

SEPTEMBER 2017

# THURLESTONE QUARTERLY

*Fall has always been my favorite season. The time when everything bursts with its last beauty, as if nature had been saving up all year for the grand finale."*

— Lauren DeStefano, Wither

*The tints of autumn...a mighty flower garden blossoming under the spell of the enchanter, frost."*

— John Greenleaf Whittier

## In this issue

Pg 2...Feedback

Pg 3...E-mail to Bill Blair

Pg 4...Bill Blair response

Pg 5...Recycling

Pg 7...Fall Gardening

Pg12..Annual BBQ

Pg13.. Bon Appetite

Pg 16..Children's Pages

## **CALENDAR OF EVENTS**

### **SEPTEMBER 2017**

**Sept 3....Labour Day**

**Sept 6....By-law Meeting**

**Sept 13....A.G.M**

**Sept 14....By-law Meeting**

**Sept 19....Board Meeting**

**Sept 20....Finance Committee**

**Sept 27....Membership Committee**

### **OCTOBER 2017**

**Oct 1....By-law Meeting(tentative)**

**Oct 9....Thanksgiving**

**Oct 10....Board Meeting(tentative)**

**Oct 11....Finance Committee(tentative)**

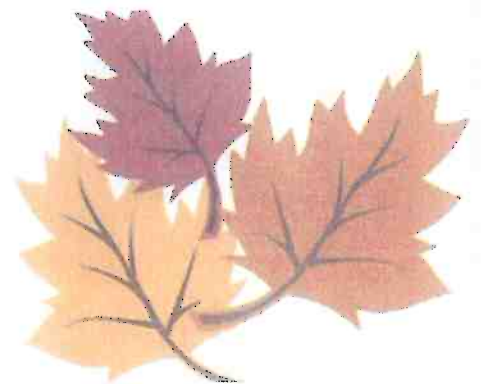
**Oct 31....Board Meeting(tentative)**

### **NOVEMBER 2017**

**Nov 5....Daylight Saving Time**

**Nov 11....Remembrance Day**

**Nov 21....Board Meeting(tentative)**





**LET'S WELCOME OUR NEWEST**

**MEMBERS :**

*Johnny and Marie Pierre*

**DID YOU KNOW THAT YOU CAN GET  
YOUR COPY OF THE NEWSLETTER BY  
E-MAIL? CONTACT THE CO-OP OFFICE  
FOR MORE INFO.**

**THE NEWSLETTER COMMITTEE INVITES  
YOUR SUBMISSIONS. SEND THEM TO  
[t-nm@live.ca](mailto:t-nm@live.ca) OR DROP THEM IN THE NEWSLETTER  
MAILBOX OUTSIDE THE OFFICE.**

***"Winter is an etching, spring a watercolor,  
summer an oil painting  
and autumn a mosaic of them all."***

**- Stanley Horowitz**

***. The milkweed pods are breaking,  
And the bits of silken down  
Float off upon the autumn breeze  
Across the meadows brown."***

**- Cecil Cavendish, *The Milkweed***





Dear Mr. Blair,

I live in your riding of Scarborough Southwest. I am writing to encourage you to ask Minister Jean-Yves Duclos to implement a rent supplement program to deliver on the government's pledge to preserve support for low-income residents at the end of co-op housing operating agreements.

My fellow co-op members and I were encouraged with the housing commitments set out in Budget 2017. Housing affordability is an issue in every part of the country - including urban, rural and remote areas. The government's multi-billion dollar, decade-long investment in housing will help greatly in keeping housing costs manageable and will strengthen co-op housing communities across Canada. I am thankful for this important commitment.

One issue that I am still concerned about is the long-term solution for keeping our housing affordable when federal operating agreements with co-ops come to an end. When that happens, the federal government will be left with \$4-5 billion in funds. I understand that Budget 2017 said that the government will determine this year how it will use those funds.

