

# Thurlestone News Magazine

October 2011





## **Mission Statement**

**To promote Unity and Participation**

**To inform and Entertain**

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### **Committee Members**

Janice Hardacre  
Jewel Stephen

**Acknowledgements :**

Thanks to all those who helped make this issue possible!



## Notes from the Editor

October, 2011

This is the time of year, I think – *food*, the good kind that comes with apples and comfort foods like chili and hearty soups – and then the bad – if you can call chocolate bad! What with Thanksgiving and Halloween around the corner, well, my thinking is that it all balances out ok in the end! There's lots to read about apples and chocolate (in that order) in this edition.

And before the really cold weather sets in, I love to explore the countryside and take pictures like this one I took in Pickering. Be sure to send your articles and images into the NewsMagazine; we would love to publish them.




So, whatever you enjoy about October, have a good one.



*A tree in Pickering*

*Janice*

# October 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b> Membership Mt.g 9:00 am
<b>2</b>	<b>3</b> HSE Mtg. 7:00 pm	<b>4</b> Board Mtg 7:00 pm	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>  Yom Kippur
<b>9</b>	<b>10</b>  Thanksgiving Day	<b>11</b>	<b>12</b> Finance Mtg. 7:00 pm	<b>13</b>	<b>14</b>	<b>15</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b> NewsMagazine 7:30 pm	<b>21</b>	<b>22</b>
<b>23</b>	<b>24</b> United Nations Day	<b>25</b>	<b>26</b>	<b>27</b> NewsMagazine 7:30 pm	<b>28</b>	<b>29</b>
<b>30</b>	<b>31</b>  Halloween					

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

Tell us about your favourite hobbies or places you have been!

Email us at: [t-nm@live.ca](mailto:t-nm@live.ca)



There were no entries to last month's contests!

**DEADLINE** for entries to this issue's contest is Oct. 20.



New member!

Reginald Morency

Unit 22-7



## Notes from the Co-ordinator's Desk



### HEATING WHILE SAVING MONEY \$

It's important that everyone is enjoying warmth and comfort as we approach the coldest season of the year. If for any reason your heat is not working and it is causing you discomfort, please be sure to let the Co-op Office know so that we can take steps to remedy any loss of heat.

Also, as we pay for our gas heating at Fishleigh and electric heating at Folcroft and these costs directly affect your monthly housing charges each year, it is imperative that we all do our part to make sure that we are not wasting heating dollars. For example, please make sure that doors and windows are not left propped open for any length of time, except when in immediate use.

This will help to make sure that the heating dollars are

not being thrown out of the open windows and doors.

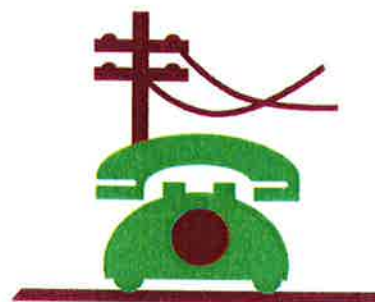
Another way of conserving energy is to make sure that your units are comfortably warm, but not so hot that you feel the need to open your windows. If you need to open your windows for fresh air or for health reasons, please try opening them just a few inches rather than fully open, as this will slow down the heat loss.

If you find it too hot in your units, please close or turn off your radiators at Fishleigh or baseboard heaters at Folcroft, or try turning off a few of these heaters to achieve a comfortable heat in your units.

If the buildings in general are too hot, please let the Co-op Office know so that we can have an adjustment made to the temperature of the heating system.

All of these efforts will help the Co-op to conserve energy which not only helps the environment and the earth but it also helps to keep our co-op housing affordable for living.

Thank you in advance to everyone who conserves heating energy this season. Your efforts will help to save heating dollars.



### PHONE LINES IN YOUR UNITS

Often members ask the Office about who is responsible to provide and/or to pay for repairs to their in-suite phone lines and jacks. Members are concerned about calling for phone line repairs from their phone carriers because they are told that they will be held financially responsible for any repair costs to phone lines within the walls or along the walls in their units, or any of their phone jacks.

As phone lines are not the responsibility of the Co-op to maintain, members may obtain whatever phone line

September 27, 2011 Issue

care or phone service that they wish. Some members only use Cell phones and will not require line service, while others prefer land lines and may require phone line service.

If you contact your phone carrier, Bell Canada, for example, they will advise you that any in-suite repairs to phone lines or jacks that they perform will be charged to the member's phone account at the rate of at least \$99 per repair call. Other phone carriers will have their own repair rates and we would advise you to check with your own telephone provider for your repair rate information.

For a cheaper alternative, if Bell is your carrier, you can choose to pay \$6.95/month instead for WireCare "insurance" and they will come and fix any wires or jacks at no extra charge over and above this monthly fee. Please see the attached Bell WireCare page taken from their website:  
[www.bell.ca/wirecare](http://www.bell.ca/wirecare) for further information. Bell also has other Care Plans for your telephone, satellite dish or mobile phone if you're interested. If you are not a Bell subscriber then you would need to contact your own telephone carrier to inquire about any phone

or wire care plans that they may offer.

## WINTER OFFICE HOURS

The Co-op Office is open regularly from:

**Monday to Friday,  
1:00 pm and 4:00 pm**

The Office is closed weekday mornings - Monday to Friday.

