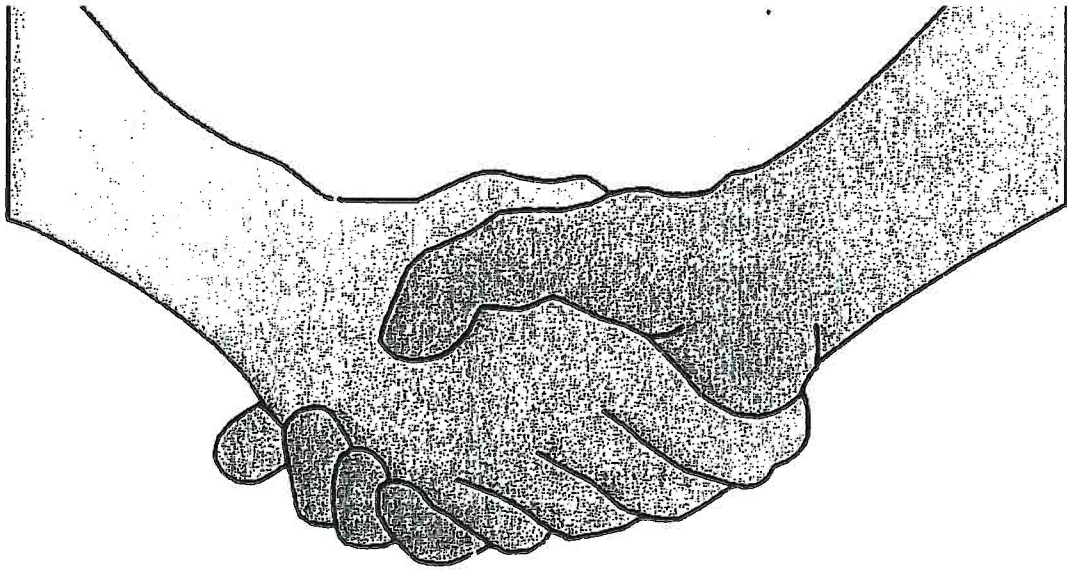


# Thurlestone

NewsMagazine



April 2009



## Mission Statement

To promote Unity and Participation

To inform and Entertain

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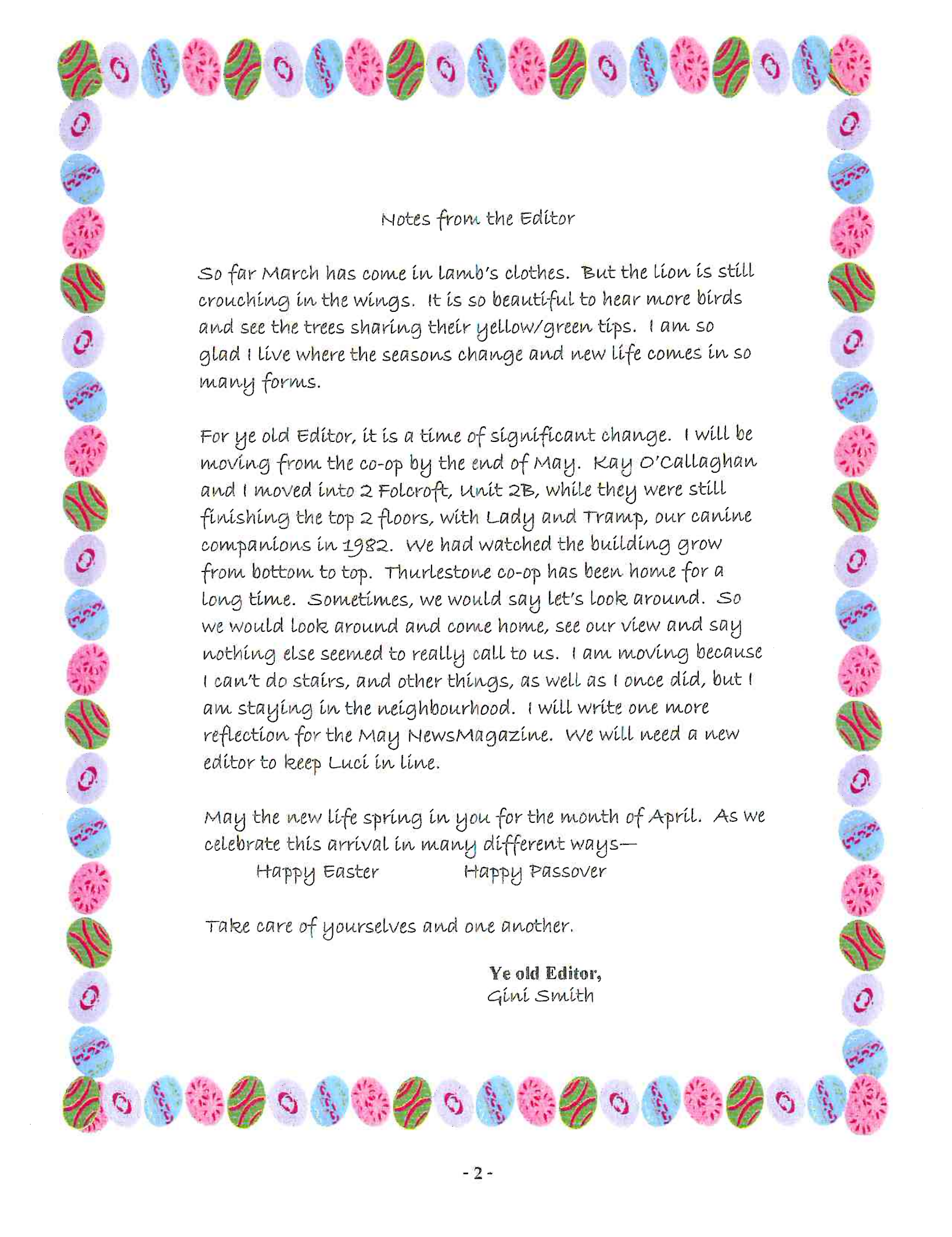
### Inside this Issue

Mission Statement	1
Notes from the Editor	2
Did You Know?	3
At Home	4
Calendar	10
Advertisements	11
Ask the Nutritionist	12
For the Health of	14
The Quiz	18
Humour Me	20
Handy Hints	21
In Our Community	22
Kid's Korner	26
Feed Back	29
Sudoku	13

### Committee Members

**Gini Smith 2B**  
**Cathy Menard 3B**  
**Heike Heinze Wilks 1803**  
**Julie Richard 24**  
**Luci Walwich 2206**  
**Elaine Richard 2407**

***Acknowledgements:*** Thanks to all those who helped make this issue possible, especially Anna Mioc for the advertisements, Shari Kiewel for the Pet Alert, and Alba Salsona who takes the time to deliver all the NewsMag-



## Notes from the Editor

So far March has come in lamb's clothes. But the lion is still crouching in the wings. It is so beautiful to hear more birds and see the trees sharing their yellow/green tips. I am so glad I live where the seasons change and new life comes in so many forms.

For ye old Editor, it is a time of significant change. I will be moving from the co-op by the end of May. Kay O'Callaghan and I moved into 2 Folcroft, unit 2B, while they were still finishing the top 2 floors, with Lady and Tramp, our canine companions in 1982. We had watched the building grow from bottom to top. Thurlestone co-op has been home for a long time. Sometimes, we would say let's look around. So we would look around and come home, see our view and say nothing else seemed to really call to us. I am moving because I can't do stairs, and other things, as well as I once did, but I am staying in the neighbourhood. I will write one more reflection for the May Newsmagazine. We will need a new editor to keep Luci in line.

May the new life spring in you for the month of April. As we celebrate this arrival in many different ways—

Happy Easter

Happy Passover

Take care of yourselves and one another.

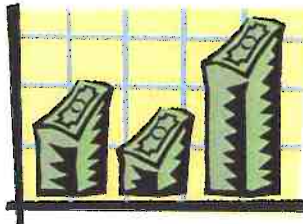
**Ye old Editor,**  
Gini Smith

## What Happened in April?

- 1st April Fool's Day
- 1st Firefighter Day
- 2nd Velcro was 1st put on the market, 1978
- 2nd Birthday of Hans Christian Anderson, Author of Fairy Tales, 1805
- 3rd Find a Rainbow Day
- 4th Martin Luther King Jr. assassinated, 1968
- 6th Tartan Day
  
- 7th World Health Day
- 8th Milk was sold in glass bottles for the first time, 1879
  
- 9th Birthday of Mary Pickford, 1893
- 10th Safety pin patented by Walter Hunt, 1849
- 11th Barbershop Quartet Day
- 12th Look Up at the Sky Day
- 14th John Steinbeck's novel "The Grapes of Wrath" published, 1939
- 15th World's first Hot Air Balloon flight, in Ireland, 1784
- 16th Charlie Chaplin's Birthday
- 17th National Sense of Smell Day
- 17th Daffy Duck's Birthday, 1937
- 18th First Crossword Puzzle Book published, 1924
- 19th Charles Darwin, scientist, died, 1882
- 20th First Mobile Home (horse drawn) used, 1879
- 21st Birthday of Charlotte Bronte, Author, 1816
- 22nd Earth Day
- 23rd Shakespeare's Birthday
- 23rd Lester B. Pearson's Birthday, 1897
- 25th Buddy becomes the first guide dog for the blind, 1928
- 26th Bird Day
- 28th Poetry Reading Day
- 30th National Arbor Day



## Notes from the Co-ordinator's Desk



### HOUSING CHARGES - JUNE 1<sup>ST</sup>, 2009

At a meeting of the General Members held last evening, the Operating and Capital Budgets for fiscal year beginning June 1<sup>st</sup>, 2009 to May 31<sup>st</sup>, 2010 were approved.