I believe it is critically important that the federal government re-invest those funds in a rent supplement program that supports low-income households in housing co-ops across the country. If that does not happen, thousands of vulnerable co-op residents – some of whom live in our riding – will likely find themselves without a place to live.

There are 12 housing co-ops in Scarborough Southwest, with a total of 923 units. Without a long-term solution, my co-op (and co-ops like mine) will lose many members of our community.

As my MP, I urge you to work to ensure that the government establishes a rent supplement program that will keep co-op housing affordable for low-income households over the long-term.

If you would like more information on this issue, please contact the Co-operative Housing Federation of Canada at 1-800-465-2752 x245.

I look forward to hearing what you will do about this critical issue.

Sincerely, Ivan Muzychko

Ivan Muzychko  
2 Folcroft Ave. Apt 4A  
Scarborough Ontario  
M1N 1K8  
~~ivanmuzychko@gmail.com~~  
Thurlestone Housing Co-op

cc:  
Hon./L'hon. Bill Morneau  
Minister of Finance / Ministre des Finances

cc:  
Hon./L'hon. Jean-Yves Duclos  
Minister of Social Development / Ministre du Développement social

cc:  
Hon./L'hon. Amarjeet Sohi  
Minister of Infrastructure / Ministre de l'Infrastructure

## Diana Hogan

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**From:** Ivan Muzychko [redacted]  
**Sent:** Friday, July 14, 2017 9:37 PM  
**To:** Diana Hogan  
**Subject:** Fw: Help us preserve affordable co-op housing

Hi, Diana! This is the Letter from Mr. Bill Blair, Member of Parliament.

---

**From:** Bill.Blair@parl.gc.ca <Bill.Blair@parl.gc.ca>  
**Sent:** July 14, 2017 3:05 PM  
**To:** [redacted]  
**Subject:** RE: Help us preserve affordable co-op housing

Dear Ivan,

Thank you for taking the time to write to me about housing affordability and the role that co-ops play. It is always a pleasure to speak with constituents – open dialogue is a vital part of my job.

Our government believes that all Canadians need and deserve housing that is safe, adequate and affordable. Affordable, safe housing is a cornerstone of sustainable, inclusive communities and a Canadian economy where we can prosper and thrive.

We've shown our commitment to affordable housing through the National Housing Strategy, which will provide the most ambitious long term federal housing investment in a generation. Our strategy will ensure Canadians have adequate and affordable housing, which will reduce the financial stress of Canadians, help communities renovate their housing stock, and give more stable housing to the homeless. These investments of more than \$11.2 billion over 11 years will build more inclusive communities, a healthier environment, and a stronger economy.

Regarding the important role that co-ops play, we recognize the ways which social housing providers contribute immensely in delivering affordable housing to Canadians. To ensure these continued benefits, we've invested \$30 million to renew federally regulated social housing agreements, \$574 million for renovation and retrofits, and \$150 million to waive penalties of mortgage refinancing. Budget 2017 builds on these measures and preserves the base line funding of the Canadian Mortgage and Housing Corporation to ensure Canadians who rely on social housing providers for affordable housing will continue to be supported.

Thank you again for writing. I am proud to be your Member of Parliament, working for you, representing your concerns in Ottawa.

Yours sincerely,

Bill Blair  
Member of Parliament, Scarborough Southwest

-----Original Message-----

**From:** [redacted]  
**Sent:** July 07, 2017 11:55 AM  
**To:** Blair, Bill - M.P.  
**Cc:** bill.morneau@canada.ca; jeanyves.duclos@hrsdc.rhdcc.gc.ca; amarjeet.sohi@canada.ca; election2015@chfcanda.coop  
**Subject:** Help us preserve affordable co-op housing

Bill Blair  
Scarborough Southwest



# Blue Bin Recycling

## Recycling tips

- Rinse clean. Remove food, liquids, contents before recycling.
- Put items in **loose** and not bagged.
- Put shredded paper in a clear plastic bag.
- Separate plastic bags/over-wrap from newspapers, flyers, magazines, water/soft drink cases. Recycle separately.