To reach the Co-ordinator during weekday mornings, please call 416-261-1110 and leave a message. Weekday mornings and some evening appointments are available upon request.

### EMERGENCIES:

If you have a maintenance emergency during an evening, weekend, or holiday, please call the **ON-CALL PAGER OR BOARD REPRESENTATIVE** for assistance.

**On-Call Pager**

**416-441-8360**

Numeric messages only may be left on the On-Call Pager. There is no voice mail capability. If you leave a numeric message, the On-Call Person will respond if they receive your page. If no response is received within a short period, please proceed to your nearest Board representative for assistance.

*Have a wonderful Fall Season!*



*Diana Hogan  
Co-ordinator*

#### *Co-op Contact Information*

Email:  
[thurlestonecoop@roges.com](mailto:thurlestonecoop@roges.com)

Website:  
[www.thurlestonecoop.com](http://www.thurlestonecoop.com)

Phone: 416-261-1110  
Fax: 416-261-4744



## WireCare

You never notice your telephone wiring - until there's a problem.

With the WireCare maintenance plan, if a problem does occur, our technicians will come to your home to diagnose and repair it.

Save up to 43% when you subscribe to more than one Care plan. Pay \$8.95 for two plans or \$11.95 for three plans.

Available to residents of Ontario and Quebec.

### Key benefits

- Covers inside wiring repair of Bell Internet service, up to the modem
- Covers inside wiring and jacks for normal wear and tear or accidental damage, including damage by pets
- Diagnosis and repair or replacement performed by competent technicians
- Reporting a problem is easy: just dial **310-BELL** (310-2355)
- Subscription cost\*\* is simply added to your phone bill each month

\$ **6**.95 /mo.



### Why choose Bell Home phone?

Bell Home phone is simply the most reliable phone service available. It's extremely dependable, with no dropped calls. Plus, Bell Home phone is compatible with any alarm system.



### Spectacular TV. Stunning savings.

Take advantage of an amazing offer when you get your whole home on Bell. Get a free HD PVR rental for 36 months when you subscribe to spectacular TV along with Internet and Home phone.



[Learn more](#)



Co-operative Housing Federation of Toronto Inc.  
**Aging in Place Work Group**

*Mission Statement: To help our co-op members remain in their homes as long as possible by maintaining and enhancing their physical and emotional well being.*

*Please pass this notice on to members of your co-op who might want to attend.*

**Aging in Place**  
**Information session**  
**Saturday, October 15, 2011**  
**1:30pm**  
**Charles Hastings Co-op**  
**175 Elm Street**

**(near the University Avenue and Dundas St. W. subway station)**

We are trying to help each other stay in our co-op homes as long as we can. CHFT's Aging in Place Work Group has been working on ways to do this. We are breaking new ground, so we do not have all of the answers. However, we want to share what we have learned with CHFT's member co-ops. We will discuss:

- What is Aging in Place?
- Who is responsible for aging In place in your co-op?
- How to form an Aging in Place Group in your co-op
- Government programs to make unit adaptations for seniors
- Finding seniors' programs in your neighbourhood, both health health care and social services

For more information contact CHFT member support worker Michele Arscott at 416 465 8688 x207

See our webpage on the CHFT website: [www.coophousing.com](http://www.coophousing.com)

## Get Rid of Clothes That Don't Fit You—Literally and Style-Wise



If you're looking through your closet and realize that the bulk of your clothes either don't fit, or are outdated, it's time to toss them !

Here's some tips on deciding what to get rid of and what to do with them.

### 9 Tips for Parting With Your Clothes

1. Try everything on. Don't hold something up and say *oh this is so beautiful I'm going to keep it*. That's too easy and what you might not remember is that, although it's beautiful, the buttons gapes or it puckers somewhere.
2. You don't have to do it all at once. Try it in stages and be motivated by your success. One day you could do shirts, the next day shorts, etc.
3. Sentimental clothes that you aren't wearing shouldn't reside in your closet. Either take a picture of it and preserve the memory or limit yourself to one tote of "clothes to show my kids one day". Even if it was a gift, you don't have to keep it.
4. If you haven't worn it during the year, you probably never will. Why a year? Because you cover every season in that period of time.
5. If it annoys you every time you wear it, or you haven't bothered to mend or iron it for a long time, or you don't look or feel good in it, get rid of it.
6. Don't hang onto something that is "just alright", it doesn't fit or fits poorly, is damaged or stained, just because you don't have something better yet to replace it.
7. Holding on to "skinny clothes". Don't spend time reminiscing about those days when you used to be a different size or plan on going on a diet. Styles change, your tastes change, your body shape changes.
8. If you absolutely love a shirt but never wear it because you have nothing to wear it with, the perfect mate isn't going to magically appear in the night.
9. You only have so much space. Jamming your clothes into the closet and fighting with them every day to find what you need won't make your closet grow in the night. It will only make you grumpy!
10. Accept that sometimes, purchasing an item was just a plain, bad decision.

## Where do my clothing donations really end up?

By Adria Vasil

If Canadians don't buy your stuff at local thrift stores, chances are someone in Africa, Indonesia or maybe South Asia will end up with them.

Established companies like Value Village and Salvation Army will tell you that Canadians don't want your stuff (especially the torn stained, threadbare items) and so, about 50 per cent of donations are sold to overseas dealers, or on rare occasions, rag-makers.

