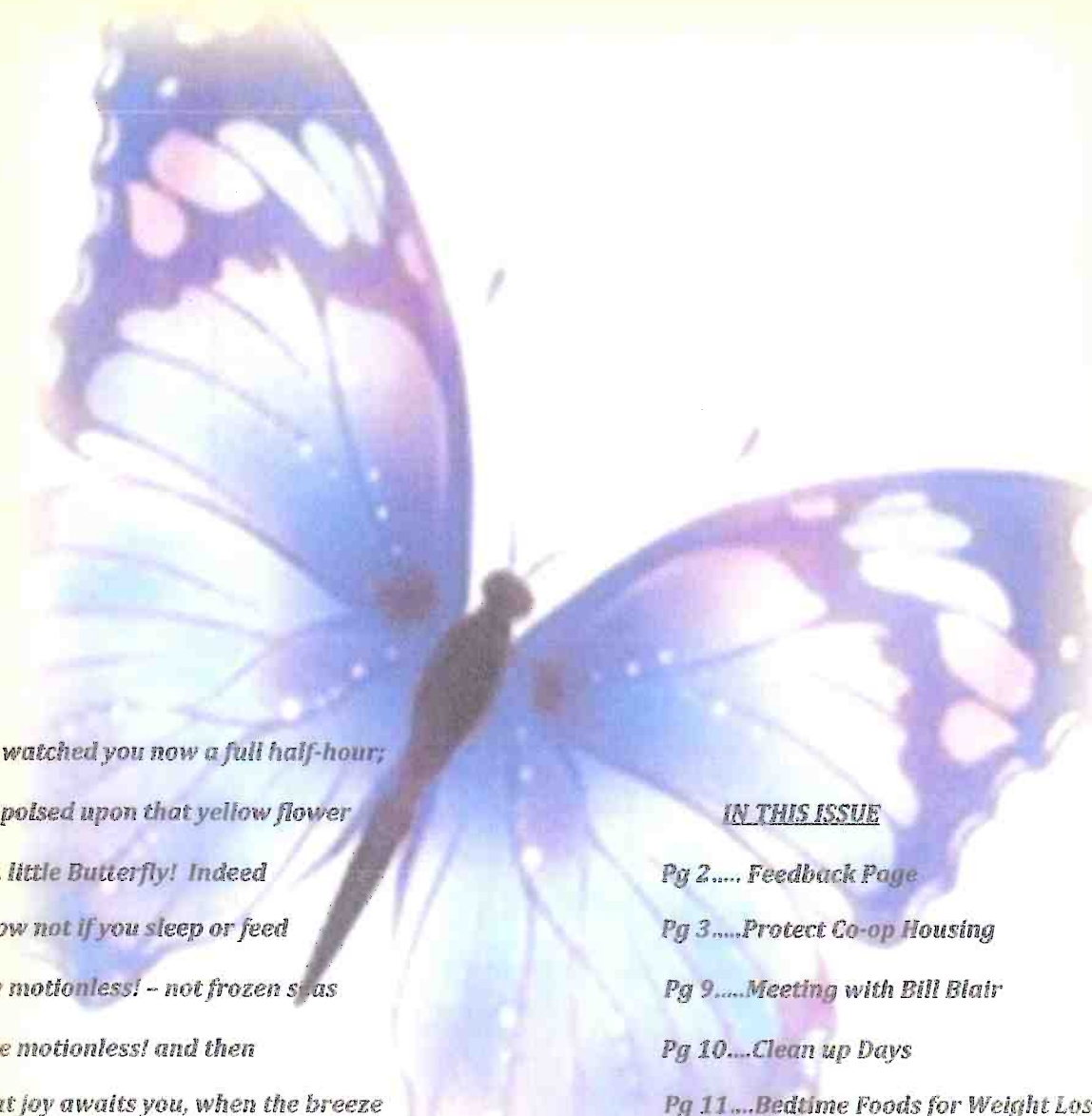


May-June 2017

# Thurlestone Newsmagazine



*I've watched you now a full half-hour;  
Self-poised upon that yellow flower  
And, little Butterfly! Indeed  
I know not if you sleep or feed  
How motionless! - not frozen so, as  
More motionless! and then  
What joy awaits you, when the breeze  
Hath found you out among the trees,  
And calls you forth again!  
~William Wordsworth, "To a Butterfly"*