## Glass

- Bottles, jars (lids on)

## Plastics

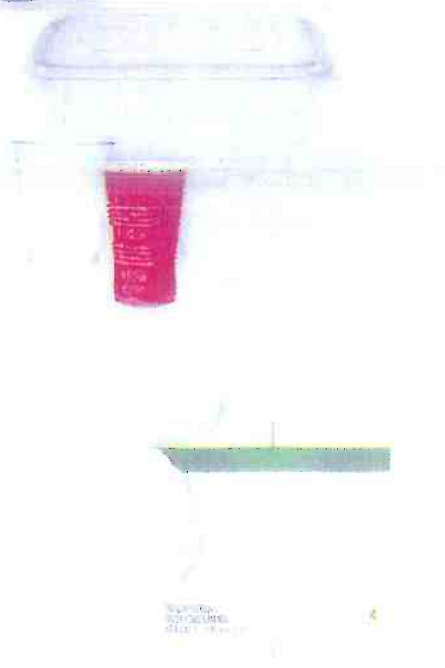
- Tubs, lids
- Clear food containers/clamshells
- Disposable plates, cups, berry containers (black items are garbage)
- Detergent, hand soap, shampoo bottles (lids, sprayers, pumps – on tight)
- Beverage bottles (lids on)
- Cat litter tubs with plastic handles
- Plastic paint pails (empty; remove metal handles, handles are garbage)
- Clear compact disk cases (empty; black cases are garbage)



Note: Black plastic items cannot be recycled (put in garbage)

## Soft, stretchy plastics

- Milk bags (inner pouches, outer bag)
- Bread bags (non-foil)
- Sandwich bags (e.g. re-sealable bags)
- Bulk food/produce bags
- Frozen fruit/vegetable bags (no stand-up pouches)
- Grocery/retail shopping bags
- Dry cleaning bags
- Newspaper/flyer, magazine bags (separate item from bag, recycle separately)
- Garden soil/manure/compost/road salt bags
- Diaper/feminine hygiene outer bags
- Over-wrap from toilet paper, napkins, paper towels, water/soft drink cases



Note: Remove product before recycling

MORE ITEMS

# Blue Bin Recycling

## Metal

- **Aluminum/steel cans**  
(place lid in can and pinch closed)
- **Aluminum trays, burner liners, pie plates, roasting pans**
- **Aerosol cans** (empty; lids on)
- **Paint cans**  
(empty; remove lids and recycle separately)



## Paper

- **Bags, advertising mail, fine paper, envelopes** (including window)
- **Newspapers, flyers, directories, magazines, catalogues**  
(remove overwrap; recycle separately)
- **Gift wrap, cards** (no ribbons, bows, foil wrap)
- **Shredded paper**  
(put in clear plastic bag; tie closed)
- **Soft/hard cover books**



## Cardboard

- **Boxboard** (e.g. cereal, tissue, detergent, shoes; remove liners, flatten)
- **Corrugated cardboard** (clean, unwaxed; flattened; pizza boxes must be empty; remove overwrap from water/soft drink cases; recycle separately)
- **Rolls** (toilet, paper towel, wrapping paper)
- **Milk/juice cartons and boxes** (straws are garbage)
- **Cans** (e.g. chips, nuts, frozen juice - place metal end in can and pinch closed; pull-off strips are garbage)

## Foam polystyrene

- **Foam food and protective packaging**  
(e.g. drinking cups, egg cartons, meat trays, takeout food containers, electronic packaging)



Note: Black foam items cannot be recycled (put in garbage)



# Fall Garden Maintenance: Autumn Garden Ideas And Tips

[Printer Friendly Version](#)



By Bonnie L. Grant

*A little fall planning and prepping can really rev up the spring season. Autumn is the time to clean up beds, manage soils, prepare sod and minimize problems in the new growing season. It's also the time to plant spring blooming bulbs and pull out tender summer bloomers. **Fall garden prep** is one of those maintenance chores that will help guarantee a beautiful and bountiful garden next season. Follow a few fall garden tips for a worry-free winter and more free time in spring.*

