THURLESTONE NEWSMAGAZINE

JULY/AUGUST 2013





It's Summer again. The sun shining so bright, surrounds us with its warm,

There's nothing better to sun in the pleasant summer day. But overexposure to the sun is harmful. Fill your summer with plenty of fun and lively activities. But tread into everything with caution.

Shield your skin from the sun's harmful effects with a good amount of sunscreen lotion. Take care of the face, specially the area around your eyes. Protect your eyes and the adjoining area with a sunglass. With all these precautions adopted, for sure you are going to have a nice Summer Have a wonderful one

Thanks to all those who helped and contributed articles and images! From the NewsMagazine Committee

Submissions are always welcomed.

Please deliver to the office newsletter mailbox or email before the 25th of each month at:

t-nm@live.ca

Inside This Issue

- 2 Calendars
- 4 Board Minutes.
- 8 Notices
- 9 Articles: 4 Smart Tips, Ten Tips for a Healty Life, Weekly Meals Planning tips
- 12 Recipe
- 13 Arts and Crafts
- 16 Fun & Games

Mission Statement

To promote Unity and Participation
To Inform and Entertain

July 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9 Board Mtg 7:00 pm Ramadan first day	10 Finance Mtg. 7:00 pm	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27 Membership Mt.g 11:00 am - tentative-
28	29	30 Board Mtg 7:00 pm	31			
	•	Audit	•			

August 2013

Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 Membership Mt.g 10:00 am
5	6	7 Ramadan last day	8	9	10
12	13	14	15 Finance Mtg. 7:00 pm	16 Elvis Day	17
19	20 Board Mtg 7:00 pm	21	22	23 NewsMagazine 7:30 pm	24
26	27	28 Parents Day	29	30	31
	5 12 19	5 6 12 13 19 20 Board Mtg 7:00 pm	5 6 7 Ramadan last day 12 13 14 19 20 Board Mtg 7:00 pm 26 27 28	5 6 7 8 8 12 13 14 15 Finance Mtg. 7:00 pm 20 Board Mtg 7:00 pm 21 22 26 27 28 29	1 2 13 14 15 16 Elvis Day 19 20 Board Mtg 7:00 pm 21 22 23 NewsMagazine 7:30 pm 26 27 28 29 30

Thurlestone Co-Operative Inc. 22 Fishleigh Dr. Unit 3 Scarborough Ontario M1N 1G9

Board Minutes for 11 June 2013

Present: Lois, Mike, Herman, Krys, Teresa, Deanna, Vern, Diana (Co-ordinator)

Absent/Regrets: Deb, Elizabeth

- 1 Call to order 7:05 pm
- 2 Approval of Agenda Lois/Herman
- 3 Adoption of Minutes 21May 2013 Herman/Teresa
- Business Arising from 21 May Flash Tape coming in from U.S.
- 5 Confidential Section See Confidential Section

6.1 Administrative Update

- a) FYI Letter from City Of Toronto re: Green Bin Program. Defer
- b) Request from Cliffside Public School for \$200 donation towards the cost of a Plaque dedication to Kayleigh Belanger. Vern/Mike
- c) FYI Canada Summer Jobs has declined our request for funding for a summer student.
- d) FYI email from Kay Witcher re: Information on How to Conduct Meetings, Rules of Order. This will remain on Board Agenda for time being.

6.2 Maintenance Update

- a) Purchase of a replacement used lawn mower for \$200 from Silver Mile Hardware. Teresa/Vern
- b) 16 Fishleigh Laundry Room needs cleaning. Letter and sign-up sheet to go up for same.
- c) Need to renovate 1613 bathroom (has yet to be renovated). Quote for \$7200 from ReGroup Inc. For same. To be finished by July 31st. Vern/Teresa
- d) FYI clearing drain beside 18 Fishleigh is awaiting Rooterman for camera investigation of problem. Update next meeting.
- e) Approval to overhaul both Fishleigh boilers at cost of \$974 +HST. Lois/Mike
- f) Need to replace countertop, sink, taps, and pipes in 5E kitchen (approx \$900). Teresa/Vern

7. Committee Reports -

- a) Unit Inspection Committee update Too many Units not getting done. Teresa to speak with Pam about same.
- b) Playground Sub Committee No responses from building postings. Will leave postings up for a while yet.