Abroad, it's much more likely that someone will bring unwanted garments back to life by patching your jacket's elbows or sewing on missing buttons. Enviros would say that's better than having those items end up in the dump.

Organizations like Oxfam have expressed concern that our second-hand exports are undercutting local economies and cultures in Africa by offering Western discards way cheaper than locally made clothes. (Ironically enough, in the UK, Oxfam is one of the very organizations dumping castoffs in sub-Saharan Africa.)

In Ghana, for instance, 60 per cent of clothes purchased are now second-hand imports. Oxfam noted in its 2005 report on the topic that agencies concerned about the local clothing and textile sector in Africa should really advocate for beefed-up trade protection there to put a stop to flooding the market with foreign rejects.

**Goodwill**, a registered charity and social enterprise, directs the revenue raised from your old clothes to its core mission of creating jobs for new immigrants, the disabled, the young and old.

The **Salvation Army** is a Christian charitable choice that allots store profits to one of its many services, including homeless and women's shelters, palliative care hospitals, camps, disaster

relief and more. Families in need get free vouchers to their thrift stores.

**Value Village** is a for-profit business, although it does buy second-hand clothes in bulk from charitable organizations such as the Canadian Diabetes Association – the organization that calls your home for clothing donations. VV says over the last 10 years, it purchased \$1 billion worth of clothing from 140 such charities.



You could also donate your unwanted clothes to organizations that distribute them to someone who needs them. Any **women's shelter** will gladly take drop-offs. **Dress for Success Toronto** ([dressforsuccesstoronto.org](http://dressforsuccesstoronto.org)) takes new and lightly used professional clothing and shoes for

disadvantaged women looking for work. **Dress Your Best for Men** ([dressyourbest.ca](http://dressyourbest.ca)) does the same for men. You can drop off for both at the same Lowther Avenue location. There is also **Dress Your Best for Kids**.

Another honourable end of life for your clothes is **New Circles**, a non-profit providing support services and clothing to new Canadians. ([newcircles.ca](http://newcircles.ca)).

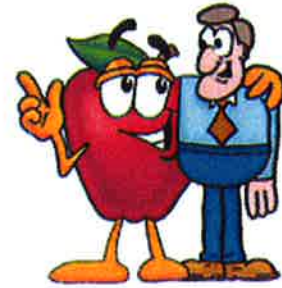
**Be wary of clothing drop boxes** in mall parking lots, etc. Too many are actually for-profit businesses that at best give a tiny percentage of their profits to charity. The good news, for Torontonians at least, is that since 2007 all bins have to indicate clearly whether donations go to a genuine charity or not.

**Other ideas:** Hold mini-swaps with friends or places like Swapsity's fashionista-friendly Take Off Your Clothes events, tagged as Toronto's biggest clothing swap through [swapsity.ca](http://swapsity.ca)

East-end boutique/community hub Nathalie-Roze also holds periodic Uber Swap fundraisers.

## Fall, the apple-picking season, is here!

Whether you pick your own at an orchard, support your local farmer's market or shop at the grocery store—with so many varieties available, it helps to know what's good for what.



- Eating** Crisp, juicy, and tangy varieties are best! Red Delicious is the most popular eating apple, but if you prefer a denser, tarter snack, try a Granny Smith, or a softer-fleshed McIntosh. Or check out the distinctive tastes of local farm varieties like Newton, Pippin, Macoun, or Sweet Sixteen.
- Applesauce** McIntosh is moist and flavorful. Cortlands and Braeburns also make good choices.
- Baking** Rome apples are recommended because they hold their shape well. You can also try Fujis, which are sweeter, wetter, and have a spicy flavor.
- Pies** A mix of apples is best. Include Golden Delicious for sweetness and good shape, a tart apple like Granny Smith, and some flavorful varieties like Pippin, Winesap, Crispin and Jonagold.

When selecting apples look for a shiny skin. Dull appearing apples will not be as crisp or as tasty. Your apples should be firm and free of bruises and punctures. Once you bring them home, keep your apples refrigerated. They will last 10 times longer when refrigerated than on the counter.

Prepare your apple dishes just before serving to minimize browning. Protect cut apples from oxidation (which causes them to turn brown) by dipping them into a solution of one part citrus juice and three parts water.

And if by chance your apples should become soft and mushy, don't throw them out! Peel, core, and slice them. Place the apple slices in a microwave dish. Sprinkle lightly with some brown sugar and cinnamon. Cover and microwave on high for 3-5 minutes, until your desired degree of tenderness is achieved. Serve warm. YUMMY!

And finally...does an apple a day *really* keep the doctor away? Perhaps! Apples are filled with disease-fighting properties. They can help lower blood cholesterol, improve bowel functioning, and reduce your risk of stroke, prostate cancer and diabetes.

### Need Eggs in a Hurry? Try an egg in a mug.

#### Ingredients

1 tsp (5 mL) butter  
2 eggs

For each egg, in a coffee mug, small dessert bowl or ramekin, microwave half of butter at High (100%) for about 15 seconds. Rotate bowls to butter all sides.

Crack one egg in each bowl. Pierce egg yolk with toothpick or fork. Cover with plastic wrap with one corner pulled back for venting, Microwave on Medium high (70%) for 45 seconds to 1 minute or until desired doneness. Let stand 1 to 2 minutes without removing the plastic wrap.