## **Fall Garden Maintenance**

*Fall garden prep before winter enhances the appearance of the yard and ensures that tender plants get some TLC to protect them before cold weather hits.*

## **Planting New Plants**

*You can also use this time to sink spring bulbs and plant some cool season plants to fill in gaps in the landscape and brighten up the end of season garden. Some autumn garden ideas to add color to the landscape are:*



- 
- *Asters*
- *Pansies*
- *Kale*
- *Chrysanthemums*
- *Cyclamen*

*After fall garden maintenance is finished, it's a good time to plant shrubs and trees. They will get adequate moisture and a dormant period to minimize transplant shock.*

*Many gardeners think autumn means an end to gardening. It's surprising what plants can be grown up until the first freeze or even after in mild climates. Extend your harvest by using row covers, mulch and cold frames. Shop the late season sales for vegetable starts. You can plant most of the Brassicas, such as cabbage and broccoli. In mild climates, you can start hard-necked garlic. Lettuces, radish and some root crops are also good fall gardening tips for the veggie grower. Cover any crops if snow or an extended freeze is expected.*

### **Clean Up Old and Unwanted Growth**

*The end of the season is the time to remove your spent vegetable plants, clean up plant debris and weeds, and winterize your lawn furniture and water features. Some easy autumn garden ideas include raking leaves onto the lawn and mowing them with a grass catcher. The resulting mix of nitrogen and carbon makes an excellent cover for the vegetable garden, which will enhance the fertility in spring and help prevent weeds.*

*You can also use this time to get rid of nuisance plants. Since many of your plants will lose leaves or die back, it is a good time to use a foliar, systemic herbicide on those problem plants like morning glory.*

### **Put the Garden to Bed**

*Dig up and bring in any sensitive bulbs or tubers. This will depend on your USDA plant hardiness zone, but anywhere there is an extended freeze plants should be brought indoors.*

*Removing plant debris and raking will decrease pest, disease and weed seeds that overwinter. Empty the compost bins and start a new batch. Spread the compost around the base of sensitive plants that can use the extra layer as a blanket. Plant a cover crop on your vegetable garden*

**Diana Hogan**

---

**From:** CHF Canada <support@chfcanda.coop>  
**Sent:** July 7, 2017 11:46 AM  
**To:** thurlestoncoop@rogers.com  
**Subject:** This summer let's protect our future!



**It's time for a long-term solution:**

**Let's use the summer to secure our future**

Dear Friend,

**This summer let's make sure our co-ops stay affordable - permanently.**

At our Annual General Meeting in Niagara Falls last month, housing co-ops from across the county committed to protecting low-income co-op households.



We are coming to a critical point in this campaign. The federal government's National Housing Strategy is just months away from completion. That will set Canada's direction on housing for years to come.

In its 2017 Budget the government promised to keep up funding for low income residents after the end of our operating agreements.

CHF Canada is working with the government to ensure that results in a rent supplement program that supports the same number of households, with the same level of support as before.

Now we need to push this campaign over the finish line. We need to make sure that the federal government follows through completely on its promises and uses the money set aside in this year's budget to solve the growing subsidy crisis.



Here's what you can do:

- **Take 60 seconds to send a message to your MP.** We've written a brand new letter for you to send online. The message highlights the need to implement a permanent solution to the subsidy crisis before interim subsidy funding runs out in March 2018.

## [Send your message now!](#)

- **Meet your MP.** Summer events at your co-op are a great opportunity to have your MP meet your co-op's members. You can even partner up with other co-ops in your area to jointly host a summer event with your MP. If you can't hold an event, go to other neighbourhood events and chat with your MP, or set up a meeting at their community office.