## IN THIS ISSUE

- Pg 2..... Feedback Page*  
*Pg 3.....Protect Co-op Housing*  
*Pg 9.....Meeting with Bill Blair*  
*Pg 10....Clean up Days*  
*Pg 11....Bedtime Foods for Weight Loss -  
- submitted by Jewel*  
*Pg 13....Bon Appetite*  
*Pg 15.... Preparing Your BBQ*  
*Pg 16.... Poetry*  
*Pg 17....Children's Pages*

# MAY



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6 <i>Clean up Day</i>
7 <i>Clean up Day</i>	8	9 <i>Board Mtg 7:00</i>	10 <i>Finance Mtg 7:00</i>	11	12	13
14 <i>Mother's Day</i>	15	16	17 <i>By-law 11:00</i>	18	19	20
21	22 <i>Victoria Day</i>	23	24 <i>By-law 11:00</i>	25	26	27
28	29	30 <i>Board Mtg 7:00 (tentative)</i>	31 <i>By-law 11:00</i>			

# JUNE



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7 <i>By-law 11:00</i>	8	9	10
11	12	13	14 <i>By-law 11:00</i>	15	16	17
18 <i>Father's Day</i>	19	20	21 <i>By-law 11:00</i>	22	23	24
25	26	27	28 <i>By-law 11:00</i>	29	30	



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

*E-mail us at: [t-nm@live.ca](mailto:t-nm@live.ca)*



**MAY 14<sup>TH</sup>**



**JUNE 18<sup>TH</sup>**

### **SUMMER QUOTES**

*“I wonder what it would be like to live in a world where it was always June.” –*

*L.M. Montgomery*

*Summer: Hair gets lighter. Skin gets darker. Water gets warmer. Drinks get colder. Music gets louder. Nights get longer. Life gets better.*

*By Unknown*

**Diana Hogan**

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**From:** CHF Canada <support@chfcanada.coop>  
**Sent:** March 21, 2017 5:30 PM  
**To:** thurlestonecoop@rogers.com  
**Subject:** With the future of our co-ops at stake: Is your MP still with us?



**With the future of our co-ops at stake:**

**Is your MP still with us?**

Dear Friend,

The federal budget is expected this week and housing co-ops continue to be concerned about the government's long term commitment to protecting low-income households living in housing co-operatives.



Last year's budget committed \$30 million in short-term funding to extend subsidies for co-ops with federal operating agreements that expired after April 1, 2016.

For co-ops whose federal agreements expired before April 1, 2016 or for co-ops whose provincially administered agreements expired, the federal government made funding available through provincial transfers to protect rent-geared-to-income households with short-term assistance. Not all provinces have taken advantage of these new transfers to address the shortfalls caused by the expiry of operating agreements.

The long-term solution is simple. We propose Ottawa use the savings from the expiring funding agreements for a new rent supplement program for low-income co-op housing residents.

**It's time to ask your MP: Are you still with us?**  
**[Send a message now](#)**

Before, during and after the federal election, co-op activists connected with candidates and Members of Parliament in order to get one message across: You hold the key-the federal government must act now to protect co-op housing. The Prime Minister promised to protect rent-geared-to-income assistance for low-income members living in housing co-operatives.

**We need your help to make sure this promise becomes a long term commitment in budget 2017.**

Today over 20,000 low-income co-op households are in need of a long-term federal commitment to protect co-op housing.

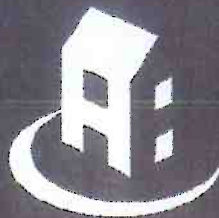
**It's time for action.**

**Send a message to your MP!**

**You can make a difference: Support action on co-op housing**

**[www.protectcoophousing.ca](http://www.protectcoophousing.ca)**

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



Co-operative Housing  
Federation of Canada

Authorized by the Co-operative Housing Federation of Canada

**Diana Hogan**

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**From:** CHF Canada <support@chfcanda.coop>  
**Sent:** March 30, 2017 7:00 PM  
**To:** thurlestonecoop@rogers.com  
**Subject:** Take 60 seconds to protect the future of our co-ops



## Budget offers support for affordable housing: It's time to secure the future of our co-ops

Dear Friend,

Now we have real hope!

Canada's federal budget was presented last Wednesday and co-op members across the country heard wonderful news:



The federal government will be investing \$11.2 billion in building and protecting affordable housing.

**More good news!** A key part of the budget will help protect low-income households faced with expiring subsidies – including people living in housing co-ops. And the federal government has set itself a deadline for solving the subsidy crisis as part of its new National Housing Strategy.