8. New Business

a) Co-Op Rules and Policies – Dogs off leash on property. Stoop & Scoop Postings to go up as reminder. Children playing in hallways is deferred. Postings/Notices to be issued re: personal belongings outside to be removed due to construction.

Thurlestone Co-Operative Inc. 22 Fishleigh Dr. Unit 3 Scarborough Ontario M1N 1G9

Board Minutes for 11 June 2013

8. b) Mike motioned for Teresa to be new Co-op Membershi Carried.	p Committee Liaison, Vern seconded.
9. Date of next Board Meeting - Tuesday July 9th, 2013	
10. Adjournment 21:18 Mike/Herman	
Lois Logie, Chairperson	igheal D// t

Michael Burke, Recording Secretary

Thurlestone Co-Operative Inc. 22 Fishleigh Dr. Unit 3 Scarborough Ontario M1N 1G9

Board Minutes for 21 May 2013

Present: Lois, Mike, Herman, Krys, Teresa, Deb, Vern, Diana (Co-ordinator)

Absent/Regrets: Deanna, Elizabeth (regrets)

- 1 Call to order 7:02 p.m.
- 2 Approval of Agenda – Lois/Herman
- Adoption of Minutes 30 April 2013 Teresa/Deb 3 - 14 March 2013 - Teresa/Herman (Vern, Deb & Krys abstain as they were not on the Board yet for that meeting)
- 4 Business Arising from - 30 April - none - 14 March - none
- Meeting with C.M.S. Building Consultant William Wong Re: Proposed Site Remedial Project 5

Proposal Review: -Required repairs for leaks and deterioration of boiler exterior stairs @ 18 &

- Water retention in backyard areas at 24 Fishleigh Drive

Vern motions to approve the Site Remedial Project as per the Specification Document and to approve the Tender Results' Stipulated Price, plus Extra Items S1 + S2 + S3 with the work to be carried out by FTD Construction at a total cost of \$191,400 plus HST to be paid from Fishleigh's Capital Replacement Reserves. Mike seconds (with S4 item to be determined at later date). Carried.

Lois motions for C.M.S. Building Consultants to be the Project Manager for this project. Deb seconds.

Confidential Section -See Confidential Section 6.

7.1 Administrative Update

a)FYI - Letter from HRSD Canada - denied funding for a ramp or chair lift.

b) FYI - CHFC Ontario Region - report on Bill 14 that has passed most of the hurdles which changes the eviction process for Co-ops so that they will be using the Landlord and Tenant Tribunal Eviction Process in the future once this is put into law.

7.2 Maintenance Update

- a) Approval of 1803 kitchen floor replacement \$1734.55 plus HST. Lois/Deb
- b) FYI Various Bird Nesting Solutions
- c) FYI Clearing Drain beside 18 Fishleigh catch basin plugged. Further investigation required to determine problem and solutions.

Thurlestone Co-Operative Inc. Board Minutes for 21 May 2013

8. Committee Reports -

- a) Unit Inspection Committee update No report.
- b) Playground Sub Committee defer until further notice.
- 9. New Business
- a) Co-Op Rules and Policies defer
- b) Discussion regarding Conflict of Interest Policies. remove from agenda
- 10. Date of next Board Meeting Tuesday June 11th, 2013
- 11. Adjournment 11:00 p.m. Mike/Herman

Lois Logie, Chairperson	 Michael Burke, Recording Secretary

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

Email us at: t-nm@live.ca



Congratulations

The winner of our Family Anagram contest is Aren Kawah!

The answer to the Cryptogram was: Other things may change us, but we start and end with Family.

DEADLINE for submission of answers to this issue's contest is Aug 23.



New members!

June

Dario Calle

Unit 16 13

August

Patricia Beattie and Jesse Jacobs

Unit 16 07

4 smart-phone tips you may not have heard yet

You may think you know everything about using your smart phone, but there may be a few nuggets of wisdom that you haven't come across yet.

Rescue a drowned phone. An accidental dunk in the sink or a puddle often means the end for any cell phone. But you can give your phone a fighting chance if you act quickly enough: Immediately pull the phone out of the water, remove the battery cover (if it has one) and yank out the battery and SIM and memory cards. If your phone does not have a removable battery, turn it off and eject the cards.