**Together we will succeed – and gain a permanent solution that keeps co-op housing affordable for all our members.**

**Send a message to your MP!**

If you need any help, or if you have any questions, please feel free to contact me by email ([dwong@chfcanada.coop](mailto:dwong@chfcanada.coop)) or telephone (1-800-465-2752 x245).

**This summer do all you can to protect our future. You can make all the difference**

Sincerely,

Doug Wong

Program Manager, National Government Relations and Policy

CHF Canada

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

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March of Dimes Canada  
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## Thurlestone Co-Op's Annual BBQ

Once again this year our social committee worked week after week selling 50/50 to raise money for our end of summer BBQ. After 10 weeks the social committee was able to raise \$504.00 to pay for supplies. We would like to thank all who purchased tickets, without your support this BBQ would not have been possible.

We had adults and children alike enjoying some great food and getting a chance to get out and meet your neighbors. We had some new people move in over the past year and it was great to have them out to enjoy some good food, and maybe if we did our jobs right, they even got to make a few new friends.

After several people approaching me to tell me how good the burgers and hot dogs were. And asking where we get them from. I'll let you in on a little secret. We get all our meat from Cliffside Meat & Deli. Gord makes sure we get great meat for an affordable price.

If you have never tried the meats and other things in Cliffside Meats & Deli you may want to go check it out. And if you want to sample some of the burgers, hotdogs, and sausages, they are hosting a BBQ of their own on Sept. 16<sup>th</sup> 2017 right out front of the deli. All BBQ items are going to be selling for only \$2.00 each with the proceeds going to help support Cancer and heart & stroke research. If you have ever known someone with cancer, or someone who has suffered a stroke we encourage you to stop by the deli, located at 2476 Kingston Rd. (across from No Frills at just west of Midland Ave) on Sept. 16<sup>th</sup> and help support a great cause.

By Jeff Gadicke

## QUICK CHICKEN MINISTRONE

### Ingredients

- 1 tablespoon olive oil
- 1 cup diced yellow onion
- 1 cup diagonally sliced carrot
- 1 tablespoon minced garlic
- 2 teaspoons unsalted tomato paste
- 4 cups unsalted chicken stock (such as Swanson)
- 1 cup water
- 5/8 teaspoon kosher salt
- 5 ounces uncooked alphabet or ditalini pasta (about 1 cup)
- 1 cup diagonally sliced sugar snap peas
- 1/4 cup chopped fresh tomato
- 6 ounces skinless, boneless rotisserie chicken breast, shredded (about 1 1/2 cups)



### How to Make It

Heat a large Dutch oven over medium-high. Add oil to pan; swirl to coat. Add onion and carrot; sauté 4 minutes. Add garlic and tomato paste; cook 2 minutes, stirring occasionally. Add stock, 1 cup water, and salt; bring to a boil. Add pasta to pan; cook 5 minutes. Add snap peas, tomato, and chicken to pan; cook 3 minutes or until pasta is done.



*SKILLET APPLE PORK CHOPS*

**Ingredients**

- 1 1/2 tablespoons olive oil, divided
- 4 (6-oz.) bone-in pork chops
- 3/4 teaspoon kosher salt, divided
- 3/4 teaspoon freshly ground black pepper, divided
- 1/2 cup unsalted chicken stock (such as Swanson)
- 1 teaspoon Dijon mustard
- 1 tablespoon chopped fresh sage
- 1 1/2 teaspoons chopped fresh rosemary
- 2 medium apples, thinly sliced
- 1 small red onion, thinly vertically sliced



Heat a large skillet over medium-high heat. Add 1 1/2 teaspoons oil to pan; swirl to coat. Sprinkle pork chops evenly with 3/8 teaspoon salt and 3/8 teaspoon pepper. Add pork chops to pan; cook 5 minutes on each side or until pork chops are done. Remove from pan.