Therefore, please take notice that your housing charges will be increasing on June 1<sup>st</sup>, 2009 as follows:

#### Fishleigh:

1 bedroom	\$726.00
2 bedroom	\$818.00

#### Folcroft:

1 bedroom	\$985.00
2 bedroom	\$1059.00
3 bedroom	\$1146.00

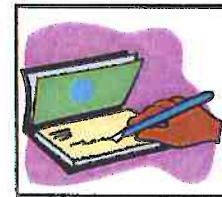
#### Households Applying For Subsidy for June 1<sup>st</sup>, 2009:

For all households who have completed their annual application for housing charge assistance (subsidy) for June 1<sup>st</sup>, 2009, please be reminded that unless or until you receive notice from the Co-op that you have been deemed eligible for housing charge assistance and the needed assistance is available commencing on June 1<sup>st</sup>, 2009, you will be required to pay the full market housing charges listed above.

Households deemed eligible for subsidy and subject to subsidy availability will be notified in writing by the Co-op Office by not later than May 31<sup>st</sup>, 2009. Such notice would advise the subsidy applicant(s) of the amount of housing charge assistance awarded to their household commencing June 1<sup>st</sup>, 2009. If you haven't yet submitted your subsidy application for the new

fiscal year starting on June 1<sup>st</sup>, 2009, please do so without further delay and attach all required verification documents with your application.

**As a reminder, all households applying for subsidy must submit a copy of their 2008 Notice of Assessment by not later than May 31<sup>st</sup>, 2009, as part of their income verification requirements.**



### Payment Options

As the new fiscal year of the co-op begins on June 1<sup>st</sup>, 2009, please consider one of the following easy payment options:

#### **Pre-Authorized Payment:**

At the back of this Newsletter you will find a page entitled "Pre-authorized Debit Agreement". We would recommend that you consider paying your monthly housing charges by this payment method, as it is the most convenient and worry free payment method. Simply fill out the form, attach a void cheque or record your banking information where indicated and return this Agreement to the Co-op Office by the 25th of a month if you wish to set up automatic payment of monthly housing charges from your account starting on the 1st of the month following. Once set up, your housing charges would be debited from your account on the first of every month. If at any time you needed to stop the processing of the automatic debit, all that is required is that you give the Co-op 10 days advance notice before the scheduled pre-authorized withdrawal.

This method is easy and can save you time and trouble. It can help to prevent late payment fines in the event that you forget to submit your cheque to the Co-op

Office by the 1st of the month.

**Post-Dated Cheques:**

Alternatively, you may submit a series of post-dated cheques from July 1st 2009 to May 1st, 2010 to the Co-op Office. One cheque will be processed each month as your housing charges become due on the first of each month. The first cheque due on June 1<sup>st</sup>, 2009 will need to also include the difference between your current housing charges and the new rate so that this difference may be added to your Last Month's Housing Charge deposit, i.e. One Bedroom existing rate is \$708.00. New Rate is \$726 resulting in a difference of \$18.00. Therefore, on June 1<sup>st</sup>, 2009, one bedroom units would pay \$726.00 plus \$18.00 difference = \$744.00 plus parking if any. From July 1<sup>st</sup>, 2009 and throughout the rest of the fiscal year, these units would pay the one bedroom rate of \$726.00 plus any parking fees.

**Cheque or Money Order:**

The final payment option for housing charges is to submit individual cheques or money orders each month to the Co-op Office by the 25th

day of each month and post-dated for the first of the month following when your housing charges become due for your unit. Cheques or money orders are required to be submitted by the 25th of the month before the 1st of the month following so that the Finance Committee can prepare the 1st of the month deposits in advance. Please be assured, however, that cheques will not be deposited until the 1st of each month when they become due.

**Cash:**

Please note that cash payments are not to be accepted as per the recommendation of the Co-op's Auditors because it increases our insurance liability. We encourage members to choose one of the above payment methods.



**Attention:  
Outdoor Cigarette  
Smokers**

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To all co-op residents who choose to smoke outdoors on

co-op property, please take notice that you must pick up your extinguished cigarette butts after smoking. You must not litter these onto the co-op grounds, as they collect and become unsightly and during lawn mowing season they become a nuisance and a hazard.

Also, to those who choose to smoke outside of their front entrances, it is imperative that you do not use the co-op buildings as a means to put out or extinguish your cigarette butts. Over the long term this will result in costly damage to the co-op's exterior finish and it looks very unsightly.

Thank you for your co-operation in this matter.



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## Email the Co-op

[thurlestonecoop@rogers.com](mailto:thurlestonecoop@rogers.com)

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In the interests of reducing paper and to speed up and streamline communications between members and the Co-

op Office, please consider sending your next work order, letter, or note of communication to the Co-op Office by email. We check our emails daily, Monday through Friday during Co-op Office hours and often we can respond to emails the very same day, with some exceptions.

If you regularly check your emails, this can also serve as one of the fastest ways of receiving a response from the Co-op Office. If you would like to provide your email address to the Co-op as a source of communication, please also indicate whether you regularly check your emails and whether we can use



## REGULAR OFFICE HOURS

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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

**416-441-8360**

OR

contact your nearest Board Representative for assistance.

*Diana Hogan*  
*Co-ordinator*

Phone #416-261-1110

Email:

[thurlestonecoop@rogers.com](mailto:thurlestonecoop@rogers.com)



**EARTHSONG**

**LOCATION: 2436 KINGSTON RD AT MIDLAND**

**AND**

**FRANK WILKS**

**PRESENT**

**"I AM NOT**

**NEIL YOUNG"**

**THE MUSICAL CONCERT**

**PERFORMED BY**

**FRANK WILKS**

**CO-WRITTEN WITH DON LAMOREUX**

**TIME: FRI, APR 24, 7 PM to 10 PM**

**TICKETS: \$20 CALL 416-266-2787**

**CREDIT CARDS ACCEPTED**



# FRANK WILKS PERFORMING



**Frank Wilks Solo**  
 at OMALLY'S  
 Beech x Queen St E  
 Every Wed  
 from 7:30pm to 11:30pm

**SAFARI VILLAGE REST.**  
 1690 Danforth Ave  
 1 Block east of Coxwell  
 Presents:  
 "I Am Not Neil Young,  
 the musical concert"  
 Fri Apr 3 from 7 to 11pm  
 Tickets \$10 Show only  
 \$20 Dinner & Show  
 call 416 797 9481

**Frank Wilks Solo**  
 at MINGAL'S  
 2386 Kingston Rd X Before  
 Midland  
 Sat Apr 4  
 from 3pm to 8pm

**EARTHSONG**  
 Kingston Rd. X Midland  
 Presents:  
 "I Am Not Neil Young,  
 the musical concert"  
 Fri Apr 24 from 7 to 10pm  
 Tickets \$20  
 call 416 266 2787

**Frank Wilks Band**  
 at UNICORN  
 Eglinton x Mount Pleasant  
 Thurs Apr 2  
 from 9:30pm to 2am

[www.myspace.com/frankwilksband](http://www.myspace.com/frankwilksband)  
[www.myspace.com/iamnotneilyoung](http://www.myspace.com/iamnotneilyoung)  
[frank.wilks@hotmail.com](mailto:frank.wilks@hotmail.com)

# LANDSCAPING

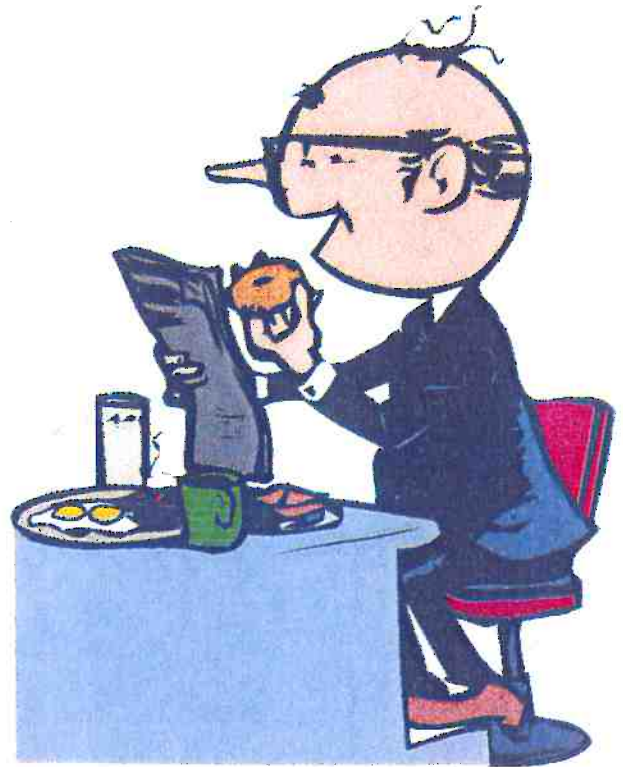
Work day will be at the end of April or early May, depending on the weather and the ground conditions.

Anyone wishing to order soil please contact Shari @ 416-267-1052.

Thanks

*Shari*





# Wanted

A new editor or editors for May to join with ye old editor and staff for the June NewsMagazine issue.