## The art of chocolate tasting

Adapted from article by Cynthia Loh

**Sight:** Start by unwrapping the chocolate from its package and looking for chocolate with a lustrous colour and silky-smooth surface. The chocolate's surface should not be coated with chocolate dust, or any dusty particles.

**Sound:** When putting the chocolate into your mouth, the chocolate square should break with a crisp snap.

**Smell:** A first whiff of the chocolate should convey notes of sweetness, but breathing in deeply and holding the perfume in your nose should convey a more bitter note.

**Taste:** Good chocolate should have a rich taste, but does not leave a powdery, dusty feeling in your throat. You should also be able to detect a complex roster of tastes and aromas, depending on the variety of beans that were chosen to make the chocolate.

A **white chocolate** will have a rich buttery taste, while milk chocolate should have scents of butter and vanilla.

**Dark chocolates** are made with the basic ingredients cocoa mass (or cocoa liquor, which is the paste that comes out after the cocoa beans are ground into paste), sugar and vanilla. Depending on the variety of beans used, you will be able to detect a range of tastes that span from floral, to tobacco, to nuts and even slightly alcoholic notes.



## How to taste chocolate:



Tasting chocolate can be a highly individual experience. When you take a small bite of chocolate, chew it one to two times, then let it melt in your mouth. Tasting notes are the different flavors in chocolate such as wine, flowers, fruit, butter, coffee etc. This does not mean the chocolate maker has added extra ingredients, but these flavours are brought out when the cocoa bean is transformed into chocolate, in a process known as "from bean to bar".

Percentage of cocoa in your chocolate - many people have the idea that a higher percentage of cocoa in their chocolate bars means that it must be better. Not necessarily so. While a chocolate with 70% cocoa does have more chocolate than one with 50%, whether it tastes good lies in the cocoa beans that are used to make the chocolates. And beans harvested in different countries have different tastes.

# ARTS & ENTERTAINMENT

Poems   Drawings   Photographs   Book and Movie Reviews   What's Happening

## FREE TICKETS to The Ron James Show ~ for studio tapings in October !

The **Ron James** Show is returning for a third season on CBC. Enjoy a behind-the-scenes night of laughter with Canadian stand-up comedian and actor, Ron James. This is a live and un-cut taping located at the CBC studios.

For your FREE tickets, go to [www.cbc.ca/ronjames](http://www.cbc.ca/ronjames), and click on the Tickets tab to see available days and times. Email the following information to [tickets@enterthepicture.com](mailto:tickets@enterthepicture.com)

1. Your first and last name
2. Number of tickets you are requesting  
(All audience members MUST be over the age of 14 to attend)
3. Email address
4. Phone number (with voicemail)
5. Date and show time you wish to attend

The audience team will contact you upon receipt of the e-mail with your ticket confirmation and taping details.

## WIN 1 of 2 VIP behind-the-scenes experiences for 2!

To enter, go to [www.nowtoronto.com/contests](http://www.nowtoronto.com/contests)

Includes a meet and greet with Ron, a tour of the studio facilities, and personally autographed DVDs.



### **FREE CONCERT:** *The Hidden Pass: Poetry and Guitar for an Autumn Day*

**Mark Battenberg**, a Beach guitarist/poet will read from his latest collection of poems, *The Hidden Pass*, *Song of the River Spirit* and *The Ancient* and play new pieces for the classical guitar. I've seen his concerts on a couple of occasions. Mark is a very talented entertainer.

**Date:** Saturday, October 8

**Time:** 2:00 p.m.

**Location:** Main Street Library

**ARTS & ENTERTAINMENT (cont'd)**

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**KINGSTON ROAD VILLAGE FALLFEST**

**Saturday, October 15 - 10:00 a.m. to 4:00 p.m.**

Kingston Road from Hannaford to Blantyre including Henley Gardens. Great food, sidewalk sales, in-store contests and promotions, children's activities, Historical Walk with Gene Donagala – and more!

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**RAPTOR WATCH! Right in our own backyard!**

Not basketball, but the annual southern migration of raptors, also known as 'birds of prey' including:

- Bald Eagles
- Ospreys
- Peregrine Falcons
- Turkey Vultures
- Golden Eagles

They fly by each day, when the conditions are right. The best time is most often 10:00 a.m. and 2:00 p.m. when the warm air is rising up off the land, and the winds are moderate to heavy and blowing from the northwest. They can be seen flying along the north shore of Lake Ontario on their long journey southward. Some may land briefly in the trees or circle above.

Join the watch at **Rosetta McClain Gardens** daily until the end of November.

\*\*\*\*\*

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**DRAW • PLAY • SING**

**There's something for everyone!**

In collaboration with Culture Days and the Neighbourhood Arts Network, Toronto Public Library hosts over 80 Toronto-based artists and arts organizations in a celebration of arts and culture at library branches throughout the city of Toronto. Here are a few events to consider.