Combine stock and mustard, stirring with a whisk. Add remaining 1 tablespoon oil to pan; swirl. Add remaining 3/8 teaspoon salt, remaining 3/8 teaspoon pepper, sage, rosemary, apple, and onion to pan; cook 4 minutes, stirring occasionally. Stir in stock mixture. Return pork chops to pan; cook 3 minutes or until liquid is reduced by half

# *ODE TO SUMMER*



*PHOTOS BY PAT GADICKE*



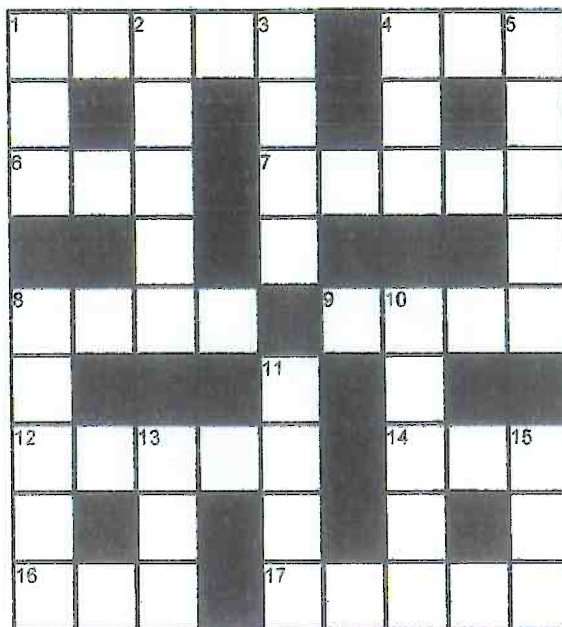
## EASY CROSSWORD

**Across**

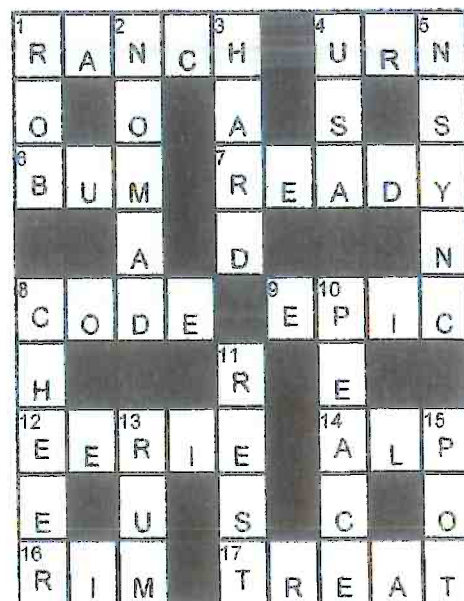
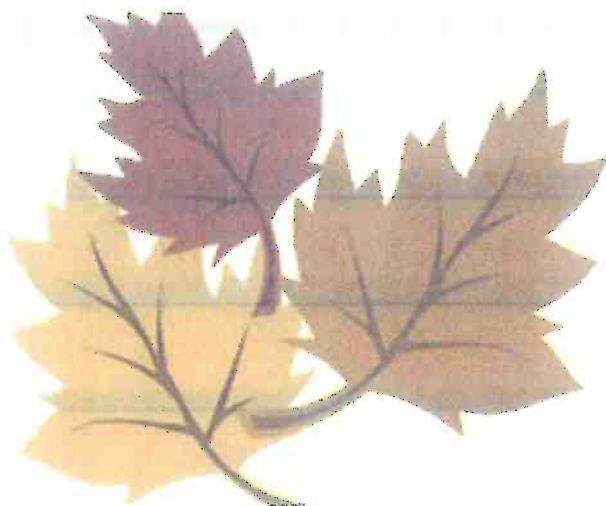
- 1. Salad dressing choice
- 4. Vase
- 6. Loafer
- 7. Prepared
- 8. Programme r's output
- 9. Long grand story
- 12. Unearthly
- 14. Mountain peak
- 16. Brink
- 17. Special snack