Call Gini **416-267-8328**



# April 2009



				1	2	3	4
5	6	7	8	9	10	11	12
Palm Sunday	Board Meeting 7:00	Finance 7:00	Passover	Good Friday	Membership 9:00 am		
12	13	14	15	16	17	18	19
Orthodox Easter	Easter Monday	Vaisakhi(Sikh)	NewsMagazine 7:30 Folcroft Meeting Room	NewsMagazine 7:30 In Office			
26	27	28	29	30	24	25	26
	Board Meeting 7:00	Earth Day					

# THURLESTONE CO-OP CLASSIFIEDS

## CATEGORIES:

Announcements  
Business  
Domestic Help  
Decorating  
Drivers  
For Sale  
General Help  
Items Wanted  
Lost & Found  
Miscellaneous  
Office Help  
Pets  
Rentals  
Skilled Help  
Vehicle Stuff

## Travel ~ Travel

AL Italia  
Italy's Premiere  
airline has amazing  
summer prices  
Toronto to  
ANYWHERE IN Italy  
Starting from  
**\$750 - \$895**  
taxes included!

Pick your dates and  
call me to book by  
April 15'09 to take  
advantage of this  
amazing price to go  
overseas!

When in Italy:  
Do as the Romans do!  
Visit Friends!  
Visit Famous Places!  
Eat Real Pizza!  
Have Some Pasta!  
Go on a Wine Tour!  
Go on a Gondola!  
Go on a Bike Tour!  
Visit Sicily!  
Go to the Vatican!  
Visit Rome!

Anna

416-909-1132

anna@mavittravel.com

Looking To Participate  
But Just Aren't Sure Where?  
Call Diana Hogan our  
Co-ordinator - She Has All  
The Info You Will Need To  
Pick The Right Committee  
For YOU!!!



All Thurlestone Committees  
Are Currently Recruiting  
New Blood (I mean Members)  
Don't Delay, Call Now For  
**This Special Offer**  
**416-261-1132**

## WELCOME!!!

Please give a  
Warm Thurlestone Welcome to  
our newest member -  
Jessica Balenger  
2401



## BIRTH ANNOUNCEMENT

Madison Rose  
Daughter of Sasha Bloxam, born on  
March 18, 2009 at 5:56pm, weighing  
in at 9lbs and 13 oz  
Welcome to Thurlestone Little One!

## Birthday News

**WOW - All these ladies are  
turning 25 this month!**

**Maryann McCrone - Apr 24**  
**Carolyn Devlin - Apr 15**  
**Debbie Brown - Apr 11**  
**Diana Hogan - Apr 11**



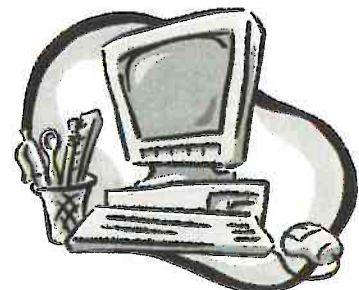
**Happy, Happy, Happy  
Birthday!**

## Computer Wanted

The co-op office is  
looking for a second  
computer for general use  
by committees.....

Computer Sayings...  
At least my pencil never  
crashes!

What boots up must come  
down.



## All about Diarrhea

### Causes of diarrhea

Diarrhea is characterized by frequent loose or liquid bowel movements. Diarrhoea can be acute (sudden beginning and lasts less than two weeks) or chronic (persistent). There are numerous possible causes of diarrhea. It commonly results from gastroenteritis caused by viral infections, parasites or bacterial toxins. But diarrhea can also be a symptom of more serious diseases and can be indicative of a chronic syndrome such as Crohn's disease or severe mushroom poisoning syndromes. It also can be caused by dairy intake in those who are lactose intolerant.

### Medical supervision

The following types of diarrhea indicate medical supervision is required:

- \* Diarrhea in infants
- \* Moderate or severe diarrhea in young children
- \* Diarrhea associated with blood
- \* Diarrhea that continues for more than two days
- \* Diarrhea that is associated with more general illness like non-cramping abdominal pain, fever, etc.
- \* Diarrhea in travelers
- \* Diarrhea in food handlers, because of the potential to infect others
- \* Diarrhea in institutions such as hospitals or child care centers.

### Main risk of diarrhea in children

The main risk of diarrhea in children is that they become dehydrated. This can occur quickly in babies because they don't need to lose much fluid to lose a significant percentage of their total body fluid. Severe dehydration can lead to kidney failure and can even be fatal.

The symptoms of mild to moderate dehydration include: Lack of energy or sleepiness, loss of elasticity in the skin, in young babies the soft spot on the scalp (called the fontanelle) may be sunken, dry lips and mouth, sunken eyes, fewer tears when crying than usual fewer wet nappies than usual.

With severe dehydration, symptoms include: Pale or mottled skin, very few wet nappies, significant drowsiness, fast heart rate, cold fingers and toes.

You should contact your GP if your child is becoming dehydrated.

### Treatment for infectious diarrhea

You should consume adequate amounts of water to replace that loss. For many people, further treatment is unnecessary.

Rehydration drinks are the ideal drinks. You can buy them in pharmacies. These are usually a powder that is made into a solution by adding water. Rehydration drinks provide a perfect balance of water, salts, and sugar. If rehydration drinks are not available, then drink water as the main drink. It is best not to have drinks that contain a lot of sugar such as cola, pop or undiluted juice.

### Treatment for infectious diarrhea in children

#### Fluids - give the child lots to drink

If the child is dehydrated then a doctor will advise on how much fluid to give. To prevent dehydration, the child should be drinking at least what they would normally drink through the day. And, in addition, as a guide, give the following after each time they pass some diarrhea to replace the fluid lost by the diarrhea:

- \* Children under two: a quarter to half a cup of fluid.
- \* Children aged 2-10 years: a half to one cup of fluid.
- \* Older children: as much fluid as they want, but at least one cup of fluid.
- \* If the child vomits, wait 5-10 minutes and then start giving drinks again, but more slowly.

#### The child should eat as normally as possible

Do not 'starve' a child with infectious diarrhea. This used to be advised but is now known to be wrong.

- \* Breast fed babies should continue to breast feed if they will take it. This is in addition to extra rehydration drinks.
- \* Bottle fed babies should be fed with their normal full strength feeds if they will take it. Again, this is in addition to extra rehydration drinks.
- \* Older children: Offer some food every now and then. If he/she doesn't want to eat, that is fine. Drinks are the most important and food can wait until the appetite returns. If your child has a more severe infection, you should give him/her foods high in carbohydrates such as rice or toast until your child can take solid food and return to a normal diet. You shouldn't give him/her fatty foods and foods that have a lot of sugar.

### Medicines for infectious diarrhea

Medication is not usually needed

You should not give drugs to stop diarrhea to children under 12 years old. You can give paracetamol or ibuprofen to ease a high temperature or headache.

### Prevention of infectious diarrhea

Proper storage, preparation and cooking of food, and good hygiene helps to prevent infectious diarrhea. In particular, always wash your hands, and teach children to wash theirs:

- \* After going to the toilet (and after changing diapers).
- \* Before touching food. And also, between handling raw meat and food ready to be eaten. (There may be some bacteria on raw meat.)
- \* After gardening.
- \* After playing with pets

Before traveling make sure you and your child have had any vaccinations required and use bottled water if necessary when abroad.

If a child has infectious diarrhea, the following are also recommended until symptoms go:

- \* Regularly clean the toilets they use. Also, wipe the flush handle and toilet seat with disinfectant after each time they use the toilet.
- \* Make sure they wash their hands after going to the toilet. Don't share towels and flannels.
- \* Do not let them help to prepare food for others.
- \* They should stay off school and nursery until free of diarrhea for 48 hours.

*By Heike*

### SUDOKU

*Answers on p.24*

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

# Have an egg a day without increasing your risk of heart disease<sup>1\*</sup>



Small changes make a  
BIG difference to your heart

<b>Eat smart</b>	and choose nutritious foods more often
<b>Replace</b>	harmful fats (saturated and trans fats) with healthier fats (unsaturated) in your diet
<b>Achieve</b>	and maintain a healthy weight
<b>Aim</b>	for 30 to 60 minutes of daily physical activity

## Eggs. The smart choice for an active lifestyle.

Start your day with a healthy breakfast that includes eggs and give your body the energy it needs to power your day. Eggs are packed with 14 essential nutrients that help keep you healthy and active.

### Crack open the goodness of eggs.

One large egg contains just:

- 70 calories
- 5 grams of fat (which includes only 1.5 grams of saturated fats and zero trans fats)

Protein is found in both the egg yolk and white. Eat the whole egg to benefit from its full energy potential.

Nutrition Facts	
Per 1 large egg (50 g)	
Amount	% Daily Value
<b>Calories</b> 70	<b>8 %</b>
<b>Fat</b> 5 g	<b>8 %</b>
Saturated 1.5 g	
+ Trans 0 g	
<b>Cholesterol</b> 190 mg	
<b>Sodium</b> 55 mg	<b>2 %</b>
<b>Carbohydrate</b> 0 g	<b>0 %</b>
<b>Fibre</b> 0 g	<b>0 %</b>
<b>Sugars</b> 0 g	
<b>Protein</b> 6 g	
<b>Vitamin A</b> 8 %	<b>Vitamin C</b> 0 %
<b>Calcium</b> 2 %	<b>Iron</b> 4 %
<b>Vitamin D</b> 8 %	<b>Vitamin E</b> 10 %
<b>Riboflavin</b> 15 %	<b>Niacin</b> 6 %
<b>Vitamin B<sub>12</sub></b> 30 %	<b>Folate</b> 15 %



## Eggs. Affordable fuel for your body and mind.

Few other foods can compete with eggs. At just pennies apiece, eggs are an **affordable and versatile source of high-quality protein** and other essential nutrients that help to keep your body going strong.