**Saturday, October 1**

<b>ACTIVITY</b>	<b>TIME</b>	<b>LOCATION</b>	<b>DESCRIPTION</b>
<b>Children's Art Exhibition</b>	10:00 AM - 4:00 PM	Victoria Village, 184 Sloane Ave	S. Alam presents a Children's Art Exhibition at Victoria Village Library.
<b>Improvistional Theatre Based on your Own Stories</b>	1:00 PM - 4:00 PM	Albert Campbell Library 496 Birchmount Road	Performers brings stories from our city and neighborhood spontaneously to life on the stage before your eyes. Share your own experiences and stories of creativity and culture.
<b>Discover the Songwriter in You</b>	1:00 PM - 3:00 PM	Jones Library, 118 Jones Ave.	Join personal music trainer and songwriting coach Debra Alexander for a songwriting workshop. Reserve space: email <a href="mailto:debra@wordmavenmusic.com">debra@wordmavenmusic.com</a>  No musical instrument experience, other than the willingness to sing, is required.
<b>Young Dancers' Program - Taster classes</b>	1:00 PM - 3:00 PM	School of Toronto Dance Theatre, 80 Winchester Street. <a href="http://www.schooloftdt.org">www.schooloftdt.org</a>  Take the College/Carlton streetcar to Parliament, or subway to Castle Frank station and take the 65 bus south to Winchester. Closest major intersection is Parliament and Carlton.	Introductory session in creative movement and contemporary dance. For children, young people, and families.

<b>ACTIVITY</b>	<b>TIME</b>	<b>LOCATION</b>	<b>DESCRIPTION</b>
<b>Belly Dance Performance</b>	1:00 PM - 2:00 PM	Danforth Library, 1675 Danforth Ave	Observe a demonstration, followed by a step by step breakdown of the movements used by dancer, Evyenia Karmi.
<b>Jazz Workshop</b>	1:00 PM - 4:00 PM	McGregor Park Library, 2219 Lawrence Ave. East	Kyle MacDonald presents a Jazz Workshop. Bring your own instruments (some instruments will be provided) to join a Jazz workshop on the rudiments of improvisation, Jazz theory and song forms. Any skill level is welcome.
<b>Wish Tree</b>	1:00 PM - 4:00 PM	Guildwood Library, 123 Guildwood Parkway	Presented by Toronto Children's Playworks. A wish tree's leaves grow with the drawings and notes of visitors to the library. Express your hopes and desires about the social needs of your community and the world by contributing a "wish leaf." Add your wish to the tree!
<b>Watercolour and Acrylic Interactive Demo</b>	1:00 PM - 4:00 PM	Beaches Library, 2161 Queen Street East	Join members of the Beach Guild of Fine Art in a lesson on the creative process involved in working with watercolour and acrylic. Includes demonstrations, incorporating principles of design and basic techniques specific to acrylic and watercolour.
<b>Dancing Fun for Little Ones!</b>	10:30 AM - 11:30 AM	Beaches Library, 2161 Queen Street East	Young children (ages 3-11) are invited to attend a lesson on dance and choreography. Participants will create a character for a performance afterwards, using provided costumes and props.
<b>Traditional Social Dancing of Scotland</b>	1:00 PM - 4:00 PM	Eastminister United Church, 310 Danforth Ave.  Close to Danforth Ave and Broadview Ave. Bloor subway to Chester Near Station, walk 1 block west on Danforth Ave. (There is on-street parking.	Toronto Scottish Country Dance Association. Basic steps and formations of Ceilidh dancing, an aspect of Scottish country dancing, is easy and fun to do.

ACTIVITY	TIME	LOCATION	DESCRIPTION
<p><b>Introduction to Clowning</b> <b>[for Adults]</b></p>	<p>2:00 PM - 4:00 PM</p>	<p>Hart House, 7 Hart House Circle</p> <p>From Museum subway, walk south; stop on west side of University Ave, cross Hoskin Ave and continue south on Queen's Park Circle about 30m. Take the pathway leading to the right into the campus. Go down the steps and you are right in front of Hart House. The accessible entrance is located on the west side of the building south of Hoskin Ave.</p>	<p>Clown is play and imagination and we are all clowns. Get your clown out of the closet in this intro class: red noses and crazy hats, zany games and lots of laughter. Remember laughter cures many things and clown logic solves every problem with humour. Enrolment limited to 20. No pre-registration. Seats provided on a first-come first-served basis.</p>
<p><b>Colour Night Photography</b></p>	<p>6:00 PM - 9:30 PM</p>	<p>Hart House, 7 Hart House Circle</p> <p>From Museum subway, walk south; stop on west side of University Ave, cross Hoskin Ave and continue south on Queen's Park Circle about 30m. Take the pathway leading to the right into the campus. Go down the steps and you are right in front of Hart House. The accessible entrance is located on the west side of the building south of Hoskin Ave.</p>	<p>Workshop starts with a 2-hour introductory class followed by an evening shooting in the field. Students will learn the basics of night photography, focusing on exposure, lighting, colour temperature, and colour cast.</p> <p>Open to all levels of experience. Bring your own camera (any kind) and a tripod (recommended).</p> <p>Enrolment limited to 30. No pre-registration. Seats on a first-come first-served basis.</p>