**We are making history.** Together, we have secured a critical investment that will protect low-income homes and secure a better future for affordable housing in Canada.

**You helped make this happen.** The voices of the quarter of a million people living in housing co-ops ring loud on Parliament Hill. Together, we mobilized and put co-op housing on the map. Thank you.

**But our work is not done.** The federal budget does not guarantee how much money will go to co-op housing. We need to ensure that co-ops are not forgotten when the funds are distributed. Your CHF Canada team is working hard to ensure that housing co-ops get what they need from the budget.

**And we need your help.**

## **Tell your MP it's time for action!**

**What you can do:** Take 60 seconds and send a message to your MP. Tell them that housing co-ops can help solve Canada's affordable housing crisis – but first we need funding to end the subsidy crisis and protect our low income households.

**Take 1 minute to speak up for our future!**

**Send a message to your MP!**

**You can make a difference.**

**[www.protectcoophousing.ca](http://www.protectcoophousing.ca)**

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



**Co-operative Housing  
Federation of Canada**

Authorized by the Co-operative Housing Federation of Canada

## Diana Hogan

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**From:** Audrey Aczel <aacz@ontario.coop>  
**Sent:** April 11, 2017 11:23 AM  
**To:** thurlestonecoop@rogers.com  
**Subject:** Reminder: The Co-operative Queen's Park Reception is 1 Month Away!



Hello,

### JOIN US ON MAY 10<sup>th</sup> AT QUEEN'S PARK!

The Ontario Co-operative Association, in partnership with the Conseil de la coopération de l'Ontario, is hosting a special reception at Queen's Park on Wednesday, May 10<sup>th</sup> 2017 from 5 – 7PM. Please [CLICK HERE](#) to see the invitation. As a riding representative, you will have the opportunity to meet and mingle with Ministers, MPPs and fellow co-operators. A light offering of food and beverage will be provided and we will be showcasing some awesome co-op products

### OBJECTIVE

The objective of this strategic event is to provide the Ontario co-operative sector with opportunities to greet and inform their Ministers and MPPs about the social and economic benefits that co-operatives bring to their communities, and the legislative barriers they face to develop and thrive. In consultation with the co-op sector, we have identified the [THREE KEY ASKS](#) which will be shared at this event.

This year's Queen's Park Reception is will be **strategic and focused**, in an effort to maximize the impact of the Ontario co-operative movement and our message to the Province. Our goal is to have one Senior Leader (i.e., Board Chair, Executive Director or General Manager) from each riding present to meet their MPP and/or Minister. Please feel free to pass on this invitation to the individual from your organization whom you feel could best represent your organization and take advantage of this unique opportunity!

### CO-OP ADVOCACY 101

For those who would like to participate and are not as familiar with the co-op advocacy process, we will be hosting a short "Co-ops Advocacy 101" session immediately prior to the Reception for all our attendees. Please come early and



join us at 4:30pm in the Basement Cafeteria of the Main Legislative Building for this session! Separate registration for this is not required.

### **BRING YOUR SWAG & ORGANIZATIONAL BROCHURES**

Finally, we invite your organization to send us some swag/products (e.g., logo'd items) to include in the giveaway bags for the MPPs. If you are able to do so, we will require about 100 – 150 items, which you can mail to On Co-op by May 5<sup>th</sup>, or simply bring along with you to the event.

### **REGISTRATION**

Please use the [ONLINE REGISTRATION LINK](#), and be sure to register by the **DEADLINE** of May 3<sup>rd</sup> at 4pm. This event is **by invite only** and you must **pre-register** in order to gain access to the Legislative Buildings.

We look forward to seeing you on May 10<sup>th</sup> at Queen's Park!

Sincerely,

Audrey Aczel

Communications & Event Manager  
Ontario Co-operative Association  
30 Douglas Street, Guelph, ON N1H 2S9  
Tel 519.763.8271 x 24 Fax 519.763.7239  
[aaczal@ontario.coop](mailto:aaczal@ontario.coop) [www.ontario.coop](http://www.ontario.coop)



This message was intended for [thurlestonecoop@rogers.com](mailto:thurlestonecoop@rogers.com), for the May 10, 2017 Queen's Park Reception. Please accept our apologies for any duplications, or if you have already registered for this event.