The nutrients found in eggs provide many benefits to your family's health, such as:

Protein	<ul style="list-style-type: none"> <li>Helps keep a body strong and healthy</li> <li>Helps maintain healthy skin and eye tissue, plus assists in night vision</li> </ul>
Vitamin A	<ul style="list-style-type: none"> <li>Helps protect against heart disease</li> </ul>
Vitamin B <sub>12</sub>	<ul style="list-style-type: none"> <li>Helps keep bones healthy and teeth strong</li> </ul>
Vitamin D	<ul style="list-style-type: none"> <li>Acts as an antioxidant that protects cells against some cancers</li> </ul>
Vitamin E	<ul style="list-style-type: none"> <li>Assists in brain development and function</li> </ul>
Choline	<ul style="list-style-type: none"> <li>Helps keep body tissues healthy</li> </ul>
Riboflavin	<ul style="list-style-type: none"> <li>Promotes normal nerve function and helps release energy</li> </ul>
Niacin	<ul style="list-style-type: none"> <li>Helps produce and maintain new cells, especially red blood cells</li> </ul>
Folate	<ul style="list-style-type: none"> <li>Carries oxygen to the cells and keeps blood healthy</li> </ul>
Iron	<ul style="list-style-type: none"> <li>Helps maintain a strong immune system</li> </ul>
Zinc	<ul style="list-style-type: none"> <li>Help maintain good vision</li> <li>Help protect eyes against harmful UV rays</li> </ul>
Lutein and Zeaxanthin	<ul style="list-style-type: none"> <li>Help improve blood cholesterol</li> </ul>
Omega-3 fats	<ul style="list-style-type: none"> <li>Help reduce the risk of Alzheimer's disease</li> </ul>

## Eggs and you: A recipe for good health. Give your taste buds a real workout!



### Shake and Scramble

Number of servings: 1  
Preparation: 5 minutes  
Cooking time: 5 minutes

#### Ingredients

- 2 eggs
- 2 **tbsp** milk
- 1/4 **cup** finely chopped smoked turkey or ham
- 1/4 **cup** finely chopped green or red pepper or cooked vegetables
- 1/4 **cup** shredded Cheddar or Colby cheese
- 50 **mL** Cooking spray

**Stovetop Method:** Combine ingredients in a container with a tight fitting lid; cover and shake together until well mixed. Lightly spray a skillet with cooking spray. Add egg mixture. Scramble over medium heat.

**Microwave Method:** Shake ingredients in a microwaveable container; cover loosely. Microwave on MEDIUM-HIGH (70%) 1 to 1-1/2 minutes; stir around outside edge to move cooked eggs towards the centre. Return to microwave and cook 15 to 30 seconds longer. (Eggs should still look a little moist.) Let stand, covered, for 30 seconds.

#### Nutrients per serving:

Calories: 284  
Protein: 24.0 g  
Carbohydrate: 4.7 g  
Fat: 18.4 g

### Eggs-tra Fast Tips:

- Prepare hard-cooked eggs ahead of time. They keep for one week in the fridge and are great sliced on toast or in sandwiches and salads.

- Stock your fridge with pre-chopped onions, peppers, lean meat or grated cheese for a quick and easy omelette
- Cut a whole wheat pita in half and spoon cooked eggs into it. Great for healthy meal on the go!



Visit [eggs.ca](http://eggs.ca) for more delicious recipes or to sign up for our monthly e-recipes.



# COOKING TIPS FOR CHICKEN

- ✿ **It is easy to prepare home-made broth or chicken stock.** If you bone chicken, save the bones, skin and any wing tips in a plastic container and freeze until you have enough for a stock – or buy several pounds of necks and backs. Place frozen or fresh bones in a large pot and cover with water; add a small onion, large unpeeled carrot, sprinkling of poultry seasoning, basil, bay leaf or whatever herbs you prefer. Bring to a boil then simmer for several hours. Strain and refrigerate. Once the fat solidifies and rises to the surface, lift it off for a virtually fat-free stock.
- ✿ **Use the stock for** soup and sauces or substitute 250 ml (8 oz) for a chicken bouillon cube.
- ✿ **When baking or broiling or microwaving** chicken pieces, cook more than you need and use the extra cooked meat for sandwiches and salads or to serve cold.
- ✿ **Bake** chicken pieces or whole chicken, coating first with Dijon mustard, a honey-mustard mixture, curry sauce, Cajun spices or Hoisin sauce.
- ✿ **For a succulent variation** when cooking chicken, sprinkle with a few seasonings such as garlic, tarragon, thyme or basil. **Splash** chicken pieces with lemon, lime, orange juice or a fruit vinegar.
- ✿ **Push fresh herbs under the skin** of a chicken or chicken pieces before roasting, baking or barbecuing. Use herbs such as basil, dill, rosemary, tarragon, thyme or sage.
- ✿ **If you do not want to use wine** when called for in a recipe, substitute an equal amount of chicken broth or apple juice or apple cider.
- ✿ **To reduce fat and calories** use cooked, pureed vegetables to thicken gravies and broths for chicken casseroles, stews and soups instead of butter and flour-creamy taste without guilt!
- ✿ **Substitute** fat free yogurt mixed with fat free sour cream for mayonaise in chicken salad.
- ✿ **Serve a fondue** where cubed chicken is cooked in low fat or fat free bouillon then dipped in low fat sauces.
- ✿ **The best method to test doneness is to use a meat thermometer.** It should register 85°C (185°F) in the thigh muscle or 75°C (165°F) in the dressing of stuffed birds. Pierce flesh with a knife tip and the juices should run clear WITHOUT ANY PINK.



ONTARIO  
**Chicken**<sup>®</sup>  
Chicken Farmers of Ontario

# MICROWAVE CHICKEN

Chicken is ideal to cook in the microwave. Because it is a short fibred meat, it tends not to toughen in the microwave. You can make it juicy on the inside and with the help of coatings, make it crisp on the outside, in a variety of recipes that are sure to make every meal an adventure!

✿ **Zap defrost and you're ready to go!**  
Place chicken on microwave rack or trivet so that meat does not sit in thawed juices. Cover loosely with waxed paper. Use "defrost" or 50% power to thaw chicken in 8 - 10 minutes per kilogram (3 - 5 minutes per pound).

**Never** leave chicken unattended to thaw in the microwave. Turn and separate pieces as the chicken begins to thaw, leaving some space around them to ensure even defrosting.

## Microwave Cooking Times (approximate)

**MICROWAVE WITHOUT TURNTABLE:** Turn micro *dish* 1/4 turn halfway through cooking time to redistribute cooking action.

**MICROWAVE WITH TURNTABLE:** Turn *chicken pieces* 1/4 turn or *mix casserole* halfway through cooking time.

1 - 2 pieces	4 - 6 min.	full power
3 - 4 pieces	7 - 10 min.	full power
7 - 8 pieces	15 - 18 min.	full power
quarter chicken	12 - 15 min.	50% power
half chicken	15 - 18 min.	50% power
whole chicken	35 - 40 min.	50% power

## Looking good... tasting delicious.

For best results when cooking pieces - remove skin from chicken **before** putting in microwave as the cooking is so quick that the skin will not have time to crisp.

**"Brown" chicken in the microwave?** It's easy! Brush lightly with Kitchen Bouquet (an unflavoured browning agent), cook in a sauce, coat with bread crumbs or sprinkle with lemon pepper, paprika or crushed dried herb mixtures.

## ✿ Cooking Tips

**For even cooking, arrange chicken parts on a microwave rack or trivet in spoke fashion,** with the thickest parts to the outside and the thinner parts towards the centre.

**NEVER cover chicken with plastic wrap** in the micro – it will hold in too much moisture and the meat will stew and may become stringy.

**Loosely cover with waxed or parchment paper** while cooking to minimize splattering and help maintain an even heat distribution. Don't tuck the paper in, just lay it over the trivet.

**Always allow the full standing time** recommended in the recipe. **After that,** check for doneness. If the chicken is not quite done, return to the microwave for a minute or two and let stand for half a minute before checking for doneness. **When pierced with the tip of a knife, the meat should be tender and the juices run clear without any hint of pink.**

**Chicken Farmers of Ontario**  
Attention: Linda J. Glendinning  
Box 5035, Dept. S, Burlington, ON L7R 3Y8  
[www.chickenlover.ca](http://www.chickenlover.ca)

ONTARIO  
**Chicken**  
*Lover*

To receive **free** chicken recipe booklets  
Fax: 905-637-8894 or visit us at [www.wingmagazine.com](http://www.wingmagazine.com)

# STORING CHICKEN

When you bring your chicken from the store, remove it from the store packaging, then rinse and dry it.

Re-wrap the chicken loosely in plastic or waxed paper making sure that the package will not leak.

## REFRIGERATOR STORAGE (4° C or 40°F)

Fresh chicken may be stored on the bottom shelf in the coldest part of the refrigerator.

Whole chicken	2 - 3 days
Chicken pieces	2 - 3 days
Ground chicken	1 day
Cooked chicken	3 - 4 days
Chicken broth	3 - 4 days

## FREEZER STORAGE (-18°C or -0°F)

For freezer storage wrap several times with plastic wrap and then in foil, making sure there is as little air space as possible to prevent freezer burn.

Whole Chicken	12 months
Chicken Pieces	6 months
Ground Chicken	3 months
Cooked Chicken	3 months
Chicken Broth	3 months

## THAWING CHICKEN

No matter which method you choose, as the chicken pieces begin to thaw, separate the parts and leave some space around them to help thaw quickly.

- To thaw chicken, leave it wrapped on a tray or deep dish in the bottom shelf of the refrigerator allowing 5 hours per pound or 10 hours per kg.
- In frequently changed cold water it takes 1 hour per pound (2 hours per kg.).
- In a microwave oven, on "defrost" or 50% power setting, it will take 5 minutes per pound (10 min. per kg). Place chicken on a trivet so that meat does **NOT** sit in thawed juices. Cover lightly with waxed paper. It is important as chicken thaws to separate and turn pieces for even defrosting.