## Sunday, October 2

ACTIVITY	TIME	LOCATION	DESCRIPTION
<p><b>Play the Ukulele</b></p>	<p>3:00 PM - 5:00 PM</p>	<p>Hart House, 7 Hart House Circle</p> <p>From Museum subway, walk south; stop on west side of University Ave, cross Hoskin Ave and continue south on Queen's Park Circle about 30m. Take the pathway leading to the right into the campus. Go down the steps and you are right in front of Hart House. The accessible entrance is located on the west side of the building south of Hoskin Ave.</p>	<p>Enrolment limited to 30. No pre-registration. Seats provided on a first-come first-served basis. Ukuleles provided to first 18 participants.</p>
<p><b>Ballet Class ( 8 - 12 year olds)</b></p>	<p>11:00 AM - 12:00 PM</p>	<p>Canada's National Ballet School, 400 Jarvis Street.</p> <p>Wellesley or College subway stations are closest - walk east to Jarvis Street and south (if coming from Wellesley) or north, if from College</p>	<p>Take a ballet class at Canada's National Ballet School. No experience necessary - come and have fun!</p>
<p><b>Ballet Class (Adults)</b></p>	<p>11:00 AM - 12:00 PM</p>	<p>Canada's National Ballet School, 400 Jarvis Street.</p> <p>Wellesley or College subway stations are closest - walk east to Jarvis Street and south (if coming from Wellesley) or north, if from College</p>	<p>Adults, aged 21+ will be given a ballet class No previous experience is required. Begin with warm-up exercises at the barre and then move into the centre of the studio for additional movement exercises. You'll have a live accompanist play for you</p>

# Intelligent Quotes

By Albert Einstein

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- 😊 A man should look for what is, and not for what he thinks should be.
- ✱ A perfection of means, and confusion of aims, seems to be our main problem.
- 😊 The environment is everything that isn't me.
- ✱ A question that sometimes drives me crazy: am I or are the others crazy?
- 😊 A table, a chair, a bowl of fruit and a violin; what else does a man need to be happy?
- ✱ The distinction between the past, present and future is only a stubbornly persistent illusion.
- 😊 Anger dwells only in the bosom of fools.
- ✱ Any intelligent fool can make things bigger and more complex... It takes a touch of genius - and a lot of courage to move in the opposite direction.
- 😊 Any man who can drive safely while kissing a pretty girl is simply not giving the kiss the attention it deserves.
- ✱ Any man who reads too much and uses his own brain too little falls into lazy habits of thinking.
- 😊 Anyone who doesn't take truth seriously in small matters cannot be trusted in large ones either.
- ✱ Anyone who has never made a mistake has never tried anything new.
- 😊 As far as I'm concerned, I prefer silent vice to ostentatious virtue.
- ✱ Before God we are all equally wise - and equally foolish.
- 😊 The monotony and solitude of a quiet life stimulates the creative mind.
- ✱ Common sense is the collection of prejudices acquired by age eighteen.
- 😊 Sometimes one pays most for the things one gets for nothing.
- ✱ The hardest thing to understand in the world is the income tax.
- ✱ Technological progress is like an axe in the hands of a pathological criminal.
- 😊 The attempt to combine wisdom and power has only rarely been successful and then only for a short while.
- ✱ The devil has put a penalty on all things we enjoy in life. Either we suffer in health or we suffer in soul or we get fat.
- 😊 The difference between stupidity and genius is that genius has its limits.
- ✱ An empty stomach is not a good political adviser.
- 😊 The faster you go, the shorter you are.
- ✱ The fear of death is the most unjustified of all fears, for there's no risk of accident for someone who's dead.
- 😊 The gift of fantasy has meant more to me than my talent for absorbing positive knowledge.
- ✱ The grand aim of all science is to cover the greatest number of empirical facts by logical deduction from the smallest number of hypotheses or axioms.
- 😊 Strive not to be a success, but rather to be of value.
- ✱ The high destiny of the individual is to serve rather than to rule.
- 😊 The important thing is not to stop questioning. Curiosity has its own reason for existing.
- ✱ Common sense invents and constructs no less than its own field than science does in its domain. It is, however, in the nature of common sense not to be aware of this situation.
- 😊 The most beautiful thing we can experience is the mysterious. It is the source of all true art and science.
- ✱ The most incomprehensible thing about the world is that it is comprehensible.



**An Autumn Greeting**

"Come," said the Wind to the Leaves one day,  
"Come over the meadow and we will play.  
Put on your dresses of red and gold.  
For summer is gone and the days grow cold."



"The unthankful heart... discovers no  
mercies;  
but let the thankful heart sweep  
through the day and,  
as the magnet finds the iron, so it will  
find, in every hour, some heavenly  
blessings!"

~ Henry Ward Beecher ~

"Thanksgiving, after all, is a word of  
action."

~ W.J. Cameron ~

"If you want to turn your life  
around,  
try thankfulness.  
It will change your life mightily."

~ Gerald Good ~

"If the only prayer you said in  
your whole life was,  
"thank you,"  
that would suffice."

~ Meister Eckhart ~

"So once in every year we throng  
Upon a day apart,  
To praise the Lord with feast and  
song  
In thankfulness of heart."

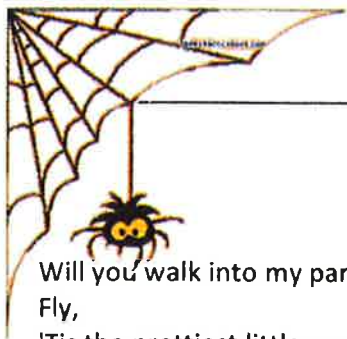
~ Arthur Quiterman,  
*The First Thanksgiving* ~

Do not get tired of doing what is  
good.  
Don't get discouraged and give up,  
For we will reap  
a harvest of blessing  
at the appropriate time.