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## *Report on Thurlestone's Meeting with Bill Blair, MP*

*On Thursday, March 30, 2017*

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*Jeff Gadicke, one of the members of Thurlestone Co-op, and Diana Hogan, our Co-op Co-ordinator met with Bill Blair, the federal Member of Parliament for Scarborough Southwest at his constituency office on March 30<sup>th</sup>, 2017. Jeff Gadicke presented the Co-op's petition that was signed by the members of the Co-op asking for the government's help with our loss of housing charge subsidies when our operating agreement ends at 2 Folcroft Avenue on August 1<sup>st</sup>, 2017. The Government has already committed to a temporary extension of the housing charge assistance program up to March 31<sup>st</sup>, 2018 for those federal co-ops losing their subsidies. Diana Hogan presented a copy of our application for Reno/Retro Grant funding through a federal government program.*

*The meeting was very positive and productive. Bill Blair promised to continue to work hard on behalf of all the Co-ops, and would do whatever he could for Thurlestone. Mr. Blair stated that their government is fully aware and concerned about the ending of the operating agreements for the federal co-ops and the resulting loss of housing charge subsidies for many co-op households. Their government is committed to finding solutions.*

*Bill Blair also promised to stand up in the House of Commons and to read out loud our Member Petition. Once it is read into the public record, his office will send us the link to the video of this reading which will also be televised live on CPAC.*

*Their government is committed to helping co-ops and its members to maintain their affordable housing and will continue to work towards meeting these goals on behalf of the federal co-ops.*

*Report by: Diana Hogan, Co-ordinator  
Thurlestone Co-op Inc., May 1<sup>st</sup>, 2017*

April



MAY



SPRING CLEAN UP

SATURDAY ANY TIME OF THE DAY - MAY 06, 2017

\*\* Sunday --- May 07, 2017 at 10 A.M. \*\*

THIS INCLUDES INTERIOR OF BUILDING –

BACKSTAIRS, RAILINGS, WINDOWS

AND PARKING LOT

AROUND THE PLAYGROUND



Lunch served Sunday May 07, 2017 in the  
Folcroft meeting Room at 12 P.M.

RAIN OR SHINE



## 12 Best Bedtime Foods for Weight Loss

### 1. Greek Yogurt



Greek yogurt is like the MVP of yogurts, thanks to its high protein and low sugar content (in unsweetened varieties). The protein is filling and can help you build lean muscle while you snooze. A study published in the American Journal of Physiology found that eating protein right before you sleep stimulates overnight protein synthesis, which repairs and helps grow muscle. Since lean protein helps your body burn fat, getting enough of the macronutrient is key for weight loss

### 2. Cherries



Cherries not only satisfy your post-dinner sweet tooth; they can help you get better shut-eye, too. Cherries are a natural source of melatonin, the hormone that regulates sleep. Have a bowl or a glass of tart cherry juice before bed; a study published in the Journal of Medicinal Food found that adults who drank tart cherry juice noticed improvements in sleep quality and duration.

Plus, cherries are chock-full of antioxidants, which can also help fight inflammation and move the scale.

### 3. Peanut butter on whole grain bread



Peanut butter toast is a delicious and filling snack any time of day, but especially before bed. This peanut butter contains tryptophan, an amino acid that helps put you to sleep, and the B vitamins in whole grain bread will help you absorb it. Plus, there's a reason peanut butter is one of our 40 Best Fat Burning Foods; it's a great source of plant-based protein to help you build muscle, and healthy monounsaturated fats to keep you full and blast belly fat.

### 4. Protein shake



If you're one of those people who prefers to hit the gym in the evening, recovering with a protein shake can help you build muscle while you catch your Zzzs.

Research suggests eating protein before bed helps your muscles better utilize the amino acids for protein synthesis, and building lean muscle is key to getting rid of fat.

To make a healthy concoction. Submitted

### 5. Cottage cheese



Cottage cheese is almost the perfect bedtime snack. It's rich in casein protein, a slow-releasing protein that keeps you full overnight and will help you repair muscles while you get your beauty rest.

Plus, it contains the sleep-inducing tryptophan to help you fall asleep.

### 6. Turkey



There's a reason you want to take a nap after Thanksgiving dinner; the tryptophan in turkey makes you sleepy. So it makes for the perfect pre-bed snack, especially because the protein will help you build muscle overnight. Enjoy a couple slices on whole wheat bread or crackers; the fiber will keep you satisfied all night, and the B vitamins will help your body absorb the tryptophan.

## 7. Banana



Did you know bananas also have tryptophan? The amino acid will help put you to sleep quicker, and the fiber will keep you satisfied. At about 100 calories each, this sweet fruit will help squash any sugar cravings you might have after dinner. Try freezing a banana (unpeeled, of course), and mash it up with a fork to create a tasty ice cream-like treat.