Insert all the pieces into a mason jar or any container with an airtight seal that's filled to the brim with rice. Close the lid and leave it undisturbed for at least two weeks. Afterward, reassemble the phone, turn it on, and try it out. You may have full or at least partial functionality.

Helping hands. Tired of squinting at tiny text on your smart phone's display? Go to your phone's Settings menu, under Accessibility, and click on a feature that makes text appear bigger on your screen. You may see options to help those with vision or hearing impairments. Some new Android phones from LG, Pantech, Samsung, and others, have an "Easy" mode that clears desktop clutter to put core functions such as phone, contacts, messages, and camera front and center. In that mode, you can also easily increase the size of fonts and app icons, and menus present a shorter list of options to simplify use.

Toolbox. You may already know about the free apps that allow you to use your phone's display or camera light as a flashlight. But there are other handy and free apps that let you exploit your phone's hardware in interesting ways. For instance, iHandy Level Free, available free for Android and iPhones, turns your phone as a surface level so you can hang that picture straight.

Other free useful tools, such as a compass or rulers, can be found by typing in those search terms at your phone's app store. To minimize your chances of installing a malicious app on your phone, download apps only from the most reputable sources. For Android phones, that means sticking with the Google Play store or the Amazon Appstore. For iPhones, there's only one source: Apple's App Store.

Myths busted. One popular cell myth is that you can transmit a signal from your car's remote over a cell phone to unlock your car. The idea is that if you accidentally lock your keys in the car, you can have someone at home hold their "clicker" up to a cell phone while you hold your phone about a foot away from your car door. That might work if car locks were controlled with sound waves, but they're not. They're controlled by radio waves, and the radio signals from a car's remote can't be transmitted over a phone call.

Another myth is that you can revive a near-dead cell battery by typing in a special code to tap into some "secret" power reserve set aside by the phone carriers. There is no such code or special power stash. When your phone's battery indicator flashes red, find a charging source fast.

Ten Tips for a Healthy life

According to a recent document, "Nurturing Health" from the Premier's Council on Health, well-Being and Social Justice, Ontario residents are now more active and make more careful decisions about how they drive, drink, eat, work and play. Our individual behaviors and genetic make-up continue to be important to our health. But, there are two other factors that have great influence on our health status — our living and working conditions and social support from family and friends.

This new understanding of what makes people health means we must work together with others to create a healthy community. How do we achieve this?

These ten tips are compiled from listening to experienced people that we have worked with in our community.

- 1. Live as actively as possible.

 Remember that any and all movement contributes to sense of well-being.
- 2. Nurture relationships with family, friends and community.
- 3. Take responsibility for your own life decisions.
- 4. Use successful coping techniques for stressful times. This includes taking time out for yourself to recharge your "batteries."

- Take part in your community activities. Advocate for yourself and others.
- 6. **Be optimistic** and keep a sense of humour.
- 7. Like yourself and respect your physical self well enough to provide proper maintenance look as attractive as you always have.
- 8. Take every opportunity to express yourself creatively and keep interest in new things.
- 9. **Remember** that intimacy and affection fuel us throughout our lifetime.
- 10. **Be interdependent** with others. Accepting help for yourself from others is as important as giving help.

York Region Public Health offers "Way to wellness" group lifestyle sessions that are fun and informative. Topics include Let's Plan, Healthy Heart, Food Facts, Medications, Stress, Your 5 Senses – How they Change, Aging. For more information call the Health Information Line at 905 895 4511, 705 437 2391, 905 773 3230, 905 882 2061

"Health is a Great Feeling"

Submitted by Lovanna Sanders, R.N, B.A.A.N., Community Health Nurse. York Region Public Health Department

Weekly Meal Planning Tips

- planning ahead for healthy choices every day!

Health Checkmis one way the Heart and Stroke Foundation helps you eat well.

Use the following tips from the Heart and Stroke Foundation's registered dietitians to help you plan healthy meals every day.

