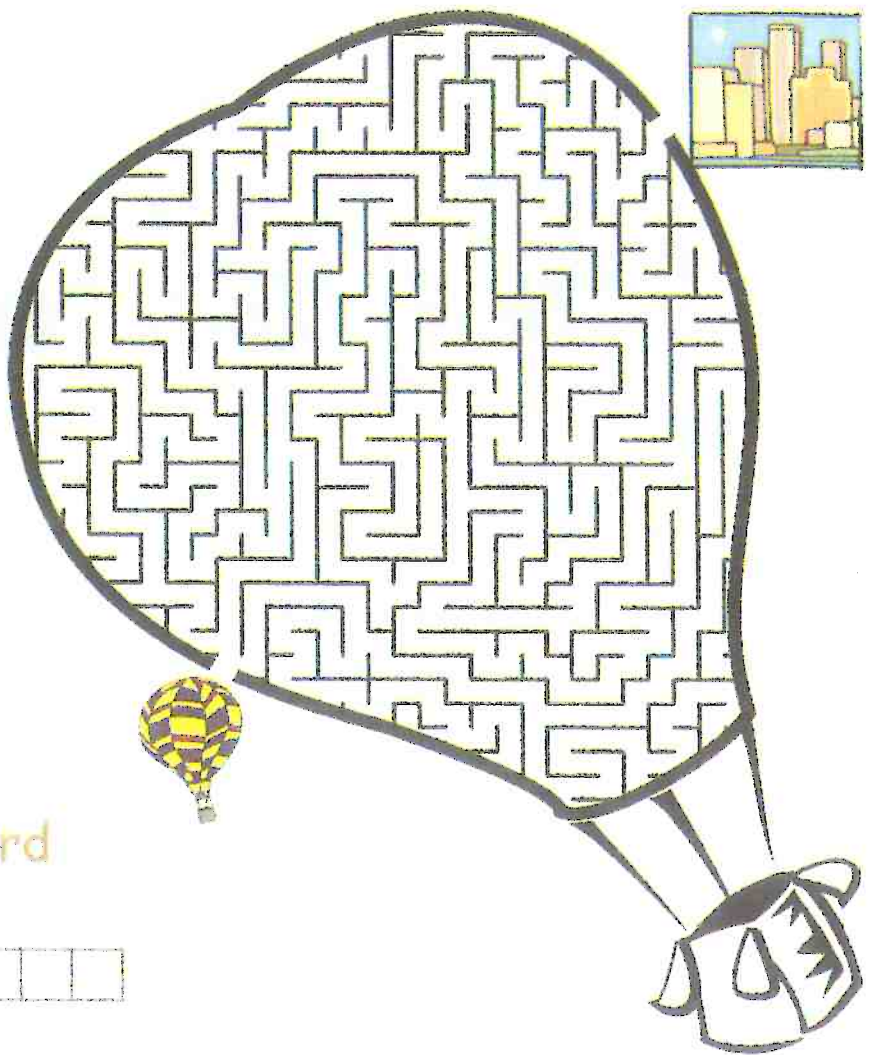
Farm Animals Word Search Puzzle

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

Animals names and their young

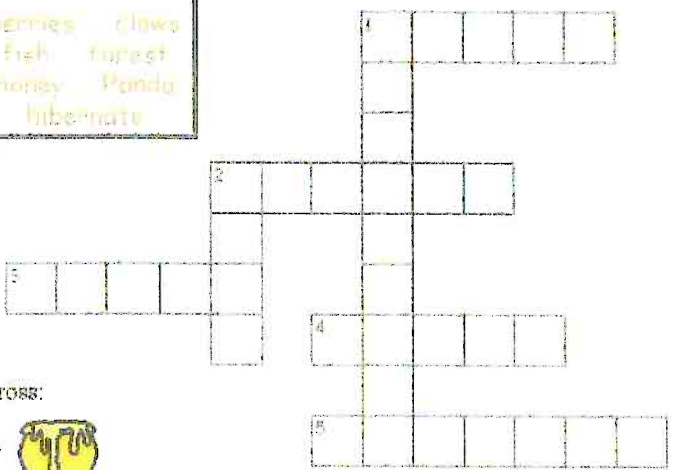
BULLS	COLTS	FOALS	PIGLETS
CALVES	COWS	HENS	PIGS
CATS	DOGS	HORSES	PUPPIES
CHICKENS	DONKEYS	KITTENS	ROOSTERS
CHICKS	FILLIES	LAMBS	SHEEP

Happy Father's Day!