## 8. Chocolate milk



Chocolate milk may seem like a sweet indulgence, but it's actually an ideal weight-loss beverage. There's a reason it's one of our 26 Most Overlooked Ways to Lose Weight. The calcium can help melt belly fat; researchers in Nebraska found that people who consumed 1,000 mg more of calcium lost 18 pounds of flab, and the important nutrient gets absorbed better thanks to milk's vitamin D. The protein content is filling, and it can be especially helpful if you're an evening exerciser: research suggests that

low-fat chocolate milk is a good beverage to help you recover after a sweat sesh.

And the old wives' tale is true: a glass of milk makes people sleepy, thanks to the tryptophan. Just be sure to choose a brand that doesn't have too much added sugar or use high fructose corn syrup as an ingredient.

## 9. Kefir



The key to losing weight could be in your gut -- literally. More and more research is pointing to the relationship between your gut bacteria and weight. Kefir, a fermented milk product, is packed with probiotics to keep your gut bacteria happy and de-bloat your stomach. Since it's dairy, it also has tryptophan to help you fall asleep and slimming calcium.

## 10. Almonds



If you're craving something salty, munch on some almonds. At 5 grams of protein a serving, they'll help you repair muscle overnight, and the fiber will keep you satisfied. Plus, almonds are a fat-burning superfood: One study found that overweight adults who ate  $\frac{1}{4}$  cup of almonds for 6 months had a 62 percent reduction in weight and BMI.

## 11. High fiber cereal



End your day the way it started: with a bowl of cereal. Carbs in general are good for sleep, and fiber-rich whole grain cereals will keep you full while melting fat; studies have shown that fiber intake is associated with lower body weight. Enjoy with a cup of low-fat milk for the extra dose of tryptophan, calcium, and vitamin D.

## 12. String cheese



Sure, string cheese is processed, but it makes for a low-calorie satisfying snack. One serving has a satiating combo of fat and protein at just around 80 calories a pop. Plus, it contains a decent dose of tryptophan; part-skim mozzarella, for example, has more than 600 mg of the drowsy-inducing amino acid.

## **BON APPETITE**

### **GRILLED GREEK POTATO SALAD**

#### *Ingredients*

- 3 pounds small red potatoes, halved
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 large sweet yellow pepper, chopped
- 1 large sweet red pepper, chopped
- 1 medium red onion, halved and sliced
- 1 medium cucumber, chopped
- 1-1/4 cups grape tomatoes, halved
- 1/2 pound fresh mozzarella cheese, cubed
- 3/4 cup Greek vinaigrette
- 1/2 cup halved Greek olives
- 1 can (2-1/4 ounces) sliced ripe olives, drained
- 2 tablespoons minced fresh oregano or 1 teaspoon dried oregano



#### *Directions*

1. Drizzle potatoes with oil and sprinkle with salt and pepper; toss to coat. Grill potatoes, covered, over medium heat or broil 4 in. from the heat for 20-25 minutes or until tender.
2. Place in a large bowl. Add the remaining ingredients; toss to coat. Serve salad warm or cold.  
Yield: 16 servings (3/4 cup each).

*Originally published as Grilled Greek Potato Salad in Taste of Home June/July 2009*

#### *Nutritional Facts*

*3/4 cup: 189 calories, 11g fat (3g saturated fat), 11mg cholesterol, 325mg sodium, 18g carbohydrate (3g sugars, 2g fiber), 5g protein. Diabetic Exchanges: 1-1/2 fat, 1 starch.*

## **BON APPETITE**

### **MINTY WATERMELON CUCUMBER SALAD**

#### **Ingredients**

- 8 cups cubed seedless watermelon
- 2 English cucumbers, halved lengthwise and sliced
- 6 green onions, chopped
- 1/4 cup minced fresh mint
- 1/4 cup balsamic vinegar
- 1/4 cup olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

#### **Directions**

1. In a large bowl, combine watermelon, cucumbers, green onions and mint. In a small bowl, whisk remaining ingredients. Pour over salad and toss to coat. Serve immediately or refrigerate, covered, up to 2 hours before serving. Yield: 16 servings (3/4 cup each).