Once thawed, keep the chicken in your refrigerator and cook it within 2 days. **DO NOT REFREEZE THAWED OR PARTIALLY THAWED RAW CHICKEN.**

ONTARIO  
**Chicken**

Chicken Farmers of Ontario

# HANDLING CHICKEN

## HYGIENE

- Wash your hands with an antibacterial soap **before** and **after** handling raw chicken. Dry them with a clean cloth or a paper towel.
- Wash **all** utensils and cutting surfaces with hot soapy water and then rinse well before disinfecting with a mild bleach/water solution.
- **Mix 15 ml bleach into 1 litre of water (1 TBSP. bleach into 1 Qt. water).**

## HANDLING COOKED CHICKEN

- The safe handling of chicken is no different from any other meat, fish or dairy product. As the bacteria that causes problems with foods can be found anywhere, the first rule of food handling is **cleanliness**.
- Two basic rules for safe handling of poultry are to keep it clean and cold until you cook it. Rinse birds under cold running water and pat dry **before** storing, marinating or cooking.
- When using barbeque sauce or oil for basting, put into small bowls. Never serve sauces in which you have dipped basting brushes used for raw or partly cooked chicken and never pour leftover basting oil or sauce back into bottles or jars.
- After cooking, always put chicken on a separate plate or dish - never on a plate that held raw chicken or other meats.
- **Cooked chicken which is to be stored should be refrigerated immediately without waiting for it to cool.**
- When roasting a whole chicken, never just partially cook it.
- Never stuff a whole chicken ahead of time and refrigerate it.
- After a meal, remove all the remaining stuffing and store it in the refrigerator separately. The stuffing should be eaten within 3 days.
- **Test for doneness by piercing chicken with a knife to make sure that the flesh is tender and flaky and the juices run clear without any pink.**

Chicken Farmers of Ontario

Attention: Linda J. Glendenning  
Box 5035, Dept. S, Burlington, ON L7R 3Y8

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

ONTARIO  
**Chicken  
Lover**

To receive **free** chicken recipe booklets  
Fax: 905-637-8894 or visit us at [www.wingmagazine.com](http://www.wingmagazine.com)

> *Pet Alert*

>

>

>> *Please tell every dog or cat owner you know. Even if you don't have a pet, please pass this to those who do.*

>>

>> *Over the weekend the doting owner of two young lab mixes purchased Cocoa Mulch from Target to use in their garden. They loved the way it smelled and it was advertised to keep cats away from their garden. Their dog Calypso decided that the mulch smelled good enough to eat and devoured a large helping. She vomited a few times which was typical when she eats something new but wasn't acting lethargic in any way. The next day, Mom woke up and took Calypso out for her morning walk. Half way through the walk, she had a seizure and died instantly.*

>> *Although the mulch had NO warnings printed on the label, upon further investigation on the company's website, this product is HIGHLY toxic to dogs and cats.*

>> *Co coa Mulch is manufactured by Hershey's, and they claim that 'It is true that studies have shown that 50% of the dogs that eat Cocoa Mulch can suffer physical harm to a variety of degrees (depending on each individual dog). However, 98% of all dogs won't eat it.'*

>> *This Snopes site gives the following information: >> Cocoa Mulch, which is sold by Home Depot, Foreman's Garden Supply and other Garden supply stores, contains a lethal ingredient called 'Theobromine.' It is lethal to dogs and cats. It smells like chocolate and it really attracts dogs. They will ingest this stuff and die. Several deaths already occurred in the last 2-3 weeks. Theobromine is in all chocolate, especially dark or baker's chocolate which is toxic to dogs. Cocoa bean shells contain potentially toxic quantities of theobromine, a xanthine compound similar in effects to caffeine and theophylline. A dog that ingested a lethal quantity of garden mulch made from cacao bean shells developed severe convulsions and died 17 hours later. Analysis of the stomach contents and the ingested cacao bean shells revealed the presence of lethal amounts of theobromine.*

>> *PLEASE GIVE THIS THE WIDEST DISTRIBUTION!*

## March Quiz

All these things are recyclable materials. Submit your answers to the Newsletter box at the Office or to one of NewsMagazine members to win a silver key chain. The most correct answers wins, but in the 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 NewsMagazine. Entries must be submitted by March 19<sup>th</sup>. Good Luck.

1. item to hold liquid dairy products milk cartons
2. Item used in watches, cameras, clocks batteries
3. containers for wine, spirits, and beer glass bottles
4. reading material with hard/soft covers books
5. greeting and invitation materials cardstock
6. material used in toilet paper, paper towel rolls cardboard roll
7. material used in cottage cheese and margarine containers plastic
8. material used in meat trays and packaging styrofoam
9. material used in large paper containers for shipping corrugated cardboard
10. item used in energy saving lighting flurescent light bulb
11. material used in rigid trays and pie plates aluminum
12. item that holds twelve eggs cardboard rolls
13. containers for frozen juice, chips, refrigerated dough cardboard cans
14. item used to decorate gifts gift wrap
15. material used in daily reading materials or directories newsprint

Name \_\_\_\_\_ Unit \_\_\_\_\_

## April Quiz

Due to the season, all the answers have the word egg in them. Submit your answers to the Newsletter box at the Office or to one of NewsMagazine members to win a silver key chain. The most correct answers wins, but in the 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 NewsMagazine. Entries must be submitted by April 19<sup>th</sup>. Good luck!

1. If you are caught doing/saying something for which you have no excuse/alibi is to have \_\_\_\_\_
2. Something that results/turns out not as you planned or caused you embarrassment is to \_\_\_\_\_
3. A nice person is a \_\_\_\_\_
4. To totally rely on one person or situation is to put \_\_\_\_\_
5. To have zero in your score or absolutely nothing means you have a \_\_\_\_\_
6. Your savings are your \_\_\_\_\_
7. Dealing with someone or a situation in a sensitive manner is to have to \_\_\_\_\_
8. In the old days, someone intellectual was called an \_\_\_\_\_
9. To be stubborn is to be \_\_\_\_\_
10. If you are disliked because of something bad you have done you are a \_\_\_\_\_
11. If you are a scatterbrain or can't think straight or organized you have \_\_\_\_\_

Name ..... Unit.....

**Egg**  
**Expressions**

# GOFFYNITIONS



April is Humor Month and Daffynitions Month. Daffynitions (or "goofynitions," as we like to call them) are funny definitions for common words.

**ADULT** - A person who has stopped growing up and is now growing out.

**AVOIDABLE** - What a bullfighter tries to do.

**BATHROOM** - A room used by the entire family, believed by all except mom to be self-cleaning.

**BEAUTY PARLOR** - A place where women curl up and dye.

**BOSS** - Someone who is early when you are late and late when you are early.

**CANTALOUPE** - What a father says to his daughter when she wants to get married.

**CLOTHES DRYER** - An appliance designed to eat socks.

**COFFEE** - Break fluid.

**COLLEGE** - The four-year period when parents are permitted access to the telephone.

**COUNTERFEITERS** - Workers who put together kitchen cabinets.

**DIET SODA** - A drink you buy at a convenience store, along with a candy bar.

**ETC.** - A word to use when you want to make others believe you know more than you actually do.

**ETERNITY** - The last two minutes of a football game.

**GRANDPARENTS** - The people who think your children are wonderful even though they're sure you're not raising them right.



## Five Things to Get Rid Of

1. Clothes that don't fit.
2. Objects you don't like even if they were gifts.
3. Outdated papers (news, magazines, invitations to events, expired coupons and old calendars.
4. Things you have more than one of.
5. Broken items too costly to repair or fix.

### Take it Away!

These organizations will take it away for you.

#### Canadian Diabetes Association

The CDA has a program called Clothesline. They will collect most household furnishings, clothes and accessories if they are in good condition.

Call 1-800-505-5525 or visit

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

#### Ontario Federation for Cerebral Palsy

Look for donation drop boxes. They offer free pickup of housewares, furniture and small appliances.

Call 416-244-0899 or visit

[www.ofcp.on.ca](http://www.ofcp.on.ca)

#### The Furniture Bank

Provides items free to people starting out with nothing. They will pick up beds, pots, pans, linens, furniture, lamps, etc. as long as they are clean and in good repair. It takes 3 weeks to schedule free pick up.

Call 416-934-1229 or visit

[www.furniturebank.org](http://www.furniturebank.org)

#### Goodwill Industries

You have to take your donations to a donation centre.

Visit [www.goodwill.org](http://www.goodwill.org)

## Spring Cleaning



#### Reboot Canada & ByteMe Computers

They will take old computers and printers and fix them up for charities and services that don't need the latest in technology.

To arrange pick up or drop off:

call 416-534-6017 or visit

[www.byteme-computers.com](http://www.byteme-computers.com) or

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

#### Hazardous Waste

Hazardous Waste materials such as anything flammable, poisonous, corrosive or explosive never go in garbage or recycling bins. Items included are excess paints, solvents, pesticides, gasoline, propane tanks and aerosol containers. They must be taken to a HHW depot.

Call 416-392-4330 or visit

[www.toronto.ca/garbage/hhw.htm](http://www.toronto.ca/garbage/hhw.htm).

#### Prescriptive Medicines

Never dump old or unfinished prescriptive medicines down the drain or in the garbage. You can return them to your pharmacy who will properly dispose of them in a way that will not hurt our land or lakes.

## Race Kit Pick-up:

For all local racers: race kit pick-up is at the Birchmount Park Community Centre, 93 Birchmount Road (Kingston Rd. and Birchmount Rd.) on Friday, June 5 from 4 - 8 p.m.