~ Galatians 6:9 ~

# The Spider and the Fly

by Mary Howitt



Will you walk into my parlour?" said the Spider to the Fly,

'Tis the prettiest little parlour that ever you did spy;  
The way into my parlour is up a winding stair,  
And I've a many curious things to show when you are there."

Oh no, no," said the little Fly, "to ask me is in vain,  
For who goes up your winding stair can ne'er come down again."

"I'm sure you must be weary, dear, with soaring up so high;

Will you rest upon my little bed?" said the Spider to the Fly.

"There are pretty curtains drawn around; the sheets are fine and thin,

And if you like to rest awhile, I'll snugly tuck you in!"

Oh no, no," said the little Fly, "for I've often heard it said,

They never, never wake again, who sleep upon your bed!"

Said the cunning Spider to the Fly, " Dear friend what can I do,

To prove the warm affection I've always felt for you?  
I have within my pantry, good store of all that's nice;  
I'm sure you're very welcome -- will you please to take a slice?"

"Oh no, no," said the little Fly, "kind Sir, that cannot be,

I've heard what's in your pantry, and I do not wish to see!"

"Sweet creature!" said the Spider, "you're witty and you're wise,

How handsome are your gauzy wings, how brilliant are your eyes!

I've a little looking-glass upon my parlour shelf,  
If you'll step in one moment, dear, you shall behold yourself."

I've a little looking-glass upon my parlour shelf,  
If you'll step in one moment, dear, you shall behold yourself."

"I thank you, gentle sir," she said, "for what you're pleased to say,  
And bidding you good morning now, I'll call another day."

The Spider turned him round about, and went into his den,

For well he knew the silly Fly would soon come back again:

So he wove a subtle web, in a little corner sly,  
And set his table ready, to dine upon the Fly.

Then he came out to his door again, and merrily did sing,

"Come hither, hither, pretty Fly, with the pearl and silver wing;

Your robes are green and purple -- there's a crest upon your head;

Your eyes are like the diamond bright, but mine are dull as lead!"

Alas, alas! how very soon this silly little Fly,  
Hearing his wily, flattering words, came slowly flitting by;

With buzzing wings she hung aloft, then near and nearer drew,

Thinking only of her brilliant eyes, and green and purple hue --

Thinking only of her crested head -- poor foolish thing!  
At last,

Up jumped the cunning Spider, and fiercely held her fast.

He dragged her up his winding stair, into his dismal den,

Within his little parlour -- but she ne'er came out again!

And now dear little children, who may this story read,  
To idle, silly flattering words, I pray you ne'er give heed:

Unto an evil counselor, close heart and ear and eye,  
And take a lesson from this tale, of the Spider and the Fly.

## ANSWERS TO:

### How Text Savvy are You?

AYT	Are you there?
BIF	Before I forget
BION	Believe it or not
CUL8R	See you later
DQMOT	Don't quote me on this
GG	Gotta Go
HAND	Have a nice day
IMO	In my opinion
JFF	Just for fun
LMK	Let me know
LOL	Laughing out loud
MYOB	Mind your own business
OMG	Oh my God
PAW	Parents are watching
QL	Quit laughing
ROTFL	Rolling on the floor laughing
SUITM	See you in the morning
TAFN	That's all for now
TMI	Too much information
UGTBK	You've got to be kidding
WBU	What about you?
YGG	You go girl

*Answer to:*

**“ Did you know ”**

1. February **1865**
2. goldfish lived to **41** years
3. strikes about **6,000** times
4. jet uses **4,000** gallons
5. as high as **6** feet
6. lifespan of **24** hours
7. cat has **32** muscles
8. jellyfish is **95** percent
9. have **4** noses

---

**12,067**

## Solution to September

### Sudoku:

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

### October Sudoku:

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

# Thanksgiving Word Scramble

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## Instructions :

Unscramble each jumbled arrangement of letters to form words connected to Thanksgiving Day. Have fun!