- Plan your meals around the four Food Groups in Canada's Food Guide. A
 balanced meal includes at least three Food Groups for breakfast and four Food
 Groups for lunch and dinner. The Food Groups are: Vegetables and Fruit, Grain
 Products, Milk and Alternatives, and Meat and Alternatives.
- 2. Involve your kids in meal planning so they feel included and learn about healthy food.
- Plan your breakfast. People who eat breakfast tend to have a healthier weight than those who skip breakfast.
- 4. Reach for vegetables and fruit at all meals and snacks. This is what seven servings could look like: 125 mL (1/2 cup) of frozen blueberries on cereal; 1 apple; 10 baby carrots; 2 large broccoli stalks; 1 baked potato; 125 mL (1/2 cup) fruit juice; and 125 mL (1/2 cup) fruit sauce.
- 5. Meet your vitamin D needs. Drink 500 mL (2 cups) lower-fat milk (skim, 1%, or 2%) or fortified soy beverages every day. This is also a great source of calcium.
- Include foods containing omega-3 fats (found in ground flaxseed, canola oil, soybean oil, cold water fish such as mackerel, salmon, herring, trout, and cod, nuts, omega-3 eggs, and liquid egg products) in your weekly diet.
- 7. Make at least half your grain products whole grain each day. A serving = 1 slice of bread, 1/2 bagel or tortilla, 1/2 cup of whole grain pasta or brown rice, 30 g of cereal, or 3/4 cupof oatmeal.
- 8. Diets high in fibre can help lower your risk of heart disease. Choose foods with at least 2 grams or more of fibre per serving.
- 9. When you compare products, look for foods with a lower % Daily Value of sodium and fat, especially saturated and trans fat.
- 10. To reduce your salt intake, choose fresh foods most often and season with herbs, and salt-free spices, lemon, vinegar, garlic, and onion. Read the Nutrition Facts table and make lower sodium choices.

Hoisin Orange Halibut Steaks Packets

Course/Meal: Fish and Seafood

Main Ingredient: Fish
Prep Time: 10 minutes
Cooking Time: 15 minutes

Makes: 2 servings

The flavour of hoisin sauce and orange go so well together. Here they provide a tangy and orangey flavour for a delicate and hearty halibut steak.

Ingredients:

- 4 baby bok choy, chopped coarsely (about 10 oz/300 g)
- 2 pkgs (3.5 oz/105 g each) shitake mushrooms, stems removed and caps sliced
- 1 red bell pepper, sliced
- 2 cloves garlic, slivered
- 1 tsp (5 mL) sesame oil
- ¼ tsp (1 mL) fresh ground pepper
- 2 small halibut or salmon steaks or fillets (about 4 oz/125 g each)
- 2 tbsp (25 mL) hoisin sauce
- 1 tsp (5 mL) grated orange rind
- ¼ cup (50 mL) orange juice
- 1 tbsp (15 mL) chopped fresh parsley or cilantro

Directions.

- In a bowl, combine bok choy, mushrooms, red pepper, garlic, oil and pepper. Divide veggies among 2 pieces of aluminum foil.
- Top each packet with halibut steaks.
- In small bowl, combine hoisin sauce, orange rind and juice and parsley. Drizzle over each packet.
 Top with another piece of aluminum foil and seal to form packets.
- 4. Place on greased grill over medium high heat or in 425F (220 C) oven for about 10 minutes or until fish is firm and vegetables are tender.
- 5. Open package carefully and spoon onto plate to serve.

Nutrition Facts per serving:

Calories: 212 Fat: 5 g Saturated: 1 g Cholesterol: 19 mg Sodium: 343 mg

Potassium: 1070 mg Carbohydrates: 29 g Fibre: 6 g Protein: 17 g

Beaches International Jazz Festival July 19 - 28



One of the top 10 jazz festivals in the world, held on multiple stages throughout the Beach community – Woodbine Park, Kew Gardens, Queen Street East.

On the nights of Thursday July 25th, Friday July 26th, and Saturday July 27th, Queen Street East will be closed from Woodbine Ave. to Beech Ave. from 6:00 pm to 11:30 pm..

For a complete schedule of stages, events, workshops, and more, go to www.beachesjazz.com

The Guild Alive with Culture Arts Festival July 27 - 28

The Guild Inn Garden, 201 Guildwood Parkway

Enjoy entertainment, patio and beer garden, heritage exhibits and children's activities.

Free Admission; free parking!