Bears Crossword

- Word List**
- berries
 - claws
 - fish
 - forest
 - honey
 - Panda
 - hibernate



Across:

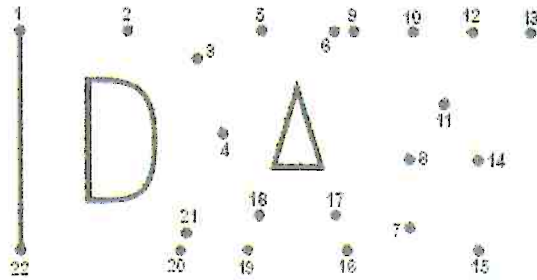
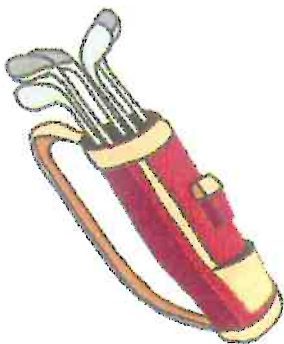
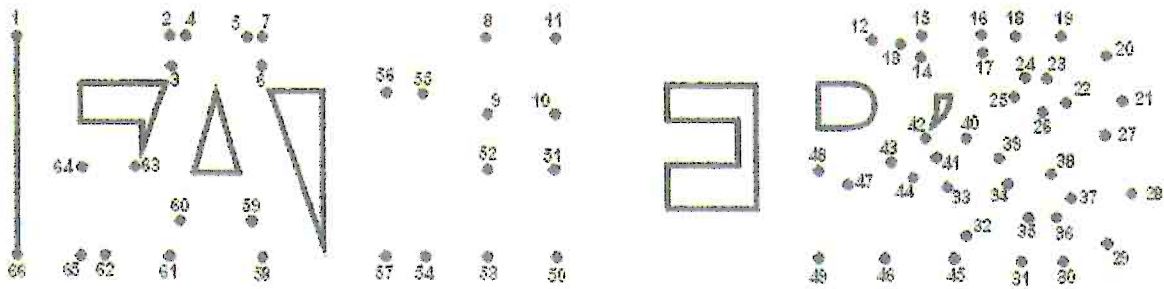
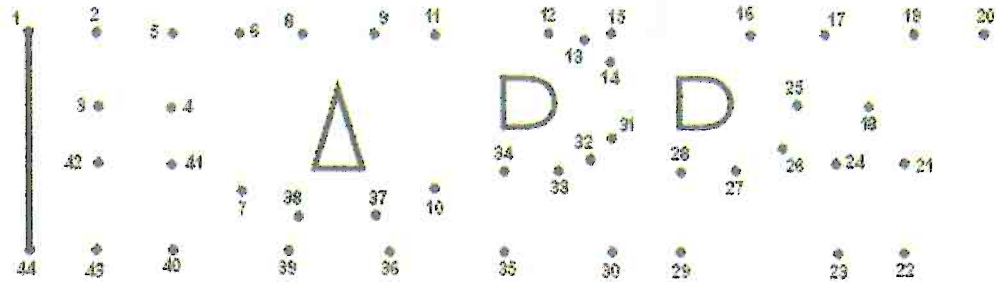
- 1.
- 2.
- 3.
- 4.
- 5.

Down:

- 1.
- 2.



Fathers Day Dot to Dot:



Here are some easy questions . Why don't you find out how many of these questions you can answer correctly?

1. Which is the computer named after a fruit?

A.

2. Which company is the largest chocolate manufacturer in the United States?

A.

3. What is the capital of Peru?

A.

4. What is the currency of Denmark?

A.

5. What are Emmental, Gouda and Camembert examples of?

A.

6. What is the currency of Germany?

A.

7. Who is the founder of Facebook?

A.

8. What is the full form of FBI?

A.

9. Who is the wealthiest man in the world?

A.