Originally published as *Minty-Watermelon Cucumber Salad* in *Healthy Cooking* June/July 2010, p37

#### **Nutritional Facts**

3/4 cup: 60 calories, 3g fat (0 saturated fat), 0 cholesterol, 78mg sodium, 9g carbohydrate (8g sugars, 1g fiber), 1g protein. **Diabetic Exchanges:** 1/2 fruit, 1/2 fat.



## *Prepare Gas BBQ for the Summer Prepare Gas BBQ for the Summer*

*The summer season is the grilling season. You may not have stoked up the barbecue since Labor Day, so it's time to get it ready for the cookouts to come.*

### *Clean the Grate*

*Remove the racks. If they're powder coated steel, clean them with dish soap and rinse them well. If they're cast iron, don't use any soap or cleanser. Clean the racks with a wire brush and hot water.*

### *Clean the Body*

*You should have a lot of ash, as you're not burning any charcoal, but there could be burned bits of food and a winter's worth of dust and grime built up in and on the body of the grill. Clean this all out with soap and water and elbow grease.*

### *Clean the Burners*

*Wire brush the burners and flush with water. Clean out the holes or slots in the burners with a wire from the brush, or a large pin or needle. So far, all of this has been rather obvious, but spider webs inside the burners are the number one cause of low burner flames. If you see a white blob or what appears to be a tiny cotton obstruction in the orifice, it's a spider web. Use a flashlight if needed, to peer down the tiny hole in the center of the orifice.*

*To remove a web from an orifice, use a pipe cleaner. Twirl it around and pull it out. Done correctly, the web will come out with it, or it will be loosened enough to blow out from the gas pressure*

### *Fill Your Tank*

*Get your gas tank filled, or exchange your empty for a full one. Make sure all your couplings and seals are working properly.*

### *Scrape and Oil the Grates*

*The best way to clean the grates is with fire. Now that everything's scrubbed and tuned up, put the grates back on and fire up the burners. Close the lid and let things heat up. Scrape the grates with a long handled grill brush. Grab a wad of paper towel with your tongs and dip it in vegetable oil. Rub the oil all over the hot grates, letting it coat and soak into the metal.*

*Now you're ready to bring on the burgers and dogs.*





## HAPPY MOTHER'S DAY *May 14th*

### **Mother's Love**

*Her love is like  
an island in life's ocean,  
vast and wide  
A peaceful, quiet shelter  
From the wind, the rain, the tide.  
'Tis bound on the north by Hope,  
By Patience on the West,  
By tender Counsel on the South  
And on the East by Rest.  
Above it like a beacon light  
Shine Faith, and Truth, and Prayer;  
And thro' the changing scenes of life  
I find a haven there.*

**Author Unknown**



## HAPPY FATHER'S DAY *June 18th*

*"Walk a little slower, Daddy,"  
said a child so small.  
"I'm following in your footsteps  
and I don't want to fall.  
Sometimes your steps are very fast,  
Sometimes they're hard to see;  
So walk a little slower, Daddy,  
For you are leading me.  
Someday when I'm all grown up,  
You're what I want to be;  
Then I will have a little child  
Who'll want to follow me.  
And I would want to lead just right,  
And know that I was true;  
So, walk a little slower, Daddy,  
For I must follow you."*

**Author-Unknown**



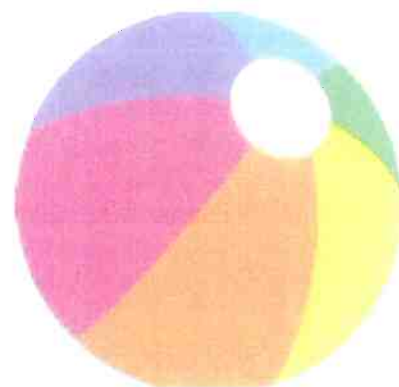
Find the summer words. The words can be forwards or backwards, vertical, horizontal, or diagonal. Circle each letter separately, but keep in mind that letters in each summer word may be used in more than one word. When the printable summer word search puzzle is completed, read the remaining letters left to right, top to bottom, to learn an interesting Summer fact.

## Summer Word Search Puzzle

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



- |          |           |
|----------|-----------|
| AUGUST   | JULY      |
| BARBECUE | RELAX     |
| BASEBALL | SANDALS   |
| BEACH    | SHORTS    |
| BIKING   | SOCCER    |
| GOLF     | SUNBURN   |
| HATS     | SUNSCREEN |
| HOLIDAY  | SUNTAN    |
| HOT      | SWIMMING  |
| HUMID    | VACATION  |





**PANDA BEAR TO COLOUR**