R i b f e s t sponsored by the Rotary Club of Scarborough August 2 to 5

Thomson Memorial Park, northeast corner Brimley & Lawrence

Crafters, midway, entertainment and of course, 11 award winning ribbers!

Free Admission; free parking!

Friday, Aug 2, 2013 from 11:00am - 11:00pm Saturday, Aug 3, 2013 from 11:00am - 11:00pm Sunday, Aug 4, 2013 from 11:00am - 11:00pm Monday, Aug 5, 2013 from 11:00am - 08:00pm Entertainment stops at 10:00 p.m.

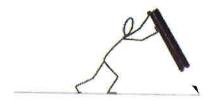


Closing Date July 31, 2013

Short stories, essays, memories, amusing incidents Any subject; any style – no entry fee! Fiction or non-fiction Entrant must be over 18 years - one entry per person. No longer than 850 words

Win cash prizes and have your writing published. Work must be original, typed or neatly hand written on $8 \frac{1}{2} \times 11$ paper. Include on the front page - your name, age and address.

Send to: Adult Short Story Contest (N), P.O. Box 44169 – RPO Gorge, Victoria, BC V9A 7K1 Or email to poetryinstitute@shaw.ca





Closing Date July 31, 2013

The Poetry Institute of Canada announces its 20th annual poetry contest, open to all poets of any age – any subject or style of poetry or prose. No entry fee – one entry per person.

Win cash prizes and have your writing published.

Work must be original, typed or neatly hand written and contain 24 lines or less. Include on the same page - your name, age and address.

Send to: Open Ages Poetry Contest (N), P.O. Box 44169 – RPO Gorge, Victoria, BC V9A 7K1 – or - email to poetryinstitute@shaw.ca



1st Annual Bluffer's Park Photography Competition Closing Date August 23 at 5 pm

Open to amateur photographers only!
The theme is Bluffers Park: Wildlife and landscapes.

If you are under 18 years of age, please include your parent's contact information. (see below).

Rules and Regulations:

- Each entrant may submit a maximum of three (3) photographs.
- Subject of entries must be photographed at Bluffer's Park (ie; landscapes, wildlife, scenery)
- Due to privacy restrictions, no discernible photographs of people, buildings or boats can be accepted.
- Entries must be submitted in person

Photographic Specifications

- Only colour or black and white photos will be accepted
- Print size 8"x10" mounted on a mat board with a 2" margin around the photograph
- No photograph editing or watermarks are allowed and any image altering will disqualify the photograph
- Images may be cropped
- Photographs may be taken with a film or digital camera

All entries must have the following information printed clearly on the back:

- Name of the photo
- your name
- your address
- your phone number
- your e-mail address

Submission Locations

Scarborough Arts, Bluffs Gallery, 1859, Kingston Road, Scarborough And Or

The Dogfish Restaurant at Bluffers Park Marina, 7, Brimley Road South

Submission Deadlines

Thursday, August 22, 2013, from 9 am. to 5 pm. at Bluffs Gallery Friday, August 23rd 2013, from 7 pm. to 9 pm. at The Dogfish

Finalists Presentation

Date: Sunday September 8th, 2013

Time 2.pm

Location: The Dogfish Restaurant, Bluffers Park Marina



- 1st Place Winner receives an OLYMPUS StylusTG-2 digital camera with memory card
- 2nd Place Winner receives a HENRY'S HT100 premium Tripod with deluxe case
- 3rd Place Winner receives a National Geographic EXPLORER sling came a bag



Solution to the previous Anagram:

AADGMNR grandma

VOLE

love

AGHLU

laugh

EHMORT

mother

EIRSST

sister

OPRSST

sports

CEEIN

niece

EPT

pet

BEHORRT

brother

HTFARE

father

July/August Sudoku:

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

Solution to May/June Sudoku:

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

Summer Anagram

Unscramble the letters to fill the blank spaces in the most intelligible way to form an answer that goes with the mood of the occasion. For each correct solution, you get one point. See how much you score!

usceri	*
	-)
arkp	
abceh	
e b k i	
a n i r t	* Sa.
m e g a s	
omts	
adeelmno	
y o s t	
nnecseur	
Rrbuameha	

Submit yo ca to win a priz d one will be dre nitted by August, 23th. Good luck

Name: Unit:	
-------------	--

Find the words about swimming, listed below, in the word search grid. Circle each letter one by one. Each letter of the swimming 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 recreational swimming.