For out of town racers: race kit pick-up is at the Birchmount Park Community Centre on Saturday, June 6 from 7 - 9 a.m. KITS NOT AVAILABLE AFTER 9 A.M.

**Race Course tours and information:** Course tours scheduled for 4:30, 5:30, 6:30.

## Parking Information:

BIRCHMOUNT COLLEGIATE- 3663 Danforth Ave

ROSETTA MCLEAN PARK-South side of Kingston Rd, between Lakehurst and Glen Everest.

IMMACULATE HEART SCHOOL-on Birchmount, north of Birchmount CC.  
PARKING ELSEWHERE MAY RESULT IN YOUR VEHICLE BEING TOWED AT YOUR EXPENSE. THANK YOU.



5th Year Ages 3-15+



Distances age appropriate

*New High School division for students over 15*

## A FAMILY FUN FIT EVENT Saturday June 6

Birchmount Park Community Centre  
93 Birchmount Road, Scarborough

Visit [www.familyfunfit.ca](http://www.familyfunfit.ca) to register  
**Registration Ends:** Wed. June 3  
or first 500





## Race Information

- Participating children are 3 to 15+ years of age (age as of 31/12/09).
- New high school division for students older than 15
- All swims are in the Birchmount Park Community Centre pool. Life jackets and flutter boards available.
- All runs on fast flat 1 km loop or shorter.
- Permitted road closure with Toronto Police.
- Ontario Association of Triathletes (OAT) insurance included in the race entry fee.
- **Helmets are mandatory! No exceptions!**
- Age group wave starts, youngest to oldest.
- First wave starts at 8:30 a.m.
- This is a timed event. Overall times only. No individual age group awards.
- All 500 participants receive a finisher's medal, race shirt and race kit.
- Bikes and helmets are to be in proper working order (parents' responsibility).
- Directions and full race details at [www.familyfunfit.ca](http://www.familyfunfit.ca).
- Special thanks to Rob Mcmulkin, Sandra Carauan, and The City of Toronto.



## Age Specific Distances

Age	Swim	Bike	Run
3-5	15 m	600m	100 m
6-7	25 m	1.5 km	500 m
8-9	50 m	3 km	1 km
10-11	100 m	6 km	2 km
12-13	150 m	9 km	2 km
14-15	200 m	9 km	3 km
***	200 m	9 km	3 km

\*\*\* New High school Age division

## Race Fees

### 3 to 17 years

- Non-OAT member.....\$44
- OAT member.....\$38

Please include OAT membership number when registering

## Registration

Registration on-line only at [www.familyfunfit.ca](http://www.familyfunfit.ca)

## Contact Information

Race Director:

**Christina Kaufmann**

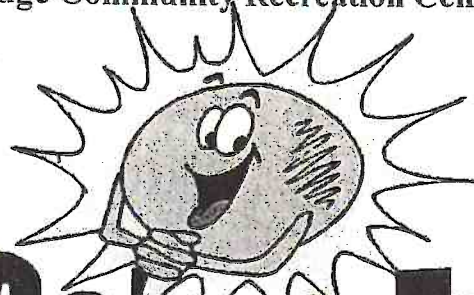
e-mail: [familyfunfit@rogers.com](mailto:familyfunfit@rogers.com)

Registrar:

**Cynthia Barrett**

e-mail: [cmargk@yahoo.com](mailto:cmargk@yahoo.com)

Oakridge Community Recreation Centre's



# Yard Sale & Fun Fair

Family Activities

PRIZES

BBQ

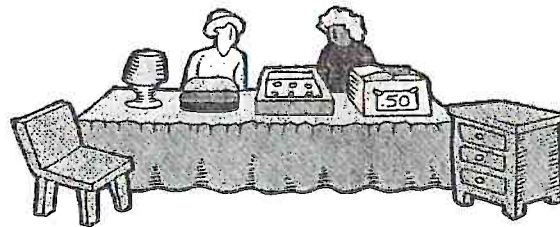
Games



Table Rentals  
Available!

Saturday, June 6th 2009.

9:00am - 2:00pm

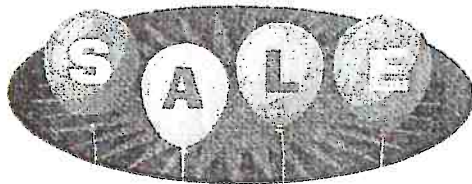
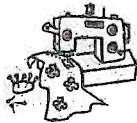
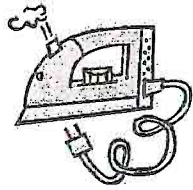


For More Information Call (416) 338-1966  
Oakridge Community Centre, 63 Pharmacy Ave. (1 Block N. of Danforth Avenue)



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

# DONATE<sup>09</sup> YOUR USED GOODS TO THE OAKRIDGE C.R.C. FUN FAIR YARD SALE



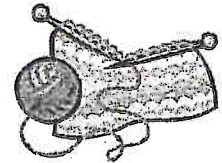
Help support your local  
community centre!

Your clutter, our treasure!!!

Used items can be dropped off  
in the front office

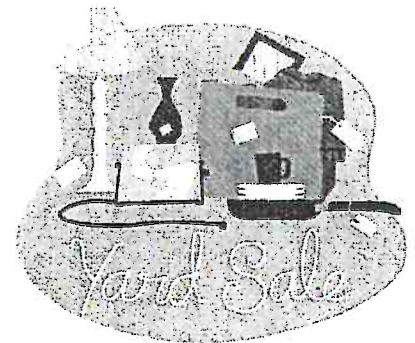
Monday – Friday - 10am – 7pm

Saturday and Sunday - 9am – 1pm.

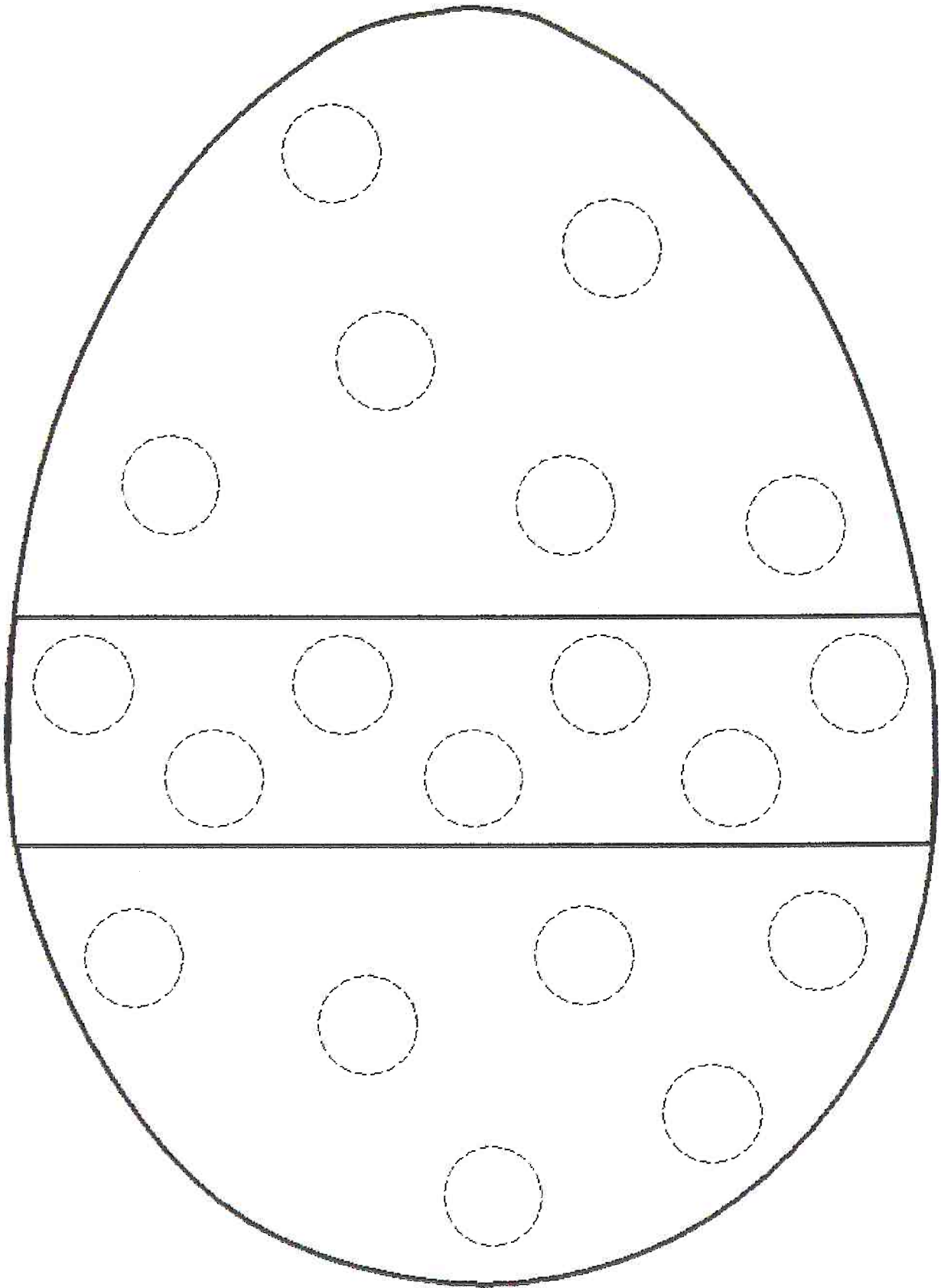


Come to the  
Yard Sale/Fun Fair  
Saturday June 6<sup>nd</sup> 2009  
9am – 2pm

Tables rental are available.