10. Which is the deadliest snake in the world?

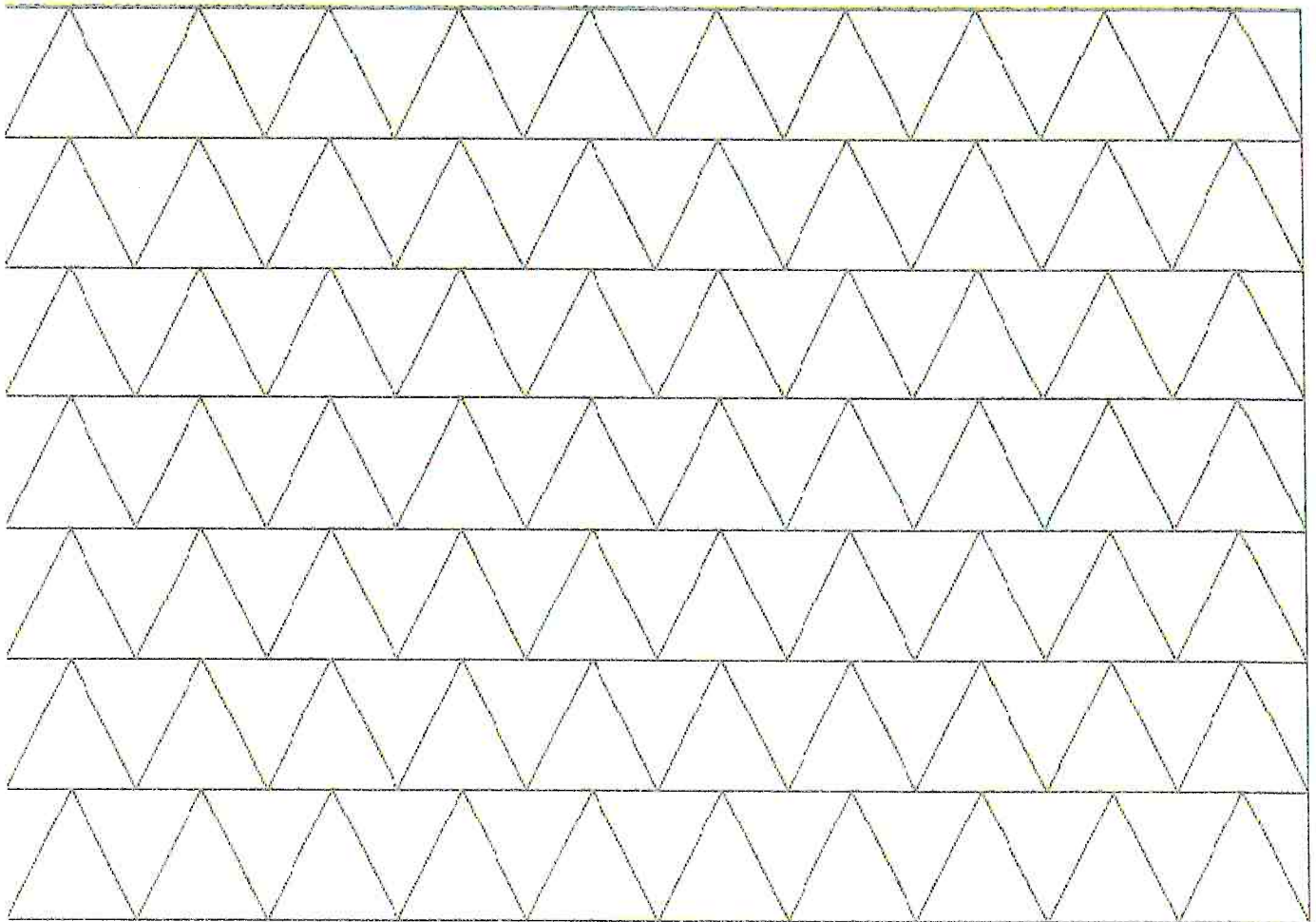
A.

For each correct answer, you get one point. Submit your answers to the NewsMagazine box at the Office or E-mail them to t-nm@live.ca to win a prize. The highest score wins but in case of a tie, the earliest bird will get the worm. Winners will be announced in the next issue of the Newsletter. Entries must be submitted by June, 24th. Good luck

Name: _____

Unit: _____

Colour by Number and discover the Hidden Picture in the Mosaic Puzzle



0=White

1=Black

2=Red

3=Grey

4=Lt. Blue