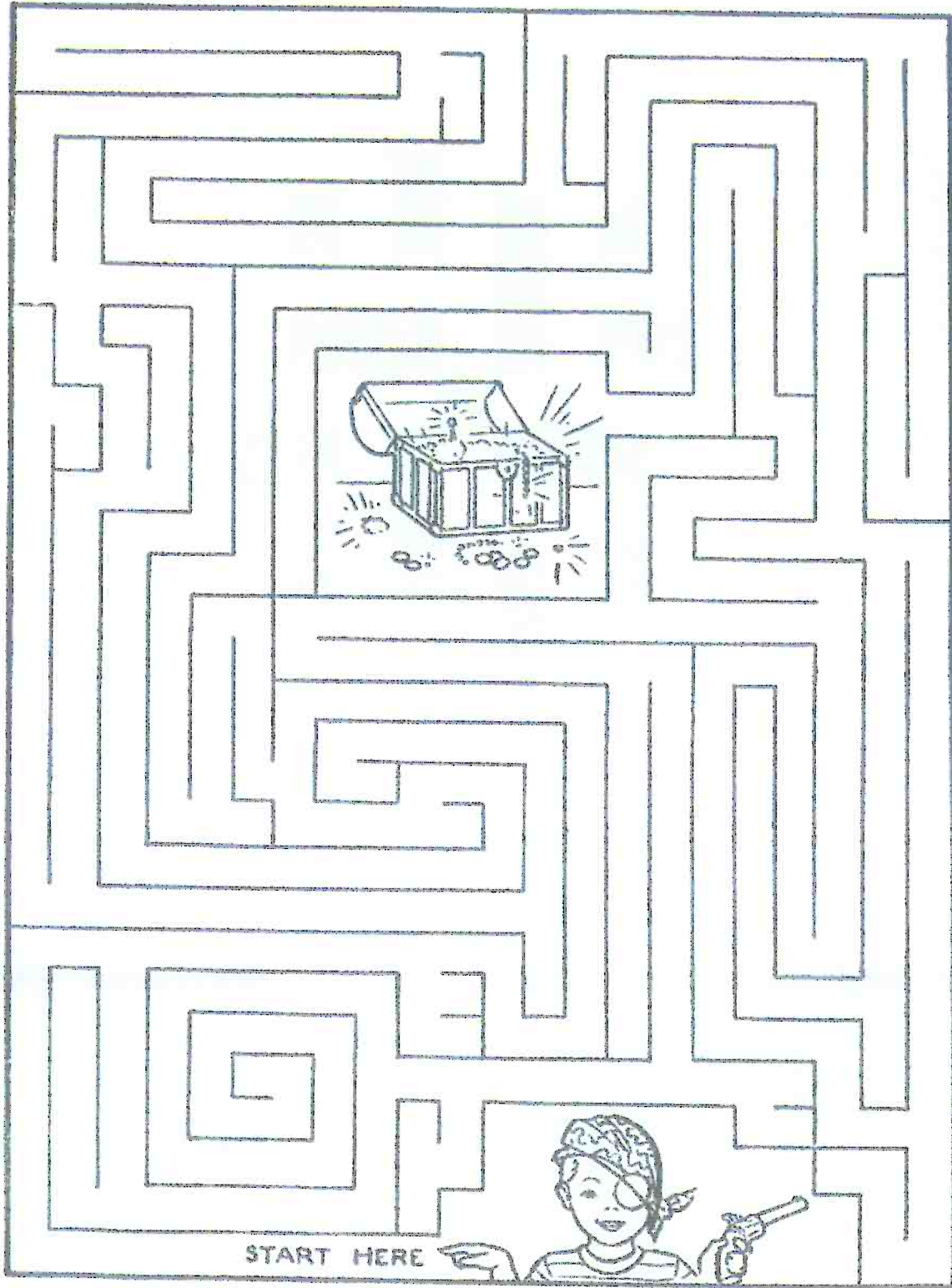
**Down**

- 1. Plunder
- 2. Drifter
- 3. Not soft
- 4. Mex. neighbor
- 5. Timberlake's old band
- 8. Hoot and holler
- 10. Orchard fruit
- 11. Relax
- 13. Grog ingredient
- 15. Poker prize