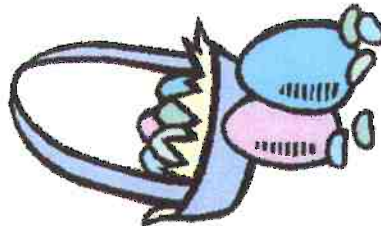
For more information please call 416-338-1966



# Easter Word Search

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

BASKET  
 BUNNY  
 CHICK  
 CHOCOLATE  
 CRACKING  
 CUDDLY  
 DUCKY  
 DYED  
 EASTER



EGGS  
 MARSHMALLOW  
 PAINTING  
 PASTEL  
 QUACK  
 RABBIT  
 SPRING  
 TREATS  
 YUMMY

# EASTER 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
24	15	13	2	14	11	16	18	4	12	23	9	7	25	3	8	21	10	22	1	26	6	19	20	5	17

3 26 10 9 3 10 2 18 24 22 19 10 4 1 1 14 25 1 18 14

8 10 3 7 4 22 14 3 11 1 18 14

10 14 22 26 10 10 14 13 1 4 3 25 25 3 1 4 25 15 3 3 23 22

24 9 3 25 14 15 26 1 4 25 14 6 14 10 5 9 14 24 11

4 25 22 8 10 4 25 16 1 4 7 14

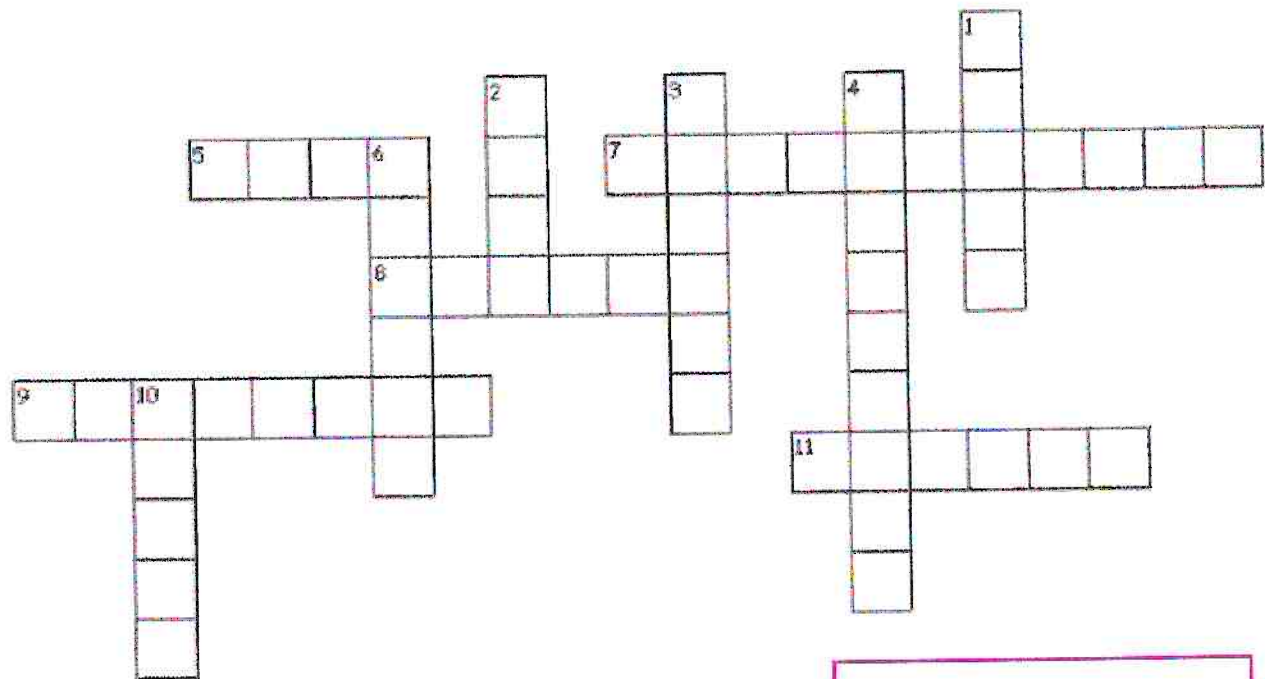
**Directions:**

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 the letters that correspond to the numbers below the blanks to solve the phrase.

Hey kids -  
 Call me with the answer - Luci - 416-265-1649.

# Easter Crossword



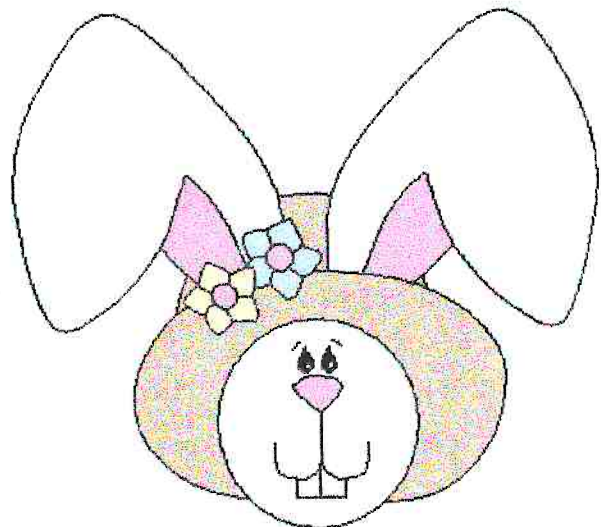
**Word List:**  
 basket, chick, chocolate,  
 crack, duckling, eggs, lamb,  
 marshmallow, pastel, rabbit,  
 spring

**Across**

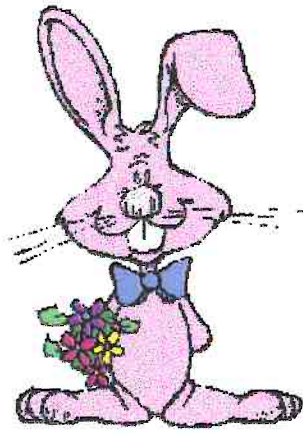
- 5. Which came first? The chickens or the \_\_\_\_\_?
- 7. ooey, gooey goodness
- 8. Animal that brings treats and eats carrots.
- 9. baby duck
- 11. Container for collecting eggs at Easter.

**Down**

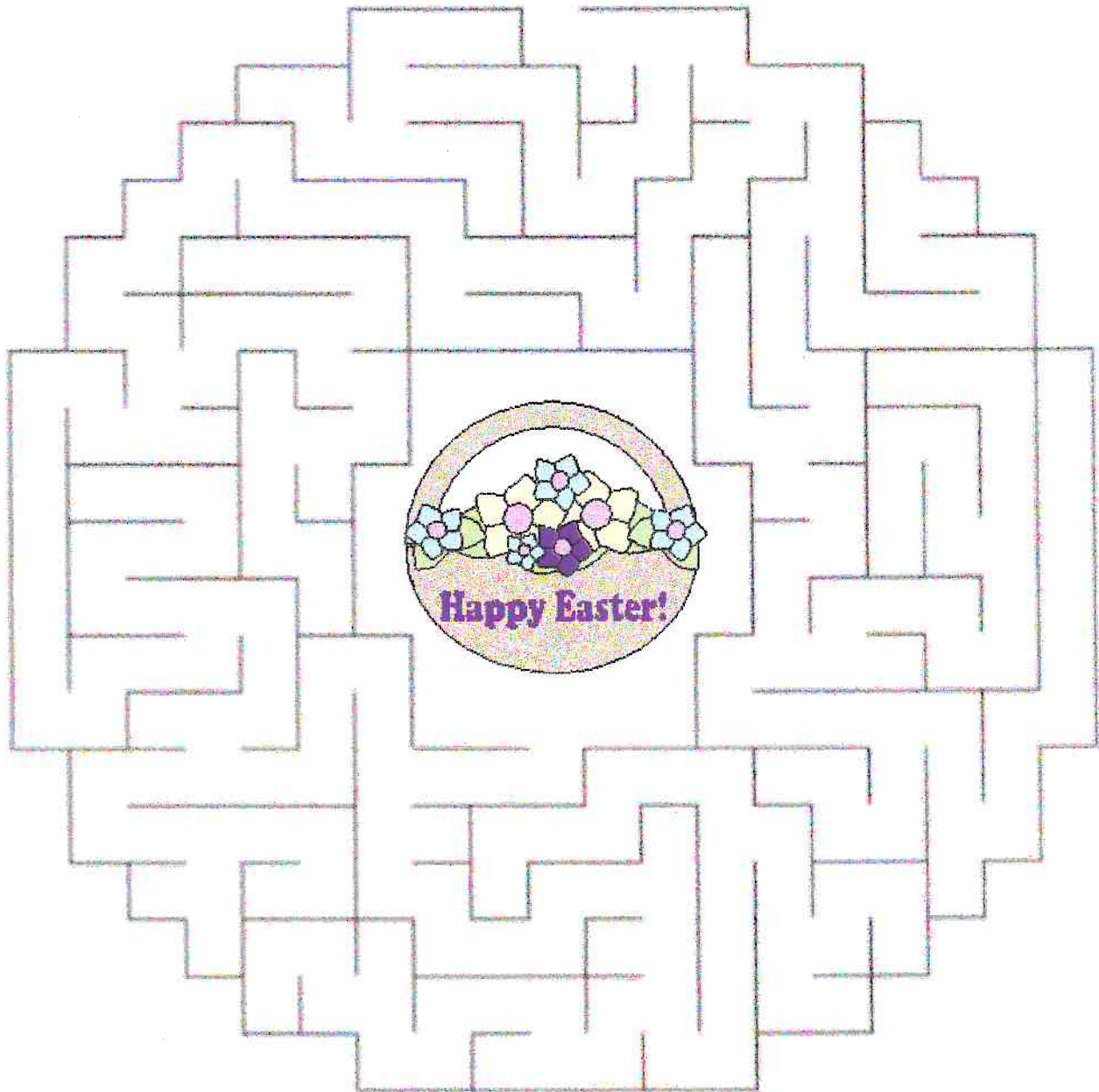
- 1. If you drop an Easter egg, it will \_\_\_\_\_.
- 2. baby sheep
- 3. Pale, light colors.
- 4. Tasty, decadent treat.
- 6. Easter's season
- 10. baby chicken



# Happy Easter!



Help the Easter Bunny  
find his basket.