Swimming Word Search Puzzle

SABUC S D W F 1 R MC R AN В E В E 0 E L S E N S U S D R D S C E Α Κ S T R R D 0 C Α E R T C T S S R S S T G R Y T U F S E E R R E E G R 0 N N 0 Ε G R C K 0 K N G R Ε Ε Т R Ε E T Α E 0 E 0 X E R C T S N G U N N Ν Ε L D D Α D S D G U M M E R W S Р Т

SWIMMING WORD LIST

BREASTSTROKE	LAKE	SNORKEL
DIVE	LIFEGUARD	SPLASH
DOG PADDLE	OCEAN	SUMMER
FINS	POOL	SURFING
FLOATING	RIVER	SWIMSUIT
FRONT CRAWL	SCUBA	WATER
HORSEPLAY	SIDE STROKE	

The knight is searching for the dragon. Draw the path through the maze to the dragon starting at 3 and counting by 3s up to 300.

V=	30								
261	264	267	276	279	294	297	À	A P	3
258	255	270	273	282	291	300			
249	252	237	234	285	288				
246	243	240	231	228	225	222	219	210	207
165	168	171	180	183	186	189	216	213	204
162	159	174	177	126	123	192	195	198	201
153	156	135	132	129	120	117	108	105	102
150	141	138	27	30	33	114	111	96	99
147	144	5	24	39	36	51	54	93	90
		21	42	45	48	57	84	87	
			18	15	12	63	60	81	78
	THE			6	9	66	69	72	75

SUMMER CRYPTOGRAM

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z 3 1 17 14 25 9 20 8 13 11 24 7 18 6 2 19 4 10 23 5 15 21 16 12 22 26

7 13 9 25 16 13 5 8 2 15 5 7 2 21 25 13 23 7 13 24 25

3 22 25 3 10 16 13 5 8 2 15 5 23 15 18 18 25 10

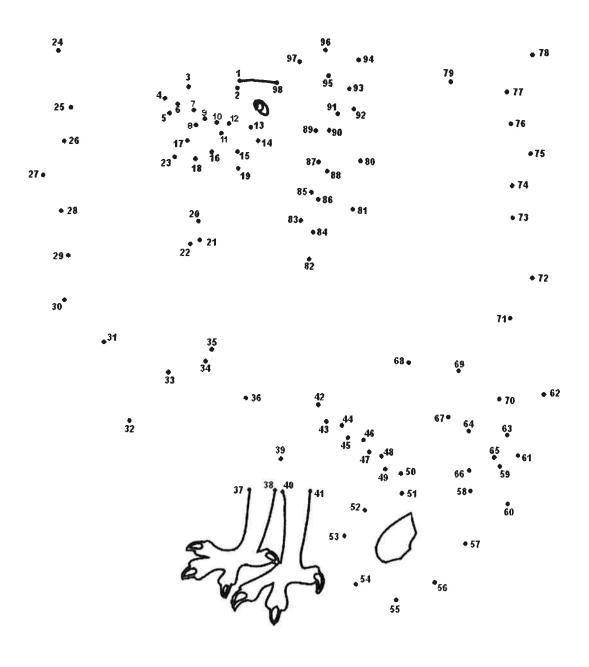
Directions:

This puzzle is called a Cryptogram. I've always loved doing them! At the top there is a KEY that lists all the letters from A thru Z with a box below. Each of the letters has a corresponding number.

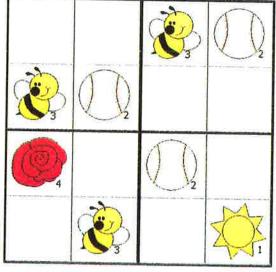
The bottom part contains a secret phrase. Each of the blanks has a number underneath it. Fill in the letters that correspond to the numbers below the blanks to solve the phrase.



Connect the dots in this number dot-to-dot puzzle to reveal a mythical and medieval figure.



Summer Sudoku



Each row, each column and each of the large four squares should have one of each image. Fill in the blanks!









How did the rabbit get onto the flying kite?