### SOLUTION



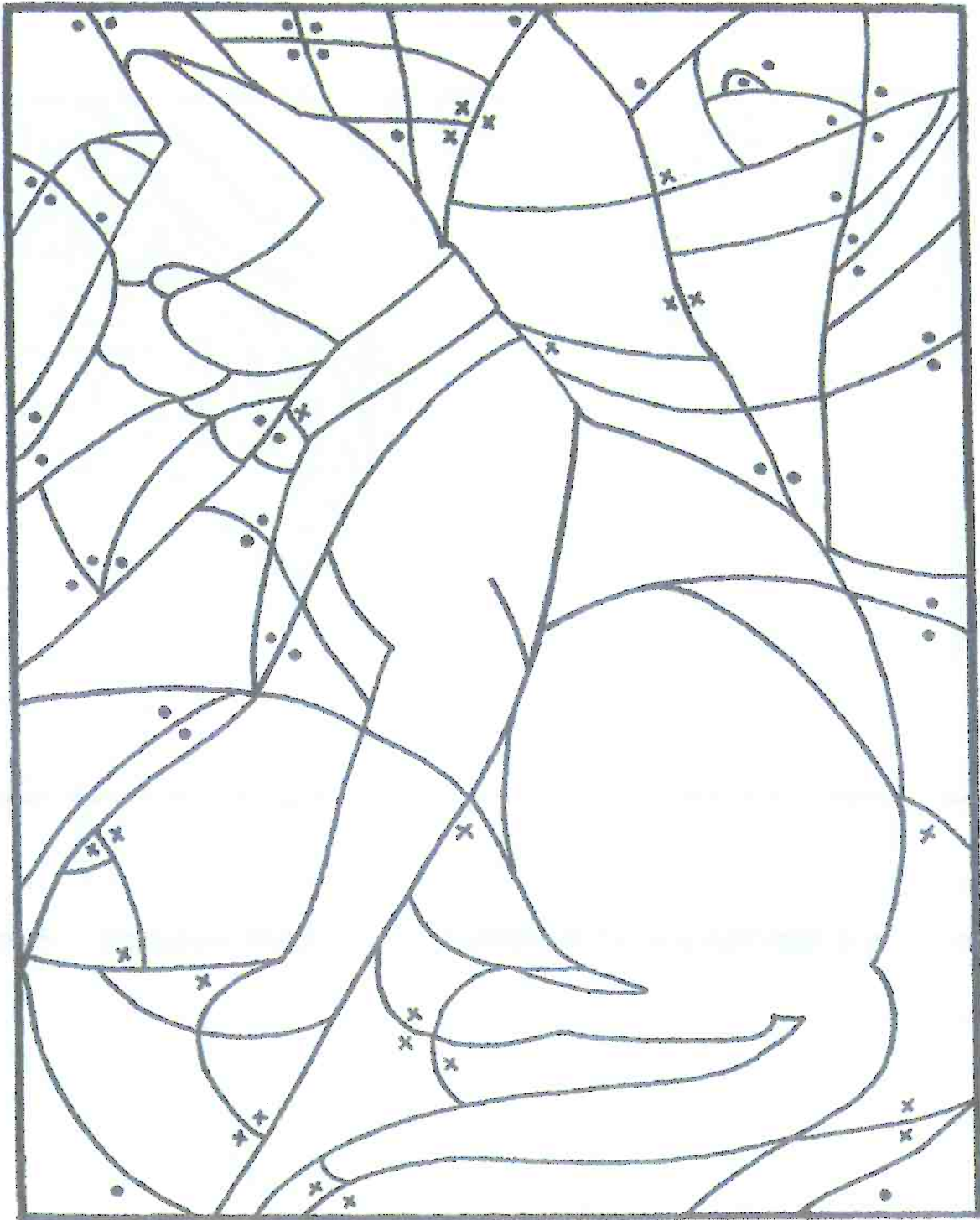


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