# Feedback

We did not have a winner for the adult quiz. Remember to get your answers in before April 19th. Since no one seems to want the silver key chain, we will go back to a 649 ticket for the winner. rles Buxom, 6 years old, of unit 4E and Mary Cullen of 2C, 8 years old, won the prize for decoding the secret message in the Children's section.

Earth Hour is past but at the time of this issue, I don't have anything to print. I will let you know in the next edition if we did as well as last year. Last year, the results were astounding, so I don't know if we will be able to top those results. We'll see.

Welcome to new Board members, Shannon Doyle and Kay Witcher. A sad farewell to Michael Schryer and Teresa Simmons who served the Board so well while they were in office. Thank you for all your time spent in serving the Co-op.

Well spring is trying hard to get here. I notice that Loblaw's is setting up its Garden Center. That's a sure sign that spring is around the corner. Work day will soon be here. Look for notices in your building at the end of April. Come out and meet your neighbours, have some fun and exercise and help to beautify the Co-op.

Whatever you do to celebrate Easter, rejoice in the coming of Easter and the new life that we see around us.



*Luci*



THURLESTONE CO-OP INC.

**PRE-AUTHORIZED DEBIT AGREEMENT**

I/We the undersigned authorize *Thurlestone Co-op Inc.* to debit my/our account at the Financial Institution indicated, under the terms and conditions agreed to by me/us with *Thurlestone Co-op Inc.* until such time as written notice to the contrary be given by me/us to *Thurlestone Co-op Inc.*

**Financial Institution Information: (fill in below or attach a blank voided cheque)**

Name Of Financial Institution

Address

City

Province

Account No.  
To Be Debited

Bank No.  
(3 digits)

Transit No.  
(5 digits)

Account Holders Name(s)  
(please print)

I/We have read and understood the terms and conditions on the reverse and hereby accept them as a condition of my/our participation in *Thurlestone Co-op Inc.*'s Pre-Authorized Debit Agreement.

Signature of Account Holder

D

Signature of Account Holder  
(joint signature -if required)

D

**IMPORTANT- See Reverse for Terms and Conditions**

**Pre-Authorized Debit Details:**

Amount of Debit

Frequency (weekly, monthly etc.)

Start Date

I/We understand that notification in writing of any change in the above noted amount, date or frequency will be received by me/us from *Thurlestone Co-op Inc.* at least 10 calendar days before the due date of the PAD, unless the Pre-notification waiver on the reverse of this form has been signed by me/us.

*Continued on reverse*

## Terms & Conditions

1. I/We hereby authorize *Thurlestone Co-op Inc.* and my financial Institution to process Pre-Authorized Debits (PADs) against my account in accordance with the rules of the Canadian Payments Association.
2. I/We warrant and guarantee that all persons whose signatures are required to sign on this account have signed this Authorization.
3. I/We may cancel this Authorization at any time upon notice being provided to *Thurlestone Co-op Inc.* in writing, within ( 10 ) days before the next PAD was to be issued.
4. I/We acknowledge that providing and delivering this Authorization to *Thurlestone Co-op Inc.* constitutes delivery to my financial institution.
5. I/We undertake to inform the *Thurlestone Co-op Inc.* in writing of any change in account information provided in this Authorization prior to the next due date of the PAD.
6. I/We acknowledge that my Financial Institution need not verify that a PAD has been issued in accordance with the particulars of my Agreement with *Thurlestone Co-op Inc.*
7. I/We may dispute a PAD to my/our account under the following conditions:
  - a) The PAD was not drawn in accordance with this Agreement; or
  - b) I/We revoked this Agreement; or
  - c) Pre-notification was not received and such pre-notification was required under the terms of this Agreement.

I/We shall be reimbursed only where I/We present a completed declaration to my/our financial institution stating that either (a), (b) or (c) has taken place, within 90 calendar days after the date on which the Pre-Authorized Debit in dispute was posted to my/our account.

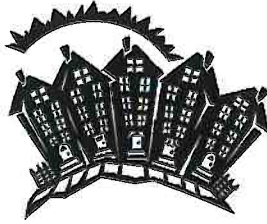
I/We acknowledge that a claim on the basis that that this Agreement was revoked, or any other reason, is a matter to be resolved solely between *Thurlestone Co-op Inc.* and myself/ourselves when disputing any PAD after 90 calendar days after the date on which the PAD in dispute was posted to my/our account.

8. I/We hereby consent to the disclosure of any personal information contained in this Agreement to *Thurlestone Co-op Inc.*'s Processing Agent which is directly related to and necessary for the proper processing of the PADs indicated in this Authorization under the rules of the Canadian Payments Association.

## Pre-notification Waiver

By signing below, I/we agree to waive the Pre-notification requirements indicated on the front of this Agreement, and by doing so, relieve *Thurlestone Co-op Inc.* from any responsibility of informing me/us in writing, or otherwise, of any changes in the original amount, date or frequency indicated on the front of this Agreement.

\_\_\_\_\_  
Signatures of Account Holder (Joint signature if 2)



**THURLESTONE CO-OPERATIVE INC.**

22 Fishleigh Drive, Unit 3, Scarborough, ON, M1N 1G9  
(416) 261-1110 (Phone) (416) 261-4744 (Fax)

## **NOTICE OF HOUSING CHARGE INCREASES**

**TO: ALL MEMBERS**

At a General Members Meeting held on March 26<sup>th</sup>, 2009, a resolution was passed by the members approving both the Operating and Capital Budgets as presented for the upcoming 2009-2010 fiscal year (June 1<sup>st</sup>, 2009 to May 31<sup>st</sup>, 2010). The approved operating budgets include a 2.6% housing charge increase at 16, 18, 22 and 24 Fishleigh Drives, and a 1.5% housing charge increase at 2 Folcroft Avenue.

### **NEW HOUSING CHARGE RATES:**

Therefore, please take notice that effective JUNE 1, 2009 your housing charges will be:

#### **FISHLEIGH BUILDINGS**

1 BEDROOM	\$726.00/month	(an increase of \$18/month)
2 BEDROOM	\$818.00/month	(an increase of \$21/month)

#### **FOLCROFT BUILDING**

1 BEDROOM	\$985.00/month	(an increase of \$15/month)
2 BEDROOM	\$1059.00/month	(an increase of \$16/month)
3 BEDROOM	\$1146.00/month	(an increase of \$17/month)

### **PARKING CHARGE RATES:**

PARKING CHARGES WILL REMAIN AT \$25.00/SPOT/MONTH.

**LAUNDRY RATES:**

LAUNDRY CHARGES WILL REMAIN AT THEIR CURRENT RATE OF \$0.50 PER WASH OR DRY CYCLE.

**SUBSIDIES:**

All Households that have applied for housing charge assistance ("subsidy") will be required to pay the full market housing charges for their units as specified in the **New Housing Charge Rates** paragraph above, **unless or until** they receive further written notice from the Co-op Office of a reduced housing charge rate to commence for their unit starting June 1<sup>st</sup>, 2009. Households deemed eligible for subsidy and subject to subsidy availability will be notified in writing by the Co-op by not later than May 31<sup>st</sup>, 2009, prior to the new fiscal year beginning on June 1<sup>st</sup>, 2009.

Unless you receive a written notice from the Co-op Office of a reduced housing charge rate for your unit to commence on June 1<sup>st</sup>, 2009, then may this serve as your notice that you did not meet the housing charge assistance eligibility criteria, and/or that you failed to submit a completed subsidy application with all required supporting documentation, or that there was insufficient subsidy funding. In that event, please pay the **New Housing Charge Rates** for you unit as specified on Page 1 of this Notice commencing June 1<sup>st</sup>, 2009.

**LAST MONTH'S HOUSING CHARGE ("LMHC") DEPOSIT INCREASES:**

Due to the approved **New Housing Charge Rates** to take effect on June 1<sup>st</sup>, 2009, your Last Month's Housing Charge ("LMHC") deposit will also need to be increased so that it equals your **New Housing Charge Rate** for your unit plus parking (if any).

For example, a one-bedroom unit at Fishleigh is increasing from \$708 to \$726, an increase of \$18. Therefore, a one-bedroom Fishleigh household would add \$18 to their June 1<sup>st</sup>, 2009 housing charge payment in order to increase their LMHC deposit to the new required level of \$726.00, assuming they already had \$708 in their LMHC deposit account. On June 1<sup>st</sup>, 2009 they would pay \$726 plus \$18.00 LMHC increase = \$744.00 plus parking (if any).

A letter detailing your Last Month's Housing Charge account balance and any adjustment required, as well as any arrears on your account, will be forwarded to you prior to June 1st, 2009. Please remember to include any LMHC adjustments and/or arrears with your June 1st, 2009 housing charge payment.

Should you have any questions regarding the above, please do not hesitate to contact the office at (416) 261-1110 or by email: [thurlestonecoop@rogers.com](mailto:thurlestonecoop@rogers.com).

Yours truly,



Diana Hogan  
Co-ordinator  
March 30, 2009