## Puzzle

IADYOLH                   -----

RINDNE                   -----

HAVREST                   -----

LOTYMUPH                   -----

SIFVTEAL                   -----

BEMNOREV                   -----

RONC                   -----

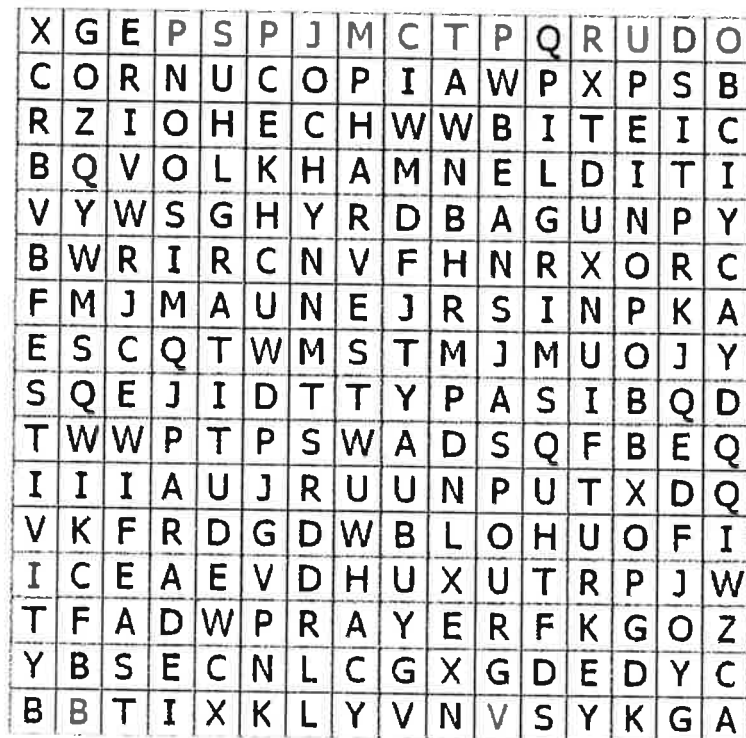
PNIMPUK                   -----

Submit your answers to the NewsMagazine box at the Office or E-mail them to [t-nm@live.ca](mailto:t-nm@live.ca) to win a Prize/lucky 649 Ticket. The most correct answers wins but in 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 Newsletter. Entries must be submitted by October, 20<sup>th</sup>. **Good luck**

# Thanksgiving Word Search

## Instructions :

Discover the listed words from the puzzle.



## Word List

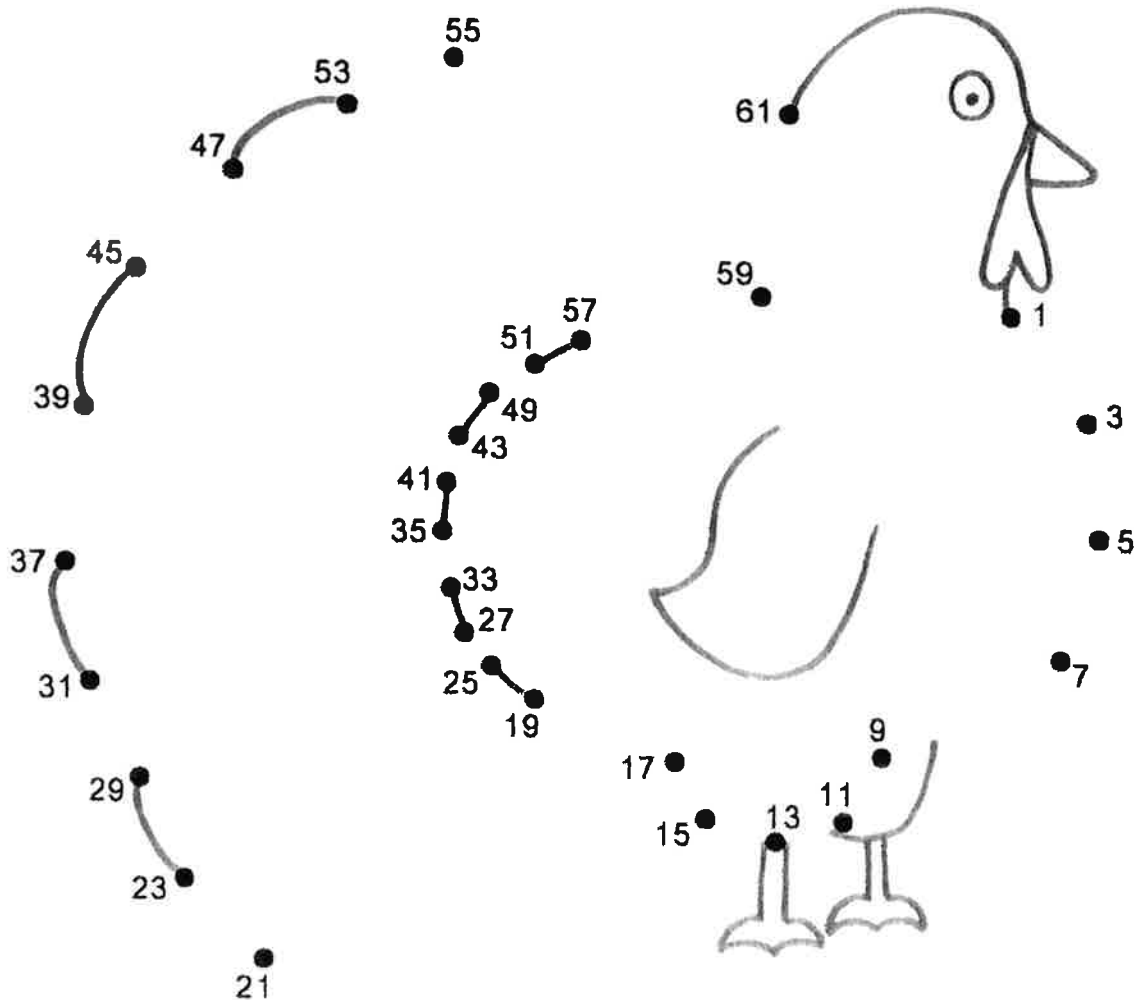
FESTIVITY  
 PRAYER  
 TURKEY  
 CORNUCOPIA  
 BEANS  
 PARADE  
 FEAST  
 PILGRIMS  
 HARVEST  
 GRATITUDE

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

# HAPPY THANKSGIVING

## Turkey - Connect the Dots

Instructions: Count by 2's, starting at 1. Connect 1, 3, 5, 7, ... and so on.



Help the lady through the cooked turkey shaped maze  
to get the turkey to the dinner table.

